IMPORTANT REMINDER!! FREE NHS FLU VACCINATION AT YOUR LOCAL PHARMACY!

This year's FREE NHS pharmacy vaccination service has now commenced.

This service runs alongside the GP vaccination programmes, meaning you can choose where and when you want to receive your NHS vaccination.

Our Pharmacists are fully trained to give vaccinations

Just pop in to any of our 3 pharmacies at your own convenience!

Online Booking Now Available at all sites!



REMEMBER!

- Free NHS Flu Jabs vaccination has now commenced
 Extremely convenient book in advance or simply walk in!
 Exactly the same vaccination as provided by GPs administered by our vaccination specialist pharmacists
- Our pharmacies will **inform your GP** about the vaccination and all your records will be updated

• Private service available for non-NHS patients

GET YOUR FREE NHS FLU JAB AT:



Sharmans Pharmacy - 3-5 Clive Parade, Maxwell Road, Northwood HA6 2QF Tel: 01923 825288 Email: info@sharmanspharmacy.com www.sharmanspharmacy.com CARTER CHEMIST

Carter Chemist & Consulting Rooms 112/114 High Street, Northwood HA6 1BJ Tel: 01923 825753 Email: enquiries@carterchemist.co.uk www.carterchemist.co.uk



ROSS Pharmacy - 28 Joel Street, Northwood Hills, Middlesex HA6 1PF Tel: 01923 821596 Email: info@rosspharmacy.com www.rosspharmacy.com



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.

Contents

Features		Contributors	
East Street Swing Band	12	Chairman's Page	4
How Northwood Hills Got its Name	14	Eastcote & Ruislip Choral Society	20
Charity Shops at Mount Vernon Hospital	20	Eastcote House Gardens	71
Cottage Hospital – update	24	Friends of Northwood Recreation Ground	42
Pension Credit – are you getting yours?	29	Haydon School	26
Argosy Players	32	Hillside Infant School	54
Metro-Land	36	Joel Street Allotments	44
Gatehill Farm Estate	39	Membership, what we do	46
What's it like to live for 100 years?	40	MHA	49
TFL Facts and Figures	50	MP David Simmonds	34
Station Gardens	52	Northwood & District Community Assn	16
Quiz about the London Underground	57	Northwood School	30
Ruislip Lido Railway	58	Northwood Synagogue Ark	22
Christmas Switch On	60	OWL Neighbourhood Watch	20
Fatburgs – what are they?	62	Queen's Jubilee – our event in 2022	48
Recycling Textiles – new arrangements	64	St Edmund's Church	10
Michael Sobell Christmas Market	66	St John's School	9
Tap versus Bottled Water	68	u3a	26
Giggles for the Kids	71	United Reform Church	44
Councillor Duncan Flynn	72	UTC Heathrow Northwood	18
Harrow Choral Commemorative Concert	76	WRAP	78

Cover: Northwood Hills Station with new roof

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

Welcome to the Autumn/Winter 2021 edition



I hope that everyone is becoming more confident about going out to work, shopping and meeting friends, whilst still being cautious, since the lifting of the Covid restrictions.

I am delighted to advise that planning has now started on the Grand Switch-On of the Christmas Lights event to be held on Saturday 20th November. St John's, Hillside and Harlyn schools will all be taking part. Father Christmas and the Mayor of Hillingdon have already confirmed they will be in attendance.

In March we delivered the Hills Echo to every home and business in Northward Hills Ward and, at the same time, requested people to either pay online, or by returning an envelope. The response was better than ever before, and as a result our membership is now higher than any of our committee members can remember. Thank you!



