

The Hills Echo

Autumn/Winter 2024

NORTHWOOD HILLS
RESIDENTS' ASSOCIATION

Quiz – Girls'
Names in Songs

Find Warm Spaces
for Winter

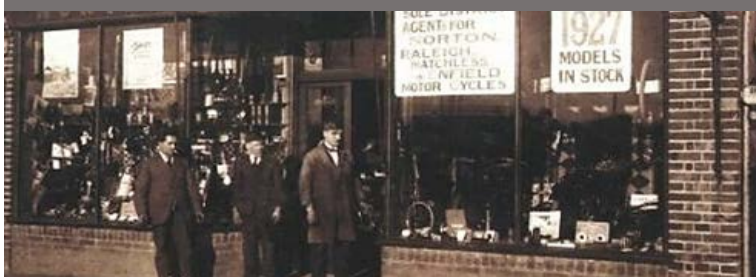
“Switch-On”
Christmas
16th November

Phone
Photography

Support our
Hospice

Where to recycle
small electricals!

The oldest shop in Northwood Hills



Who helped with a very colourful project?



All things pumpkin – one you won't expect!





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NORTHWOOD HILLS
RESIDENTS' ASSOCIATION



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

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

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

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Are you a member of Northwood Hills Residents' Assn?
If not, see page 78 for how to join.

Facebook: Northwood Hills Residents' Association
www.northwoodhills.co.uk



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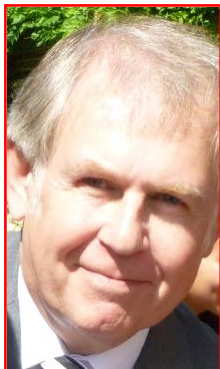
PLUS MUCH MORE...

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For more information and to register your interest, visit www.darwinwellness.co.uk

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

Welcome to the Autumn/Winter 2024 Issue



I really do think that time is speeding up as it doesn't seem long since I wrote in the last edition.

It has been an eventful 6 months. A couple of homeless people moved onto the Hog's back and stayed there for a number of weeks before moving on. They left a mess, and I am grateful to local residents and the Council for clearing up after they left.

The Police have recently closed a flat that was related to drugs and moved on the occupants. They have also arrested and charged a couple of people in connection with thefts from parked vehicles. However, we still have a big problem with people stealing food and consumables from local shops without a care in the world. We will be raising this when we meet with the Police in September.

Two new shops have recently opened. Mraya Clinic, which amongst other things offers blood tests, vitamin boosters and much more, and Astral who sell luxury bathroom suites and plumbing related items, with ground and first floor showrooms.

New Library and Health Centre. The new Chancellor has put all public spending on hold, but I suspect these projects will still go ahead as they are self-financing. At the moment, we don't have dates though the Health Centre should re-commence this autumn as it is self-funding.

Grand Switch-On of the Christmas Lights. I'm pleased to advise that we have already started the detailed planning work for this year's event which will be held in front of the Namaste Lounge on **Saturday 16th November**. We desperately need volunteers to help us set up and take down on the day. If you are able to help, please let us know.

Finally, I would like to thank everyone involved in putting together this edition of The Hills Echo and our Road Stewards for delivering it.

Andrew Riley BEM, Chairman

Fairfield Church

We are a welcoming Christian community in the heart of Northwood Hills. Find us just off Windsor Close (the road to the side of Costa Coffee; postcode: HA6 1PD)



Our Sunday services start at 10am.

We welcome everyone—regardless of age, background, or where you are on your faith journey. Whether you're curious about Jesus and Christianity, a long-time believer, haven't attended church in years, or have never been to church at all! Even if you just need to get out of the house or want to see what goes on, we'd love to have you visit us.

Our service starts with everyone gathered together in our ground-floor hall. After about 15 minutes, children and youth head to age-appropriate groups upstairs, where they have fun, make friends, under the supervision of wonderful volunteers! Meanwhile, the adults remain in the hall for worship, prayer, and Bible teaching, with the service concluding around 11:15 a.m.

After the service, stay and enjoy freshly brewed Fairtrade tea, coffee, and biscuits—a relaxed time to get to know others and learn more about our vibrant Christian community.

Cross-Generational services: Once a term we host a special service where all ages stay together for a more relaxed and interactive experience, offering a unique opportunity for everyone to connect and interact, especially across different generations. Our next will be on Sunday, 8th December.



We are proud to be a church community made up of people of all ages, backgrounds, and walks of life from around the world. We would love for you to become a part of our Fairfield family too!

Find out more about these and other events we run for all ages at:

Email office@fairfield-church.org.uk

www.fairfield-church.org.uk

Telephone - 01923 827198

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emmanuel
church
northwood

English Language Café

On Wednesday mornings during term time from 10am-11:30am you are invited to come along to our English Language Café. It offers an opportunity for

all whose native language is not English, to improve their language skills and make new friends in the local area.

The conversation happens over hot drinks in the Coffee Shop at Emmanuel and we hope to see you this Autumn!

Please email languagecafe@ecn.org.uk for more information.



Babies & Toddlers at Emmanuel:

Each Thursday during term time, Emmanuel Church Northwood is filled with below 3's and their carers/parents enjoying a morning together.

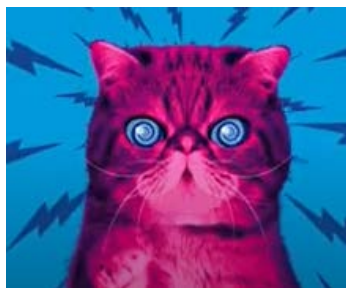
Refreshments are served as the children get an opportunity to play together, make crafts, join a story time, or sing and dance.

If you are a new parent, we would love to invite you and your little one(s) to come along for a fun morning!

Have a look at our webpage to register and find more information: [Babies & Toddlers — ecn](#)

Small electricals recycling is easy now

Take your small electricals to our library



where they will be collected and taken away for recycling. Look out for the pink bin, just inside the main door. Anything as big as a double toaster is accepted.



Watch Hypnocat's video on Hillingdon Council's website to find out what happens next to our large and small electricals.

Please do NOT put appliances or batteries in with your household waste or recycling bags as they can self-combust and even explode!



Where can you dispose of batteries?

Northwood Hills Library, Joel Street Co-Op (hand over or leave at the counter), Tesco Pinner Green, New Years Lane Waste/Recycling site.



People
CONNEX

Community
CONNEX

Community Coffee Mornings
(with varied activities including music & quizzes)

Fairfield Church

Windsor Close, Northwood Hills, HA6 1PD

**10:30 to 12:30 on 28th September,
26th October and 23rd November**

£5 if joining in with the activity,
or a voluntary donation for refreshments only

For more information please contact:

Jeremy: 07734 955 115 / Jeremy.child@communityconnex.co.uk

Julia: 07436 048 976 / Julia.mead@communityconnex.co.uk

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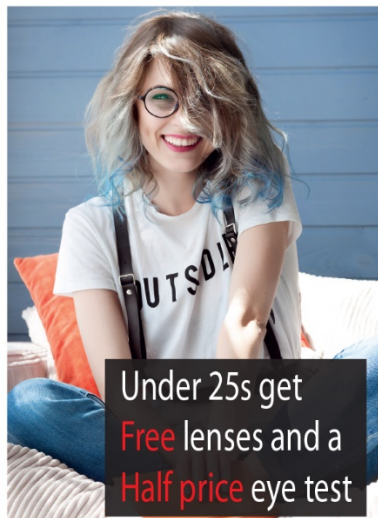


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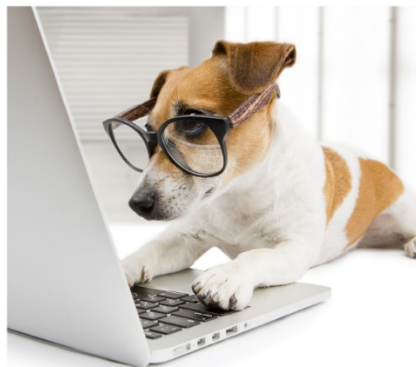
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Northwood Hills lights up on Saturday 16th November at our festive and fun:

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



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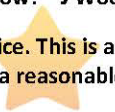
10% Discount for NHRA members

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"Great staff, great service. This is a caring company who treat you with dignity and charge you a reasonable rate". K Wilkerson, Google



"I would not hesitate to recommend them to anyone wanting a good reliable and honest garage". H Beake, Honest John

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Hillingdon's Warm Spaces

Nearly one in five adults (19%) nationally reported they were occasionally, hardly ever, or never able to keep comfortably warm in their home last winter due to the significant increase in energy costs. (ONS Stats)

Keeping a whole home warm is expensive, so why not try and maintain one room at a good temperature. Or even focus on keeping the person warm by wearing many layers of clothing and perhaps using an electric throw which is very economic to run and would make a thoughtful gift for someone.



