

# The Hills Echo

AUTUMN / WINTER 2023

NORTHWOOD HILLS  
RESIDENTS' ASSOCIATION

**Driving  
Special Edition!**

**Our New Medical  
Surgeries Group**

**What are Ultra  
Processed Foods?**

**Big Christmas  
Switch On - Date**

**Our next  
Litter Pick (p16)**

**Book Quiz**

**Lucky Commuters!**



**Electric vehicles – Pros and Cons**



**Waste Matters**





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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 71 for how to join.**

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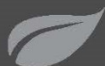
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# Welcome to the Autumn/Winter 2023 Issue



**Our Library:** In February, Hillingdon Council (in the private part of a Cabinet meeting) approved proposals to rebuild Northwood Hills Library with a residential development above. While the *decision* was made public, the Officer's report which contained financial information was not made available. This is not unusual, albeit we noted there is a line in this year's Hillingdon budget which reads – "Northwood Hills Library Buyback £2,392,000."

From the minutes of that meeting, we know the Cabinet did consider refurbishing the existing library, but this was deemed uneconomical. Indeed, they also considered completely closing down the library, but this idea was discounted, as it is a popular facility used by residents.

**In July, the Council held a consultation exercise at the library, but accidentally forgot to invite the Residents Association! When we did eventually get to see the plans, we were horrified at what we saw.**

A huge development, with 9 flats above the library and virtually no car parking spaces. We also identified major safeguarding issues, as the building overlooks Northwood School classrooms.



**The Council are now asking the architects to revisit the plans**, but have confirmed that the flats, if plans are approved, will be sold off to private buyers to cover the cost of building the new library.

**Northwood & Pinner Cottage Hospital:** NHS Property Services tell us that construction work on the new Health Centre will start December 23/January 24.

**Improved playground:** I was very pleased to see that Hillingdon Council have resurfaced the playground at Wylchin Close, making it a much safer environment for younger children to play.

**Contact your Councillors:** In closing I note that whilst our Ward Councillors do not hold regular surgeries, they are happy to discuss issues / meet with residents by appointment, and can be contacted by e-mail: [jbianco@hillingdon.gov.co.uk](mailto:jbianco@hillingdon.gov.co.uk) and [kbhatt@Hillingdon.gov.co.uk](mailto:kbhatt@Hillingdon.gov.co.uk)

**Finally, don't forget to mark your diary for the Grand Switch-On of the Christmas Lights from 2.30pm, Saturday 18<sup>th</sup> November.**

*Andrew Riley BEM, Chairman of Northwood Hills Residents' Association*



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**WEDNESDAY 29th NOVEMBER**  
**9.30am-11.00am**

**Our Open Day will include:**

- A tour of the school
- A talk from our Headteacher – Rebecca Fennell

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**What's the best way to get all the right nutrients, vitamins, minerals and fibre for our body and our brain?**

**Here are some tips:**

**Eat the Rainbow.** Don't eat just "beige" foods. Choose fruits and vegetables of all colours (yellow peppers, blueberries, aubergines, green vegetables, tomatoes, avocado etc). Each colour provides different phytonutrients and antioxidants.

**Aim to eat 30 different plants a week,** fruit/veg, grains, seeds, nuts, herbs and spices such as turmeric, garlic, etc raw or cooked. A variety of foods ensures a healthy gut microbiome ("good bacteria").

**Eat oily fish for heart and brain health,** eat fish twice a week, at least one "oily"\* (\* SMASH – Salmon, Mackerel, Anchovies Sardines (aka pilchards), Herring). Select low mercury fish if pregnant or breast-feeding.

**Choose "wholegrain" foods** such as wholemeal pasta, noodles and bread, brown rice, skin-on baked sweet potatoes, nuts, seeds and legumes.

**Limit Ultra-Processed Foods (UPFs),** see separate article.

**Avoid sweetened foods** (so-called "natural" sweeteners too). Sweetening indicates ultra-processing.

**Include fermented food in your diet,** such as spicy kimchi (great in salad), kefir (similar to yoghurt) which fights some bacteria and aids digestion, unpasteurised sauerkraut (pasteurisation/heating destroys all bacteria, including the good ones (which are called probiotics). And low salt cottage cheese, an excellent source of protein and healthy bacteria.

**British Heart Foundation's "Eatwell guide" says:**



As a guide, a third of our diet should be fruits and vegetables; a third starchy carbohydrates (preferably high fibre as wholegrain versions); and for the final third have lean protein-rich foods (meat, fish, beans, lentils) and reduced-fat dairy products.

Beau T 





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# Engine idling: is it illegal?

**Drivers who don't cut their engines when waiting aren't just damaging the environment and wasting fuel. They're breaking the law and risk being fined.**



**What is idling?** When a stationary car is left with its engine running and still churning out noxious emissions, harmful to both the planet and us. There are times it cannot be avoided (Eg in traffic or a queue), but you should always switch off your engine if you can.

**In Hillingdon:** Throughout UK, stationary idling is an offence under Section 42 of the Road Traffic Act 1988 and Road Traffic (Vehicle Emissions) Regs 2002, and risks a fine. Hillingdon is even stricter, and fines are up to £100.

**Misconception:** Turning your engine off and on again uses more fuel than leaving your car idling.

**An idling engine can produce up to twice the emissions of a car in motion, pumping out unnecessary nitrogen oxide, sulphur dioxide and particulate matter into the atmosphere; enough every minute to fill 150 balloons with harmful pollutants. These chemicals have a bad effect on air quality and contribute to asthma, heart disease and lung cancer.**

**How about in your drive?** The rules apply to public roads only, so you aren't breaking the law if you idle in your drive, or in a supermarket car park, for example. **However**, just because it's not illegal doesn't mean it's the right thing to do. You're still poisoning the air regardless of whose land you're on.

**What about during a heatwave or cold weather?** It can seem like a good reason for idling. You can keep the air conditioning/heating running by leaving the ignition on but not the engine. In severe cold conditions, if there's no choice but to leave the motor running you should try to keep it to a minimum. If other cars are nearby, everyone should share one car.

**Idling is bad for a car:** Vehicle idling isn't just bad for the environment, it can also be bad for your car, because the engine isn't operating as efficiently as it should. The fuel does not combust properly, leaving behind a residue that could, in time, damage your exhaust.

**Stop-Start Technology:** automatically takes care of idling, so you don't have to remember.

**How do you defrost the windscreen?** You *can* leave your engine on to de-ice your windscreen, but it should only be for a few minutes, and do *not* leave your vehicle while the engine is running.

So, scrape off the ice first, then start the engine to melt away any stubborn ice. Or you can sit in your car with the heat on to loosen the ice. Once it's defrosted a bit, turn off the engine and then de-ice your windscreen with your usual tools.

Of course, you're making your vehicle and contents susceptible to thieves if you leave it unattended (Eg to warm up the vehicle while you wait indoors).

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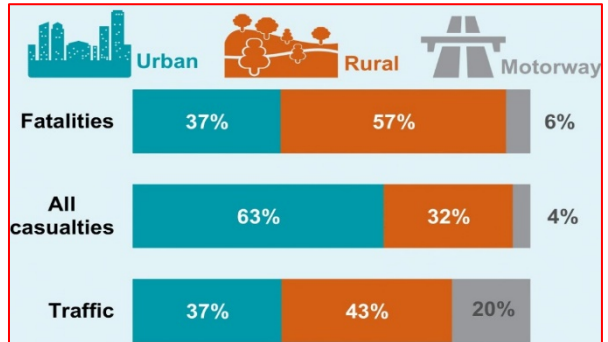
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# Which are the safest roads in Britain?

Consider that two cars colliding head-on at 30mph each = 60mph impact.

**Motorways** are the safest. 2022 Dept for Transport figures show 6% of deaths recorded on Britain's motorways, despite carrying much more traffic than other types of road. **Why?**

- Oncoming traffic is separated via the central reservation Armco barrier. That makes head-on collisions, with a combined speed of possibly double your own, highly unlikely.
- Any collisions are likely to occur with traffic travelling in the *same* direction as you, which means less energy is involved in a collision.
- Hard shoulders or refuge areas so that broken down vehicles can often be brought to a halt away from the live lanes of traffic.
- No slow or vulnerable traffic such as pedestrians, horse riders and cyclists



According to the road safety charity Brake, 10 times as many people die on rural roads in the UK than on motorways, accounting for over half of all fatal crashes on UK roads. Cyclists, drivers and motorcyclists three times more likely to be killed on a rural versus an urban road (around towns). 57% of UK road deaths on rural roads, even though they accounted for 43% of traffic.

## Why are rural roads so dangerous?

- Speed is a major factor estimating that a 10% (not 10mph) increase in average speed results in a 30% increase in fatal and serious crashes.
- Often narrow, with blind bends and brows and limited safe places to pass.
- They may not have pavements or cycle paths, despite being frequently used by some of the most vulnerable road users, ie walkers or horse riders. British Horse Society figs last year: 66 horses died and 129 injured.
- Vehicles travelling at a wide range of speeds from fast to very slow.
- They can often have poor road surface and a higher frequency of debris such as mud and leaves on road surfaces.



**Smart Motorways:** All-lane running motorways were developed to reduce the cost of widening roads and to increase traffic flow by eliminating the hard shoulder. At present, data on whether they are statistically safer than regular motorways is at best conflicting. Construction roll-out has paused with the aim of acquiring more data to better guide the future development of smart motorways.

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## MHA Communities West London Celebrates its 25<sup>th</sup> Anniversary!

**Our charity exists to improve the lives of older people in the community who still live independently but are finding it harder to get out.** Thanks to our dedicated staff and volunteers, a variety of regular activities are offered to enable our members to socialise, exercise and enjoy healthy meals together. Outings and theatre trips are also part of the programme. Members agreed the recent canal boat trip was a lovely day out and now look forward to visiting Southend-on-Sea in September.

We are especially proud to be celebrating our **25<sup>th</sup> Anniversary** in the local community. A number of events were held to highlight this achievement, including a big celebration lunch in March and a special church service in June.

**The King's Coronation** was also celebrated with several events for our members. Some participants even got to "meet" the royal couple (well, a cardboard cut-out of them)!



**If you know anyone locally whose life would be enhanced through increased social connectivity, do point them in our direction.** Anyone over 60 is eligible to join. There is no annual subscription, but a small charge is made for activities to help cover costs.

*Members enjoying a sing along on the canal boat outing.*

During **National Volunteers Week** the efforts of all the volunteers who support us through driving, serving meals, helping at activities and befriending were recognised with a special thank you lunch. Sandra Morgan was awarded the **Roger Mansfield Volunteer of the Year** shield for her eight years of weekly service.