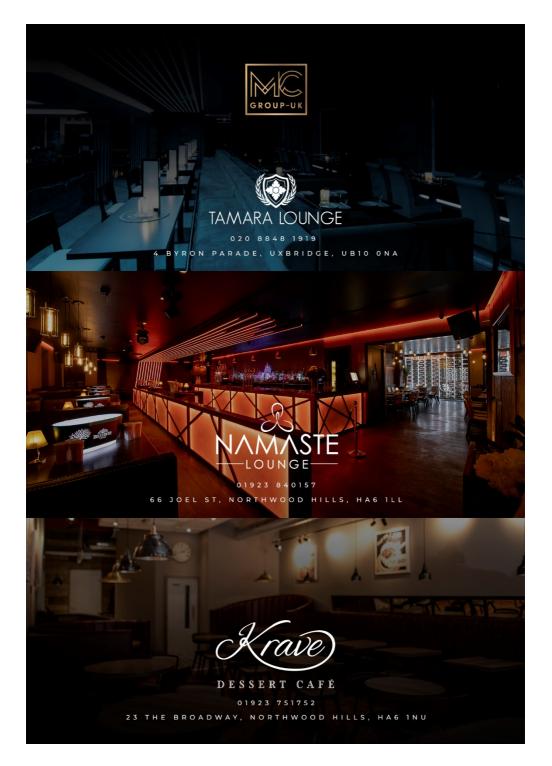
In addition, we have created a comprehensive database, and our Facebook page continues to grow, which allows us to quickly push out important messages to the Community.

In the near future, we will be updating our website. If you have any spare time to help us maintain this, we'd love to hear from you.

I'd like to take this opportunity to thank the Committee and Road Stewards for all their hard work to make the above possible and for everything else they do to promote the NHRA. We have a great team and are always looking for new people to work with us.

HM the Queen's 70th Jubilee. I am also pleased to give early notice that NHRA together with our counterparts in Northwood have agreed to come together once again to organize an event next year to celebrate this event. Further details can be found within this newsletter.

Andrew Riley BEM ACIB, Chairman, Northwood Hills Residents' Association



What's in this Autumn/Winter edition?

We are featuring railways – great and small. From our own "Metro-land" to the Miniature Railway at Ruislip Lido. And a quiz about the Tube – a twist on the names to get you thinking!

Music and theatre are both alive and well in Hillingdon: With lockdown over, find out about the performance arts in Hillingdon.

Environmental issues: What's wrong with tap water? Fatburgs are revolting, see for yourself. Can you help?

About the Cottage Hospital: The NHRA are *still* campaigning for an alternative development.

Remember this is a magazine for you – the Northwood Hills Residents – so please let us know what you think, which articles you liked and those you didn't. Please give us your feedback on the NHRA Facebook Page.

Many thanks to those who made contact via the NHRA Facebook page, to tell us about their groups,

providing information for some of the articles included in this issue. If you have yet not joined the Facebook group, we urge you to do so. It's by far the best way to keep up to date with local issues.

We work on your behalf, so please support the NHRA by joining. All our subscriptions go towards making Northwood Hills a better place for us and every £1 received makes a difference.

Finally, a big thank you to our advertisers. Whilst they benefit from the exposure, the advertising revenue also plays a major part in offsetting the cost of producing this magazine.

Find out more about the NHRA, our aims and what we do on <u>www.northwoodhills.co.uk</u>



The Bathtub

The Bathtub specialise in helping customers to design the Bathroom or Wet Room of their dreams, at prices that will pleasantly surprise you. We will listen carefully to your requirements, and with our 3D CAD design software, we can generate accurate dimensioned plans with 3D images.

The choice of Bathrooms, Showers & Wet Rooms is vast. Our experienced team will guide you through all the styles and features, to find the perfect match for your new bathroom. For some ideas, make sure you visit our gallery!

Designing and creating a bathroom, shower or wet room can really enhance the feel and value of your home. Our showroom in Northwood has over 40 bathrooms suites and showers on display to give you some inspiration. We also carry bathroom & shower brochures in stock for you to browse through at your leisure.

We supply luxury bathrooms at the most competitive prices, so if you are looking for some inspiration, we would be delighted to hear from you.



01923 836450 www.the-bathtub.co.uk The Bathtub 108 Pinner Road Northwood HA6 1BS



Charity plays an important role in the St John's community and this year we were overwhelmed by the enthusiasm of our boys and the generosity of their parents. We continued to support Playskill as our main charity, as last year's efforts were inevitably cut short.

Playskill runs parent and child groups for pre-school children with special physical needs. Although were unable to undertake many of our charitable activities for Playskill this year, we were able to run the Sponsored Quiz in the Summer Term.

Combined with the £6,000 raised during 2020, we were thrilled when our Head Boy presented Playskill with a cheque for £11,770.23. We know that this money will go a long way towards helping many children in our local community.