During winter 2023/24 more than 7,000 residents attended a variety of warm locations

including churches, community centres, libraries and leisure centres that offered a range of activities from coffee mornings to exercise classes, film screenings and games afternoons, as well as health talks, all with warm drinks and an opportunity to chat to others. Hillingdon Council works in partnership with 41 organisations in the borough to offer **free “warm welcome”** provision to residents.

I have been unable to find out which locations will be used this winter (especially as our library will be closed for rebuilding), but I have been assured that Hillingdon Council's website will be updated as soon as this winter's venues and days have been agreed.

discover.hillingdon.gov.uk/warm-welcome-centre-activities.

Information on grants and support available throughout the



winter months is published in the comprehensive “H4All Winter Directory” offered in many languages.

Jan C

The Mayor of Hillingdon's Parlour

Did you know...?



...Community groups, youth organisation and schools can invite the Mayor to their events using a simple online form found on the council's website. /"Invite-the-Mayor-to-your-event".

...You can request a 100th Birthday Card for your friend or relative from the Mayor of Hillingdon? Just email the Mayor at: mayor@hillington.gov.uk with your request, including the date, name, address and details of who has made it to the big 100 and we will do the rest. Please ensure you give a minimum of three weeks' notice.

...You can learn more about the Mayor of Hillingdon, the history of the role and the insignia on the council's website /"Mayor".



Friday 15th November 2024 (PM)
(remember Northwood Hills' event on 16th)
Civic Centre Christmas Lights Switch on

Uxbridge Civic Centre Forecourt
*Festive event featuring performances
from local school, stalls and refreshments*

Contact details:

The Mayor's Parlour, Civic Centre,
Uxbridge, UB8 1UW
Email: mayor@hillington.gov.uk
Phone: 01895 250763

*Mayor Colleen Sullivan visiting
Home-Start - a local community network
of trained volunteers and experts,
supporting families with young children
through their challenging times. No
judgement, it is just compassionate,
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Want to play more golf? Try Pinner Hill at one of our Open Days

Whether you are an accomplished golfer, or new to the sport, you'll be most welcome to enjoy a complimentary 9-hole round to experience the course for yourself at one of our **Open Days**:

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020 8866 0963 – phgc@pinnerhillgc.com – www.pinnerhillgc.co.uk

Studies reveal many of us only wear 1/3 of what we have in our wardrobes

There is so much textile waste that there's a clothes dump in Chile that can be seen from space!

Shocking and surprising statistics:

- Textile consumption per person in the EU uses 400m² of land, 9m³ of water and 391kg of raw materials, causing a carbon footprint per person of around 270kg!
- Making one cotton t-shirt uses 2,700 litres of fresh water, enough for one person's drinking needs for 2.5 years.
- 20% of *global* clean water pollution is caused by dyeing/finishing textiles.
- A single laundry load of polyester clothes can discharge 700,000 microplastic fibres, accumulating more than half a million tonnes on the ocean bottoms *every year* that can end up in the food chain. Most are released during the first few washes (ie when clothes are new).
- Almost half the textiles we consume are discarded (mostly burnt or landfill).
- Decomposing fabrics often release methane, dyes and chemicals into the environment. Elastane (Eg Lycra) does not degrade in any known time-scale.
- Clothes manufacture has a devastating impact on the health of local people, animals and ecosystems where the factories are located.



The good news? Pre-loved fashion has never been so popular – on trend to be around 10th of global fashion market. So, how can we help?

Step 1: Sort out your clothing and give it a new lease of life. Donate to charity, swap with friends, or sell on sites like Vinted or on Instagram. Other textiles may be accepted by charities helping the homeless (eg clean duvets/Pillows) or Harefield Dogs Trust (clean towels and blankets).

Step 2: Repurpose and Recycle at Home. Items no longer useful / saleable can be cut up for washable cleaning cloths or craft projects. Make a quilt or appliqué cushion cover, pencil cases, make-up bags, laundry bags (for presents, to sell at craft sales or donate). Use the buttons for stuffed toys' eyes and other ideas online. Start your own Great British Sewing Bee club!

Step 3: Re-examine and change your buying. Change your wardrobe as much as you like, guilt free! Avoid *new* fast fashion turnover and buy pre-loved items which are more “unique” than High Street brands. Maybe customise them with some of your own fabric scraps?

Jan C

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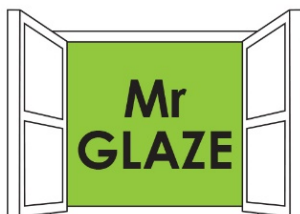
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12-week courses are held at Fairfield Hall, 2.30pm on Thursdays. Each class lasts approximately 45 minutes.

Level 2 classes are ongoing at 3.30 on Thursdays at just £5 per session (First class is free if you mention "The Echo")

To find out more about the classes and/or join:

Email: admin@stayactive4life.co.uk

Or call Aran Summers: 07715 170 207

Textile banks: what happens to the donations?



Hillingdon Council says: Our priority is to satisfy the needs of The Salvation Army and the vulnerable people they help. Your donations will raise much-needed money for the charity's work in communities across the UK.



We also help in emergency situations, such as floods or if a shelter needs clothing for people experiencing homelessness - donations will be sent to the people who need them, whenever they need them.

Donations we receive via our clothing banks and door-to-door collections may also journey to the shelves of our charity shops. Items sold here in the UK make the best profit for the charity, which is the primary objective.

A list of textile bank locations and other information at:

www.hillingdon.gov.uk/recycling-schemes

REDDIFORD SCHOOL

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& Certain Year Groups



5th IN THE TOP 100 INDEPENDENT SCHOOLS *(Sunday Times)*

An independent day school for boys and girls aged 3 years to 11.

To visit the school, please contact:

The Registrar, Reddiford School, 38 Cecil Park, Pinner, Middx, HA5 5HH

Tel: 020 8866 0660 email: admissions@reddiford.org.uk

www.reddiford.co.uk Reg Charity No: 312641

Our Charity supports older people in the community to remain living in their own homes. We do this through a variety of enjoyable and therapeutic activities, **enabling people to socialise, exercise and share healthy meals in a friendly and safe environment.**

One such activity is our Monday morning Friendship Group, formerly in Joel Street and currently at Frithwood School. The Group meets from 10am until 1pm and enjoys quizzes, crafts, chair-based curling and a light lunch.

If you know someone older who might benefit from getting out more, then please contact us. Membership is free but a small charge is made for activities to help cover costs. We also rely on donations to support our work. There are five part-time paid staff and a number of loyal volunteers, though we could always do with more! If you feel you could help, do get in touch; **we are especially short of drivers and befrienders.**



Some Friendship Group Members and a Volunteer relaxing after their Picnic

Our outings and accompanied shopping trips are always popular. The **April Isle of Wight holiday** was much enjoyed.

On 5th December members are looking forward to a **Christmas Canal Boat trip**, the first time we've arranged this.

Our full programme of activities is available from the contacts below.

Phone **01923 842494.**

Find us on

Facebook

109964697564740/

Email: westlondon@mha.org.uk

<https://www.mha.org.uk/communities/near-me/west-london/>

[https://www.facebook.com/MHA-Communities-West-London-](https://www.facebook.com/MHA-Communities-West-London-109964697564740/)

Jo Wild, Volunteer

What are Heat Pumps?

