

# The Hills Echo

SPRING / SUMMER 2023

NORTHWOOD HILLS  
RESIDENTS' ASSOCIATION

Local Treasure –  
Eastcote Dovecote

A Day in the Life of  
Corporal Adams E

How important are  
our Pollinators?

Our next Litter Pick  
(see page 42)

Our Historical  
Clump

UK Recycling Quiz

Buckingham Palace comes to Northwood Hills



Parking Permits – The Sting – Increased costs!



How are our batteries causing fires in waste trucks?



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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 54 for how to join.**

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# Welcome to the Spring/Summer 2023 Issue



**Council Tax Increases:** Shortly before we went to press, the Council Budget for 2023/24 was approved. Core council tax will increase by 2.99 per cent and a levy of 2 per cent to fund social care will also be charged (income that is “ringfenced” to fund residents' adult social care).

Even after these increases, Hillingdon residents are set to pay amongst the lowest levels of council tax in outer London and the lowest fees and charges per capita of any other authority in London. In practice, this equates to a total increase of £1.21 a week for a Band D property.

**New Library:** Also approved in the budget is the cost of a new Library for Northwood Hills, on the existing site. This is necessary as there are now structural issues with the existing building. We haven't yet seen any plans or details of any interim arrangements, but are aware that, subject to Planning Permission, the Council would like the work to start this coming autumn.

**Parking Management Scheme Extension:** The scheme is intended to prevent all-day non-residential parking and promote road safety. It will start at the end of March, after a delay of 18 months due to TFL funding issues. Around 30 streets will be included. Commencement of the restrictions will please a number of residents, but equally will disappoint too.



## The Sting in the Tail – increased permit charges!

When residents voted to extend the scheme, the following Annual Permit charges were applicable, shown versus the new fees:

Year	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup> plus	Visitors passes *
22/23	Free	£105	£126	£157	£210 each	10 Free then £10.50 book
23/24	£75	£110	£145	£180	£215 each	10 free then £13 book

\* Valid for one visit only

**This comes on top of London Mayor’s ULEZ plans to be introduced here this summer, if objection petitions available until 31<sup>st</sup> July 2023 fail to stop it.**

Andrew Riley  
Chair of Northwood Hills Residents' Association

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# St Edmund the King Parish Church

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!

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. Please visit our website for more details of proposed costs and works needed.



## Upcoming Events:

**‘Bring and Buy’ Sale First Sunday of every month 11.15am**

**19<sup>th</sup> March: Mothering Sunday.** All Age Eucharist with flowers for mothers

**2<sup>nd</sup> April: Palm Sunday 10am.** We commemorate Christ’s entry into Jerusalem

**7<sup>th</sup> April: Good Friday 2pm.** Liturgy of the Cross

**9<sup>th</sup> April: Easter Day 10am.** Celebration of the Resurrection

**7<sup>th</sup> May: Coronation Lunch**

**11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> May: Arrow Players. 7.45pm.**

**20<sup>th</sup> May: Plant Sale**

**3<sup>rd</sup> June: Film Evening.** Fish and Chip Supper followed by a Sing along Film

**17<sup>th</sup> June: Summer Fair**

## Concerts:

**11<sup>th</sup> March**

Trinity Orchestra

**18<sup>th</sup> March**

Eastcote & Ruislip Choral Society

**25<sup>th</sup> March**

Harrow Symphony Orchestra

**29<sup>th</sup> April**

Harrow Concert Band

**For further details of all events please see our website**

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

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



## Sunday School:

St Edmund’s Sunday School meets during term time and is especially for children aged 3 to 10.

Through crafts and hearing bible stories, we aim 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.

## St Edmund’s Youth Group:

Our Youth group meets on alternate Wednesday evenings at 7pm and is open to all young people of 10 years and older. Activities include badminton, table hockey, table football, pool, table tennis and more. For details contact Steve on 0208 868 0482.

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



Notice is hereby given that the

# 84<sup>th</sup> Annual General Meeting

of Northwood Hills Residents' Association is to be held on

**Wednesday 17th May 2023 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 Councillors, Local Police and your Residents' Association Committee.



**Guest speaker:**

**Wing Commander Paula Wilcox,  
RAF Northolt**

If you would like to put your name forward to become a member of the Residents' Association Committee, please contact Roberta Ward by 11:59pm on 13<sup>th</sup> May 2022. Email: wardrobertaj@gmail.com

## Northwood Hills Contact List:



**Councillor  
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Bianco**

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# Harlyn Primary School

Our teaching and learning fully returned to pre-covid arrangements and led to the children enjoying our broad and balanced curriculum where academic subjects, sport, music and the arts have all been of great importance.

We have been able to offer our full suite of curriculum enhancements this year and the children have really enjoyed going on trips and having exciting visitors in school. Some of the places we have visited included RAF Hendon, Harry Potter Studios, Northwood Synagogue, Bracknell Discovery Centre and our Year 6 have had their week residential stay in North Devon where they surf, climb and bike, amongst other activities.

*We have enjoyed playing an active part in the local community by participating in the Northwood Hills Christmas Lights Switch on and singing for the residents of High Meadows care home.*

It has been another busy year, with record numbers of new families joining us in all year groups. We welcome new families to the area to visit the school and meet us to find out more about what it is like to attend the school. If you are interested in doing so, please contact us to arrange an appointment. We look forward to meeting you.

Please see our monthly newsletters and information on our website for more detail.

Email: [office@harlynprimaryschool.co.uk](mailto:office@harlynprimaryschool.co.uk)

[www.harlyn.hillingdon.sch.uk](http://www.harlyn.hillingdon.sch.uk)



## Northwood & District Community Association

**Roll up, Roll up!** Just a reminder that the above community association has many activities to keep mind and body fit.

As well as the bowls, cards and table tennis shown, there is also keep fit, yoga, tennis and walking groups.

If you are interested, please contact Patti Dib on 07748066622





## New Health Centre. Northwood & Pinner Cottage Hospital latest...

**At the December Major Planning Committee held at the Civic Centre, final agreement was given to convert the derelict Northwood & Pinner Cottage Hospital into a "state of the art" Health Centre.**

The next step is for NHS Property Services to sign a legal agreement with London Borough of Hillingdon, then they will starting the procurement exercise to appoint a contractor in April, with a view to the works commencing late Summer.

### **Dr Diviash Thakrar, GP Partner at Acre Surgery, commented:**

"We are looking forward to the move of our health centre to its new proposed site. Historically we understand this was a site gifted by the community, to look after the local population. We remember 20 years ago we used to see patients on the ward, when it functioned as a Cottage Hospital. It will be good to see the site return to being used with the same ethos of patient care. The improved facility and easier access to the main road will no doubt be a big plus."

### **Dr Khatanji Odedra, GP Partner Carepoint Practice, commented:**

"We support this project because our patients will benefit from a modern building, designed to meet current and future needs. A great deal of effort by all stakeholders has managed to get us to this stage and we are hopeful that successful completion will show what we can achieve when working together."

### **A spokesperson for NHS Property Services commented:**

"The proposals for the site are a fantastic example of how we can provide improved healthcare facilities for local residents whilst also securing long-term and sustainable support for the NHS, at a time when it is needed more than ever. Having worked hard to bring forward a well-thought-out development, we were really pleased with the response from local people and welcomed the level of positive feedback.



It was clear how important the indoor war memorial is to the community, and we are excited to have retained this as part of a modern healthcare facility. We would like to thank everyone who took part in the consultation."

*Andrew Riley*

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

Activities include light chair-based exercise, crafts, curling for the men, quizzes, board games and reminiscence sessions. A healthy, light lunch is also provided. The session lasts from 9.30am (though some members come a little later) to 1pm. The small cost of £6 contributes towards the expense of running the activity.

**Friendship Group is just one of many activities offered by MHA Communities.**

**Wednesday** Lunch Club, **Thursday** fortnightly Soup & Sandwich, **weekly** age appropriate exercise and yoga sessions, **monthly** Lido walks with lunch and the chance to meet with local school-children are also part of the programme.

**Outings** to the theatre or places of interest also afford the opportunity for people who might be feeling isolated to get out safely in good company.

***New members are always very welcome.***

**The group is keen to recruit 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/>



*Members enjoying Burns Day Activities*



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# Mayor Becky Haggar, working for our community

Nearing the end of my Mayoral year, gives a wonderful opportunity to share with you my reflections and tell you about some poignant occasions when representing Hillingdon borough residents.

**Royal Events:** Following the joy of the Platinum Jubilee, a historic and moving duty was welcoming the coffin for her late Majesty at RAF Northolt. Meeting HRH The Princess Royal and the former Prime Minister was an honour. The King's coronation will fall into my Mayoral year, and we look forward to seeing many residents at the forthcoming street parties.