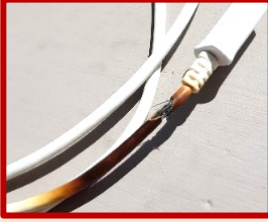
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*Jo Wild, Volunteer*

## Phone, E-bikes & other Devices: Charging Safety



This photograph shows my own phone charging cable which I had left plugged in while I was out. My phone was not on charge, but nevertheless, as you can see, the plastic cable casing has burned through, exposing the wire.

**This a common cause of house fires.**

### Remember, don't leave items on charge:

- When you are asleep / Unattended
- If you are leaving the house / After they are "full"

### Also ...

- Never leave charging items like laptops or phones on soft furnishing like beds or sofas. Don't use a laptop in bed, in case you fall asleep, and it catches fire.
- Make sure you buy cables from a reputable supplier. Counterfeit electrical chargers can be deadly! A bargain isn't worth a fire, or a family member's life.



**The London Fire Brigade firefighters have been called to an e-scooter or e-bike fire every two days since the start of 2023.**



Sadly, there have been several deaths in the news because of charging lithium-ion batteries exploding, and fires get out of control extremely quickly. Do not buy cheap e-bikes, chargers or batteries. **Always buy from a reputable company.** See [Advice from London Fire Brigade #ChargeSafe](#) and [www.cyclinguk.org](http://www.cyclinguk.org)

Jan C

## Join our merry band of litter pickers to clean up Northwood Hills \*



## Saturday 14<sup>th</sup> October

Meet outside Namaste Lounge 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.**





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## Transport for London's (TfL) website is giving unreliable information about whether or not vehicles are compliant!

Since 29th August 2023, the Ultra Low Emission Zone (ULEZ) operates 24 hours a day, 7 days a week, 364 days of the year (not Christmas Day) for motorbikes, cars and other vehicles. From midnight, so after midnight a second day is chargeable.

**Statistics and more Statistics:** In 2016 Sadiq Khan said there were nearly 10,000 premature deaths a year because of poor air quality. In 2023, he has changed that to approximately 3,600-4,100. The research has been criticised:

- A) It was funded by £800,000 from the Mayor's administration and
- B) The findings have received no peer review.

The Imp. College London figure of approx. 4,000 deaths p.a. is a simplified figure behind a more complex reality based upon "life years" lost annually: In London each person is losing 2.5 - 2.8 days of life expectancy each year. Set against the population's overall *rising* of life expectancy, (which the Office for National Statistics predicts will *grow* at around 49 days a year over the next 25 years), the effect of pollution lowers this life-lengthening rate to 47 days a year. So, experts have raised concerns that the 4K figure is alarmist and somewhat misleading.

**Nobody wants polluted air:** It's the NO<sub>x</sub> value that's the key, which is not shown on older V5 documents. It must be below 0.08. NO<sub>x</sub> is shorthand for nitric oxide (NO) and nitrogen dioxide (NO<sub>2</sub>), often the cause of poor air quality and the formation of particulates. Since the introduction in central London in 2019, evidence shows that air quality has improved. Precisely how much so varies, depending on the study, from 'substantial' to 'minute'.

**RAC obtained figures from DVLA showing that about 1 in 4 cars registered in Greater London are non-compliant.** But these figures do not take account of those vehicles driven across the boundary into ULEZ by workers, carers and others. The Mayor's Office states it is 1 in 10 cars, based upon camera images of drivers in the new zone before the system went live.

**Mayor's 38 Target Objectives.** In 2022 the Mayor's Office commissioned an examination by Jacobs Solutions (JS) on the impact of expanding ULEZ, which found that it would have a "disproportionate financial impact" on people with low incomes, the disabled and young families who travel by non-compliant cars. Of the Mayor's Office 38 target objectives, JS concluded that expansion would yield a positive result in only 5 cases, neutral impact in 11 cases, and in 22 cases the impact would be negative!

**Is your car ULEZ compliant?** Petrol cars less than 16 years old and diesel cars less than 6 years old are **probably** exempt from ULEZ charges. As are electric vehicles and most hybrid cars which were registered after 2006. Advice tells us that by simply entering your registration number on TfL's website (tfl.gov.uk), you can immediately find out if your car is compliant. If that is the case, you need to do nothing more. **BUT... Some cars which should be listed as compliant, are shown as not compliant.**

## In recognition of this, despite the on-line check, if you believe that your car is compliant, TfL offer a solution on their website.

You need to obtain a letter from the vehicle manufacturer's homologation department stating the vehicle's Euro standard (not shown on old V5s). Or a Certificate of Conformity (CoC) from the vehicle manufacturer to verify that your vehicle meets the requirements of ULEZ, then provide the V5 and CoC to TfL. Application to register your vehicle as compliant is via their Driving/Compliance website.

## What are the options if your car is not compliant?

**Scrappage Scheme:** TfL have removed the requirement to receive benefits in order to use the scheme. Now *anyone* living in one of the 32 London boroughs or the City of London with an eligible vehicle will be able to apply. Successful candidates can receive up to £2,000 for a car, or up to £1,000 for a motorcycle. For wheelchair accessible vehicles there is a payment of £10,000 to scrap or £6,000 to retro-fit to the ULEZ standards. Other options are available.

### Discounts and exemptions:

- To support Disabled Londoners' Grace periods (temporary exemptions) from the ULEZ charge are in place until 24 October 2027.
- Other shorter grace periods exist for certain not-for-profit organisations.
- Most military, historic, and farm vehicles, as well as cranes and most cars older than 40 years may also be exempt.

**Documentary evidence will be required for any exemptions or grace periods. Never assume that your vehicle is exempt. All vehicles must be registered with TfL to get an exemption or discount.**

For more information, visit [tfl.gov.uk/ulezdiscounts-and-exemption](https://tfl.gov.uk/ulezdiscounts-and-exemption)

**How will they know if you drive inside the zone?** ULEZ signage at the start and in the chargeable area. Automatic Number Plate Recognition (ANPR) cameras will read your numberplate, and check against government databases.

**The daily charge:** You do not need to pay the ULEZ charge if you are parked inside the zone and do not drive. But failing to do so when driving will incur a £160 daily penalty (reduced for prompt payment)

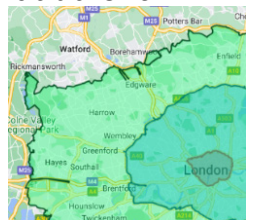
**When to pay:** If you drive within the zone, you can pay by midnight on the third day following the journey, or up to 90 days in advance.

**How to pay:** By telephone: 0343 222 2222. Via TfL Smartphone app, or via TfL website to set up Auto Pay for one-off payments, or monthly bills

**Do not use unofficial sites to pay – these may be fraudulent!**

**The Congestion Charge for Central London is a £15 daily charge in addition to ULEZ charges.**

*The air quality statistics are hard to pin down and exemption options are too many and varied to show here. See [tfl.gov.uk/ulez](https://tfl.gov.uk/ulez) for further information.*



Jan C

# Pinner Hill Golf Club

has chosen CALM as their charity to support under Club Captain Martin Toyne  
*Martin's aim is to raise awareness and funds throughout the year.*



**The shocking statistic is that suicide is the biggest cause of death in men under the age of 50. In 2021, there were over 5,000 suicides registered in England – three quarters are men.**

Office for National Statistics (ONS) show that male suicide in 2019 was highest since 2000. ONS said: "Higher rates of suicide among middle-aged men recently years may be because this group is more likely to be affected by economic adversity, alcoholism and isolation. **It could also be that this group is less inclined to seek help.**"

**Samaritans** answer a call for help every 10 seconds and tragically every 90 minutes approximately, someone dies from suicide in the UK alone.

## You're not alone. Help is available.

Evidence shows that only 19% of people asking for help so far are male. It's important for us all to look for signs that our friends and loved ones might be suffering:

- **Social withdrawal**, being detached from people, and typical activities.
- **Any unusual changes in behaviour**, becoming angry or aggressive.
- **Giving away personal items** and wrapping up loose ends.

**CALM** is a charity taking a stand against suicide. That means standing against feeling hopeless, and standing together to show life is always worth living.

**CALM** exists to help – by offering life-saving services, provoking national conversation, and bringing people together to reject living miserably.



**CALM Clubs** are about getting together, doing what you love and feeling better for it. They're communities of people who share their passion and a love of CALM. Whatever you do - from football to art, running to rugby - they're a place to share encouragement, experiences, stories, laughs, failures and successes.

## TELL A MATE WHY THEY'RE GREAT TODAY

Sometimes a few sappy words can make all the difference. Compliments are free, take literally seconds to do and research shows receiving one enhances positivity in relationships and increases general happiness. So, what are you waiting for?

**Stories from the helpline and supporters show that one word, one moment of closeness, can be the reason someone stays.**

Need help? Call our helpline  
5pm-midnight, 365 days a year

 **0800 58 58 58**

 **WEBCHAT**

The website gives some useful advice and links such as support for the bereaved and advice if you're worried about someone, have anxiety or suicidal thoughts.

**[www.thecalmzone.net](http://www.thecalmzone.net) to find help, or get involved to help others.**



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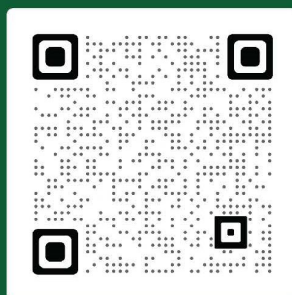
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# Every day, road crashes cause devastation to individuals and families across the UK. Vehicle speed is always a factor in the severity of an accident.



When driving, it's hard to perceive that a slight increase in speed is really so damaging. It's easy to let speed creep up. But small increases in speed lead to much higher increases in kinetic energy, ie the energy of motion.

The risk of injury increases exponentially with impact speed. A crash at 30mph has twice as much energy and destructive potential as at 20mph.

Driving is unpredictable. If something unexpected happens ahead (Eg a child steps out from between parked cars) it is a driver's speed that will determine if they can stop in time and, if not, how hard they will hit.



In dry conditions, a vehicle travelling at 20mph would stop in time to avoid a child running out three car-lengths in front. At 25mph, it would **not** be able to stop in time, hitting the child at 18mph (roughly the same impact as falling from an upstairs window).

**A pedestrian** hit at 30mph has a significant (1 in 5) chance of being killed. This rises to a one in three chance if they are hit at 35mph. Even small increases in speed can lead to big increases in impact severity. Elderly pedestrians have a much greater risk of suffering fatal injuries.