New gas boilers will be banned for most households from 2035, as the UK switches to heat pumps to help cut greenhouse gas emissions.

Costs: Heat pumps dramatically reduce your carbon footprint compared to a gas boiler, frequently saving money on heating bills.



With the government grant of £7,500 being offered until 2027*, often costs are similar to replacing with a gas boiler. They are installed outdoors, unlike our existing boilers. *The property must have a recent Energy Performance Certificate.

As the UK increases its production of electricity from renewable sources like the wind and sun, they should play a big part in cutting emissions.

How do they work? Despite the name, “heat” pumps also act as “cooling” air conditioning units. They run on electricity and instead of burning energy to create heat, they use much less energy to pump the heat that's *always* available outside (even on the coldest of days), to the inside of your home. On hot summer days, the process can be reversed to remove hot air from indoors and pass it outside.

For decades they have been heating homes in countries much colder than the UK (Eg forward-thinking Norway) giving the benefits of fossil fuel-free homes.

Will the National Grid cope? Don't believe the nay-sayers that the grid can't cope, National Grid points out that there is time for energy grids to evolve before heat pumps impact the UK's electricity system.

The Pro's: Owners have found that heat pumps are quieter than their old boiler, keep the temperature in their homes more stable, and can save money.

The criticism is that they work better in well insulated homes and whilst the heat remains constant, they're unable to ramp up and provide a blast of heat. Heat pumps can work in most properties – though perform more efficiently in well-insulated homes, so savings on energy bills are higher there.

My view: Perhaps it's best not to wait until your gas boiler dies before making the change in order to benefit from the grant. And the sooner you convert, the less our climate will heat and the longer you'll have to benefit from any savings.

Go to [visitahheatpump.com](https://www.visitahheatpump.com) to contact a resident to ask about their experience. Or find out more, including the government grant, at [energysavingtrust.org.uk](https://www.energysavingtrust.org.uk).

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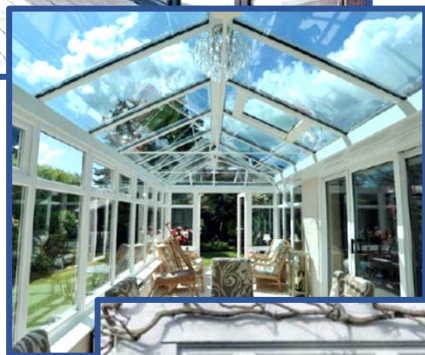
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Pumpkin is a nutritious food that can boost immunity, eye health, heart health, digestive health, and more, thanks to a hefty number of vitamins, minerals, and antioxidants. It is low in sugar, and high in fibre, helping to protect the gut, ward off infections and support the immune system to reduce the risk of chronic diseases.



Not only that, pound for pound (lb 4 £), pumpkins are incredible value approaching Halloween. So, if you are planning to decorate your doorstep, take advantage of this amazingly versatile fruit and don't just discard the insides. Perhaps get the kids involved in the kitchen too for some sweet or savoury treats?

Design: Draw on your design first or use a stencil and prick out the outline. There are some great ideas and free stencils online.

Carving: If you start with a big “hat”, this allows great access to the inside so that you can easily scrape out the contents and cube the solid flesh, which can be turned into delicious meals. You might choose to discard the strings and seeds (though these too can be flavoured and roasted if you're particularly keen!)

Lighting: Avoid candles and choose LED lights or flickering LED candles which are safer and won't blow out in the wind.



Turn the page to find some delicious recipe ideas...

Easy & healthy pumpkin chips or wedgies

Sprinkled with parmesan and garlic powder.



Baked cheesecake with a ginger biscuit base



A moreish, lightly spiced, creamy filling and crunchy ginger base, it's well worth the effort.

Spiced or Thai pumpkin and coconut soup

A lovely, warming soup. The kick of the chilli is offset by creamy coconut milk and sweet roasted pumpkin. If you'd like more of a kick, add a teaspoon or more of grated ginger at the same time as the garlic.



Creamy pumpkin pasta

When puréed and combined with mascarpone and parmesan, pumpkin flesh transforms into a silky, delicious pasta sauce.

Hubble bubble pumpkin pot

Get your kids to help you cook this simple pumpkin, bacon and rice dish - you can make in the microwave too.



Halloween pumpkin cake or muffins

Like carrot cake? Then try using up your leftover pumpkin in this clever traybake for Halloween. Or easy muffins



Pumpkin biryani, maybe with chickpeas. You can partner it meat, or seafood.

Lamb & pumpkin tagine

A rich, slow-cooked casserole flavoured with coriander and ras-el-hanout spices.



Chicken & Pumpkin Curry

This recipe combines the lovely sweetness of roasted pumpkin with fabulous Indian spices for a delicious chicken curry dish.



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The charity supports the clinical teams by funding projects that make things a little easier for patients going through the physical and emotional impact of cancer treatment.

With support from the wonderful local community, Mount Vernon Cancer Centre Charity funds the latest equipment; scalp cooling caps to reduce the risk of hair loss caused by chemotherapy; complementary therapies for patients and their families to help with diagnosis, treatment and recovery; research into the best treatments and improvements to the inside and outside spaces. The charity also offers hardship grants for those who need financial support.

Cancer treatment is never going to be easy, but Mount Vernon Cancer Centre Charity works hard raising funds to support patients and families going through that difficult time.



To help them continue this important work, please visit: www.enhhcharity.org.uk/mvcc or contact them on charity.enh-tr@nhs.net or 01438 285182 if you are interested in fundraising. Thank you.



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10 easy things to improve our phone photography

Phones are now equipped with excellent cameras. Unintentional blurring from camera shake is now a thing of the past. Even on its most basic settings, we can choose whether to just “snap” or we can try to take a better picture.

Don’t rush – usually you’ll have time to compose your shot. Look all around the screen to avoid obvious “blots” (like a rubbish bin).

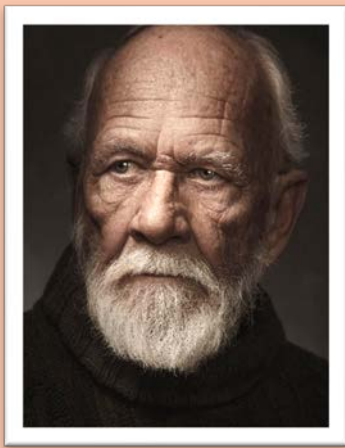
Don’t be afraid to move around or crouch to try a different angle, avoid a cluttered background or simply get a better composition.

Use the rule of thirds so the most important feature is not bang in the middle (and nor is the horizon).

Vehicles, boats and people should be facing “into” the image, not “out” of it.

If an object is distant, find some interest for the foreground. Try crouching down to include something in the foreground. In landscape photography particularly, it is easy to try to capture a beautiful view which is too far away.





Lighting: For portraits, make sure the subject is properly lit, from the right angle, and that there are no distracting or “sprouting” objects. A plainer background is best.

Ensure enough of the subject fills the screen (and is not too distant compared to the foreground or background). Zoom in if necessary, or take time to crop the shot later.

Look for symmetry, reflections and “leading lines”.

Make sure sea levels and straight horizons are level.

Why not investigate your camera’s own features (blur, blast shots, close-up, panorama, tinting, cropping, special effects)?



There’s a whole world out there waiting for us to see it differently from how others do! *Jan C*

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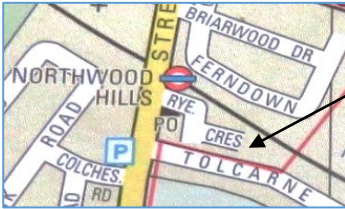
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NHMCC has a focus on establishing and building strong ties with our local community.



Understanding the importance of smooth traffic flow and minimising any disruptions, we have taken proactive steps to ensure that our presence contributes positively to the area. To this end, we have increased the number of patrol marshals on the ground to assist with traffic management during busy times. Our marshals are trained to ensure the safe and efficient movement of vehicles and pedestrians, keeping the community's needs at the forefront.