**Community:** We have had a "connective year", enhancing working relationships with schools, community groups and businesses. The year has been a hub of serving and supporting our community. It has been wonderful to participate and to thank those who have served us faithfully with a loving heart.

**Young groups** such as Boys Brigade, Cubs, Scouts, Brownies and Guides have visited the Mayor's parlour and we heard about their exciting work in the community. And, in turn, they have learned about the council workings and Mayor's role.

Opening UTC multi-sports pitch

**Faith:** We have engaged with our multi faith leaders and worked with the local faith communities to improve our communication with residents across faiths.

**Charity Fundraising:** We have held two charity fundraising events this year to raise



monies for the Daniella Logun Foundation and the Magically Marvellous Picture House. Both events were successful and sold out. If you would like to sponsor a Mayor's event, please contact the Mayor's Office on 01895 250763.

Receiving a charity donation from Northwood Hills Residents' Association and pressing the plunger to switch on our Christmas Lights.



**Community Events:** The officers and staff at Hillingdon Council work hard in bringing communities together with numerous events in libraries workshops and our open spaces. It has been a blessing to be able to support the team. I have enjoyed encouraging and working with our disability sector and schools, which have risen to challenges such as work placements after school.

**Environment:** Keeping our green places and climate change has also been proactive as we plant more trees and provide eco-friendly spaces.



**My Thanks:** There has not been a dull moment and I would like to take this opportunity to thank all the residents, and my team, for their support in welcoming and working with us on behalf of myself, my Consort (and husband) Marios, and my two daughters.

**Warmest wishes, Mayor of Hillingdon**

# Looking to hire a venue for a club/activity or event?



Haydon have superb facilities available for hire to the local community, including 3 sports halls, 4 new indoor cricket net facilities, a main hall, dance studio and drama rooms, an outdoor playing field, classrooms and many more. Sports - We can accommodate a range of different indoor and outdoor sports activities. Our facilities are suitable for Football, Rugby, Hockey, Tennis, Basketball, Netball, Cricket, Badminton, Martial Arts, Fitness, Dance and Yoga classes. Dance Studios & Performance Space - We have great facilities for dance and the performing arts including rooms for rehearsal space or for larger events. Conference Facilities & Meeting Rooms - We have a range of rooms ideal for meetings, training sessions or larger conferences.

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## **EAL Trip to British Museum**

Central London has world-class museums but arguably the most popular is The British Museum, the world's oldest national public museum, which opened its doors in 1759, being free to all 'studious and curious persons'. Jam-packed with masterpieces and knockout art, this 'Library of the World' is instant culture and fun for everyone. This November some EAL students from Year 9, 10 and 11 got the chance to check out a few of its highlights. Pictures in this article were taken by our students.



# Our 2022 Xmas Switch On – A good time was had by one and all!

Once again, the event was organised and funded by NHRA and supported by Hillingdon Council. It was a huge success, enjoyed by hundreds of local residents. From an early start, the local Scouts were helping us with the set-up and dismantling and luckily the weather stayed fine! The musicians were great, the choirs belted out the songs with festive spirit and the audience joined in happily. Namaste kindly provided hot refreshments – very welcome! Our thanks to the businesses who donated tombola prizes too.



Mayor Becky Haggart switched on the lights for us (ably assisted by Santa Clause and his Chief Elf) and we were delighted to donate £250 to the Mayor's Charity Funds. The Residents' Association is always looking for people to join with them. If you would like to volunteer to help at next year's event, head to the contact section of [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk) to let us know.

**See you next year!**



# RUISLIP CENTRAL HORTICULTURAL SOCIETY



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# Fun Fridays for Kids & Youth at Emmanuel Church

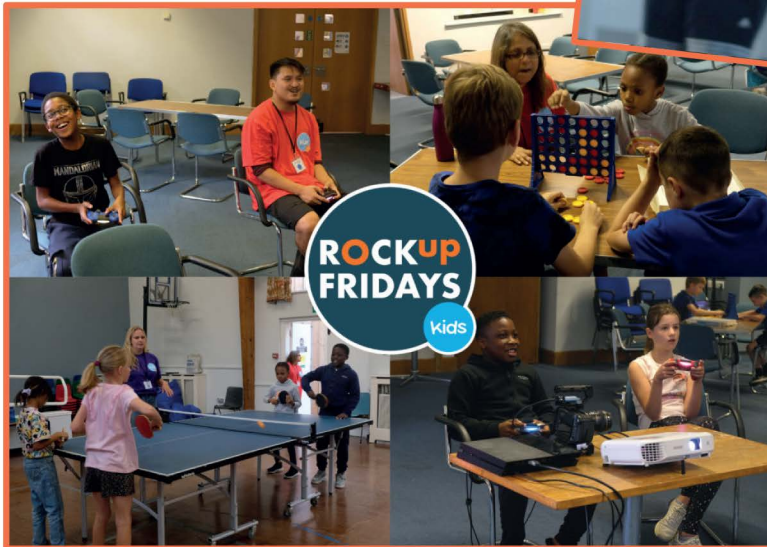
At Emmanuel people of all ages gather from our local community. There are plenty of events for all ages, but we particularly want to highlight the following for children and young people:

## ROCK UP FRIDAYS:

A kids' group on the first Friday of the month between 5:45pm-6:45pm. Sports, games, crafts, and more, Rock Up Fridays offers a fun evening for children in school years 3-6. Please book your space on [www.ecn.org.uk/kids](http://www.ecn.org.uk/kids).

## AFTER HOURS:

Every Friday during term time, between 7:30pm-8:30pm for teenagers in school years 6-13.



Join us to make new friends and hang out in a safe place with multiple activities to choose from.

**Find us at:** Emmanuel Church, High Street, HA6 1 AS, on a Friday evening. Have a look online for more details: [www.ecn.org.uk](http://www.ecn.org.uk). Hope to see you soon!

*Nina Kristin Oskarsdottir*



## First medicine packet recycling programme launched for UK pharmacies

**Tablet blister packs have been impossible to recycle so far, because of the bonded metal and plastic elements.**

The 'Little Packs, Big Impact' initiative, is a partnership with recycling innovators TerraCycle which now allows us to recycle any empty prescription and over-the-counter medicine blister packets, by dropping them in dedicated bins the next time we visit our local participating pharmacy.

Most chemists will only “dispose” of packing, but Superdrug are genuinely recycling it. The empty blister packaging will be converted into reusable raw materials using a new recycling process – preventing blister packs spending a lifetime in landfill.

**Our nearest participating store is Superdrug at Eastcote. Try collecting with local friends and neighbours, then take it in turns to drop them off.**

**What's more, Superdrug are supporting Marie Curie for each empty blister packet that gets recycled.**

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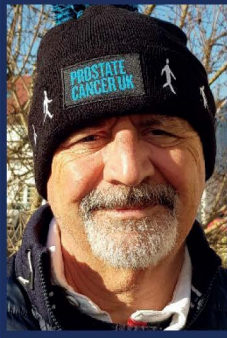
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YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE



Kevin Sutch – Northwood Hills resident and NHRA Committee Member, has earned over £2,300 for the charity. Here's his story...

**Why I decided to do it?** "In October '22 I was diagnosed with prostate cancer and was looking for a way to support and spread the word to men to get checked out."

**What was the challenge? How long did it take?** "My challenge was to run a marathon (26.2 miles) in the month of January. *I thought that would be easy – just a mile or so each day. How wrong I was!* I didn't factor in my 66-year-old knees and hips. But I did it in 16 days finishing on 26 January."

**Why that particular charity?** "Because it's doing great things to raise awareness about if the cancer – which, if it is found early, can be cured."

**Who was your influence?** "I was inspired by Bill Turnbull's death. He was the same age as me, didn't have symptoms and tests unfortunately found the cancer had spread from the prostate and was (in his case) sadly, incurable. ***The important message is this does not have to happen if regular checks are carried out.***

**1 in 8 men will get prostate cancer. If you're over 50, or black, or your dad or brother had it, you're at even higher risk.**

It's the most common cancer in men, but most men with early prostate cancer don't have any symptoms. It is not always life-threatening. But when it is, the earlier you catch it the more likely it is to be cured.

Possible symptoms of prostate problems include changes in how you wee, or if it becomes painful. Erectile dysfunction and lower back/hip pain are less common possible signs too. If you have these symptoms, it doesn't mean you have cancer: they are also signs of other conditions. Speak to your GP to find out what's causing them and get the right diagnosis and treatment.

So how is prostate cancer detected if it doesn't have symptoms? By having a simple Prostate Specific Antigen (PSA) blood test to work out if you need more tests for prostate cancer (such as an MRI scan). If you have any concerns, call your GP to discuss them. For more information, go to [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

Kevin Sutch

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# Pinner Hill Golf Club

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**Visitors and Golf Societies welcome**  
Pinner Hill Golf Club offers great golf, great facilities and a very warm welcome!