"This year we have been proud to support eight other charities alongside Playskill."

Charitable giving does not stop with one charity at St John's. The year kicked off with a virtual Coffee Morning for Macmillan Cancer Charity run by the St John's Association, followed by "Jeans for Genes" day in the Pre-Prep and "Think Pink" for Breast Cancer Awareness run by the staff.

The whole School, as well as some of the teachers, supported the Moor Park Fun Run Virtual Event and we were proud to send a cheque for over £2,000 to the Lynda Jackson Macmillan Centre at Mount Vernon Hospital. We made a donation of £439 to the British Royal Legion and £840 to a variety of charities at Christmas.

Our Comic Relief event took place only a week after our return to school in March and it was exciting to be united once again as a school through fundraising. All boys walked around the school in bubbles and we raised a fantastic £1,390.

Covid Support for India

In the Summer Term, our news and social media headlines were flooded with images and reports of many thousands struggling with Covid-19 in India. Always trying to do our best for those around us, we quickly pulled together an additional "Mufti Day" to raise money for the British Asian Trust's Oxygen Appeal for those in India. The boys enjoyed wearing their own clothes, but also the opportunity to talk about and discuss the events happening around the world, realising how they can help even from afar.

This was our most successful single charity day yet, we raised £9,400 which we know will have gone a long way to help so many in need. We hope that this form of charitable giving teaches the pupils how important helping others is and what a difference each individual donation can make. St Edmund's Church

Live-Streaming: One thing that has come out of COVID is that we now are able to livestream all our services. So those who are housebound or isolating are able to be part of our congregation from home. Services can be accessed from our website <u>https://www.saintedmundschurch.org.uk/</u> or via Youtube.

Classic Concerts & Sunday School: As the restrictions are

relaxed we are hoping soon to start up our other activities such as Classic Concerts. We are also in the process of revamping our Sunday School with different provisions for all ages. Keep an eye on our website and notice boards for updates and developments.

Weekly Wednesday Youth Group: This started again in early September, taking place from 7-9pm in St Edmund's Hall. Young people aged 10-16 are welcome. We have a tuck shop and activities include quizzes, table tennis, pool, dodgeball, rounders, table football, air hockey and more.

Entrance is just 50p and a short form must be completed by parent or guardian on the first visit. For more details visit <u>www.saintedmundschurch.org.uk/youthgroup</u>

Forthcoming Events help "Raise the Roof" Appeal



Elgar Cello Concerto

Saturday 2nd October, 18.30. Featuring Trinity Orchestra wegottickets.com

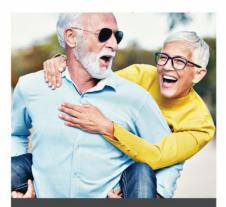
A Musical Fright Night

Saturday, 23 October 2021, 19:30. <u>Ticketsource.co.uk</u> Join *Harrow Concert Band* for our first concert since 2019 with an evening of spinechilling "spook-tacular" music for all the family to enjoy.



Fr Michael Miller Vicar of St Edmund's

HARROLD



20% off for over 60s All day...Every day

OPTICIANS Your vision...Our care



10 % off *eyewear when you mention NHEW21



For eye tests, contact lenses, repairs, adjustments and fashion and frame styling we will be happy to help you.

With complete glasses from £69 and the latest styles you'll have plenty of choice.

Please call to ensure we can give you the time and space you need.

We continue to have protocols in place to maintain the safest possible environment.

Retinal photography is standard at Harrolds so book your eye test online today 85 Joel St 01923 823027 nw@harroldopticians.co.uk

*Excludes Insight, O60s and all other offers.



The current band was formed just over two years ago. It was previously known as Maisie's Herga Swing Band and had been run, up to 2016, by a lady called Maisie Wiggins who passed away, still active with the band, at the grand old age of 92!

Maisie had been the principal trombonist in the world-famous Hallé Orchestra at one stage in her career and was a famed member of the Salvation Army. Several of the current band were members of the former Herga band.

The current band leader is an excellent trumpeter named Tim Wait. The band's MC is the highly experienced and well-known Northwood based drummer, Tony Oliver, who has led his own jazz quartets/quintets for many years and has performed at the Ealing Jazz Festival.