Moreover, we have enhanced our communications to ensure that all visitors to the Masjid are well-informed of parking regulations and the importance of respecting local residents. Clear signage and regular reminders have been implemented to maintain order and prevent congestion on Joel Street.

We are deeply proud to be a part of the Northwood Hills community and are dedicated to fostering a sense of unity and cooperation. As we grow, we look forward to building strong relationships with our neighbours.

In line with our commitment, we are happy to participate in the upcoming Autumn Litter Pick on September 21st, demonstrating our dedication to keeping Northwood Hills clean.

We welcome all community members to visit and learn more about our activities and initiatives.

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LIONS ROAR 2024

Change the World!



This unique programme aims to inspire children to think big and dream bigger about their ideas. Lions ROAR helps to improve children's confidence and levels of self-esteem, and enhances life skills that meet all of the personal, social and health education curriculum and STEM requirements.

Lions Clubs across the British Isles are supporting this exciting venture by providing funding and support for local Primary Schools in their local community.

Last year, **Frithwood Primary School** participated in the programme and enjoyed the experience so much that they are joining in again this autumn term, together with pupils at **Hillside Primary School**.

Sponsored by Northwood and Moor Park Lions Clubs, the Year 5 pupils will have a great time thinking up schemes to "*Save the World*",



learning to work in teams and develop presentation skills. Local Lions Club members will join in to help judge the best team on Finals Day. The winning team will feature in a video recording which is entered into a national competition.

Lion Susan Carr
Northwood Lions Club CIO

HOW TO JOIN THE LIONS:

We meet 8pm on the 1st and 3rd 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



The Sobell Bridge Club

Are you looking for a mentally stimulating and enjoyable activity and an opportunity to meet new people and make new friends?



Based in Northwood, we are a friendly club, welcoming bridge players of all levels for intellectual and social stimulation.

“Bridge is the most popular mind sport in the world”

You don't have to be clever but the more you play the better you become. The medical profession has come to realise that, as people are tending to live longer, remaining mentally fit may be as important as maintaining levels of physical fitness. More often, bridge is being cited as an excellent activity for keeping the brain exercised and stalling the onset of Alzheimer's disease and other dementias.

Duplicate Bridge Mondays (online), Thursday evenings and Saturday afternoons. Improvers session on Sunday evenings. £4 for members £5 for non-members.

Beginners Bridge Courses by an EBU qualified tutor twice a year.

All events throughout the year and a Christmas party to raise money for the Michael Sobell House at Mount Vernon Hospital.

For more information please visit:

www.sobell-bridge.org.uk



Children's Word Table

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

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

Herbs & Spices

K	T	P	S	G	C	F	N	T
D	C	O	A	I	H	U	E	X
G	U	I	R	I	T	N	Y	M
L	M	E	V	L	R	G	M	N
V	X	Y	L	I	E	C	B	P
J	N	I	L	C	R	G	L	H

On this grid, working downwards, and choosing one letter in each row, can you find the names of 12 herbs and spices? Not all start at the top row. Not all letters are used, some are used more than once.



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Headteacher: Mr Simon Jones BA (Hons) NPQH

Our broad and balanced curriculum has developed into a rich diet of academic subjects, sport, music and the arts. It is always great to see how children make links between subjects and have the chance to show their skills across many subject areas. Our Year 6 children once again did well in SATS this year and achieved percentages above the national averages for England.

In addition to our many curriculum enhancements, which include trips and visitors, we have also offered a wider range of extra-curricular clubs for a diverse variety of interests. These have included art, cookery and a wide range of sports. We recently gained the Gold School Games mark again.

We have been delighted to work with the Residents Association in the gardens at Northwood Hills Station. We hope residents have enjoyed seeing our flowers and pictures on the station platform. Whilst you're there, have a look at our artwork on the London bound staircase too!

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

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

e-mail: office@harlynprimaryschool.co.uk
www.harlyn.hillingdon.sch.uk



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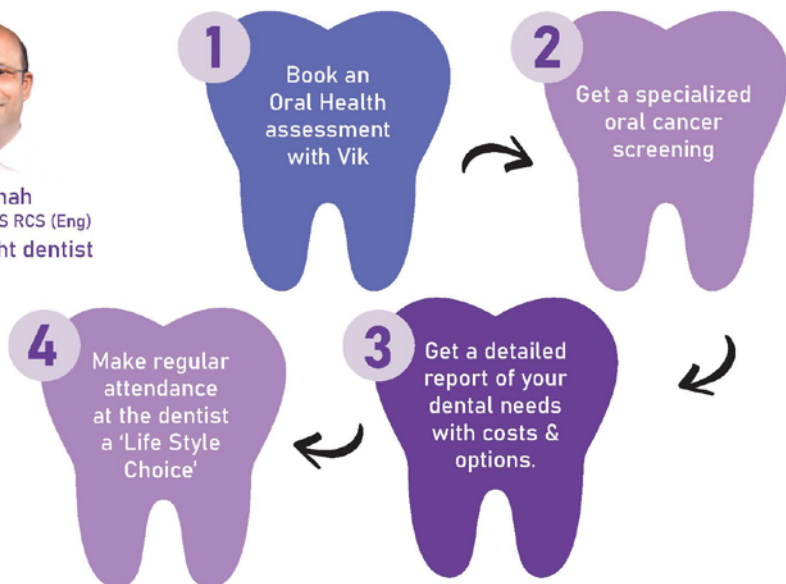


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“Snippets”



Can hot drinks cool us down?

Here, we like hot drinks to warm us up and cold drinks to cool us down. Around the world in tropical climates, people drink hot drinks to stay cool. So, what is the science? In experiments giving drinks at differing temperatures after exercise, scientists found that our core body temperature remains unchanged at 37°C. And yes – a hot drink means your body will sweat faster, removing excess heat! When you're hot, the key thing is to stay hydrated – and your drink can be as hot or cold as you like! And wrapping our hands around a hot drink in winter can be oh so lovely...

Try this tongue Teaser: Irish wristwatch

What's the difference between cake and biscuit?

One definition is that when going stale cake gets hard whereas biscuits get soft.



How to tell a butterfly from a moth:

The two biggest clues are these:

What time of day is it? For the most part, butterflies are diurnal (active during the day). Moths are nocturnal (active at night). Moths often use moonlight to navigate, which is why they may become confused by outdoor lights. A few species are crepuscular (flying at sunset/twilight).

What position are the wings? When “parked” and not flying, moths have their wings horizontally over their body. Whereas butterflies have their wings “closed” vertically (with the colourful patterns hidden inside), unless they are warming themselves in the sunshine.

Coffee grounds can be good for the garden!

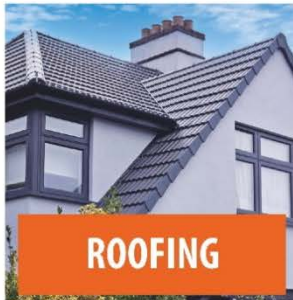


Alexander the Great was the first person to be pictured on coins; those were first were struck from the late-300s B.C. Strangely, the basic design with his head was used for around 200 years – long after his “suspicious” early death at age 32.

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As we prepare to embark upon a new academic year, the Northwood School team would like to share with the community some of the exciting events that took place at the end of last term.



Our annual sports day was a day that exemplified fantastic sporting achievement fuelled by our Northwood team spirit. We also held a **mock election and a chess competition.**



Our Performing Arts event was fantastic.

We had over 60 students showcasing their talents including: GCSE Drama and Music performances, extra-curricular clubs in Dance, Drama and Music, as well as students performing their own pieces. The breadth and diversity of performances was amazing, including a snippet of Romeo and Juliet with compassion and conviction, Ella impressed the audience with her dramatic monologue, and the whole cast and crew sang and danced their hearts out to 'Never Gonna Give You Up' to close the show.