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To find out more, call 020 8866 0963 or email us on [phgc@pinnerhillgc.com](mailto:phgc@pinnerhillgc.com)



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

# Aiming to improve your fitness levels this year. . . how about GOLF?

**Golf is a low-impact activity that offers a variety of health benefits for people of any age. It involves spending a lot of time outdoors, and any activity that gets you outside is beneficial for your health in various ways.**

## **Time in direct sunlight is good for boosting your vitamin D.**

Vitamin D boosts your health in a number of ways, including supporting your immune system. However, remember to wear sunscreen. You'll also benefit from the experience of being in nature, which can help reduce anxiety.

**Golf is a social sport.** The social aspect is what makes the game so appealing to many people. Playing sports with other people helps boost your self-esteem, social skills and overall mental wellbeing.

**Golf encourages a healthy sense of competition...** So long as you don't take it too far, competition can actually be good for you, encouraging you to challenge yourself and improve your own skills.

## **Golfing can relieve stress and improve your mental health.**

Teeing off when you're in a bad mood will channel your tension and stress into something productive. Plus, exercise helps our bodies to release endorphins, which can reduce pain and feelings of depression.

**Golf can improve concentration and boost your brain.** This sport teaches focus and concentration and encourages creative thinking, such as visualising where and how far your shot will go. Hand-eye coordination is essential, and the activity circulates more blood to your brain.

**Playing golf is good for your heart.** Improving your circulation also encourages your heart to work more efficiently, which helps to strengthen its muscles. Increasing your heart rate also naturally lowers your risk of cardiovascular issues.

**Golf burns calories and can help with weight loss.** It might not feel like an intense workout, but all that swinging, plus walking an 18-hole course (average length 3.5 miles), really does add up.

**Golf helps you sleep better.** The combination of exercise, fresh air and natural light will all help you to get a better night's sleep. It may feel like low-impact activity at the time, but golf is nonetheless a significant workout.

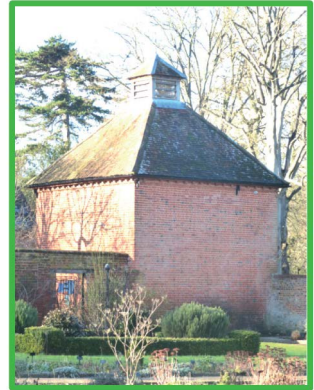
**From boosted immunity to a better night's sleep; mental health improvement to the potential of weight loss. There are so many benefits from playing golf.**

**So, what's stopping you from heading to the green?**

# The Dovecote

## Eastcote House Gardens

Back in the 17th century, there were over 26,000 dovecotes in the UK. Now there are less than 1,300 and most cannot be seen by the public. However, in Eastcote House Gardens, not only can you see the dovecote every day, as well as the beautiful Walled Garden, but on open days you can go inside and hear explanations about its use and history.



The domesticated and feral pigeons are descended from the Rock Dove. In the wild they are only now found in small colonies in Scotland and Ireland.

The Romans kept doves for food, but it was the Normans who introduced dovecotes to Britain in the 11th or 12th century. The EHG dovecote was first built in the late 1500's and then rebuilt in the 18th century. You can still see Tudor bricks at the base of the walls.

**We believe that it had 800 nesting boxes. The noise and smell inside can well be imagined!**

For people to get access to the nest boxes there is a revolving ladder in the shape of a gallows. Hence this is often known as a Potence (the French word for gallows). This is one of the very few that still exist in the country, and it still works!

Dovecotes were built to supply the wealthy with luxury food, the tender meat of young pigeons (known as squabs). Each monogamous pair of pigeons produced two squabs each lay, up to six times a year. The first would be ready to eat by April and throughout the year until November.

As well as food, the main products of the dovecote were: feathers for bedding; dung for tanning and fertilizer; and later saltpetre for gunpowder.

I hope this tempts you to come and visit EHG's dovecote and learn more about its fascinating history. For our Open Days, visit the website [www.eastcotehousegardens.org.uk](http://www.eastcotehousegardens.org.uk)

*Terry Butfield*





# Forthcoming Events for your diary



We are pleased to invite you to all our free events, subject to weather conditions \*

Sun 23 <sup>rd</sup> April	Classic cars, showing is by invitation only. Book and craft sale. Dovecote open. 11am - 4pm
Sat 13 <sup>th</sup> May	Book, plant and craft sale. Dovecote open. 10am - 1pm
Sat 10 <sup>th</sup> June	Summer Picnic Parking on site will not be available. 11am - 4pm.
Sat 15 <sup>th</sup> July	Book and craft sale. Dovecote open. 10am - 1pm
Sat 12 <sup>th</sup> Aug	Book and craft sale. Dovecote open. 10am - 1pm
Sun 10 <sup>th</sup> Sept	Heritage Open Day, Classic Cars. Book, plant and craft sale. Dovecote open. 11am - 4pm
Sat 14 <sup>th</sup> Oct	Books, plants (possible), craft & dovecote. 10am - 1pm
Sat 25 <sup>th</sup> Nov	Tree Dressing from 1.30pm

\* Nearer to the date, more details of each event can be found on our website [www.eastcotehousegardens.org.uk](http://www.eastcotehousegardens.org.uk) *Lesley Crowcroft*



So, you have retired? You're still active and enthusiastic, and you're wondering how to fill your time.

It could be time for you to think about joining Northwood u3a.

## Who? What? Why?

Northwood u3a is a group of local, retired people meeting socially to enjoy life by joining in a range of activities they find interesting.

Northwood u3a has over 700 members, and there are over 60 interest groups including talks, walks, music, languages, knitting, art, bridge, outings, sports and discussions.

Take a look at our website [northwood u3a sites.org.uk](http://northwood u3a sites.org.uk), for a list of our activity groups and events. Then decide if this could be the answer you're looking for.

# Hillingdon Shopmobility

## *A Vital Link in The Transport Chain, and not just for shopping!*

As a former serving Trustee of Shopmobility and Chair for the charity, I feel that it has come full circle since the pandemic. This year they celebrate 25 years.

The service was seen as a place to collect a mobility scooter and then travel with ease around the shops, banks, restaurants and library in Uxbridge town centre. **The charity and the scooters were also very popular with our loyal customers, who would hire them for trips away and holidays.**

In addition, annually, the charity would invite housebound people from the wider Hillingdon Community for a very popular Christmas shopping event. This saw volunteers from the local schools help our most vulnerable get out and about to do their shopping with a fun Christmas lunch and gifts afterwards at the Civic centre.

Time has changed the service and our customer base for the better. Shopmobility has become an even more crucial asset to our customers with mobility issues, as shopping is not the main reason that the scooters are now used.



Sylvia on a scooter at the charity's 21<sup>st</sup> birthday party

**Our customers have told us how getting out with the aide of a scooter has given them the chance to engage with others, have a change of scene and feel uplifted. And if they do no shopping at all, that does not matter.** This has made our customers more enthused to look forward to getting out and about, especially those who don't have family and friends close by. Their well-being and their mental health have improved through the service that Shopmobility provides, and this alone makes the charity an important service which is well needed in our community today.

The fact that our customers still want to feel independent and have the opportunity to use the scooters with ease, has helped them to achieve this after such a long time of being indoors.

Shopmobility is run by a small team of wonderful caring staff who provide a happy and welcoming service. They are situated on the second floor of the Chimes car park in Uxbridge and will be happy to see you. Website: <https://hillingdonshopmobility.org.uk/>

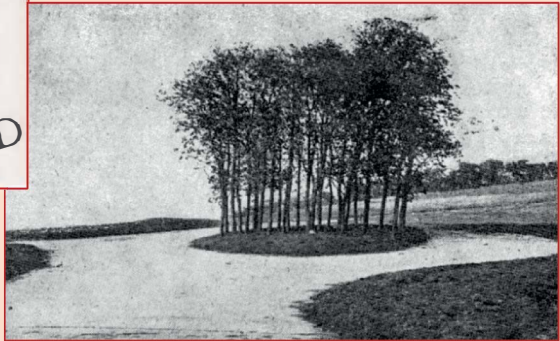
# The Clump

This was the Coat of Arms of Ruislip-Northwood Urban District Council – the administrative district of the area until April 1965 when the London Boroughs including Hillingdon were created.

The top part of the shield has historical images relating to Ruislip. The lower part shows a star above a wood representing Northwood. The trees are a stylised drawing of The Clump in Northwood Way.



Here is a rare photograph of the Clump while the land was still open farmland.