"We play a range of big band arrangements, mainly of swing and jazz classics (Basie, Miller etc), together with some arrangements of more modern hits. We have around 150 arrangements in the band's repertoire!"

We practice every Thursday at Fairfield Church (1930-2130) and are a group of 14 keen amateur musicians, comprising rhythm, trumpet, trombone and sax sections. We have just started to play gigs again post lock-down and in August we played at Cassiobury Park and Henley on Thames bandstands.



"We are keen to play as much as possible now that things have opened up again."

Henley on Thames Bandstand





Do you play an instrument?

If you can sight-read, we have parts available for an electric guitarist (not

bass), pianist and a baritone saxophonist. Also, he mentioned that we could fit in another trumpet player which would release Tim to concentrate on leading the band more. We are a very friendly, welcoming and supportive group.

Phil Newton (2nd tenor sax.)



esbigband@gmail.com

Enquiries for bookings etc can be made on 07979 506578.

Search Easy Street Big Band Northwood Hills



How did



get its name?

Although called Northwood Hills, when measured in height above sea-level, the centre of Northwood is actually higher than Northwood Hills.



The so-called "Metro-land" (the Met Line's marketing strap-line) had been conceived in 1915 to move people out of central London and into rural Middlesex.

The Metropolitan Railway reached Harrow-on-the-Hill station in 1880, and Pinner on 25th May 1885. Pinner remained the terminus until 1st September 1887 when the line was further extended to Rickmansworth.

Construction of Northwood Hills station was briefly announced in The Times newspaper in May 1933; it opened in December of that year.

The most ambitious plans were in 1930, for a new suburb between Pinner and Northwood on open fields, the surplus land donated to the Metropolitan Railway Estates. Houses sold for as little as £400 each.

A public competition to name the station was held in the press. Local Councillors favoured the names of Haste Hill, Northwood Town, or Joel Street for the station. Indeed, Haste Hill came a close second as much of the housing stock was being built around it by Belton Estates.



At that time the land was split between three parishes: Northwood, North Harrow and Ruislip; which may explain how a lady from North Harrow came to enter and win the competition, claiming her £5 prize.

A growing community in suburbia:

London Transport had come into existence by then. Potter Street was the first road built, with the upper end on Pinner Hill, as houses began to creep up the muddy Porridge Pot Hill (which was renamed Potter Street to suit suburban tastes). A long parade of shops, banks and a cinema were erected.

However, the first few residents were not too enamoured by the pioneer life, complaining about "the mud of the most adhesive quality outside the station"



1950's: The left-hand shop was occupied by Findlays newsagent and tobacconist. The right-hand shop (now no longer a shop) became a much-loved toy shop called "The Toybox".

1933: Station is just being finished, the name plate had not yet been installed.





On 22nd June 1935, the Bugatti Owners' Club organised a Speed Hill-Climb on a 1 in 10, 580 yards long course in Winchester Road, on what was described then as the Joel Park Estate.

With the houses still under construction, the hill race in effect took place alongside the building site. Amongst the 63 entrants were some of the bestknown drivers of the day, including Peter Whitehead driving an Alta, and John Bolster in his own Special. The event was won by Richard Shuttleworth in his supercharged Type 51 Bugatti.

So we have three hills: Haste Hill, Pinner Hill and the Hog's Back. All are represented in the Northwood Hills Residents' Associations logo.



At last, we can get back to our communal activities, which will all be starting again in September, after our enforced absence for the last 18 months.

"I hope that everyone will feel confident enough to attend, so that we can enjoy each other's company once again."

Body and Mind!

So – Keep Fit, Yoga, Tennis, Table Tennis, Badminton, Rambling and Short Mat Bowls are available to get the limbs and co-ordination going again. Bridge, all sorts of Board and Card Games will get the mind in focus again!!

All sections would welcome new members, so please get in touch.

Our Annual Membership fee is just £5.00, and each activity is reasonably priced. I look forward to hearing from you.