The students did themselves proud and performed with fantastic energy, joy and courage. We have so much talent amongst our students and we are excited for the years ahead. We look forward to welcoming you all back for our musical Matilda in February next year.



One of the final events of the summer was our **Culture Day**. Our students had an opportunity to wear clothing that represented their culture, and to attend a culture fair which was facilitated by our own students. It was a fantastic way to celebrate Northwood school's multicultural community.

Quotes from our students ranged from: 'It is great to learn about other cultures' to 'I am so happy to be able to wear clothing that represents my heritage and culture – best day ever!'

We are already excited for what the new academic year will bring.

Tips for Arranging Longer-lasting Cut Flowers



I love gardening and having fresh flowers indoors. Here are some basic tips for arranging and lengthening the life of the blooms.

Even humble £1 fragrant daffodils can be displayed beautifully.



Choose the vase shape. A wide vase will allow the blooms to spread and/or hang low, whereas a narrow tube will encourage an upright design.

Use a clean vase, $\frac{3}{4}$ filled with tepid water.

Try narrow clear sticky tape across the top of a wide vase in a grid pattern to help stems stay in position.

Add flower food provided or make your own. Online “Recipes” use vinegar, sugar, lemon juice, bleach etc to nourish the flowers and inhibit bacteria.

Trim stems at 45° increasing surface area to absorb water more readily and preventing them from sitting against the vase bottom.

Remove any foliage below the waterline, which looks better and reduces build-up of bacteria.

Arrange flowers at varying heights, so that each bloom can be seen. Single type shop-bought bunches usually have stems all of the same length, which won't necessarily give the best display. So, cut some stems shorter.

Don't stand vases in direct sunlight – prevents evaporation and wilting.



Keep away from fresh fruit which gives off ethylene as it ripens. Sadly, it also speeds up the aging of the flowers.

Change the water every other day – again reducing bacterial growth.

Re-trim the ends at 45° weekly as stems can close off and discolour, which prevents water uptake. Clean the vase weekly and add fresh flower food.

Remove wilted flowers, reducing bacteria. Especially with a mixed bouquet, some flowers will naturally die more quickly than others.

There are plenty of flower arranging ideas and tutorials online.

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Mindfulness – can be good for our wellbeing, helping us to feel calmer and less stressed.

But what is it?

It can be easy to rush through life without stopping to notice much, then as soon as we stop what we're doing, lots of thoughts and worries crowd in.



Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, both in your own body and around you. It takes you away from other unhelpful feelings and thoughts, possibly repetitive worries. You might focus on your body (breathing or sensations), or take notice of surroundings (sounds, smells etc) which can help you to relax.

How does mindfulness work?

It is understandable to want to stop thinking about difficult things. But trying to get rid of upsetting thoughts can often make us think about them even more, which can affect how we feel. For example, if you think or worry a lot about upsetting past or future events, you might often feel sad or anxious, or find yourself tense and clenching your jaw

Studies show that practising mindfulness can help to manage common mental health problems like depression, anxiety and feelings of stress.

Where and when can we do it?

You can practise mindfulness anywhere, at any time. As a routine or, it can be especially helpful to take a mindful approach if you realise that, perhaps, for several minutes you have been trapped in reliving past problems or pre-living future worries.

It's just about spending a little time with a slightly different focus from normal. For example, if you are eating, pay attention to the texture and smell of the food. Is it warm on your tongue? Or soft/crunchy? Feel your jaws moving and your breaths and swallows.

Perhaps while walking, notice your feet touching the ground, the wind blowing, your clothes moving, the temperature, clouds or sounds.

Or if you can sit quietly somewhere and close your eyes, listen for the different sounds around you, notice your body touching the chair and how fast/deep you are breathing. Can you smell anything?

Thoughts will come into your mind. As they do, notice them and then re-focus to bring your attention back to your body and surroundings whenever your mind starts to wander. It won't make the thoughts go away, but see them as just that... "thoughts". They are mental events that come and go.

Many people find practising mindfulness helps them manage their day-to-day wellbeing, but it doesn't always work for everyone, and some find it takes a little practice. There is plenty of helpful information online. Try:
Mindfulness - NHS (www.nhs.uk)
www.mind.org.uk / mindfulness



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David Simmonds CBE MP

It is an honour to have been re-elected as your MP and to be able to continue my work on behalf of residents, however they voted, both locally and in Westminster.

New Hillingdon Hospital

Of course, the results of that election saw a new Prime Minister and Government. However, the first few weeks of this Labour administration have caused concerns for many. The Chancellor's statement on public spending has called into question the future of the new Hillingdon Hospital. When asked, the Chancellor failed to reassure residents on the availability of funding, despite MPs approving departmental expenditure - that included funds for this project - the previous week. I have picked this up as a matter of urgency so the work that is already underway can and will continue.

Northwood and Pinner Cottage Hospital

There has been some welcome news for residents in Northwood Hills, however, on the Cottage Hospital site. I wrote to the Health Secretary to raise concerns about delays that occurred following the new Government's election. In response, I was pleased to receive confirmation that work is expected to re-commence on the project this autumn.

Given the years of hard work that have gone into this, we cannot afford any further setbacks to the delivery of this vital healthcare hub, and I will be holding the Government to account to ensure this.



Northwood Hills Library

In other local matters, I have been engaging with local councillors on the rebuilding of the library. Following the planning permission granted last year, I understand the council is in the process of seeking tenders. I know this new library will be welcomed by residents.

Once again, I am grateful to residents for their support. It is back to business, so please do not hesitate to contact my office should you require assistance.



Running the London Marathon





Ten rules to help you prevent it and beat scammers:

- 1** Be suspicious of all 'too good to be true' offers and deals. There are no guaranteed Get Rich Quick schemes.
- 2** Don't agree to offers or deals immediately. Insist on time to get independent or legal advice before making a decision.
- 3** Don't hand over money or sign anything until you've checked someone's credentials and their company's.
- 4** Never send money to anyone you don't know or trust, in the UK or abroad, or use methods of payment you're not comfortable with.
- 5** Never give banking or personal details to anyone you don't know or trust. This information is valuable so make sure you protect it.
- 6** Always log on to a website directly rather than clicking on links in an email.
- 7** Don't just rely on glowing testimonials within promotional materials. Find solid, *independent* evidence of a company's success.
- 8** Always get independent or legal advice if an offer involves money, time or commitment.
- 9** If you spot a scam or have been scammed, report it and get help.
- 10 Don't be embarrassed about reporting a scam.**
Because the scammers are cunning and clever, there is no shame in being deceived. By reporting it, you'll make it more difficult for them to deceive others.



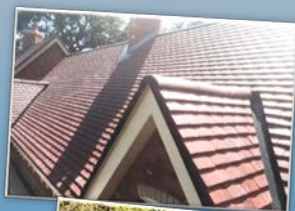
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What is Viscose fabric? How does it Compare with Cotton?

For years, I have thought that viscose (sometimes called Modal on labels) was a synthetic fabric made from fossil fuels or petroleum derivatives (like acrylic), with all the down-sides of that, in terms of manufacture and washing out micro-fibres...

WRONG! Modal is a bio-based (plant-based) fabric that is made from

Forest	Wood	Pulp	Fibres	Yarn	Fabric
					

spinning beech tree cellulose. It is generally considered to be an eco-friendlier alternative to cotton, as beech trees do not require much water to grow nor during manufacture. The whole production process uses **10-20 times less water than cotton.**

Viscose was first produced in 1883 as a cheaper, artificial silk because of its similar drape and feel. **However**, the chemicals used to make it can be environmentally damaging, especially if not properly used by the manufacturer (for example ensuring chemicals do not leech into water systems and recycling solvents). For this reason, even though plant-based, it is considered to be “semi-synthetic”.

Benefits of modal fabric are that it does not bleed dye during washing, retains its shape during wear and laundering, and is durable (won't become thin or fade). It breathes and is more absorbent than cotton, making it a good choice for sportswear.