Below is an early photograph of Northwood Way. The Horse Chestnut trees continue to be prolific and generations of children have stopped by in the Autumn to gather the fallen conkers.

And The Clump as it looks today.



*Alison Saunders*



# RUISLIP COMBINED CHARITY

**Providing Donations to the Local Community & Helping People in Ruislip, Northwood and Eastcote since the 1700's**

This charity was formed in 1995 by the joining of two long-established charities: the Ruislip Non-ecclesiastical Charities (established in the 18<sup>th</sup> and 19<sup>th</sup> centuries) and The Ruislip Cottagers' Allotment Charity. The charity helps anyone who lives within the historical parish of Ruislip – that is now Ruislip, Northwood, Eastcote, Ruislip Manor and South Ruislip.

The Charity's income is derived from investments and the rental from two plots of land in Joel Street, Northwood Hills and Fore Street, Eastcote.

**The Ancient:** The land in Fore Street was left by Richard Cogges in 1717, who left two "closes" of land (now a single field) to be let to benefit poor folk living in the Eastcote part of the parish of Ruislip and Westcote (modern-day Ruislip). Cogges' Charity was incorporated into the Ruislip Non-ecclesiastical Charities in 1896.

The area of common land in Joel Street was originally bestowed to the Official Trustee of Charity Lands in 1882 with the income administered by the Ruislip Cottagers' Allotment Charity. **This land has been leased to the Ruislip-Northwood Smallholding and Allotment Society since 1909.** (See page 76)

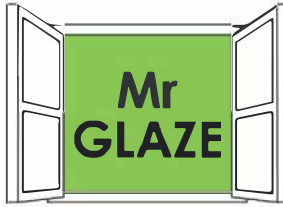
Elizabeth Rogers of Eastcote House, who died in 1803, had directed her executors to invest £380, the proceeds of the investment to be used to help the poor. In the 1724, her grandfather had previously invested £200 similarly.

*The Charity's income is distributed in the form of monetary gifts in various ways: Via the vicars of churches within the old parish of Ruislip to disburse to members of the parish in financial need, and social workers also suggest named suitable recipients. The Trustees also offer assistance to purchase equipment to ease living for the disabled, and grants to local groups which work to improve the lives of disadvantaged people.*

**And The Modern:** The Trustees who administer the Charity live locally and are involved in the community in various ways – as councillors, through churches, schools and as members of local societies. The aim of the Trustees is to safeguard the charity and to administer funds in the spirit intended by those who gave the money or land in the first place.

**In December 2022, donations to those in need totalling circa £6,000 were approved by the Trustees, in small amounts from just £25.**

*Andrew Riley*



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# Northwood Bowling Club

Chestnut Avenue, Northwood HA6 1HX  
www.northwoodbowling.co.uk

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- Outdoor Exercise
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- A low-cost activity
- Recommended by the British Heart Foundation



Try this wonderful game. You won't be disappointed, and will quickly become "hooked" just like the rest of us.

Our OPEN DAY is on Sunday May 14<sup>th</sup> between 1pm and 5pm.

Just turn up and have a FREE TASTER session with one of our coaches.

All you need are flat soled shoes.



**A Sport for all Generations!**

### English Spelling, at its most confusing:

If GH can stand for P as in "hiccough"

If OUGH stands for O as in "dough"

If PHTH stands for T as in "phthisis"

If EIGH stands for A as in "neighbour"

If TTE stands for T as in "gazette"

And if EAU stands for O as in  
"plateau"

Then the correct spelling of POTATO  
is...

**GHOUGHPTHTEIGHTTEAU**

Remember the olden days when we  
used to have electric vehicles and  
recycle bottles?...





**NORTHWOOD TOWN  
CRICKET CLUB**  
EST. 1973



**AS YOUR LOCAL CRICKET CLUB based in Northwood Recreation Park, we are pleased to announce that this year we will be fielding four Saturday senior teams in the Saracens Hertfordshire League commencing in early May, as well as one team on Sundays.**

In addition, our thriving Junior section have sessions and games for ages 5+ with all abilities welcome, both girls and boys. This year, opportunities will be available for all age groups and will feature our popular AllStars (ages 5-8); Dynamos (ages 8-11) and Juniors (ages 11+) with training on Tuesday and Friday evenings.

***“We are pro-actively recruiting under 12’s  
for playing League cricket.”***

Therefore, if you are interested in joining us, please use the following contact detail to get in touch. Or, if you prefer, pop down to our clubhouse on any Saturday once the season has started to come and meet us and enjoy the ambiance of our newly refurbished lounge bar.

**Senior cricket** – Krunal Patel (1<sup>st</sup> XI Captain) Tel 07737 433.  
[413.krunald\\_patel@hotmail.com](mailto:413.krunald_patel@hotmail.com)

**Junior cricket** – Jack Daly (Junior Manager). Tel 07791 864 319.  
[jackdaly92@msn.com](mailto:jackdaly92@msn.com)

In addition, you can gather more information via our web site at  
<https://ntcc.hitscricket.co.uk/>



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at 10 until 11.30am



*You can bring your own equipment if you have it  
(eg gloves), and everything else is supplied.*

**\* Tell us which areas concern you.**

## Did you know these things had names?

The space between your eyebrows is called a **glabella**

The way it smells after rain is called **petrichor**.

The plastic or metallic coating at the end of shoelaces is known as **aglet**.

Stomach rumbling is actually called a **wamble**.

The cry of a new-born baby is called a **vagitus**.

The sheen or light that we can see when you close your eyes and press your hands on them is called **phosphenes**.

The day after tomorrow is known as **overmorrow**.

The wired cage that holds the cork in a bottle of champagne is called an **agraffe**.

The “na na na” and “la la la”, which don’t really have any meaning in the lyrics of a song, are called **vocables**.

When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an **interrobang**.

The space between our nostrils is called **columella nasi**.

The armhole in clothes, where the sleeves are sewn, is called **armscye**.

The condition of finding it difficult to get out of bed in the morning is called **dysania**.

Illegible handwriting is called **griffonage**.

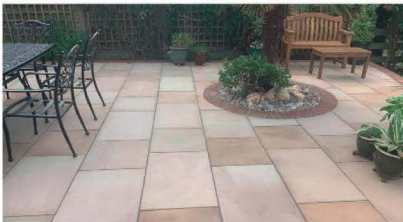
The dot over an “i” or a “j” is called **tittle**.

That utterly sick feeling after eating or drinking too much is called **crapulence**.

The metallic device used to measure your feet at a shoe-shop is a **Bannock device**.

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## Going bananas!



Green to brown, each has health benefits. All bananas contain B vitamins and beneficial antioxidant vitamins A & C, plus minerals iron, magnesium, manganese and potassium.

Aside from personal preference for slightly green and firm, or brown spots and sugary sweetness, let's compare them.

### Green

- Good for regulating blood sugar levels
- Feed the “good” bacteria in the gut
- Boosts digestive enzymes to help absorb vitamins
- Protect us against unfriendly micro-organisms.
- 20 times as much resistant starch (RS) so it passes straight through the gut, slowing the speed carbohydrates are absorbed into the blood. (Cooling them increases RS by a further 50%)

### Yellow

- Starch converted to sugar is a good source of quick energy for athletes
- Easier to digest, if you feel gassy or bloated with green bananas
- Compounds such as carotenoids more available – liked to eye health and cancer prevention
- Nutrients more quickly digested
- Vitamin C increased
- Antioxidant levels (support the immune system) reach a peak

### Brown spots

- Even more starch converted to sugar
- Fully ripe bananas produce TNF which can combat abnormal cells boosting cancer immunity.
- 8 times more effective at aiding white blood cells fight infection. The more patches, the greater its immunity-boosting power.

### Brown

- Excellent natural source of sweetness – great for baking, freezing and sugar-free ice-cream.

***But over-ripe bananas start to lose their nutritional benefits.***

The choice is yours...

Jan C

# Q: When is recycling not recycled?

A: When it's contaminated with the wrong materials in the same bag.

**If in doubt, it's better to throw items away with general waste to avoid contaminating other items and risk the lot being rejected. To help get to the bottom of this, Hillingdon Waste Services have put together this handy guide on the most common recycling contaminants, and how to avoid them**

**1. Food and Drink Residue.** The most common contaminant of household waste. Any items with 8% or higher food or drink residue should be cleaned first. If that isn't possible, it can't be recycled. Some common examples include greasy pizza boxes (oils seep into the cardboard that can't be separated), drinks bottles, and food containers.

**2. Plastic Bags.** These can clog up recycling equipment and not only does this cause delays at the recycling facility, but it can also cause potential harm to the workers. Tesco Pinner Green and Joel St Co-Op recycle all "soft" plastics.