Pat Dunhill on 01923 836346

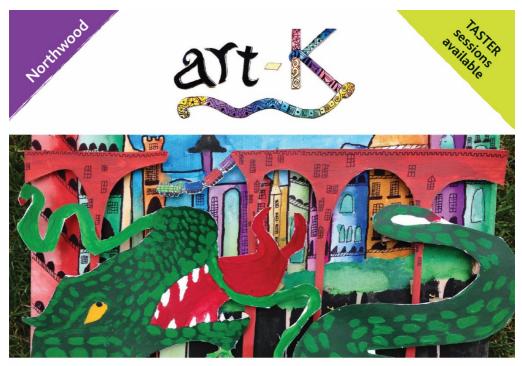




FOR MORE INFORMATION OR TO BOOK AN APPOINTMENT

CALL 01923 845333

www.osteopathnorthwood.org | www.ohhclinic.com | 50 the Drive Northwood HA6 1HP



An art club for children that ...

- Provides a safe artistic space where children aged 6 -16 have time to do long-term projects.
- Uses professional materials and delivers an in-depth art education.
- Builds children's confidence and self-esteem.
- Advises students studying GCSE how to build-up their sketchbook.

Mediums explored include: watercolours, acrylics, pastels, pencil, clay, papier maché. All materials are provided.



Session Days

After School - Tuesday, Wednesday & Thursday Weekend - Saturday & Sunday Location: Northwood

If you are interested in joining art-K please contact **Prerna** on **07879 670035**, email her at **prerna@art-k.co.uk** or visit us online at **www.art-k.co.uk**

acrylic oil watercolour mixed media modelling collage clay



UTC students have lift off!

It's up, up and away for students at UTC Heathrow, based in Northwood, who discovered that their hard work and determination had paid off in a challenging year, as A-level and GCSE results were announced in August.

The engineering University Technical College, specialising in engineering, IT, maths and science, offers a strong technical education alongside GCSEs and A Levels in a workplace-style environment.

The students' hard work meant:

- 91% obtained at least one A level grade A*-C
- 77% passed their vocational qualification at merit or above
- 88% obtained GCSE passes at grade 4 and above, with 87% passing English and Maths at grades 4 and above and 64% obtaining grade 5 or above

The results have secured students places on apprenticeships and degree apprenticeships. Students have also gained places on sought-after courses at universities, including Loughborough, Brunel, Queen Mary, West London, Coventry, Hertfordshire and Portsmouth. The majority of GCSE students have opted to stay at UTC Heathrow to work towards their technical or A Level qualifications.

Principal Wayne Edwards said: "I'm delighted to congratulate our students on their achievements, which are well-deserved after their hard work, especially with the impact of the pandemic."





Ari Saeed was 'extremely satisfied' with his two D*s and one D and is off to the University of York to study marketing. On his career aspirations he says: "I'd like to work as a CEO or marketing manager of an international business. I'd also like to continue my Private Pilot Licence training and continue my work in the theatre."

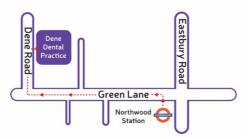
Students at UTC Heathrow benefit from a wide range of opportunities outside the classroom. For example, some are in the midst of a five-year project to build their own plane, take part in cadet activities, as well as the annual Royal Navy Engineering Challenge and Royal Electrical and Mechanical Engineers (REME) Craftsman Cup.

A limited number of places are available at UTC Heathrow Sixth Form for this year. For information and admissions contact louise.dwyer@heathrow-utc.org

Dene Dental Practice

Northwood's Hidden Gem in **PRIVATE DENTISTRY**





Tel: 01923 824 230

1 Jonathans, 2 Dene Road, Northwood, HA6 2AD



www.denedental.com



Charity Shops at Mount Vernon Hospital Why not l@@k in?

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



It's a great cause, all funds are to help the hospital

What do we sell? The general shop sells newspapers, confectionary, drinks and gifts. The "Look-In" shop offers clothes, shoes, seasonal and general bric-a-brac. The book shop offers used-books (novels, general interest, children's, hobbies etc).

Who do we serve? Not only are the shops available to patients and their visitors, but many of the staff who are able to take a lunch break, use that time to visit us and get a change of scene (and a bargain or two).

Funds raised: All funds are used to provide equipment to hospital departments for patient care and amenities to improve patient experience. Every three months, hospital departments present a list of things they would like to buy from the funds and the shop managers can allocate the money to them. For example, cooling fans for some wards and a quiet room for the bereaved families to use.