**Car occupants killed in frontal impacts:** On average, seat-belted drivers have a 17% risk of being fatally injured in impacts at 40 mph rising to a massive 60% risk at 50 mph. **However, half of drivers who were fatally injured were in an impact of 34 mph or less!**

**Side impacts to cars:** Drivers are at a much greater risk. In a collision at 40 mph, the risk of a seat-belted driver being killed is 85%.

**Analysis of vehicle speed in pedestrian fatalities in the UK found that 85% of people killed when struck by vehicles, died in a collision at impact speeds below 40mph, 45% at less than 30 mph and 5% at speeds below 20 mph.**

# Why must we worry about this lovely plant?

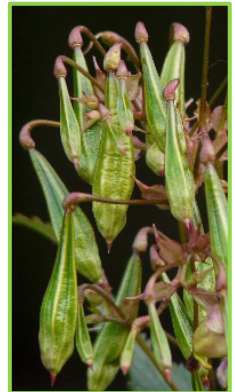
Because it can grow 20 metres in all directions per season!



Himalayan Balsam (HB) can rapidly spread by producing between 500 and 2500 seeds each year. When ripe, the seedpods explode, and the round, black seeds are thrown up to 7 metres from the parent plant. Carried further by wind, and near rivers the seeds are also spread via the flowing water, sending them even further.

This handsome plant (*Impatiens glandulifera*) was introduced to the UK by the Victorians in 1839. It is distinctive, with reddish jointed stems (which are a bit like celery or angelica) and fuchsia to pale pink flowers June – October, then seed pods that explode late July – October. It grows 2-3 metres high and forms dense colonies which suppress other plants by shading them out. Also, bees prefer this plant, so ignore our native plants, which then die off. This gradually causes impoverishment of the surrounding vegetation, killing off native plants and causing a decrease in biodiversity available to nature. Although it dies back in winter, the dense roots don't.

**Legislation:** This plant is listed in Schedule 9 of the Wildlife & Countryside Act, meaning we have a legal responsibility to ensure it does not spread to neighbouring properties or land. As with Japanese Knotweed (also listed) the plant is also classified as “controlled waste” and therefore requires cuttings and contaminated soil (ie holding small roots or seeds) to be handled by a licensed waste carrier if moved. Not to mention possible fines or prison sentences.



**Other problems re housing:** There have been cases where surveyors have noted the presence of Himalayan Balsam within a property and it can be taken into account by mortgage providers, potentially affecting the lending approval process. The roots can damage walls, paths, and drains.

## Removal:

**Manual control and removal is often favourable** to avoid damaging native nearby plants (though if left uncontrolled, HB will do that). Pulling the plant out from the roots is effective, but must be done at the right time of year, and the resulting plant matter carefully managed, see above.

**Weed-Killing chemicals are another method to control the spread**, often over a number of seasons to be totally effective. Best administered by professionals. This is *not* the preferred choice as it also kills other plants in the area.

**As with any pruning, cutting the plants at certain times of their growth will sometimes encourage faster regrowth and more flowering shoots**, thereby in some cases spreading the plant's seeds even further. So, strimming and trimming is not recommended. Conservation authorities may hold “Balsam Bashing” work-parties, but these must be undertaken with extreme caution and be led by professionals.



## The Sobell Bridge Club

### Northwood

- ◆ We are a friendly club welcoming bridge players of all standards.
- ◆ Duplicate Bridge sessions are held every Thursday, (7.30pm), and Saturday, (2.00pm), at the Michael Sobell House, Mount Vernon, and we have relaxed duplicate sessions at 7.00pm of a Sunday for the less confident. We also run an online session every Monday evening.
- ◆ Table money is £4 for members and £5 for non-members, which is donated to the Michael Sobell In Patients Unit.

Michael Sobell House,  
Gate 3, Mount Vernon Hospital,  
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Free car parking available through parking  
permits provided by the Club

For more details, please contact  
Peter Cobden:  
chairman@sobell-bridge.org.uk  
Tel : 01923 821490  
Or visit: [www.sobell-bridge.org.uk](http://www.sobell-bridge.org.uk)

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# Premium Bonds – Worth another look?

*With the recent rises in interest rates and current uncertainty in worldwide stock markets, now might be a good time to consider Premium Bonds as a safe and secure investment opportunity.*

## A Brief History

During the First World War, the government needed to borrow a great deal of money, so in 1916 it launched War Savings Certificates, followed by National War Bonds a year later. In today's money, they raised around £24 billion. The limit was set at £500 per person and the largest prize was £1,000, at a time when the average house price was less than £100.00.

## Prizes Introduced

During the Second World War a similar National Savings campaign was used. In November 1956, Conservative PM Harold Macmillan introduced Premium Savings Bonds. Harold Wilson described the scheme as a “squalid raffle”. These Bonds did not earn interest; instead, each £1 bond received a unique number and had an equal chance to win a prize in a monthly draw. £5 million worth of Bonds were sold on the first day (equivalent to £121 million today.)

## “ERNIE”

The government used the Bletchley Park team behind the WW2 code breaker, Colossus, to build a piece of **E**lectronic **R**andom **N**umber **I**ndicator **E**quipment. It was the size of a van and took 10 days to complete a draw, using a signal noise created by gas neon diodes. The current ERNIE (design 5) was introduced in 2019 and uses light to generate random numbers, and that takes 12 minutes.

## Today's odds

More than 21 million of us own at least one Premium Bond and most are now in Electronic Form. The minimum holding is currently £25, and the maximum holding is £50K. There is a draw at the beginning of every month and the maximum prize is now £1 million, with many smaller prizes. The odds of winning any prize is 24,500 to 1 for each bond you hold and the prize money distributed equates to 3.3%.

## Are you holding onto a winner?

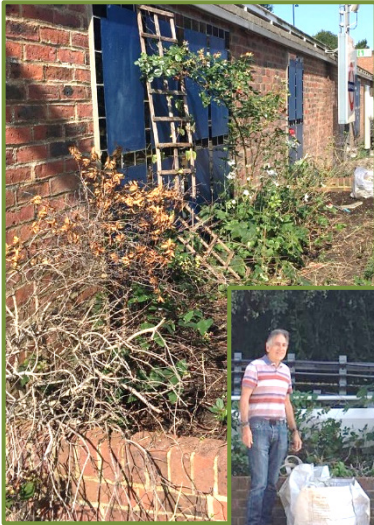
There are over 1.6 million prizes unclaimed prizes (worth over £63 million), so have a look in the loft and old paperwork to see if you can find any tucked away. You might be lucky! More information see [www.nsandi.com](http://www.nsandi.com), which also gives the Bond numbers of any winners in the last 6 months.

***So next time you think about buying a lottery ticket, why not take a look a Premium Bonds? It might not seem so much fun, but you won't lose a penny and you could, like Del Boy, become a millionaire.***

John C

# Northwood Hills Station Gardens

We sincerely hope you're enjoying all the lovely flower displays at our station.



Our team of green-fingered gardeners have been working hard all year to bring you some joy whilst waiting for your train. What a transformation from 3 years ago when we started! The mess was truly awful. We had to take out trees that had seeded themselves, brambles and broken trellises etc.

**Before...**



We removed all the old waste bins, repaired and painted them before planting them with our favourite flowers. Four new tubs were bought last year too and planted up. Even the black wall tiles got a touch-up of paint! Thanks to the NHRA for their financial support.

## **Now, what is new this year? Ah yes – the Coronation!**

We bought two crowns from Amazon (of course) painted them gold and decorated them with red rubies, plus bunting to cheer our new monarch on his way. Sadly, TfL decided to cut down most of the trees on the south bound side so one of the team thought we'd better erect our own green backdrop. Rather fetching don't you think?

**Competition:** Each year TfL award a prize to some of the best station gardens. The judges came to Northwood Hills Station a couple of weeks ago and were very impressed. The award ceremony is on September 20<sup>th</sup> at City Hall and we're keeping our fingers well and truly crossed that we have won the SILVER WATERING CAN!

Hopefully the crowns will have swung it in our favour! Wish us luck...

We are always on the lookout for help – Please contact Lynne Halse [halselynne@hotmail.com](mailto:halselynne@hotmail.com) (01923825835) if you can spare an hour or two now and then.

Lynne Halse





*I think this group's community spirit and incredible efforts are inspiring. I wholeheartedly think they deserve an award. Certainly, they get my praise and thanks for brightening our environment.*

Jan C - Editor



**Join us - new  
members will be  
made very welcome**

Horticultural Talks 

Coach Trips 

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Cactus Meetings 

Quizzes



**Forthcoming trip:**

**KEW GARDENS CHRISTMAS LIGHTS**

A fantastic opportunity to visit this event by coach. 4-10pm Tuesday 5<sup>th</sup> December. Limited seats available.

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**See our website for details of all events and membership.**

**[ruisliphorticultural.org.uk](http://ruisliphorticultural.org.uk)**



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# What is this new Local Medical Surgeries Group?



Our **Primary Care Network (PCN)** is 7 local GP practices (listed above), working together to enhance and deliver patient care to approximately 52,000 North Hillingdon residents. It will combine the services of social care, local community, mental health, pharmacy, voluntary and hospitals.

The aim is to build on existing Primary Care Services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care for people, close to home.

*Clinicians describe this as a change from reactively providing appointments to proactively caring for the people and communities they serve. "Social prescribing" enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services to support their health and wellbeing.*

Since the NHS was formed in 1948, the population has grown considerably, and people now live longer. Many have long-term conditions such as diabetes, heart disease, or suffer with mental health issues, and may need to access their local health services more often.

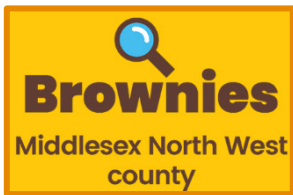
Our PCN has recruited a growing workforce of pharmacists, mental health workers, health/wellbeing coaches, social prescribers, physiotherapists and other clinical roles to deliver services for patients across the neighbourhood and help them to access a range of health or social services.

We have held two community roadshows with our partners, offering on-the-day blood pressure readings, booking health checks, and telling people about the new services available (such as social prescribing and health and wellbeing coaching).

Information on your PCN as it develops will be sent out through your GP practice websites and communications. And you can become involved through your practices' Patient Participation Group.

**Helen Steward – Digital and Transformation Lead, North Connect PCN**

# Brownies Skill Builder Day



100 Brownies – girls from Northwood, Harrow, Ruislip and Yiewsley – joined together at Willow tree Harefield recently for a fun day of activities and fantastic challenges!

Logos and slogans were created for their own chosen cause. Delicious smoothie-making, brilliant bead craft and an obstacle course, assisted with learning about how to make positive change. The day ended in a 'Mini Riot' of flag waving, instrument playing and chanting for their cause. And, of course, they earned their Take Action badge which they can sew on to their Brownie sash or uniform.