**3. Electronics.** Full of hazardous materials which are harmful to both the environment and our health. Workable items can be sold or donated. If your electronics aren't in a usable condition, then use the Refuse Tip, or arrange collection via Hillingdon Council.

**4. Tissue and Kitchen Roll.** Napkins and tissue paper will clog the recycling machinery. Many kitchen rolls are made from up to 30% of single-use plastic!

**5. Non-Recyclable Plastics.** Not all plastics are recyclable. Closely look at labels for a triangle with a number inside, if that number is anything other than 1, 2 or 5, it is *not* recyclable.

**6. Hazardous Waste.** Obvious, yes? Yet it still happens. Things like paints, pesticides, or car fluids need special treatment to be disposed of properly.

**7. Plastic Straws and Tablet Blister Packs.** Straws are so small and flexible, they easily get caught in recycling machinery and cause problems. Try reusable straws, or none at all. Save up your blister packs and drop off at Superdrug Eastcote.

**8. Broken Glass.** This can be incredibly dangerous for those doing the recycling. So, instead, throw it in the general waste wrapped in something sturdy.

**9. Cabling, Cords and Hoses.** Whether it's extension leads, or a garden hose, cords and cables can wrap themselves around recycling equipment and cause major damage. Establishments that recycle electronics will often also recycle cabling. Alternatively, throw them out with the general waste.

**10. Foam Packaging.** Foam packaging comes in all sorts of crazy shapes and sizes, from small packing peanuts to huge polystyrene pieces. This is an interesting one though, as while it's all recyclable in theory, it's just not cost effective.

## **11. Nappies and Sanitary Products**

Whether clean or used, nappies are not recyclable in any form. Disposable nappies are made from a mixture of materials which cannot be separated by standard recycling facilities. Furthermore, anything which is soiled should never be placed into the recycling, and as these usually require removal by hand, it can be a very messy, unpleasant and unhealthy job for the workers. Try to seek alternatives to disposable products such as cloth nappies for children, and reusable silicone/washable sanitary products.

## QUALITY WILD BIRD FOOD DELIVERED FREE TO YOUR DOOR



Feathered  
Friendz

**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.

*I will supply in recycled bags, or top-up your own container, if you prefer.*

### **Peanuts, No-Mess Seed Mix and Table/Ground Feed**

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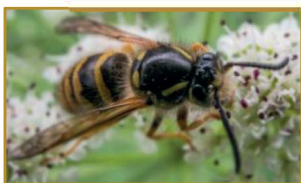
To visit the school, please contact:  
The Admissions Secretary, Reddiford School, 38 Cecil Park, Pinner, Middx, HA5 5HH  
Tel: 020 8866 0660 email: [admissions@reddiford.org](mailto:admissions@reddiford.org) .uk  
[www.reddiford.co.uk](http://www.reddiford.co.uk) Reg Charity No: 312641

## Fascinating Facts about Pollinators in the UK

*They may look scary, but are vital to a healthy garden*

**Bees, butterflies, moths, beetles and flies (including wasps and hoverflies) move pollen from one flower to another and in doing so enable plants to make seeds and reproduce. There are 1500 species of pollinating insects in the UK. These insects include bees, butterflies, flies and beetles.**

- Bees travel about 10-12 miles a day collecting pollen (usually within 1 mile of the hive).
- Pollen rubs off into “baskets” on bees’ legs (see photo)
- Wind can pollinate but 80% plants use insects
- Pollinators feed our wildlife.
- Over half our bee species have declined in last 50 years
- ½ of all worldwide food relies on pollinators
- 80% European wildflowers pollinated by bees.
- Pollinators can be purpose-designed for certain plants
- 90% of global crops are visited by bees, including cotton and animal food.
- They contribute £690 million worth of crops to our economy annually.
- Soyabean can self-pollinate without help from wind or insects.



**Wasps – how to tell:** Closely related to bees and useful pollinators. To tell the difference between a wasp and a bee: wasps are fairly hairless, while most bees sport plenty of fuzz. Wasps tend to have a slender waist, while bees are chubbier. Bees have rather stout little legs, while wasp legs are slender and dangling. Wasps will seem a much brighter

yellow than bees. Some plants (such as fig trees and helleborine orchids) have evolved to be almost exclusively dependent on wasps, having the benefit of ridding plants of pests that would otherwise eat them, such as aphids.

**Hoverflies** have short antennae large eyes and hover or dart in flight. They eat the nectar and pollen, but do not make honey. Their larvae feed on aphids and some are efficient nutrient recyclers, making a valuable contribution to a natural balance in gardens.



### Plants to attract Pollinators

#### Spring

**Pussy willow** with its fuzzy catkins can help feed queen bumblebees.

**Apple or Crab-apple.** The attractive white or pink blossom hums with a variety of species, helping to produce tasty fruit for us.

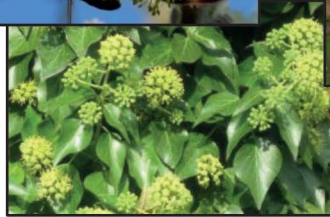
#### Summer

**Lavender**, which can thrive in dry, poor soils.

**Hawthorn.** “May’s” spikes help support the specialist Hawthorn Mining Bee.

**Summer Phaceli.** Bumblebee researcher Professor Dave Goulson calls this the **‘single most attractive plant for bees on the planet’**





**Bumblebees wings move 300-400 times a second!**  
They have long antennae; 2 pairs of wings; round and furry.  
8-30mm



**Honey bees** have long antennae;  
2 pairs of wings; striped ginger-brown. 5-15mm



**Butterflies** have club like antennae (bulbous ends) and rest with their wings closed/upright.

**Moths** have feathery antennae and most rest with their wings open/flat.



**Solitary bees** have 2 pairs wings;  
narrower than a bumble bee. 3-15mm

**Other flies** have one pair of wings; large eyes



**Beetles'** wing-cases meet in the middle in a "T" shape.



## Plants to attract Pollinators

### Autumn

**Abelia - 'bee bush'**. Heavy-scented white flowers of this evergreen shrub.  
**Honeysuckle**. Long flowers visited by long-tongued bees and moths at night.  
**Sedum**. Drought-tolerant plant attracts the Short-tongued bumblebee.  
**Perennial Wallflower**. Low-maintenance, tolerant of poor soils, long-lasting colour

### Winter

**Mahonia**. A hardy evergreen supports overwintering bees.  
**Ivy**. Leaving old growth on this evergreen gives late nectar for honeybees and for Queen bumblebees fattening up for hibernation. Favoured by the solitary Ivy bee  
**Winter aconite**. Pollen-rich flowers are highly attractive to bumblebees, honeybees and spring mining bees.  
**Snowdrops**. Flowers contain abundant yellow pollen early in the year.



## 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	Vacant	Secretary
Keith Blunden	Events Coordinator	Bobbie Ward	Minutes Secretary
Kevin Sutch	Committee Member	Shabbar Sachedina	Equipment Quartermaster
Roxana Peters	Committee Member	Graeme Knights	Ecology and Environment
Ben Jefferis	Web Site	Jane Clayfield	Committee Member
Jan Choopani	Echo Editor	Paul Akers	Committee Member
Teji Barnes	Transport	Graham Mann	Police Liaison

\* 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.

## WRAP Has been Re-Wrapped!

After 7 years settled in the heart of Northwood Hills, WRAP has moved (reluctantly) away from its home near the Met line station.

Happily, we are now back in Watford, where WRAP was born about 30 years ago – hence our full name as above. It came about through the efforts of some mothers, who realised the bounty which was being discarded by Watford's thriving printing industry for economy and efficiency reasons. Ecologically ahead of its time!

The building is dry and light, (though without heating), and our volunteers are always willing to help you find what you're looking for.



**Access:** By public transport requires a walk (to/from Croxley or Watford).  
**BUT WE NOW HAVE PARKING - AND LOTS OF IT!**

**Our new address is:** Unit 3 Wolsey Business Park, WD18 9BL.

**Opening times:** Tues 2-4. Wed & Sat 10-12. Thurs 2-6.

**Telephone:** 07453 508529

*Roxana Peters*

**We value the new members who joined WRAP when we were in Northwood Hills, and truly hope you will continue to come and see us at our new premises.**



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## ‘ROYAL SALUTE – PRESENT ARMS’



*‘You! You! And You!’* Said the Station Warrant Officer of RAF Middle Wallop, Hampshire pointing his well-used digit in my direction and that of two others of us NCO technicians who were training Officer Cadets in Radar Controlled Fighter Interception of Joe Stalin’s Bombers. The date being middle of February 1953.

‘Report to me at 6.30 tomorrow morning at the camp square! Regular uniform and marching boots. You are going to the Coronation’.