Opening: Look-In: Mon-Fri 10-3 Shop: Mon-Fri 9.30-3 Book shop Mon-Fri 11-3. Afternoon closing time may vary. The shops are run by volunteers, each doing 2 or 3 hour shifts, or as much as they can manage. **We really enjoy it.**

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



Handel, Messiah. Saturday 30th October at 7.30. St. Edmund's church, Pinner Road, Northwood. HA6 1QS.

Christmas Concert. Featuring traditional Christmas music. Saturday December 11th at 3.30 pm followed by tea. St. Edmund's church, Pinner Road, Northwood. HA6 1QS

Rehearsals resume on Tuesdays, from 7th September 2021. Ruislip Methodist Church, Ickenham Rd., Ruislip, HA4 7BZ from 8.00 – 10.00 pm.

New singers welcome!

THE Northwood

www.darwinwellness.co.uk





WHY JOIN US?

- Brand new Functional Training area
- Personal Trainers
- The latest Nautilus & Star Trac gym equipment
- · Heated swimming pool
- Steam room · Sauna · Squash courts
- · Dedicated yoga & pilates studio
- Great classes including: Les Mills Body Pump

- Body Combat & Body Attack
- Spinning studio
- Relaxing hair & beauty salon
- · Lounge with Nourish by Nisha
- · Licensed bar
- Free WiFi
- Membership starting from only £50pm

PLUS MUCH MORE

Contact us: 01923 842238

For more information and to register your interest, visit 222.darwinwellness.co.uk NORTHWOOD CLUB – 22 CHESTNUT AVENUE – NORTHWOOD – HA6 1HR

THE ARK SYNAGOGUE

Thanks to our Care Team

The Ark Synagogue hosted an in-person appreciation afternoon tea for the volunteers of their Care Team. It was the first time the team had met in-person since March 2020, making for a very moving and enjoyable afternoon.



Over the last 18 months, the 35+ strong volunteer team have provided outreach and support to more than 350 members of The Ark (formerly Northwood & Pinner Liberal Synagogue) community.

It was also an opportunity for the Team to meet in-person their 'new' Care Coordinator, Omar Portillo, who was recruited during the pandemic. To find out more, please visit <u>www.arksynagogue.org/community</u>.



Find out about local crimes without delay using the OWL App



The OWL App has just been updated so that you can now receive OWL messages promptly from Hillingdon Neighbourhood Watch (HNW) as well as the Police. Download OWL Crime Alerts App via Google Play or the Apple Store.

The Northwood Hills team have been focusing on the ward priorities, which are currently set as Burglary, Anti-social behaviour and Speeding. They have been actively carrying out high visibility patrols in burglary hot spots, in order to provide reassurance and with the aim to deter burglary activity.

If you have recently added CCTV cameras on your property, don't forget to register them on the OWL database so that they can be used to help the Police to solve any crimes that take place near you by emailing our CCTV Watch administrator at <u>hillingdoncctv@gmail.com</u>. Join Neighbourhood Watch to receive emailed info. This is making a difference to the success rate for catching the criminals



Specialists in all types of roofing, guttering, repairs and renewals

and advit

20+years roofing experience

Local and friendly business

New roofs tiling and slating, high performance bitumen felt flat roofs, chimney flashings and re-pointing, UPVC fascias, soffits and gutters, tile repairs, roof overhauls, moss removal and gutter clearance.

Tel: 01923 827326 / Mob: 07542 500567 Email: northwoodroofing@aol.co.uk



Northwood & Pinner Cottage Hospital and Northwood Health Centre Site.

Update from NHRA...

By now most of you will be aware that at the end of March, NHS Property Services and NHS Hillingdon Clinical Commission Group submitted a planning application to redevelop these two interconnecting plots.

The plan is to refurbish the existing hospital building and move the Health Centre into the refurbished building. The site of the existing Health Centre would then be sold to a developer with planning permission to build two, four-storey blocks of flats, comprising 36 one-bedroom units and 34 two-bedroom units. There is no provision for every flat to have a parking space, nor indeed any provision for second car or visitor parking, likely to result in parking places provided for the health centre being used instead by residents of the flats.