Cultivating cotton requires masses of water and then even more during industrial washing and processing. On top of that, cotton production requires a lot of artificial pesticides and fertilizers. So, although it is a soft, biodegradable fabric, it is not very sustainable. **In fact, cotton production ranks in the top 3 drivers for pesticide use in the US** which is a large producer. Remember, cotton is produced on such a vast scale that its effects on the environment are therefore considerable.

Benefit of Cotton vs Viscose fabric: Cotton is even more breathable than modal and can give a “crisp” appearance.

It is interesting to consider that BOTH of these breathable and biodegradable fabrics come with significant environmental costs.

At the end of the day, many factors go into which fabric is more sustainable. If you choose cotton, try to buy either organic or recycled cotton as these tend to be more eco-friendly. If you choose Viscose/Modall, try to buy brands using reputable manufacturers (Eg Lenzing or Lyocell), generating less toxic waste.

Jan C



HILLSIDE INFANT SCHOOL

OPEN DAYS 2024



WEDNESDAY 2ND OCTOBER

THURSDAY 24TH OCTOBER

FRIDAY 22ND NOVEMBER

9.30am

Our Open Day will include:

- A talk from our Headteacher
- A tour of the school

Contact our office for more information or to book your place



0208 249 6860

office@hillsideinfant.org.uk

Hillside Infant School

Northwood Way

Northwood HA6 1RX

How long will we live?

Discussion is taking place that the current generation of adolescents is likely to be the first to have a shorter life expectancy than their parents.

Obesity trends in various countries show year on year increases, resulting in illnesses such as Type 2 Diabetes, high blood pressure, Non-Alcoholic Fatty Liver Disease and heart problems. Moreover, quality of life at older age may be significantly lowered.

Ultra Processed food is also known to affect our health. There are a variety of factors affecting life expectancy, so balance this worldwide against wars, immunisation, cleaner water, smoking cessation, improved medication and the jury is out.

In the UK, over one in five children are overweight or obese at ages 4–5, increasing to over one in three children being obese or overweight at ages 10–11. That's something we may be able to influence...



Northwood Nutrition & Wellness club

This new breakfast club opened its doors for the first-time on Monday 8th July 2024 when Deputy Mayor, Cllr Philip Corthorne MCIPD visited The Grange Country House on Rickmansworth Road.

The club owner, Kelly Thompson and her team of wellness coaches have an ambitious and important mission educating and inspiring the local community to make healthier choices when it comes to food and lifestyle.

The team has created an inclusive, positive and welcoming environment

to all who wish to find out more about aspects of their health and wellness and the importance of eating well and healthily.

The club already has nearly 100 members, all looking for ways and support to achieve their goals. Members may want to increase energy and fitness levels, improve mental wellbeing, change body shape, increase muscle and tone up, or improve immune system and gut health.

Welcoming all members of the local community, the club is offering FREE wellness evaluations (which includes a body scan) to provide individuals or groups with an opportunity to understand their bodies and its needs.

Then a follow up process identifies the best path and nutrition plan to support their individual goals, working towards becoming a healthier and improved version of themselves.



If you are reading this and would like to find out more about the club and what it has to offer, get in touch with Kelly today:

07944 501 196 kellyh100@hotmail.com

Long life in the world's "Blue Zones" – the mood is anything but blue!

A Danish study of twins established that only about 20% of how long we live is determined by our genes. So, what else has impact?

Since 2000, studies have found that some populations have vastly more centenarians than the average; living in communities where people not only lived longer but also enjoyed a high quality of life and health in their old age, free from dementia and many chronic illnesses.



National Geographic journalist Dan Buettner and a team of demographers identified five regions that stood out for their extraordinary longevity and vitality. Dubbed the Blue Zones and sharing nine specific lifestyle habits that they call the Power 9 *

Okinawa, Japan where the women are the longest-lived on the planet – eating three foods that could help every one of us to live longer. They maintain a powerful social network well into old age and have a strong sense of purpose in life and like to laugh.

Sardinia, Italy has the highest concentration of male centenarians, with healthy lifestyles unchanged much since the time of Christ. Sardinians still hunt, fish and harvest the food they eat. They remain close with friends and family throughout their lives.

Icaria, Greece where one in 3 residents reach their 90s. Entirely free of dementia and some of the chronic diseases which plague other populations. Their clean air, hilly terrain and warm climate draw them outdoors into an active lifestyle of late-night dominos and a relaxed pace of life, and plenty of strong local red wine.

Nicoya, Costa Rica has residents who believe in having a reason to live, which propels a positive outlook among elders and helps keep them active. Also, tending to live with families and children/grandchildren who provide support as well as a sense of purpose.

Loma Linda, California a community of 9,000 Adventists who view health as central to their faith. Their longevity can be attributed to regular exercise, vegetarianism, coupled with no smoking or drinking alcohol.

*** Power 9 – Values, Diet, Lifestyle and Beliefs**

1. Move Naturally. No pumping iron or running marathons, but they live in environments that constantly nudge them into moving without thinking about it. Gardening, walking and bending for housework.

2. Purpose. The Okinawans call it “Ikigai” and the Nicoyans call it “plan de vida” translating to “why I wake up in the morning.” Knowing your sense of purpose adds up to 7 years of extra life expectancy.

3. Downshift. Stress leads to chronic inflammation, associated with every major age-related disease. The world’s longest-lived people have routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do “happy hour”.

4. 80% Rule. Stop eating when your stomach is 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. Tending to eat their smallest meal late afternoon or early evening and no more the rest of the day.

5. Plant Slant. Beans, including broad, black, soy and lentils, are the cornerstone of most centenarian diets. Meat (mostly pork) is eaten on average only five times per month. Serving sizes are about 100 grams.

6. Wine @ 5. People in all blue zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. 1-2 glasses per day (preferably Sardinian Cannonau wine), with friends and/or food. You can’t save up all week and have 14 drinks on Saturday.

7. Belonging to some faith-based community. Denomination doesn’t seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.

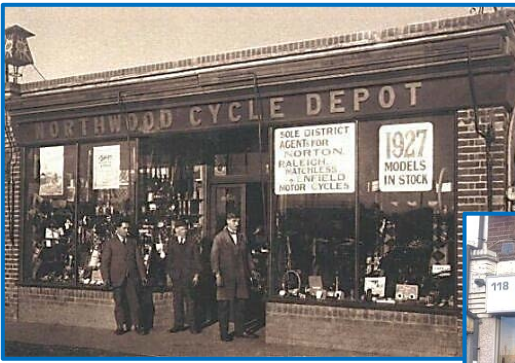
8. Loved Ones First. Centenarians in the blue zones put their families first and keep them living nearby or within the same home.

9. Right Tribe. Choose social circles that support healthy behaviours, Okinawans created “moais”—groups of five friends that committed to each other for life. Framingham research shows that smoking, obesity, happiness, and even loneliness are contagious. So, the social networks of long-lived people have favourably shaped their health behaviours.

Jan C

Congratulations...

Northwood Cycle Depot
is celebrating 100 years
of trading!



It was Edward Lewis Boxall (known as Lou) who bought the plot of land in Pinner Road and with his brother opened the shop in 1924 selling motor bikes from Matchless, BSA and Enfield, as well as bicycles and prams.



The shop also had a simple pump at the corner of Hilliard Road to sell petrol, and paraffin was sold from a tank alongside the shop.



The "Ordinary", is still on display inside the shop.

The shop became famous for its Penny Farthing "Ordinary" bicycle which Lou purchased for £3 10s 0d. Built by Singer in 1890, it became the shop's logo.

Lou then built a flat above the shop and, with his wife May, the family grew.

During the war, Lou turned to selling and repairing anything that the local residents needed in order to keep the shop going. The windows were blown out and with no glass easily available, the shop was run for a while with the windows boarded up. By the end of the war, it was bicycles that were mainly sold.

Lou's son David joined the business in 1956 and for a while they sold car parts and accessories. Another key date was 1965 when Northwood Cycle Depot became a wholly Raleigh dealer.