Arriving at the appointed hour, a contingent of 26 of us (20 airmen and 6 WAAF’s) appeared to have only two things in common, the men were all over 6ft tall, and at some time in the past, we had incurred the SWO’s displeasure. So began a routine of square bashing for  $\frac{3}{4}$  of an hour every morning for the next two months. This was only varied when we donned full pack and musket, and ran for five miles. All of this, much to the derision and catcalls from some of the luckier 4,000+ inhabitants of RAF Middle Wallop and the locals of Upper, Over and Lower Wallop.

Having become fit and reasonably adept at obeying the command ‘Royal Salute, Present Arms’, the Middle Wallop contingent moved to RAF Odiham in Hampshire. Our programme of square bashing, Royal saluting, 5 mile runs with full pack, and marching behind the Central Band of the RAF continued all day, every day for another four weeks. At the end of which, we were remarkably fit, much thinner and had been measured for and issued with, officer quality material uniforms, new boots, brand-new 303 rifles, and 18” long ceremonial sword bayonets. The latter packed in very old thick yellow grease. With only cotton waste to clean them, no wonder that several of our number ended up in the sick bay with severe cuts!

In the end we learned to ‘fix bayonet’ and ‘Royal Salute, Present Arms’ with only the occasional loss of a limb! There wasn’t much time for leisure either. Most evenings were spent polishing our brass-work and trying to get a guards-like shine on the caps of our new leather boots. Everything was tried: from spit and polish, to rubbing with a meat bone and burning with a hot poker – with varying degrees of success. One lad in my squad complained bitterly that he had the wrong type of spit!

Two weeks before the event, we were loaded into trucks with all our kit and smart new uniforms, and driven to a tented camp set up in Hyde Park. There, the entire RAF contingent of, I believe, over 5,000 airmen and women (I hope my memory is correct in this total, it could have been much higher), was divided into two groups. One to march in the procession, and the other to line part of the Royal Procession route from Marble Arch, along Oxford Street to Oxford Circus.

At 8am on the day, which was forecast to be dull and rainy, we marched to our allotted route-lining positions in Oxford Street. My mixed squad of 20 airmen and women were positioned roughly 6 feet apart. We took up our position outside Selfridges on the North side of Oxford Street. We were in front of the police who were in front of the crowd barriers. There we stood smartly 'at ease' until the Royal Procession approached Marble Arch, except for having a 'comfort break' every two hours, and a snack in a white paper bag issued to us by the WRVS Ladies. At the command of 'Ground Arms, Open Bags' given at Marble Arch, there was a ripple of white down the whole length of Oxford Street. Our shining rifles and 18" bayonets were laid on the ground. A highly dangerous task, as the police had allowed small children over the barrier, in between us and themselves. It was a small miracle that a child didn't get impaled.

At last, the Royal Procession rounded Marble Arch and proceeded towards us. And it began to pour with rain. Protected from neck to toe, by our khaki waterproofs, (Airmen, for the use of), our impeccable uniforms, shining boots and brass-work, which would surely have dazzled the Queen, were all for nought. At least we managed a perfect 'Royal Salute, Present Arms'! And thus, we stood whilst the Queen and various Royalties passed by. Of lasting memory, was the Queen of Tonga, a very large lady in what appeared to be a small carriage. Her smile electrified the huge crowd behind us, despite the constant rain.

After 8 hours, it only remained for us to march back to Hyde Park and quickly return to our original camps. 26 Coronation medals were waiting in the Station Warrant Officer's office. Typically, very few of the Coronation contingent received a medal. The CO did, the Station Warrant Officer did and various others in authority, including the civilian in charge of the Transport Department.

***4052600 Corporal Adams E (Demobbed without medal)  
Copyright reserved, May 2022. Edward (Ted) Adams,  
Resident of Northwood Hills.***



NORTHWOOD HILLS  
RESIDENTS' ASSOCIATION



The Queen's Award  
for Voluntary Service  
The HR for volunteers

## Are you a member of the NHRA?

Membership costs from just £3 per year per household (additional contributions are welcome). Please join or renew your subscription today to help us to protect and improve the amenities of Northwood Hills.

### You can pay your subscription in several ways:

1. **On-line:** 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. (You should have received one with this issue)
4. **Local Drop-off:** Complete this form and place in an envelope with your donation. Write "NHRA" on it 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.*



**Handel's Coronation Anthems** were chosen months before Queen Elizabeth died, but took on a special significance at our Christmas concert.

We hope to repeat this success at our Spring and Summer Concerts:

**Saturday 18th March at 7.30, at St. Edmunds.** We will be singing Stainer's *Crucifixion* and Rutter's *Feel the Spirit*. The first is very theatrical and the second irresistibly rhythmic. Tickets £15.00, under 12s free on the door.

**Saturday 24th June at 7.30 at Douay Martyrs' School,** Edinburgh Drive, Ickenham, UB10 9QY. We will be singing *The Armed Man* by Karl Jenkins.

We welcome new members and rehearse on Tuesdays at 8.00 pm in Ruislip Methodist Church Hall, Ickenham Road, Ruislip.

Go to our website for more details and to contact us. [www.eastcote-ruislip-choral.org](http://www.eastcote-ruislip-choral.org)

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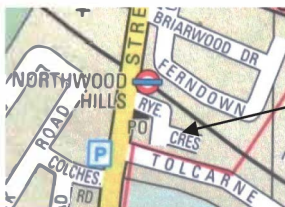
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# Buckingham Palace “Tree of Trees” comes to Northwood Recreation Ground



Remember HM The Queen's Green Canopy (QGC) 'Tree of Trees' outside Buckingham Palace

during the Platinum Jubilee celebrations? The spectacular structure stood 70ft high. The steel branches held 350 trees in aluminium pots embossed with the Queen's cypher.



The trees have been gifted evenly across the UK. The Lord Lieutenants of each county have selected the recipients of the special trees and pot. Our Field Maple was formally planted in the Northwood Recreation Ground in January by the Deputy Mayor of Hillingdon, Councillor Shehryar Ahmad-Wallana, with committee members from Northwood Hills and Northwood Residents' Associations, together with members of Hillingdon's Open Spaces team. The pot with the Queen's cypher will be put on display at Fairfield Hall.

*Andrew Riley*

Northwood Hills and Northwood Residents' Associations were presented with a Field Maple in recognition of their work in the community, in particular by organising "*Jubilee in the Park*".

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

Please send us your articles and advertisements *before*

**Friday 1<sup>st</sup> September 2023**

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





**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](mailto:r.leatherby@sky.com) 48 Sussex Crescent, Northolt, UB5 4DR

# Ruislip Northwood Old Folks Association (RNOFA)

A little-known local charity that runs two lunch and social clubs for the over 60s was awarded the Queen's Award for Voluntary Service (QAVS) in 2022; the QAVS is the MBE for voluntary groups.



The two clubs provide a social setting where members can enjoy a 3-course lunch, cooked on the premises every weekday. The charity's Chair, Steve McBain, says it is a privilege to have such a small, dedicated team of part-time staff, essential for ensuring a meal every weekday, ably supported by an equally committed group of volunteers who all guarantee a warm welcome for the members.

Elm Park in Ruislip Manor, opposite Tesco Express, is the single storey building that many people drive by without realising what goes on inside.

The other club is the Tudor Club on Field End Road in Eastcote (opposite Venue 5). Again, it is a single storey building in the shade of trees that is easy to miss.

*Both clubs open at 10.30 and offer a warm and friendly environment where residents can enjoy a subsidised meal in the company of like-minded people. As well as the meals, afternoon activities such as games, arts and crafts sessions or bingo are organised on two afternoons every week.*

To add to the variety of activities, an event takes place every month, often on a Saturday, with either a visiting entertainer, quizzes, afternoon tea or an outing to a theatre or places of interest being arranged. These activities are much appreciated by the members as it gets them and about and be with their friends. Many of them



also enjoy the 5-day holidays at the seaside that are arranged twice a year.

To learn more about the clubs, either drop in or telephone 01895 634962 for Elm Park. Or 020 8866 8603 for the Tudor Club and ask for Steve McBain.

*Teji Barnes*



## Are you glued to your mobile phone?

We often spend far too much time on our phones. They draw us in. Did you know that there's a novel way to reduce our dependency by changing the colour settings on the mobile to black and white?

The suggestion is that bright, vibrant colours appeal to our brains, signalling subliminally to it. In the case of something red or orange, a tasty morsel, perhaps? Just click here and follow to find a reward....



Dr Michael Mosely says that if you make your phone display dull, this short-circuits that natural tendency to look, releasing us from our phone's magnetic pull. Ironically, you can search how to do this online using your phone! 😊



## LIONS CLUBS INTERNATIONAL – on a mission to serve!

Since 1917 Lions Clubs all over the world have individuals joining together to give their time and effort to improve their communities.