One Leader from 6<sup>th</sup> Northwood of Emmanuel Church said **"The girls had a great time and really enjoyed the day. It was so lovely seeing them having the opportunity to mix with other units"**.

*Jane - County Brownie Advisor*



Brownies are aged between 7-10 years. If you would like to join, then contact [Brownies@girlguidingMiddxNW.org.uk](mailto:Brownies@girlguidingMiddxNW.org.uk) for details of our local groups.



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# Battery Electric Vehicles

## Pros and Cons in a nutshell:



### PROs

**Zero direct emissions**, but the vehicle and battery manufacturing emissions may not be fully offset before the vehicle life makes a replacement car necessary. Some limited emissions while charging if the energy supplier does not have “green” credentials.

**Buying incentives**, but no longer for “ordinary” cars. Wheelchair accessible vehicles/vans can be sold at a 35% discount up to max £2,500. Some motorcycles get 35% discount up to max £500. Some purpose-built vans can achieve £20% discount to a max of £7,500.

**Running costs are significantly lower.** Charging overnight, uses electricity at a lower tariff than charging during the day – just a few pounds. The cost varies depending on how, when and where you charge, but average a tenth of what you would pay for petrol/diesel.

**Save on fuel costs.** If you drive a hybrid car, reduced fuel costs. With fuel prices rising and at a record high, switching to an electric vehicle could save you money, after the initial costs have been paid. According to the type of petrol/diesel vehicle, switching to an EV and driving 10,000 miles can save well over £1,000 with some careful charge-planning.

**Road Tax** is currently free for cars costing less than £40,000, though will be charged from April 2025. There will also be an expensive car tax supplement for electric cars exceeding £40,000. There is no capital gains tax on selling cars. BEVs are currently exempt from the London Congestion Charge (£15 per day).

**Maintenance savings.** With fewer moving parts, EVs do not need servicing as often for oil changes or car parts. But EV battery problems are expensive to repair if you aren’t covered by warranty or your insurer.

**Comfort.** The suspension needs to be firm to carry the weight of the batteries, but there is often more room in the passenger cabin. Quiet as only tyre or wind noise. Some EVs are so quiet that makers fit sound generators so that pedestrians and other road users are aware of their presence when driving.

**Acceleration.** Losing much of the heavy mechanics from petrol/diesel engines, offers a different way of driving. The instant torque feels surprisingly quick from a standing start. But most BEVs will run out of steam once you're up to the speed limit - and the driving range suffers too.

## CONs

**Believed to be the biggest challenge: Limited charge-points at home and country-wide.** Every EV has a 3-pin domestic plug so that you can charge it via a socket. Some sellers offer a fast-charging wall-box FOC, which connects directly to your mains power supply, so charges at a higher rate than a 3-pin socket.

You must be able to park your car close to an electrical supply. A problem if you live in a flat or don't have off-street parking adjacent to your property.

Many articles about charger queues at motorway services throughout UK, not enough fast-chargers and/or being out of order when needed. Also, payment IT issues. Some schemes access dedicated parking bays on-street/multi-storey. Outside of London, provision is patchy, though the networks are growing all the time. Currently, the government is unable to provide the infrastructure to deliver from source the vast amount of power which will need to be spread across the country. A few supermarket charging points will not suffice when most of us have EVs. Basically, it involves some forward-planning.

**Installing a charge-point costs.** Home wall chargers cost £500-£1,000 and will deliver 15 to 30 miles of charge per hour. An ordinary three-pin socket will deliver 7.5 miles of charge per hour. Installation incentives have been stopped for normal house-owner/occupiers. If you own or rent a flat, you can get either £350 or 75% off the cost to buy and install a socket, whichever amount is lower.

**Battery range. Range anxiety** may stop many people from getting an EV – the fear that you either won't get to your destination without having to charge your car up, or that you won't be able to charge your car when you get there. Most EV batteries last 150-200 miles and car makers are working to improve this. If you're able to plug an EV in every time you park, then range anxiety shouldn't be an issue.

**Purchase price.** The new technology means EVs are much more expensive than petrol/diesel equivalent. Average £10,000 more. Fuel savings and less servicing will take a long time to make that money back. Depreciation has been an issue, with many models losing significant chunks of value when it's time to sell. Newer cars will benefit from better battery range and so buying used EVs may not present the best option, especially if the battery will need replacing.

**High cost of battery replacement.** As the technology of EVs evolves, so does the cost of the battery – expensive to replace depending on the model and type of electric car. Also be a factor in the resale value of EVs.

**Driving fun.** Battery weight means that EVs are much heavier than petrol/diesel equivalents. Despite the rapid acceleration found in some EVs, that weight is often apparent in corners where they often feel heavy and slow to change direction, dulling any driving fun experience. Driving enthusiasts still feel rather numb at the thought of EV driving.

# Kids & Youth at Emmanuel:

The term is kicking off with loads of fun activities for below 18s. Here are some highlights:



emmanuel  
church  
northwood

## ROCK UP FRIDAYS:

6pm-7pm on the first Friday of the month for children in school years 3-6.

## THE HANGOUT:

7:30pm-9pm on the first Friday of the month, for youth in secondary school.

*The Hangout* is a place for local youth to socialise, play games, do sports, or just hang out with each other. Come for a fun Friday out!



## YOUTH ALPHA:

On Tuesdays all young people are invited to our youth groups as we explore topics of the Christian faith. The first session of the term is on September 12<sup>th</sup> at 7pm!

## LIGHT PARTY:

On Tuesday October 31st all kids in year 1-6 are invited for the greatest party of the year. From 6pm-7pm the church will be transformed to a celebration of light with glow sticks, competitions, & games. Sign up online!

For more information: [www.ecn.org.uk](http://www.ecn.org.uk)

# Friday Food Bank



Are you in need of some additional support this winter?

Our Foodbank is open for emergency provision of food on Fridays between 11am-1pm.



If you need help getting a voucher, please come by on a Tuesday between 11am-12noon.

# FERNDOWN MOTOR SERVICES

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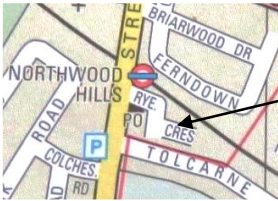
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**A former student who battles with psychotic depression has been in touch to talk about the support he was given while attending UTC Heathrow.**

Jacob Day, 19, was diagnosed with psychotic depression in 2020, while he was in Year 12. Psychotic depression involves visual and auditory hallucinations. Sadly, Jacob had to be sectioned for a period of time, but says the school staff and his friends supported him on his mental health journey. He says “The school made me feel so accepted and included, like I was a regular student. And that’s all I really wanted. I can’t thank them enough how they went out of their way to help me. For example, they had a room I could go to in case I was distressed, and they would always check up and talk to me. They really helped integrate me back into school.”

Jacob’s illness didn’t hold him back academically – he proudly left school with Level 3 in Cyber Security and Security Administration and A Level Computer Science. He has also founded his own marketing company (Guppy Fish Ltd), and is also chief operations officer of an anti-knife crime organisation in Coventry, Fridays, a cause he is passionate about. **“You see knife crime everywhere, it’s part of gang culture. I work alongside a former gang member”**. So, he knows what he’s talking about!

**We celebrate upgrade to ‘Good’ Ofsted rating**

Wayne Edwards, Executive Principal of UTC Heathrow, said: “I am proud of what has been achieved at the UTC Heathrow over the last few years and this result is testament to all the hard work of the staff and students.



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**HOW TO JOIN THE LIONS:**

We meet 8pm on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month. Holy Trinity Church, Parish Rooms, Rickmansworth Road, Northwood HA6 2RH.

**Please contact Robert Green for information about the club and membership: 07860 324395.**

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



*President Susan Carr with friends in Montreal!*

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\*15 or 30 hours a week, term time only, subject to meeting government criteria.

# Which Plastics can be Recycled in Hillingdon, and which cannot?

Of course, on the scale of “Reduce” (don’t buy it at all), “Reuse” or re-purpose it, then “Recycle” comes bottom. But, when we cannot avoid buying plastic items, or wrap, which ones can we recycle?

The Resin Identification Codes (RIC) assist in sorting plastics, both for us and the staff who work in recycling facilities. This sorting preserves the value of each type of recycled material to enable its reuse into new products. So, here’s what the codes mean:



## 1 PET (Polyethylene Terephthalate) YES.

Such as plastic bottles, yoghurt pots, plastic food trays and cartons.



## 2 HDPE (High Density Polyethylene) YES.

Eg ice-cream and butter tubs and shampoo or detergent bottles.



## 3 PVC (Polyvinyl Chloride) NO.

You can find this plastic in cling film, blister packs, pipes.



## 4 LDPE (Low-Density Polyethylene) SOME.

This is not accepted in our Hillingdon bags, but **soft plastics CAN BE recycled at many major supermarkets\*** Bread & frozen food bags, biscuit wrappers and carrier bags that can be stretched.



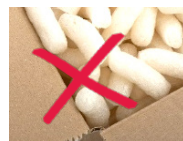
## 5 PP (Polypropylene) SOME.

This can be put in our recycling **if packaging tells us that it is OK.** Eg some meat trays. **No flower-pots at all.**



## 6 PS (Polystyrene) NO.

Items such as food trays, foamy take-away packs, or loose-fill chips.



## 7 Other NO.

Other plastics are not recyclable in normal collections.

**Note:** The letters may *not* be written beneath the triangles, but the numbers should always be present, with or without the triangle.

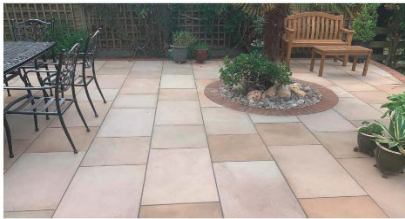
**Old plastics:** without a code, consider them not-recyclable, but general waste.

\* **Soft Plastics:** The labelling on packs often makes it clear (Eg “lid on”), but for many soft “scrunchable” plastics which say “not yet recycled at home”, remember they *can be* recycled at Tesco and our local Co-Op.



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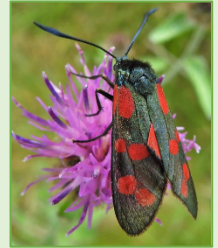




# Pond Life

It just goes to show what happens when a few locals work together... and then nature takes over!