In the early 1980's the shop was rebranded as Boxalls, reflecting the name that most people called it. But a few years later, it reverted. The shop had a full refit and with a new layout, there was space for mopeds and some toys were also sold.

Another highlight occurred in the mid 1970's when David was asked to organise the cycles for the popular BBC Superstars series. Later in the decade, the shop gained another Boxall, as David's son Andy joined the firm.

By the late 1980's Northwood cycle Depot had become a multi brand shop. This was not the only change as bicycle types which were previous limited to racers, tourers, traditional and BMX, then welcomed the addition of Mountain bikes, Hybrids, Gravel bikes, Fat bikes and Electric bikes. One of the latest market swings has been with children's bikes including the new Frog bike range and Northwood Cycles is one the Frog's larger independent dealers.



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Conundrum:

What I if told you...

**You the read first
line wrong?**

**Same the with
second...**

And also the third!

**Travel Club returns to
Northwood**

**Travel round the world
without leaving!**

40 years after last meeting in the much-missed Acre Hall, the popular Ruislip and Pinner Travel Club has returned to Northwood. About to start its 59th season, the Club is still entertaining and educating its members and visitors with illustrated talks on the joys and avoidable hazards of travel.

Autumn/Winter: We meet from September to April in the comfortable and accessible Lounge at Emmanuel Church every other Friday. Contact for membership and other details: Warwick Hillman on 020 8866 2987

Girl's Names in Popular Song Titles

These lyrics are from songs containing a girl's name in the song title – most were released as singles. Each name is used only once, though singers or groups may occur more than once.

1. I saw the flickering shadow of love on her blind.	
2. You're gonna need an ocean. Of calamine lotion.	
3. I met her in a club down in old Soho.	
4. All the lonely people. Where do they all come from?	
5. Is she sleeping? I don't think so. Is she breathing? Yes, very low.	
6. Went to a dance lookin' for romance.	
7. You hurt me and you made me cry. But if you leave me, I will surely die.	
8. And the operator says 40 cents more for the next 3 minutes.	
9. Don't want your love anymore. Don't want your kisses that's for sure.	
10. The empty sidewalks on my block are not the same. You're not to blame.	
11. Are you better? Are you well, well, well. Well, well, well, well, well, well.	
12. Come let me love you. Let me give my life to you.	
13. She was more like a beauty queen from a movie scene.	
14. I got up to wash my face. When I came back to bed someone's taken my place.	
15. Too-ra-loo-la. Too-ra-roo-lye-ay. And we can sing just like our fathers.	
16. Please don't take him just because you can.	
17. You say, "we've got nothing in common".	
18. Since I've come home, well my body's been a mess.	
19. You led me away from home just to save you from being alone.	
20. You don't have to wear that dress tonight.	
21. You got me on my knees, I'm begging darling please.	
22. Never wield such power you forget to be polite.	

Answers will be on NHRA Website – northwoodhills.co.uk



Are mobile phone masts hazardous to our health?

Living close to mobile phone masts has been a topic of interest and concern for many people. Around the world, the health effects of exposure to radio waves have been researched extensively over several decades.

What is the concern? Mobile phones and mobile masts transmit and receive radio waves, a type of electromagnetic radiation, called “non-ionising” radiation. This type is classed as mainly harmless, just like TVs, remote controls, home Wi-Fi and so on.



Worldwide independent monitoring shows that exposures are well below the international guideline threshold and are considered to not cause adverse health effects to adults or children. Operating at a tiny fraction of the guidelines, even 5G radio waves are safe when living close to base stations and antennae and are accepted as safe by the World Health Organisation. Research is ongoing for this plus radar, TV antennas, and wireless devices.

Designed to be safe: Even at ground level, radio waves are many times below the guidelines, and masts are made high to be even further away from pedestrians.



As with any complex issue, it's crucial to stay informed. For further information, see the government website. Jan C



Councillor Jonathan Bianco's notes

Since the last edition of the Echo, whilst there has been much change on a political note at national level, matters at a local level have seen no change and your Council continues to work as before dealing with the same issues and pressures.

In Northwood Hills, our main concerns remain the Cottage Hospital redevelopment, also reported elsewhere in this edition and the proposed library redevelopment.

In the matter of the **Cottage Hospital**, we continue to wait for the NHS Property team to move forward either with the new health centre or with the sale of the “enabling development” – so nothing new there!

In the case of the **library**, we expect to see some forward movement before the end of the year once the temporary replacement library is up and running.

“Grey-belt” Land: Many of you will be aware of the proposed changes being made to the planning system by the new Government. In general, most of us can see the need for more housing to be built. However, we are very concerned at the proposals for development of “Grey-belt” as we think it could have major impacts on this borough and in particular our Northwood Hills ward.

We are very concerned at the thought that **Joel Street Farm** might fall into this new category. You can all be sure that the Council and your local Councillors will continue to do our very best to ensure that this area remains the open land we all need, and which brings fresh air to our area.

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Friends of Eastcote House Gardens

(eastcotehousegardens.org.uk)



The Mayor of Hillingdon joined the family and friends in May to pay tribute to the late Lesley Crowcroft at the official renaming of the Walled Garden. As long-time Chairman of the FoEHG, Lesley was responsible for the introduction of our main annual events – Summer Picnic, Heritage Day and Tree-Dressing – and she led our annual London in Bloom applications, for which we have received the top awards in all classes of entry every year.



Lesley's efforts secured a grant of £1.8 million, which funded a complete refurbishment of the park and buildings. Perhaps her crowning glory was the award to the Friends in 2016 of the Queen's *Golden Jubilee Award for Voluntary Service*.



As her first project was the refurbishment of the Walled Garden, it seemed fitting that this area should be renamed in her honour. Consequently, we came together to celebrate her success and honour her memory by renaming this beautiful area the *Lesley Crowcroft Walled Garden*.

This year's Summer Fete and Picnic was another great success. A local community event from a range of voluntary groups. We had a Tea Garden, tombola, sales of plants, books and crafts. Plus, the historic Dovecote was open.

Music from *Simply Grey* and *Phoenix Morris* dancing kept the crowds entertained; the Woodman pub provided a Pimm's and Prosecco bar for the grown-ups. Not only did people enjoy a fantastic afternoon out in the fresh air, but we also raised much-needed funds – both for the Gardens and for a variety of local charities.

Future events:

- **Saturday 5th October, 10 am-1pm: Sale of crafts and books/Dovecote open.**
- **Saturday 30th November 2024, 1:30-3:30 pm: Tree-Dressing.**

Join us as local schools sing festive songs, and bring a Christmas bauble to decorate our yew tree! Refreshments, craft sales, raffle and kid's teddy bear hunt

Volunteer gardeners are always welcome. Please turn up at the Gardeners' Cabin (behind the Lesley Crowcroft Walled Garden) on a Tuesday or Thursday at 9:30am. Tools and refreshments are provided!

Paul Lake

Northwood Girlguiding have had an exciting 6 months

with one of our leaders being chosen to travel to Japan for a girl guiding organised event.



To help fund the trip, the district guides and brownies held Japan themed meetings including origami, Japanese games and cherry tree artwork.

Summer term activities included a special girl guide screening of the new Disney film “Inside Out 2” and a district water fight at Willow Tree centre in Ruislip, where the girls enjoyed getting thoroughly wet and the leaders tried to stay dry - not very successfully!

We have also been exploring the local area with a treasure hunt, collecting plant and insect specimens and learning how to map read and use the countryside code.

We are now preparing for autumn term including a creepy crawly themed brownie pack holiday and a district disco.

To join us, visit www.girlguiding.org.uk



Answers to puzzles Page 39:

Children's Word Table Answers: Scarf, Glove.
Herbs & Spices Answers: Dill, Thyme, Chilli, Ginger, Cumin, Nutmeg, Garlic.
Fennel, Chive, Sage, Sorrel, Curry.

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

Our mission: to save and protect wildlife



*Ana Lapaz-Mendez,
 Founder and Head of
 Veterinary Team*

Founded in 2005, PWHRC is completely self-funding and depends on a volunteer team of vets, nurses, rehab workers and others brought together by a passion for protecting wildlife.