The new buildings would also give major issues to residents living in Juniper Court, Waverley Gardens and others. In addition, one of the numerous documents published with the Planning Application Council website, advises that there is a **shortfall in funding, running into millions of pounds!**

Northwood Hills and Northwood Residents' Associations <u>do</u> want to see a new Health Centre development on the Hospital site, but we are concerned that the current proposal is not the best option.

We know the NHS are arguing that they have to build the two blocks of flats to pay for the new Health Centre hub, but we believe they are taking the wrong approach with regard to the Cottage Hospital. In its existing shape, possible facilities would be reduced as not all of the current upper floor is wide enough for rooms on both sides.

The applicants state that there is a large cost in reinstating the Cottage Hospital because of the asbestos within. Furthermore, they are claiming that they must retain the existing building because it is locally listed, but this restriction can easily, by agreement, be removed. With perhaps just the façade being retained.

What we advocate is that the existing Cottage Hospital is demolished and replaced by a "fit for purpose" two-storey building. This would provide more usable space for less cost, providing a better long-term solution. This reduction in cost thereby also reduces the number of flats required to achieve break-even.

The latest information we have is that the applicants are only making changes to the design of the roof on the two blocks of flats, but the funding issue remains unclear.

We will continue to fight the proposals, which to our minds represent over-development, whilst not giving enough consideration to achieving the best medical facilities for our area.

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



U30

Haydon Sixth Form's A Level Results

Today our Year 13 students have received their A Level results. We are very proud of them for their hard work despite facing challenges to their education over two years.

153 students have attained a place at university this year.

55% of all grades were A*-B and 29% of all grades were A*-As. 51 (33%) of the 153 will be attending a Russell Group university with Queen Mary University being the clear favourite

with 14 students. Two students will be studying Medicine, one at Queen Mary University and the other at Nottingham University.

One student will be attending Oxford University to study Philosophy, Politics, and Economics. Not only are we proud of them, but we are proud of *all* our students studying a range of degrees including Orthoptics, Acting for Screen, Children's Nursing, and Financial Mathematics. The broad range of courses represents the diverse and talented student population we have.



Sadiya – degree apprenticeship

Not only have our students been successful in university placements, but in apprenticeships as well.

Sadiya has secured a five-year degree apprenticeship to become a Chartered Accountant. Web: www.haydonschool.com / Email: info@haydonschool.org.uk / Phone: 02084290005

Learn Laugh Live Are you retired and looking for an active, interesting way to fill your time?

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

u3a is an organisation of local people that come together to socialise, make friends and learn for fun. It's all voluntary; a typical u3a has many interest groups covering many different subjects, so there is something to attract everyone.

Who is u3a for?

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

Where is the nearest u3a?

This is **Northwood & District u3a**, which currently has over 700 members and around 60 interest groups. Many groups meet regularly in Fairfield Church Hall, Northwood Hills. While others meet for table-tennis or badminton in local venues, or organise walks and visits.

How do I contact u3a?

Full details are on our website: <u>https://u3asites.org.uk/northwood/home</u> Or you can come to one of our regular meetings on the first Wednesday of each month and see for yourself. 10:30 am at Fairfield Church Hall.

We look forward to meeting you!

Recruiting Staff Now

early years

Ofsted

Good Provider

Dedicated Baby Room For children aged 3 months to 2 years

FOLLOWING

GUIDELINES

TIM I

NDN

• Access to a secure and stimulating outdoor area

• Healthy meals and snacks provided

• Emphasis on learning and development through play and exploration

 Children's wellbeing and emotional development is central to our ethos

For more information contact us at staff@happytreeacademy.co.uk Happy Tree Academy - The Northwood Club 22 Chestnut Avenue • Northwood • Middlesex • HA6 IHR • T. 01923 388 281 www.happytreeacademy.co.uk



FOLLOWING

COVID-19 GUIDELINES

Northwood's newest Forest School

Offering places for children aged 3 months to 5 years

• Forest School is an inspirational approach to learning

• Long term process with regular sessions in a sustainable natural site

 Children provided with opportunities to develop lifelong skills such as independence, high self-esteem, take risks safely, the ability to control and express emotions and more..