Six Spot Burnet feeding



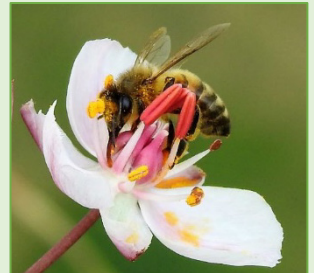
Smooth Newt taking the air!  
And pond skaters move in early



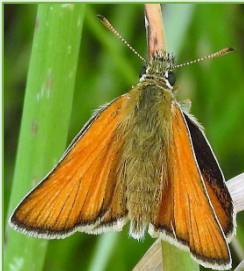
Ringlet Butterfly



Honey Bee on flowering rush



Broad Bodied Chaser  
Small Skipper Butterfly



Insect photos at Jubilee Ponds thanks to Neil Shepherd

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

# “Snippets”

## Maximum leaves ever found on a clover stem?

(“Tri”folium repens L.) The most leaves ever found on a single clover stem is **56** and was discovered in Japan in 2009.



## Where is the hottest place on earth?

No surprise that it’s called “Death Valley” in the USA.

134.1° F/56.7° C and was recorded on 10 July 1913. Other rivals for the accolade from the Middle East have been disputed.

## Why are British sausages called “bangers”?



It dates to World War 1, when food shortages meant the use of fillers (mostly water and fat) to replace some of the meat. The high water content and tight casings often caused the sausages to explode when cooked. The term was widespread by WW2.

The collective noun for a group of sausages is a bundle. Interested why the skins always split lengthwise? Check the physics on Stack Exchange website.



## Sayings associated with shoe-making

“Knock on wood” to hear if a shoe’s top is tight against the wooden last.

“Re-vamp” means changing the shape of a shoe front toe.

“Skiving off” was first job in factory process where you could sit down.

**Flowers choose their colours** to attract particular flies and other pollinators. Research shows that by their exact shade and tint, flowers can filter out inappropriate pollinators.

“Range anxiety” is a new entry in the dictionary and refers to the worry of electric vehicle drivers of whether they will find a charging point which is working and available as they need it during their journey.

## Which is the most useful blood type?

NHS confirms that of the eight blood types, the most useful for them is O negative. Often called ‘*universal donors*’ because anyone can receive the red blood cells from their donations. This makes it vitally important in an emergency or when a patient’s blood type is unknown and so it is carried by emergency services and air ambulances.

**New research** indicates that our blood group can determine what illnesses and diseases we might be susceptible to. For example, blood type O individuals have a lower risk for heart disease.



Jan C



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# The hidden plastics in our everyday products. 10 unlikely offenders:

*All microplastics can fill a sea animal's stomach, giving it the mistaken feeling that it is full, then not eating to receive the nutrients it requires. This can often lead to an early death.*



## Clothes

Synthetic clothes, such as polyester, shed tiny microplastic fibres when they are washed, which pass through wastewater treatment and into rivers and estuaries, and will often end up in the ocean. In the UK, it is estimated that 2/3 of clothing is made from plastic material, such as polyester, nylon and acrylic.

## Teabags

If you have ever tried to compost your teabags, even years later you will find the remains of the bag. In the UK, 165 million cups of tea are drunk every day. The netting and “paper” of teabags usually contains plastic. PG Tips was one of the first companies to ensure their teabags are compostable, which is even better than biodegradable. To keep up to date with what the different brands are doing, check the Moral Fibres UK Eco blog. [www.Moralfibres.co.uk](http://www.Moralfibres.co.uk) There are some surprising everyday and posh brands listed!



## Chewing and Bubble Gum

Cultures all over the world have enjoyed chewing on gum-like substances. 6,000-year-old chewing gum, complete with teeth imprints, was discovered in Finland. But modern gum is not derived from plants, grasses, or resins. Most modern-day chewing gum now contains plastic, which does not biodegrade. Keep Britain Tidy estimate that 95% of UK streets are stained with discarded gum, which will remain there, being added to each time someone spits it out.

## Aluminium Cans, Tinned Foods and Jars



You might think a can is better than a plastic bottle, but sadly aluminium cans also contain a thin layer of plastic. It is there to prevent a chemical reaction which can cause corrosion of the can and affect the product inside. Many glass jar lids have this too.

Luckily, the way that the thin layer is put together with the can or jar means that the cans are still recyclable, so it's an infinitely better option than buying a plastic bottles and pots. However, if the plastic in our food packaging contains BPA, it might be leaching unhealthy chemicals into our food and drinks.





## Sea Salt

South Korean research has found that up to 90% of table salt brands sampled worldwide contained microplastics. Unlike the others on this list, plastic is not intentionally added to sea salt. Instead, sea salt has been contaminated with microplastics in our oceans. As well as affecting our marine life, it also enters our own food chain.

## Glitter – does it make your Christmas sparkle?



And then gets “everywhere” because it drops off. As glitter is so small, when it is washed down a drain, it can bypass sewage filters and head straight out to sea. It is now found being ingested by a wide range of marine life, including plankton, fish, shellfish and seabirds.



## Cigarette Butts

**Cigarette butts are the most common type of litter in the world.** Due to the frequency that they are littered on the street and their relatively small size, cigarette butts are frequently washed down drains and can make their way into the sea.

## Disposable Wipes

Wet wipes are of particular concern due to the sheer number of them that are flushed down the toilet. A lot of people think that flushing wet wipes is no different than flushing toilet paper, but the truth is that wipes should NEVER be flushed down the toilet.

Not only does it result in tonnes of extra plastic waste entering the ocean, but wet wipes are also the number one reason that drains and sewers become blocked, often as part of Fat-Burgs. Water UK estimates that wet wipes make up 93% of the material that forms sewer blockages.

## Paper or cardboard food and drink items

As with coffee cups, paper-looking packaging often has a layer of plastic in them to prevent leaks and keep the structure of the packaging.



## Misconception: Kitchen

### “Paper” Towels contain plastic, but...

Those labelled “paper” **are** made from trees and recycled paper. However, the towels come wrapped in plastic. Printed ones are made with nasty chemical inks, and some have chemical scents. The point is that people use A LOT of paper towels, and they cannot be recycled. Producing all that paper consumes a lot of resources, including millions of trees per year and billions of gallons of water. Then add the energy to manufacture the paper towels and transport them from the factory to the shop and your home, then finally to the landfill. Solution: Use re-usable washable cloths instead, not plastic sponges or scourers, which give off micro-plastics. Easier than we could do with toilet rolls, which are similarly manufactured and wrapped, yet more essential.

*Ede Enne*

# Are you reading responsibly?

Around 320 million books (640,000 tonnes) are sent to landfill each year.

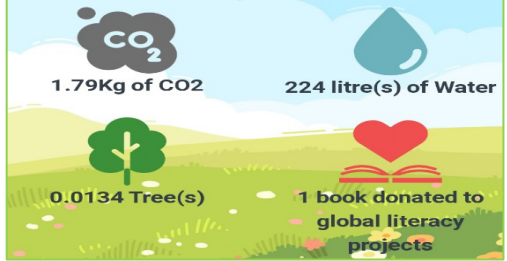
**Benefits:** Reading online or in paper format is a good thing to do if the content helps to stimulate your brain, and is itself a low-carbon activity because it is hard to shop or drive while you read.

**The environmental cost** of producing books and newspapers is huge. The industries consume 153 billion gallons of water each year, with each book using an average of two kilowatt hours of fossil fuels and approximately 7.5 kilograms of carbon dioxide. Even worse, if a book reaches the landfill, its decomposition generates double the global warming emissions and toxic impacts on local water systems, than its manufacture did. Some manufacturers are now learning not to over-print, only printing copies which are going to sell, not sit on bookshop shelves.

**E-readers** are slightly better than paper books, but only if used many times, ie equivalent to at least 36 new paperbacks or 40-50 hard-backs before the paper-saving outweighs the emissions of making the device. But... E-readers are terrible news for the trillions of books already in circulation, which if not re-read will go to land-fill.

**Newspapers** are worse as production figures do not take into account the footprint of journalism, (offices, flights for reporters etc). Weekend HUGELY supplemented papers have a far bigger impact. Getting two a week for a year has an impact similar to a flight from London to Barcelona (200kg CO<sub>2</sub>e). Here, online

When you buy a used copy  
**YOU SAVE**



wins: Using a smartphone to access the internet for an hour a day has an impact of 63 kg CO<sub>2</sub>e over a year.

**Not Recycling:** Hardbacks cannot be recycled because of the glue, but the paper innards can be re-pulped.

**Remember:** For each book or newspaper that isn't recycled, another book or newspaper's worth of new paper has to be made from scratch.

**Solution:** Buying used books prevents them going to landfill. Whilst we can't undo the emissions from their initial production, we can ensure a carbon neutral future by keeping them from needlessly going to waste. It's a sustainable method of consumption.

**Saves money:** Used books are far more affordable than buying new. So is using our library.

**Supports charity:** Charity shops are a good source and books don't need to be sent to us. Cutting down transport emissions *and* benefiting the charity.

**Money back:** To cut the cost even further, you can also sell books back by companies such as We Buy Books and Hand Me Down.

**It's great to pass on a good book to someone else.**



# Book Ends!

Match the two halves of these children's and adults' books to give a complete book title. Know the author?

A Clockwork	A Mockingbird
Do Androids Dream of	Biswas
A Tale of	Caterpillar
The Mirror Crack'd from	The Ecstasy
The Spy who Came in	Chronicles
Queen and	Of Darkness
James and the	Of Miss Jean Brodie
The Left Hand	Towards Bethlehem
The Lincoln	Side to Side
Slouching	Chocolate Factory
The Last	Paris and London
One Flew Over the	Complaint
The Prime	Why the Caged Bird Sings
To Kill	A Boat
Something Wicked	Two Cities
Down and Out in	Day
Extraordinary	Mile
Fifty Shades of	Strain
I know	Electric Sheep?
The Girl with the	Five
Charlie and the	From the Cold
Portnoy's	Giant Peach
The Andromeda	High Castle
Slaughterhouse	Lawyer
Clifton	I
The Man in the	In Time
Remains of the	Dolls
A House for Mr	Prejudice
The Agony and	Orange
A Wrinkle	People
The Green	Cuckoo's Nest
Valley of the	Picture Show
The Very Hungry	Grey
Three Men in	This Way Comes
Pride and	Dragon Tattoo

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



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For map, please go to :-  
[www.sobell-bridge.org.uk](http://www.sobell-bridge.org.uk)



**Does anyone remember these things?**

**Dialling a rotary phone that didn't have an answerphone**

\*

**Recording a song from a transistor radio onto a tape recorder**

\*

**A black and white TV with only a couple of channels and a "rabbit ears" aerial**

\*

**Taking a long walk without counting the steps**

\*

**Eating food that you didn't have to take a picture of**

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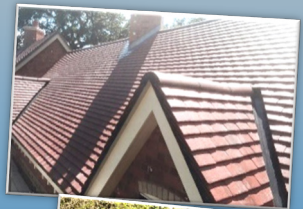


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# David Simmonds CBE MP

Residents will know that despite local opposition, the Mayor has now extended ULEZ to cover the entirety of outer London. I have spoken at length about my concerns and the impact this will have on residents and businesses, and I would like to assure readers that the campaign to reverse the policy continues.