PWHRC addresses the pressing local needs of wildlife in our metropolitan greenbelt and those impacted by HS2.

It's been a busy time for us, and we have refurbished our site, built new enclosures, made areas to treat wildlife and are now fully operational, treating, rehabilitating and releasing wildlife in need. See some photos of our recent patients. We are currently fund-raising for essential medical equipment and a "fly zone" for our larger birds.



What can we do to help wildlife in our area?

- Litter pick. Why? A recent patient (a young fox Pepsi-Lou) got a discarded water a bottle stuck on her face, it was there for a week, causing awful skin injuries. Once caught, she spent 6 days being treated at the hospital and she is now released back into the wild.
- Set up and refill feeders
- Build a pond or provide fresh water (especially when ponds are frozen and on hot summer days)
- Be careful not to disturb breeding animals and protect the young
- Look for weak or injured animals who need help
- Plant native year-round flowers and leave some garden areas "wild"
- Consider donating to or volunteering at PWHRC.



Patient Pepsi-Lou

If you have any time to assist in a range of practical or administrative tasks, we would love to hear from you. Our volunteers all receive training as necessary.

Find out who is Pumpkin at: www.thewildlifehospital.org.uk

info@thewildlifehospital.org.uk Tel: 07988 444376 & 07988 444290

We are on all social platforms if you would like to check us out



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 £990

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 or guidance on any of these subjects, feel free to contact me anytime. I would be happy to help.

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

Northwood Hills Station Gardens

Two local schools join this community project...

This year has seen quite a change in the station gardens at Northwood Hills. We decided that we needed trellises to enlarge the Southbound platform display and to have colourful hanging baskets for everyone to enjoy.



It has been fun working with St John's and Harlyn Schools to see what their children have made for the commuters to enjoy. As you can clearly see from the results and the photo boards on the platform, they have done really well.



We are keeping our green fingers very firmly crossed that we may win the TfL "In Bloom" Community Competition.

You may have noticed that there is a marked difference between the South Bound platform and the North Bound side, which we have been unable to water as, sadly, TfL cut off the water supply some time ago. Despite repeated requests, they have not yet re-connected it. We have asked them to reposition the tap too as currently it is behind the barrier which we are not permitted to access! Hopefully by next spring all will be sorted.

I want to say a **BIG THANK** YOU to the NHRA and our team of amazing, hardworking volunteers, without whom there would be no beautiful flowers to enjoy:

Keith Blunden
Jane Clayfield

John Robertson
Fiona Rich

Sue Robertson
Derek Gossington

Thanks also to Anthony, the wonderful evening cleaner at the station, who waters for us every evening when he is on duty.

Please do contact me if you would like to help – halselynn@hotmail.com

Lynne Halse

St John's pupils have been preparing hanging baskets

This summer, St John's school early years showcased their green fingers by planting a dazzling array of hanging baskets for display at Northwood Hills underground station for the enjoyment of local families, commuters and station staff.



St John's was thrilled to support the TFL initiative 'In Bloom' at the invitation of the Northwood Hills Residents Association, which sponsors and maintains flower beds located on the southbound platform.

Lynne Halse who heads up the station gardening team said

"It has been great to have St John's School joining in with the Station Gardens Community Project. Their lovely colourful pots are a joy to behold on the South Bound Side at Northwood Hills



Station and the photos show that the children really enjoyed themselves planting up! Well done St Johns!"



Judging takes place in early August, with winners to be announced in September.





St Edmund the King Parish Church, all welcome

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 which is more interactive with contemporary music and shorter readings and teaching. The Eucharist held Tues-Sunday in the Lady Chapel, and the Church is open on those days for private prayer.

60 Year Anniversary

This year marks 60 years since the current church of St Edmund the King was consecrated. To celebrate, there are a number of special events.

14th September Pilgrimage: about 35 of us will be making a pilgrimage to St Edmund's Shrine in St Edmundsbury Cathedral in Bury St Edmunds.

21st September Arrow Players are hosting a Fun Quiz night to celebrate.

12th October Festival Evensong choirs from many of the churches in the deanery will meet to celebrate at 6.30pm to mark the anniversary.

We will also be holding our Patronal Festival on with a Sung Eucharist at 3pm followed by afternoon tea in the church Hall.

Monthly Sunday Bring and Buy Sale, 11.15am-12 noon

On the first Sunday of every month, come along to get some bargains.

Youth Group, alternate Wednesdays, 7-9pm term time

Open to all young people from 10 to 16 years old. Activities include quizzes, table tennis, dodgeball, sponge ball football, table football air hockey plus trampolining trips and Scalextric and more. See our website for more details.

SUNDAY SCHOOL
at St Edmund's Church



10am, children 3-10 years. Parents are welcome to stay with their children. Contact Carol on 01923 825 434 or just come along. Through crafts and hearing bible stories, we encourage the children to learn more about God and how to live good lives.

Upcoming Events:

- | | |
|---------------------------|---|
| 6 th October | Harvest Thanksgiving 11am followed by lunch |
| 10 th November | Remembrance Sunday Eucharist with Act of Remembrance |
| 30 th November | Christmas Bazaar |
| 22 nd December | Carol Service 6.30pm |
| 24 th December | Blessing of the Crib 4pm & Midnight Mass 11pm |
| 25 th December | Family Eucharist with carols 10am |
| 31 st December | New Years Eve Service of Devotion and Benediction 5.30pm |

Concerts: 28th September Harrow Concert Band
7th December Harrow Symphony Orchestra
14th December Harrow Concert Band

Michael Sobell House

where our house is your home.



Michael Sobell House is your community Hospice Inpatient Unit at Mount Vernon Hospital site. We provide holistic expert care for those with advancing serious illness and we need your support more than ever!

Words from a recently bereaved relative show the difference we make: *"Thank you for making it feel like home for us and treating my brother with so much love and respect. I know it made the family feel a lot calmer knowing he was happy at Michael Sobell House."*

Fundraising is very challenging at the moment, so we welcome your ideas, your donations and support from local companies.

For example, we have had amazing support from Cameron Estate Agents, whose team are on track to raise their target this year of £30K through adventures, including a Mount Snowdon climb at night!

And... we need some more volunteers!

- To help at mealtimes in our Inpatient Unit
- To help with social media posts
- To help in our garden
- To help with admin



If you would like to volunteer, please contact Debbie

dpotter@harlingtonhospice.org

Tel: 0208 106 9201 **ext. 307**

If you have ideas about fundraising or would like to donate, then please contact Lorayne lhaisman@harlingtonhospice.org
Tel: 020 8106 9222

Or you can use this QR code

**HARROW
CHORAL
SOCIETY**



'Draw on, Sweet Night'

Saturday 19th October at 5:30
pm. Tickets £15. <18's £2
www.harrowchoral.org.uk

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www.wos-productions.org.uk; 07391988077



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NORTHWOOD HILLS
RESIDENTS' ASSOCIATION



**The Queen's Award
for Voluntary Service**
The HM Government presents

We would like to thank the following advertisers for supporting the NHRA. Whilst all advertisements are published in good faith, no responsibility can be accepted by NHRA for their content. If you support our advertisers, please mention the Hills Echo when responding to them. Thank you.

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If you would like to advertise in the next issue of this magazine, please contact johnchoopani@gmail.com

Copy Date for Spring/Summer Issue

Please send us your articles and advertisements *before*

Friday 14th February 2025

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

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

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



NORTHWOOD HILLS
RESIDENTS' ASSOCIATION



The Queen's Award
for Voluntary Service
The NHRA is a volunteer group

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 and ensures you get our two magazines per year.

You can pay your subscription in several ways:

1. **On-line:** HSBC Bank Sort code 40-36-21, A/c no. 71531417 and please reference your name, road and house number.
2. **Via our website:** at www.northwoodhills.co.uk click "Join" link on the home page and fill in your details.
3. **To your Road Steward:** Simply complete this form and pass to your Road Steward, together with your payment in an envelope.
4. **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:

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