### NORTHWOOD LIONS CLUB

As President, I guide our local members in this way.

*This year I also have the role of "Hunger Officer" for our District 105a, responsible for 62 clubs from Bedford down to The Thames.*

### WAYS IN WHICH CLUBS ARE GIVING SERVICE TO HUNGER PROJECTS:

- Fundraising events, community food collections and surplus food collections which are donated to Food Banks and Community Food Hubs.
- Cooking surplus food and distributing to the homeless and those in need.
- Preparation of food parcels for those in crisis (details supplied by Social Services).
- Cash donations to Big Breakfast project in schools.

**NORTHWOOD LIONS CLUB, local Hunger projects** – We support the Hillingdon Food Bank which is part of The Trussell Trust. Recent projects include Community Food Collections at David Lloyd Northwood & Slimming World Northwood - food was delivered to the Emmanuel Church branch of the Food Bank by our members.

### FUNDRAISING INITIATIVES INCLUDED:

- Running a Charity Quiz Night at David Lloyd Northwood raising £700 which was donated to London's Community Kitchen in Harrow.
- Holding a raffle at David Lloyd Northwood Bonfire Night which raised £170 for Hillingdon Food Bank.

**Northwood Lions would like to hear from anyone who would be interested in finding out more about our activity. Please contact Robert Green: 07860 324395**

*LP Susan Carr*

## 1st Northwood Scouts

### Don't miss the Jumble Sale of the year!

Date: 2pm Saturday 13th May  
Venue: Scout centre & Hog's back  
Northwood Way, HA6 1RT.



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## Hot Dogs!

If the weather is anything like the extreme heat of last year, we need to look after our four-legged canine friends. Here are our top tips to avoid their distress and also potentially fatal heatstroke.

1. **NEVER leave a dog in a car in the sun.** The temperature can soar within a couple of minutes to dangerous levels, even with the windows ajar.
2. **Walk at cooler times of the day.** Either first thing in the morning, or late at night if it has become cooler. Try walking barefoot on a pavement to see how hot it is on a dog's paws. Choose a shady route, if possible, beneath trees or maybe passing a dog-friendly pond.
3. **Restrict play in the heat** and try to stimulate your dog in other ways, such as practicing training techniques, or playing brain games with them. Don't expect an excited dog to notice early signs of heat stroke.
4. **Provide shade** in the garden and consider a paddling pool beneath it too. To avoid punctures, under-bed storage boxes filled with water can be ideal. But nothing too deep for the dog to be out of its depth, or unable to get out.
5. **Try cooling mats or coats** if your dog doesn't like water. Or a frozen plastic bottle of water, well wrapped in a blanket in your dog's bed for and cool wet towels purse-friendly options.
6. **Make ice-treats** containing favourite food, treats, carrot or apple slices.



7. **Drenching with a garden sprinkler** or hose, has instant effects, as long as it doesn't get your pooch too excited, and wanting to run around.
8. **Keep them hydrated** and always have access to fresh cool water in the home and garden away from direct sunlight. **ALWAYS** take water out on walks.

## THE WOODS

### Northwood FC Facilities Available for Hire

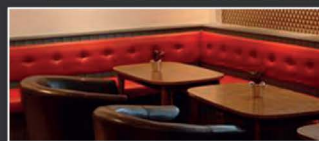
The clubhouse facilities at Northwood Football Club, which can hold up to 300 people, are now available to hire at reasonable rates, 7 days a week.



With ample parking and outdoor space, we are the ideal venue.

Our flexible layout gives the option of large-scale events, hiring the whole clubhouse and using our state-of-the-art sound and lighting for dancing. Or more intimate and cosy entertaining in our function room and bar areas.

Our friendly and welcoming team can help you plan your special event and ensure everything goes smoothly.



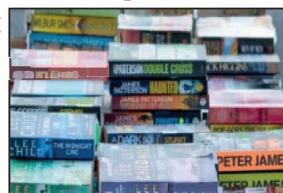
**THE WOODS Northwood FC Chestnut Avenue Northwood HA6 1HR**  
Clubhouse 01923 827148. Email: [events@thewoodsnorthwood.com](mailto:events@thewoodsnorthwood.com)

## Do you visit Mount Vernon Hospital?

Did you know that there are 3 charity shops at the hospital, all located in small buildings to the south of the main entrance?

**What do we sell?** Newspapers, confectionary, drinks and gifts. Also used-books, novels, general interest, children's, hobbies etc. The "Look-In" shop offers clothes, shoes, seasonal and general bric-a-brac. No electrical items.

**Who can buy?** Patients, waiting visitors and hospital ward and admin staff (if they can get a break). Everyone is welcome to get a bargain or two.



**Funds raised: 100% of takings go to help the hospital departments** to provide equipment for patient care and amenities to improve patient experience. Needs are discussed with hospital staff and management every 3 months.

**Opening:** Look-In: Mon-Fri 10-3. Shop: Mon-Fri 9.30-3. Book shop Mon-Fri 11-3. Afternoon closing times may vary.

**To buy, donate, or join the volunteer team, just look-in!**



## Northwood's season is shaping up for an exciting climax as they reach the business end of their Isthmian League South Central campaign.



Woods occupied pole position in the league from the end of August until they were finally dislodged by Basingstoke Town in January as first the rain and then the sub-zero temperatures played havoc with the fixtures and led to a three week lay-off.

At the time of writing, Northwood remain very much in the hunt as they battle for the one automatic promotion place with the next four teams having to contest the play-offs in a bid to secure the second promotion spot. Woods are due to host Westfield on Saturday 25 March, which coincides with the annual **Former Woods Reunion Day** when the club invites anyone with a past connection to come down to watch the game, enjoy a few drinks and a bite to eat, and to catch up with some old friends.

Woods complete their league campaign on Saturday 22 April when promotion rivals Marlow visit the Skyline Roofing Stadium in what may prove to be the decisive encounter. Northwood have also enjoyed an extended run in both County Cup competitions and, hopefully, might have a Cup Final to enjoy, come the end of the season.

You can keep up to date with all the fixtures via [www.northwoodfc.com](http://www.northwoodfc.com) and by following us on Twitter, Instagram, and Facebook.

**Off the pitch:** The ground improvements continue apace, with the opening of the Pat Byrne Stand in memory of the much-missed Club President. There is also a new in-ground catering facility in the form of a converted horse box which offers a wide range of hot food and drinks on matchdays.

**Volunteers:** We would not be able to function effectively without the help of its selfless band of volunteers, especially on matchdays. We are always on the lookout for new faces to join this growing team and please **contact John Joyce on 07766 135243** for more information. The club will be having its usual tidy up days during the summer break – keep your eyes on the website & social media for dates.

Looking forward to seeing you at the Skyline. **Up the Woods!**





# Puzzles

## Dingbats

World		World
	6 + 9 = 15	
Left	Retort Respond Riposte	
Once upon a time		

## Sudoku

		9						5
6				5		4		7
8			4	9				
			1			7		6
7		2			3			
				3	8			9
5		6		4				2
4						3		

### Children's Word Table

Within the square are most of the letters of the alphabet. But a few are missing, and you can find out which ones. If you re-arrange the missing letters, they will spell the names of two items of clothing.

I	H	X	K
N	B	P	Y
T	J	D	Q
U	Z	W	M

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

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## Hillside Junior School

At Hillside Junior, the wider curriculum offer is an essential part of our approach.

**Trips to support topics and enrichment days enable us to widen the children's experiences and allow them to develop our six core values.**

Since September, the children have experienced trips including the Houses of Parliament and museums in central London. We have enjoyed the visit of science and music workshops as well as making effective use of the local environment. One year group recently visited the Ruislip Lido and undertook a woodland workshop.

Our place in the community is something we highly value and this is reflected in events such as the Northwood Hills lights and the opportunity to sing at the local library.



## Fairfield Church, Windsor Close

**Everyone's welcome to join us for a wide range of mid-week activities (baby group, toddler playgroup, Wednesday afternoon fellowship, Friday morning coffee shop, kids and youth fun evenings) as well as our Sunday services (starting at 10am).**

We also have a service for those with additional needs and their carers – our next one is Sunday 11 June at 3pm.

Our building is regularly used by other external groups too; we love to be of service to the local community.

**As Easter approaches, we are looking forward to our annual free Holiday club for those in school years 2-6.**

To book for your children to attend please go to our website, which also contains information about the church and all our activities.

Visit [www.fairfield-church.org.uk](http://www.fairfield-church.org.uk)

t: 01923 827198

e: [office@fairfield-church.org.uk](mailto:office@fairfield-church.org.uk)

In case you don't know where we are, we are tucked away behind the Joel Street shops - turn up Windsor Close (the road with Costa Coffee on the corner) and then turn left just before the houses start - we are straight ahead.