Turning to other local matters, it was a pleasure to meet the Friends of Northwood Recreation Ground, a group of local volunteers who do a fantastic job maintaining the popular spot for residents to enjoy. I know that a lot of work has been put into creating and improving two new ponds, where leaking water is now effectively directed. This prevents the creation of a 'swamp' on the playing field and enables access to the meadow beyond.



Northwood Recreation Ground is also home to a host of sporting activity, including Northwood Town Cricket Club who I know have been experiencing problems with uneven surfaces and damage to facilities. As this is predominantly a council matter, I facilitated a discussion between the club and the Deputy Leader of Hillingdon Council, (and your ward Councillor) Jonathan Bianco, who will now take the issue forward with the relevant teams.

When my office is approached for assistance with matters that ultimately lie with the council, my team liaise with ward councillors, relevant portfolio holders or departments, who will take the issue up. As MP, I am able to make representations on behalf of residents by asking the council to look into a problem or reconsider an issue, but ultimately, I do not hold jurisdiction over local authority decisions or policy.

Of course, my office is always available to advise residents should there be any uncertainty over who they should contact for a particular issue.

**I have a monthly newsletter, which you can sign up to on my website:**  
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# 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





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You will be very welcome.

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**Venue:** Compass Theatre, Glebe Avenue, Ickenham UB10 8PD

**Tickets:** available to book online [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk), choose show.


**Prices:** £15 full price. Wednesday & Thursday only concession: £14 over 60's.

# Ultra Processed Foods. What are they?

In a world where food messages change over time (fats are bad. No, they're OK, but sugars are bad. No, carbs are bad...), we have always been told that a healthy balanced diet is important for both our physical and mental health. That's perhaps one of the few food messages which has remained constant. With recommendations for a variety of fruits and vegetables (5-a-day, "eat the rainbow" etc).

Whilst the health risks are much discussed in the media (see right), but the UK government is lagging behind to make this clear to the public. The average British diet includes the highest percentage of UPFs in Europe. The term Ultra Processed Food (UPF) is about the processing carried out by manufacturers, *not* any cooking which we may do at home.

NOVA NOVA NOVA NOVA

 Some countries use the NOVA groups for their dietary guidelines, and these classifications clearly explain the level of processing items before we buy.

**Group 1 - Unprocessed (natural)** are edible parts of plants (seeds, fruits, leaves, stems, roots) or animals (muscle, offal, eggs, milk), and also fungi, algae and water. **Or minimally processed foods** which are natural foods altered by processes that include removal of inedible or unwanted parts, drying, brushing, filtering, roasting, boiling, non-alcoholic fermentation, pasteurisation, chilling freezing, placing in containers and vacuum-packaging. These processes are often designed to preserve natural foods.

**Group 2 - Processed culinary ingredients** such as oils, butter, sugar and salt, are substances derived from Group 1 foods, or from nature, by processes that include pressing, refining, grinding, milling and drying.

**Group 3 - Processed foods** Eg veggies in jars, tinned fish, fruits in syrup, cheeses and breads, are made essentially by adding oil, salt, sugar or other Group 2 foods to foods from Group 1. Most have 2 or 3 ingredients.

**Group 4 - Ultra-processed food and drinks** such as soft drinks, sweet or savoury packed snacks, reconstituted meat products and frozen ready meals, are not modified foods but formulations made mostly or entirely from foods and additives (preservatives, emulsifiers, dyes, sweeteners, and stabilisers) with little (if any) intact natural Group 1 foods. A multitude of sequences and processes combine the usually many ingredients to create the final product. The results often have a long list of so-called ingredients and E-numbers.

To make it clear to consumers, the French are considering placing a black border around the usual "traffic light labelling" to show that the food is unhealthy.

## A “normal” healthy diet is accepted to include up to 20% of UPFs.



### Example – take one apple:

A fresh apple is exactly how it appears in nature. Apple sauce in a jar has been through at least one level of processing to change the form. A manufactured apple pie is ultra-processed as it has gone through multiple levels of processing with added fats, sugars, preservatives and dyes.



Soft drinks (fizzy or not), ready meals, ice cream, sausages, ham, processed meats, breakfast cereals, deep-fried chicken, chocolate and energy bars, shop-bought cakes and biscuits, yoghurts flavoured and some “Greek”, fish fingers, baked beans, crisps and ketchup; plant-based burgers and packaged bread and perhaps our toppings too, are some of the best-loved examples.

UPFs tend to be low in fibre and high in calories, salt, added sugar and fat, which are all linked with poor health outcomes when eaten in excess.

## What are the health risks?

*From causing cancer and dementia, obesity, hypertension, to destroying the healthy microbiome in our gut, it isn't fully understood why the multi-processing makes a difference. But studies definitely show that there is a connection with bad health.*

For example, a recent study linked the foods to dementia. In 70,000 middle-aged Brits who were tracked for a decade, the junk food fanatics (consuming very high quantities of UPFs) were 43% more likely to have the condition, compared to those who ate the least.

*UPFs dampen the satiety indicators which tell us when we are full so tempt us to eat more. Dr Chris Van Tulleken found that in 4 weeks of eating an 80% UPF diet, his “hunger hormone” increased by 30%. That’s in addition to the satiety hormone reduction. He was always craving more food and in 4 weeks put on 6.5kgs. If he’d carried on, in six months he would have put on 6 stones!*

*Eating these foods is habit forming. Brain scans showed that in just 4 weeks, his brain had been “re-wired” by the high UPF diet to create new links between the “reward” and the “repetitive automatic behaviour” zones. So, the brain heavily influenced continuing that behaviour. Scarily, it becomes an addiction!*

*Added chemicals make a difference. In another short one-month study (rotated after 2 weeks) two groups of people ate diets matched in calories, nutrition, sugars, fats etc. Those eating the UPFs had these types of symptoms, felt sluggish, suffered headaches and so on, whereas when eating the normal foods, they did not.*

## How to easily tell if a food is Ultra Processed?

**Ignore the “health halo” words) and check the ingredient list!** A) If it’s a long list and B) contains things that you don’t recognise as *natural* food – there’s the clue.

There is much in the media and on the internet about this. Search YouTube “Chris Van Tulleken ultra processed foods” for a 9-minute video by him.

**We may not be able to avoid these foods altogether, but they say we are what we eat. I feel that it’s always best to stay informed.** Jan C



# Ruislip Woods Trust and Volunteering in the Woods

*Within the Ruislip Woods National Nature Reserve (NNR)*

Himalayan Balsam, an invasive species, is causing a lot of problems in Copse Wood and the Local Nature Reserve.

The best way to remove balsam is to pull it up by hand and crush the stems underfoot. It is a very satisfying method and a very sociable way to do volunteering as people can work in proximity as no hand tools are required. This year Ruislip Woods Trust organised and advertised 3 open days so members of the public could join the regular midweek volunteers to tackle this task. Consequently, huge areas of Balsam were cleared, making them worthwhile and enjoyable mornings.

*Below are 3 photos of one of the balsam tasks, before, after and the volunteers taking part.*



**Volunteering takes place in the NNR all year round and new volunteers are always**

**welcome.** There are weekly workdays on Monday, Tuesday and Wednesday mornings, and once a month on Saturdays. If you would like to get involved, contact the Woodland Officer Richard Hutton on [rhutton@hillingdon.gov.uk](mailto:rhutton@hillingdon.gov.uk)



Volunteers are also needed to help keep the Woodland Centre located at Ruislip Lido open.

It was refurbished by Ruislip Woods Trust and is owned by Hillingdon Council who opened it in September 2021. If you would like to help, please contact Lucy on [crafty Lucy@gmail.com](mailto:crafty Lucy@gmail.com)



If you would like more information about Ruislip Woods National Nature Reserve and Ruislip Woods Trust, then please visit our new website at [ruislipwoodstrust.org.uk](http://ruislipwoodstrust.org.uk) and click on the link there if you wish to join. Membership is £8 per annum, it includes 3 newsletters a year and we run bat walks, all of which are free to members.

*Mark Morgan, Chairman of Ruislip Woods Trust*

## Pavement Parking is an increasing nuisance in Northwood Hills. British Parking Association says:



**PAVEMENTS  
ARE FOR  
PEOPLE  
NOT FOR  
VEHICLES**

**Parking on the pavement can be selfish and dangerous, forcing people - especially those with disabilities, visual impairments or pushchairs – to risk danger by walking in the road.**

**Is it illegal?** Pavement parking has been illegal in London since 1974. Highway Code (rule 244) has states that drivers **"MUST NOT park partially or wholly on the pavement in London and should not do so elsewhere unless signs permit it."**

**Exceptions:** In designated narrow roads with lines painted on pavements to show how far over a vehicle may park. (For example, Windsor Close, in our ward).

### **Reporting: Hillingdon Council's website says:**

"Vehicles parking illegally in your road(s) can be reported to the enforcement hotline on 01895 271 418, operated by APCOA Parking Ltd Mon-Sat 0600-2200 and Sun/Bank Holidays 0900-2200."

**Reporting: Tried and Failed:** I took photographs of a vehicle parked on a double-yellow line **and** with two wheels on the pavement. Despite having 2 photos and noting the time/date, when I called APCOA to report this, I was told that only if a parking attendant was in the area and could be directed there **"at some point"**, could a Fixed Penalty ticket be issued. By which time, the car would have driven away. Parking attendants take photos as evidence.

**How can we tackle this? Sadly, I don't have an answer.**

# Sahib's Indian Restaurant

Fine North Indian Cuisine – All Major Sporting Events – Friendly Atmosphere



*Pleased to support The Northwood Hills Residents Association*

22 The Broadway Northwood Hills HA6 1PF  
01923 840140 or 01923 836663

# Grant & Stone

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

**PINNER BUILDERS MERCHANTS**

**Joel Street,  
Northwood Hills, Pinner,  
HA5 2PB**

**0208 866 7350**

**HARROW ELECTRICAL WHOLESALERS**

**Unit 8,  
Whitefriars Industrial Estate,  
Tudor Road, Harrow, HA3 5QB**

**0203 869 2918**



# St Edmund the King Parish Church

All are welcome to our Services. Our main weekly service is on Sundays at 10am and is a Sung Parish Eucharist (Mass), except on the first Sunday of the month when we have an All-Age

Eucharist. This is more interactive with contemporary music and shorter readings and teaching. The Eucharist is celebrated each day apart from Monday in the Lady Chapel and the Church is open on those days for private prayer.

## Monthly “Bring and Buy” Sale

First Sunday of every month, from 11.15am to 12 noon. Come and get some bargains!

## Forthcoming Events – please see our website for

Book Sale, Eco Fair, Bazaar, Remembrance, Harvest Thanksgiving and more.

## Concerts – please see our website for

Harrow Concert Band and Symphony Orchestra. Eastcote & Ruislip Choral Society.

## Wednesday Youth Group

Meets on **alternate** Wednesdays from 7pm to 9pm during term time and is open to all young people from 10 to 16 years old. Activities include quizzes, table tennis, dodgeball, Sponge ball football, table football air hockey as well as trampolining trips, Scalextric and much more. See our website for more details.

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

Fr Michael Miller, Vicar of St Edmund’s Church

# St John’s School

**We have a strong tradition of exceptional music-making, with almost all our boys learning a musical instrument.**



Our musicians develop their ensemble skills by playing in school bands and orchestras, singing in choirs, and performing regularly in assemblies.

For many years we have been making music in our local community, whether it be at the Northwood Hills Christmas Lights Switch-On, carol singing and giving concerts at residential homes or in local churches.



These opportunities were curtailed during the pandemic, but now the boys are out and about again. In the summer term, our Head of Music, Mr Corin, took our young musicians to play for the Emmanuel Church community group, and at an assembly at Hillside Junior School, which one of the children described as **“the best assembly ever.”**

Also, playing for the residents at Haven Residential Care Home (*see photo*).

The boys are proud to perform the pieces they have been learning and enjoy meeting their audiences.



# Summer Picnic in the Park June 2023

The many visitors to this local community event enjoyed stalls run by FoEHG, charities and an eclectic mix of organisations.



A lot of fun was had at the dog show, though fewer dogs entered the competition because of the heat. More physical challenges were provided by the Tug of War and the Scouts' climbing wall, while "Jazzology" entertained the visitors and children were enthralled by the story-teller in the Old Orchard.

The Mayor (Cllr Ahman-Wallana) and his daughter enjoyed their visit to the event, where they laid a plaque by the newly planted Coronation tree to commemorate King Charles III's accession to the throne.

Overall, the fete was a huge community success for stall-holders and visitors alike; much-needed funds were raised for the gardens and local charities.

## Future Events:

14th October	10am – 1pm. Dovecote, Book and Craft sale, Plants possible
25th November	1.30pm. Annual Tree Dressing ceremony, when children decorate the historic yew tree, together with the Mayor

*Nearer to the dates, more details of each event can be found on our website.*

**Volunteers:** We are a very friendly group of volunteers and new members are always welcome to help with a variety of tasks, from gardening to events. And if gardening is your passion, please just "turn up" at the Gardeners' Cabin on a Tuesday or Thursday at 9.00am. Refreshments are provided.

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

Joan Butfield



## Northwood & District Community Association

We have been serving the residents of Northwood and Northwood Hills for over 70 years with a range of activities. Mostly in Northwood. We try to keep all our classes as affordable as possible, with 'pay as you go' and half-termly options available.

We offer Keep Fit (for the over fifties), yoga, short mat bowls, badminton, table tennis, rambling and card/board games.

We also hold ploughman's lunches from time to time.

**We are a very friendly group and new members are made very welcome to come and try any of our activities.**

If you are interested, please contact Patti Dib on 07748 066622







## Harlington Hospice and the Michael Sobell Hospice Charity have legally merged operations.

In April 2023, Harlington Hospice and the Michael Sobell Hospice Charity – which serves the residents of Northwood area - legally merged our operations. After four years of successful collaboration, originally established in 2019 to re-open the Michael Sobell Inpatient Unit, it was recognised that by becoming one hospice, (under the name of Harlington Hospice), we could support more people in the Borough of Hillingdon and expand our services in Northwood.

*The re-opened Inpatient Unit – now re-named Michael Sobell House, as it was in 1977 – remains a key pillar of our work. Our merger has increased our resources and expertise to ensure that everyone who comes to us is supported to live each day in their own way.*

**As we further develop our services in Northwood, we are looking for dedicated and compassionate care workers to join our daytime respite support service, Harlington Care.** Our team gets to know what matters most to each person and supports people living with diverse health and social care needs to live each of their days to the fullest.



If you would like to learn more or apply, please get in touch by emailing [carejobs@harlingtoncare.org](mailto:carejobs@harlingtoncare.org) or call 01895 258888.

You can learn more about our merger on our website, [www.harlingtonhospice.org/merger-news](http://www.harlingtonhospice.org/merger-news)

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# Early Memories of Northwood Hills, by Malcolm King. This time: School



“At the ripe old age of 92 now, I well remember my years at what I have always regarded as ‘home’. Schooling memories at Northwood Hills remain very clear and I still recall the names of virtually all the school staff.

## Northwood Hills Schooling in the 1940’s:

At the age of 5 I started attending the little Victorian Northwood Hills Infant/Junior school, staying there until 1942. The old school was lit by gas, and I recall the lights being lit late on winter afternoons by the caretaker using a “meths” rag on the end of a pole. As far as I can recall, there were about 10 classrooms. Mostly situated around the school hall. Class numbers averaged 48-50 pupils.

**Teachers:** Here goes, starting with the First Year (4-5 year olds): Mrs Lindscot; Miss (Lucy) Lockett, who was also the local cubs leader; Mrs Bowen; Miss Battle; Mrs Napthan; Mr Pike and, finally, Mr Jackson (a much-feared disciplinarian who used a wooden ruler across the knuckles or on the back of the legs. The head was a Mr Green. (*“Not bad, recalling the names, you may agree, but don’t ask me what I had for breakfast please!”*)

In 1942 I was moved up to what was then called Potter Street School. My teacher there was a Miss (Fanny) Firman and the head, from whom I recall getting caned for talking in class, was Mr Ball.

**A Plane Tree!** A memory of Potter St School is that one morning, a Miles Magister aircraft with a trainee pilot had engine trouble and tried to land in the school fields. But instead, but ended up in a largish tree in the bottom right-hand corner of the field when viewed from the school. The pilot and trainee were rescued by the local Fire Brigade and taken to the local doctor (Dr Berry), who lived opposite and no more than 20 yards away.



**Air Raids at School:** I remember our being hurried into the air raid shelters during the frequent raids in 1940/41 and the futile attempts by teachers to instil some sort of order. I also recall having to go to school for a couple of months from 7.30am ‘ish until 11.30 ‘ish as we had to accommodate children from a neighbouring school that had been bombed. They did the second shift!

In 1943, following the School Scholarship exams, I went on to Marylebone Grammar.”

# Northwood Hills Circus. Has the Big Top come to town?

No – this is, of course, the roundabout at the end of Joel Street.

## The Uxbridge & West Drayton

### Gazette of Friday 22<sup>nd</sup> May 1936

reported that a petition had been sent to the Ruislip-Northwood Council, requesting that the traffic roundabout at Northwood Hills be named 'Northwood Hills Circus' in preference to the name 'Northwood Circus' which had been chosen by the Council.

The Council refused to comply with the request. So, the petitioners asked the council to reconsider, pointing out that 'Northwood Circus' as a name was very misleading to strangers entering the district. And if on some future occasion a roundabout was constructed at High Street, Northwood, further confusion would arise.

Commander Harold of the Council caused amusement with the remark that there was an Oxford Circus in London, but it did not lead to Oxford!

**As we know, the petition was finally successful.**

*Alison Saunders*

*Very early, pavements being laid*



## Copy Date for Spring/Summer Issue

Please send us your articles and advertisements *before*

**Friday 16<sup>th</sup> February 2023**

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

**You could promote your business to 5,000 homes and companies in Northwood Hills.**

To reserve your advertisement, email [johnchoopani@gmail.com](mailto:johnchoopani@gmail.com)



# Northwood Bowling Club

Greens and Clubhouse at Chestnut Avenue, Northwood HA6 1HX  
[www.northwoodbowling.co.uk](http://www.northwoodbowling.co.uk)

## Looking for an active and interesting way to stay young?

Lawn Bowls is a low-impact, therapeutic exercise that can improve fitness, co-ordination and confidence.



Not only that...

- Strengthens muscles.
- Gives improved flexibility & balance.
- Good source of cardio.
- Taps into our competitive side.
- A sport with social benefits.

**NEW MEMBERS  
WELCOME!**

Bowls is a favourite sport among those who love to get on their feet and stay active, while making new friends.

You can contact us via our website: [www.northwoodbowling.co.uk](http://www.northwoodbowling.co.uk)

*Paul Lewis, President*

## Summer School Splash: Prepping for Year 7 at Haydon School and What's Next!



The Haydon School's Summer School, dedicated to facilitating a smooth transition for incoming Year 7 students this September, proved to be an outstanding success. Throughout the program, students were immersed in a diverse array of lessons, fostering an early familiarity with the curriculum, while also forging connections with their future educators. Beyond the academic experience, our commitment to students' well-being shone through as we organised an assembly featuring experts discussing anxiety, equipping students with crucial life skills. Culminating in a remarkable finale, families joined us for a special gathering on the closing day. The event included a delightful lunch, an insightful overview of the activities, an exhibition showcasing students' work, and an esteemed prize-giving ceremony lauding the achievements of the week's standouts. With enthusiasm mounting, we are thrilled to announce our upcoming Year 6 Open Evening on September 21st, inviting families to explore the enriching educational journey that awaits at Haydon School.

**Saturday 11<sup>th</sup> November – Fauré's *Requiem* and *Cantique de Jean Racine***  
St Edmund's Church, Pinner Rd, Northwood Hills, HA6 1QS

**Tuesday 5<sup>th</sup> December – Service of Carols and Readings**  
Ruislip Methodist Church, Ickenham Rd., HA4 7BZ, and all are welcome.

**Saturday 16<sup>th</sup> March – Bizet's *Te Deum* and Vivaldi's *Gloria*.**  
St Edmund's Church, Pinner Rd, Northwood Hills, HA6 1QS

At our summer concert, in June, we sang *The Armed Man (A Mass for Peace)*, by Karl Jenkins, to a packed house at Douay Martyrs' School in Ickenham. This venue was chosen to give us a secular venue in contrast to our usual home at St Edmund's Church. An orchestra added drama to this stunning and very moving work, and the Muslim call to prayers was sung by Hassen Rasool.



## Northwood FC

Northwood's 2023/24 season is now well under way as the club looks to build on the positive showing last season when they were narrowly beaten by Walton & Hersham in the Isthmian South Central play-off semi-final.