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## Did you know? More than 700 fires are caused in UK waste trucks and sites by batteries being thrown away.

---

Research with **60 UK local councils** to raise awareness of a new campaign “Stop Battery Fires”, revealed that 90% reported fires caused by batteries are an increasing problem.

### The problem:

If batteries, or **electricals containing batteries**, end up inside bins or household recycling lorries with other materials then they are crushed in the waste and recycling processes. This increases the chances that they could be punctured and self-combust, setting fire to dry and flammable waste and household recycling around them.

**Many people are not aware of the fire risk if they don't safely dispose of batteries, and just throw them away with general rubbish.**

**“Hidden” batteries:** When we do not have to change batteries, often we don't realise that items contain batteries. Rechargeable products, for example. Electricals mostly thrown in with general rubbish include, toys, toothbrushes, shavers and chargers.

Rechargeable lithium-ion batteries are responsible for around half of all waste fires, costing some £158 million annually to waste operators, fire and environmental services.

### The message is:

“Never bin batteries, or electricals”. Do **not** put them in your rubbish or recycling bins as they could then start fires in bin lorries on your street.

### How should we dispose of them?

Remove batteries from electricals if you can and recycle the batteries at local supermarkets and some shops. If you can't remove the batteries, then always recycle your electricals separately at our local household recycling centre (New year's Green Lane, Harefield). It's a bit of a nuisance especially for those without cars (and trying to save fuel). Hillingdon Recycling Waste section are currently working on a project to make the recycling of small electricals easier, but at the moment they are unable to offer further details. We will keep you posted, but it will this will be very worthwhile.

If you want to see how bad it could be, watch this video of a waste truck fire in Norfolk.  
[https://www.youtube.com/watch?v=c\\_WCS-HVYcI](https://www.youtube.com/watch?v=c_WCS-HVYcI)

*My thanks to Graham Mann for providing the idea for this article.*



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## David Simmonds CBE MP

Following a fantastic Christmas event in Northwood Hills, I hope that residents have had a positive start to the new year.



### Road Closures

I am aware that there have been a number of recent road closures and, whether for emergency repairs or planned improvements for infrastructure, residents in all corners of the constituency have been impacted by these. In Northwood Hills in particular, I recognise the disruption caused by the closure of Northwood Way and the installation of temporary traffic lights. I hope that spring and the improving weather, together with the actions of Hillingdon Council, will help to unlock this.

### Northwood and Pinner Cottage Hospital

I am pleased that work has commenced, and that Hillingdon Council has helpfully held the NHS to its commitments to residents by applying a 'Section 106' legal agreement. This allows a local planning authority to enter into a legally-binding agreement of planning with the landowner as part of the granting of planning permission. It is great news that this has been finalised and that the development can proceed with these commitments attached to the planning consent.



### Opening of New Multi Sports Pitch at UTC (see also UTC article)

I was delighted to join Hillingdon Mayor Becky Haggart at the opening of the new multi-sports court at Heathrow UTC on Potter Street, providing a generous space for students to take part in a variety of sports using new equipment and kit. This was made possible through the school's partnership with CyrusOne and the creation of the Digital Futures Programme last year, which was designed to help address the data centre industry's long-term skills gap. The aim is to give students essential knowledge and skills, and a vocational start, for a career in the sector.

We know that the digital economy is creating roles that hadn't even been thought of when this setting was established more than a decade ago. The fact that companies are now coming here to help young people take advantage of those opportunities is so positive for our local economy and an opportunity for us to further improve the life chances of our young people. This is a cause I championed during my time at Hillingdon Council and continue to do so in my role as MP.

### Meet with your Member of Parliament

Finally, my local surgeries continue in venues around the constituency, and I encourage residents who would like to meet with me to get in touch with my office via the contact details below. I will also be circulating a monthly newsletter, which you can sign up to on my website:

Tel: 0203 545 2462

Twitter: @DSimmonds\_RNP

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

Email: [david.simmonds.mp@parliament.uk](mailto:david.simmonds.mp@parliament.uk)

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## It is official: The Ark Synagogue in Northwood, has a resident dinosaur!



It is occasionally tempted to appear on a Saturday morning, when the Synagogue is full of babies and pre-school children, joined by carers, parents and/or grandparents for a monthly 'Tots Shabbat.'

The 'Dinosaur Song' is one of a number of creative songs alongside those more traditional, which are enthusiastically sung and accompanied by a wide range of children's' instruments as the Shabbat is celebrated. All led by the Synagogue's Rabbis, Aaron Goldstein and Lea Muhlstein.

Tot's Shabbat is one of the range of activities for families, ranging from early childhood right through to 18-year-olds.

Nippers @ Northwood, is a weekly group for babies and pre-school children to welcome Shabbat, Fridays 10am-noon. The creative 'cheder' runs during term-time for Reception through Year 10. Many of the teachers and assistants are Year 11 – 13, complementing the adult teachers.

Many other events are led by the national youth movement.

For more information about this or any of the other Ark Synagogue events, many of which are open to all local residents, see [www.arksynagogue.org](http://www.arksynagogue.org) or email [rabbiaaron@arksynagogue.org](mailto:rabbiaaron@arksynagogue.org)



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*gone but not forgotten  
although we are apart  
your spirit lives within me  
forever in my heart*

# Recycling Quiz, Check your Knowledge

1) What are the 3 R's of waste management?

- a) Reduce, Reuse, Recycle.
- b) Refuse, Reduce, Recycle.
- c) Rehome Recycle, Repair



2) On average, each person in the UK will throw away how much rubbish in 7 weeks?

- a) 5kg. b) 10kg. c) 40kg. d) Their own body weight.

3) The average UK family throws away how many trees worth of paper in their household bin a year?

- a) 2. b) 4. c) 6. d) 8. e) 10. f) 12.

4) Paper can be made from which material?

- a) Hemp. b) Wood. c) Panda excrement.

5) How many plastic bottles can be recycled into an adult-sized fleece jacket?

- a) 10. b) 19. c) 25. d) 34. e) 50.

6) The average child goes through how many nappies before they are toilet trained? (Most of which end up buried in landfill sites)

- a) 1,000 – 1,500. b) 3,000 – 3,500. c) 4,500 – 5,000. d) 6,000 – 6,500.

7) How long do disposable nappies take to decompose?

- a) 100 years. b) 200 years. c) 300 years. d) 400 years. e) 500 years.

8) How many millions of mince pies are thrown away at Christmas in the UK?

- a) 10 – 12. b) 20 – 23. c) 33 – 35. d) 50 – 52. e) 74 – 75.



9) The amount of waste in our home increases by what percentage at Christmas?

- a) 25%. b) 30%. c) 42%. d) 50%.

10) Between Christmas Eve and Boxing Day we manage to rack up around how much of our annual carbon footprint in the UK?

- a) 1%. b) 3%. c) 4%. d) 5%. e) 7%. f) 10%

11) What can you do to help stop plastic pollution?

- a) Reuse shopping bags. b) Use steel straws. c) Pick up plastic litter.

12) How long does it take for a plastic bottle to decompose?

- a) 200 years. b) 450 years. c) 600 years. d) Never

Answers: 1a. 2d. 3c. 4abc. 5c. 6c. 7e. 8e. 9b. 10d. 11abc. 12b.

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In this cost-of-living crisis, what better way to save some pennies!

## Community & Events:

But, the best thing about being a part of our allotments is the community that we have. Last year we enjoyed many events such as our summer picnic and vegetable growing competition. And we have more coming up, including our stall at the Friends of Eastcote House Gardens Summer Picnic on the 10<sup>th</sup> June. We hope to see you all there!



**Find out more and make contact via our website: [joelstreetallotments.co.uk](http://joelstreetallotments.co.uk)**

*Mandy Shaw – Chair*





The multi-sports court which recently opened at UTC Heathrow is having a 'huge impact on school life'.



Officially opened in October 2022, the court was built thanks to a donation from employer partner CyrusOne, a founding member of the Digital Futures Programme.

*Although the court can be used for football and volleyball, it is basketball that is proving most popular with the students.*

Maths Co-Ordinator Louise Kelsh said: "The basketball court has had a huge impact on school life here at the UTC. Throughout each day it is used by students, it's rare to find it empty – whether that be break or lunchtime, KS5 students out during their free lessons, or after school as an extra curriculum activity.

It has increased the levels of physical activity in many students, it has allowed students of different ages to participate together in mixed teams and has improved the quality of the PE lessons. As a school are very thankful to have had this built on our site and for the many opportunities it has created as a teacher"



UTC accepts students all year round from ages 14-19 years. For further information and dates of upcoming open events, see <https://www.heathrow-utc.org>



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