Manager Ben Bukowski has introduced a few new faces to the squad, the bulk of which remains the same as last time. Out with key players such as goalkeeper Andrew McCorkell, captain Luke Tingey and midfield general Carl Stewart committing for another season.



**Watching high-standard, step four level non-league football at the Skyline Roofing Stadium continues to be good value for money. Adults can gain admission for £10, while it's just £5 for seniors and concessions, and free for under 16s.**

You can keep up to date with all the news at the club via [www.northwoodfc.com](http://www.northwoodfc.com). Or following on social media via @northwoodfc, Facebook and Instagram.



## The Holly and the Ivy...

Holly is associated with males, bringing men good luck and protection, while ivy is the female counterpart. Holly, ivy, and greenery such as mistletoe were originally used in ancient times to celebrate the Winter Solstice Festival and celebrate new growth.

It was thought to be unlucky to cut down a holly tree, which was also seen as a fertility symbol and a charm against witches, goblins and the devil.

Festive, neat and prickly, holly shelters birds and the dropped leaves provide hedgehogs and small mammals a cosy place to hibernate. **Mature trees can grow up to 15m and live for 300 years.**

Holly is dioecious, ie male and female flowers occur on different trees. White flowers have four petals and bloom between early spring and the start of summer, climate dependent. The leaves are eaten by caterpillars of the Holly Blue butterfly, along with those of various moths. In winter, the berries are vital food for birds and small mammals, such as wood mice and dormice.

**Although actually a vine, ivy is considered the tree for the month of October.**

A wreath of ivy leaves around the head was said to prevent getting drunk. Roman god of intoxication Bacchus was often depicted wearing a wreath of ivy and grapevines. Ancient Romans used it to crown winners of poetry contests. Winning athletes in ancient Greece received ivy wreaths. As a symbol of fidelity, priests would present an ivy wreath to newly married couples, and it is often still used in bridal bouquets today.

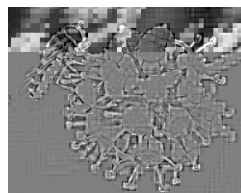


**Evergreen ivy can grow to an astonishing 30 metres high.** With two different forms – juvenile and mature, its climbing stems have specialised hairs which help it stick to surfaces as it climbs. There are two native subspecies of ivy in the British Isles: *Hedera Helix/Helix* and *Hedera Helix/Hibernica*, which does not climb, but spreads across ground. Cultivated varieties vary in size, colour, number and depth of lobes, can be variegated with white, yellow or cream.

Woodland Trust says that ivy has long been accused of strangling trees, but it doesn't harm the tree at all, and actually supports at least 50 species of wildlife, providing a cosy home for bats, birds and insects.

Ivy berries finally ripen in early spring, just as other resources have been exhausted and bird life flocks to these high energy treats. Late flowering (September and autumn) they provide a lifeline of nectar for insects such as honeybees and red admiral butterflies when there are fewer flowers. There is even a specialised Ivy Bee.

*Rob Inn*

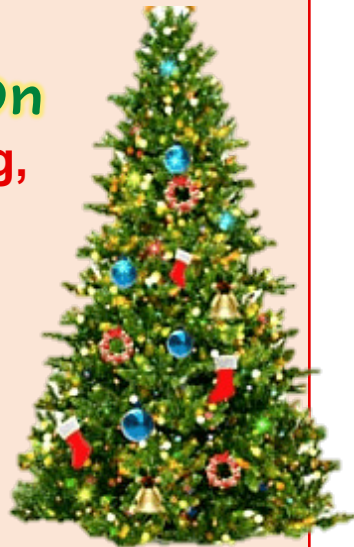




Northwood Hills lights up on Saturday 18<sup>th</sup> November at our festive and fun:

## Big Christmas Switch-On

Join us for joy, music, singing, Santa, food and mulled wine.



**Santa's Grotto Tombola 2.30-4pm**

(arrive early to avoid disappointment)

**Tombola from 2.30**

**Music from 4pm, provided by:**

**St John's School band and choir,  
Hillside Infants and Juniors choirs,  
and Harlyn School choir.**

**Switch-On Christmas lights at approx 4.45pm**



**NORTHWOOD HILLS  
RESIDENTS' ASSOCIATION**



**The Queen's Award  
for Voluntary Service**

## 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. **To your Road Steward:** Simply complete this form and pass it to your Road Steward, together with your payment in an envelope.
3. **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.*





# Welcome to our New Families and Youth Worker



Hey Everyone,

I am thrilled to introduce myself. My passion for seeing our youth flourish and become everything that God created them to be, has led me here. I am excited to bring my skills and experience to the table.

I have many ideas bubbling for the youth to get involved in. Various activities, programs, and events to foster their spiritual growth, social skills, and leadership abilities. I look forward to collaborating with Fairfield church and the youth, to impact our community positively. Looking forward to meeting you all.

Here are some of our free activities for children and youth this term:

**Recharge** – a youth group for kids in school years 7 and above with table tennis, pool, table football, games and craft – every Wednesday during term time from 7.30-9pm

**Launchpad** – a fun evening of games and activities for kids aged 7-11 (junior school) – alternate Fridays from 7.30-8.45pm

**On Sundays** – we have groups for ages 0-18+ to learn about the Bible and Jesus in a relevant and applicable way to their everyday. Our Sunday services start at 10am.

Sincerely, Michael Adesanya

Contact the church for more info about these and other activities:

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

01923 827198

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

## Sudoku

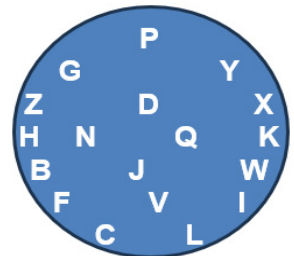


## Puzzles

## Children's Word Wheel

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

Within the circle are most of the letters of the alphabet. But a few are missing. Can you find out which ones? If you re-arrange the missing letters, they will spell out the names of two animals.





# What 3 Words? Why are they so important?



**Believe it or not, the whole world (including our gardens, mountains and even oceans) can be located by knowing the right 3 words.**

Street addresses are not always accurate enough to specify precise locations, Eg within shopping malls, and don't exist for parks and many un-named and un-numbered rural roads where postcodes cover much larger areas.

With this system, every 3-metre square has a unique combination of 3 words. I used it recently in Suffolk to locate a rural barn. It got us right there, whereas the postcode didn't. You can know exactly where in a forest

you are, where to meet at a concert venue, or even which allotment is yours.

**999: In an emergency, lack of a precise location can make it hard to describe exactly where help is needed. Look up the what3words location and help can get to exactly the right area – anywhere in the world!**



Download the free what3words app as you never know when you may need it (as I did unexpectedly in Suffolk). Try putting your *own* address and finding out what is your combination of 3 words. Find out where these places are locally:

**broad.eaten.alarm      stole.books.divide      noting.foam.stones  
stale.monkey.lake      lion.pepper.frogs      spirit.this.rival**

Just make sure you get the words in the right order – when I switched mine around, it gave me somewhere in Illinois!

Jan C



**PLEASED TO SUPPORT THE**

**NORTHWOOD HILLS RESIDENTS' ASSOCIATION**

*Every little helps*

**Every.Little.Helps = Otay Open Space Preserve, near San Diego in Mexico!**

# Waste Matters. Do you know the rules?



**We are incredibly fortunate in Hillingdon borough to have all our waste collected every single week.**

Despite this, unfortunately these scenes are a daily occurrence in our streets, regardless of when the rubbish *should* be put out and sadly, our streets can easily become an eyesore.

**Street Bins are for street litter only** – do not use them for household rubbish or they soon become overloaded and spill out.

**Household rubbish** – should preferably be stored in large, tied black bags, ready for your collection day. Other closed/tied bags if you do not have black. **DO NOT use recycling bags for anything other than recycling.**

**Fabrics** – the lilac-coloured bags are no longer to be used. If you have no option than to dump fabric items, place them in your household waste bags.

**Foxes** – to avoid them raiding your rubbish, rinse out “tempting” containers, and double-bag bones and scraps. Better still, for a little over £10 you can buy a lidded bin; you might be able to share the bin and the cost with neighbours.



**When can it be put out?** Keep all your waste within your property boundary, for collection from 6am on your collection day. If you do not have a front garden, you may place household rubbish sacks tidily on the pavement nearby **no earlier than 5.30pm the day before your collection.**



**Recycling bags are for recycling only** – not for general waste. They are provided to us free of charge to encourage proper recycling, so read the bags for details of what you may and may not put inside. (See separate article)

**Help us to take pride in our area!** If rubbish does get scattered and it's yours – clear it up immediately. Help your neighbours to do so, especially in communal areas. Please do not leave it festering.

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# New: Reusing mobility-aid equipment



Hillingdon Council have introduced a new collection point at Harefield recycling centre on New Years Green Lane. NHS crutches, walking sticks and walking frames can be donated to be reused by the NHS, and in particular by Harefield Hospital which is nearby.

So, now we can clear our lofts and garages of these items, which have been too good to throw away & “might be useful”. Now they will.

The collection point is clearly marked behind the book recycling.  
(Who knew there was a book recycling point?)



**Hillingdon Recycling Team advise that they are working on a new page on the website which residents may find useful:**  
<https://www.hillingdon.gov.uk/recycling-schemes>



## Current Committee Team

Prof. Tony Lane	President	Chris Sennington	Facebook Co-ordinator
Alan Lester	Vice President	Fiona Morgan FCCA	Hon Treasurer
Andrew Riley BEM ACIB	Chairman, Press Officer & Planning aandmriley@sky.com	John Choopani	Membership, Echo Advertising & Distn * Johnchoopani@gmail.com
Alan Shipman	Vice Chair, Database and Charity Co-Ord	Shabbar Sachedina	Independent Inspector & Equipment Quartermaster
Lynne Halse	Events Coordinator	Bobbie Ward	Minutes Sec & Planning
Keith Blunden	Events Coordinator	Vacant	Secretary
Sjur Berven	Planning	Jane Clayfield	Events Co-Ordinator
Kevin Sutch	Facebook Co-Ordinator	Paul Akers	Committee Member
Ben Jefferis	Web Site	Graham Mann	Police Liaison
Ben Rawson- Jones	Environment Officer	Cathy Barnes-Hunt	Health Officer
Jan Choopani	Echo Editor	Maggie Lane	Committee Member
Roxana Peters	Committee Member	See below *	Road Steward Zone Co-Ord

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

Station Gardens Team: Lynne Halse, Keith Blunden, Jane Clayfield, John and Sue Robertson, Derek and Ann Gossington, Fiona Rich, Fred Suzic.

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