 Learn respect, responsibility and care for the environment using the natural resources in the ecosystem sensibly to support learning: e.g. building dens out of sticks, creating habitats for the local fauna and more..

> Follows the child's interest and pace of learning without putting the pressure of achievement

• Establishes a community of learners capable to self-reflect and evaluate the skills they have gained

For more information contact us at staff@happytreeacademy.co.uk

www.happytreeacademy.co.uk

Happy Tree Academy - The Northwood Club 22 Chestnut Avenue • Northwood • Middlesex • HA6 1HR T. 01923 388 281

Ofster



Is your pension enough to live on?

Only 64% of people who are entitled to Pension Credit are actually claiming it!

Your income: When applying for Pension Credit your income is calculated:

- State Pension or other Pensions
- Earnings from employment and self-employment
- Most social security benefits, for example Carer's Allowance

Not all benefits are counted as income. For example, the following are *not* counted:

- Attendance Allowance
- Christmas Bonus and Child Benefit
- Disability Living Allowance or Personal Independence Payment
- Social fund payments like the Winter Fuel Allowance
- Housing Benefit and Council Tax Reduction

State Pension weekly: £177.10 if you're single; £270.30 if you have a partner If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, or you have housing costs (even if you have savings).

To find out how much you could get use the government's online Pension Credit calculator.

Contact the Pension Service helpline if you're not sure whether you're eligible for extra amounts.

Telephone: 0800 731 0469, Monday to Friday, 8 am to 6pm. A friend or family member can call for you.

Apply online: www.gov.uk/pension-credit

By Post: print out and fill in the Pension Credit claim form or call the claim line to request a form.

Other help: May be available from a voluntary organisation such as Citizens Advice or Age UK.





Exam Success for Northwood School Students

After all the challenges that had been thrown at our students over the past 18 months, August was a time for celebration when both our GCSE and Sixth Form students received their examination results.

Comments such as these were heard on results day:

"I cannot believe I got here; I am looking forward to Year 12" "This is such a good feeling after such a tough year." "I am shocked at how well I did. My teachers really helped and encouraged me to focus and know what to concentrate on. I can now go onto the university of my choice"

Sixth Form: Northwood's Sixth Form underpinned its credentials with an amazing 58% of all grades being A*-A.

Head of Sixth Form, Miss Rafferty, said: "I know they leave us with many fond memories of their time at Northwood, but we are particularly pleased with the high number of students who are leaving us to go onto prestigious university courses."

Thomas O, who achieved 4 A*s and is now off to study engineering at Cambridge said, "I was up all last night waiting for my results, but I am so happy. I just want to thank all my teachers for their support"

Year 11: Students were just as delighted with over 40% achieving top grades (9-7).

Miss Fry, Head of Year 11 commented, "We are hugely proud of all that they have achieved from this unprecedented journey and feel certain that the academic achievements,



together with the life skills they have developed, will allow them to flourish in the future."

Behind the headlines, there are many individual successes including: Prisha V achieving 8 grade 9s and 2 grade 8s; Aisha A, 7 grade 9s and 3 grade 8s; and Vishruth J achieving 7 grade 9s and 2 grade 8s.

Mr Anderson, Headteacher, added, "Our students' fantastic grades were not achieved without hard work. I'd also like to thank our staff who have demonstrated professionalism and integrity, in spades, from the day on which they migrated to online teaching, to the final awarding and moderation of the teacher assessed grades."



All types of funding welcome

☑ No health insurance needed

Erskine Hall, your local Bupa care home.

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

Call us for advice on care today 01923 889 687

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



carehome.co.uk Review Score 54 reviews

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



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

For care homes









AUG21 CS 01809



Argosy Players is a local am-dram theatre group who perform in the borough of Hillingdon. We are dedicated to promoting the development of dramatic art in the London Borough of Hillingdon on a non-profit making basis. We're a friendly group that works hard throughout rehearsals in an informal atmosphere, under the guidance of a director, supported by the committee and other club members.

"Our aim is to give people the opportunity to learn and develop their theatrical skills, be it on stage performing, or in one of the many production, backstage and technical roles."

We achieve this by staging several shows a year and constantly strive to give everyone involved the chance to learn and perfect their particular skills. Argosy's talents have been successfully applied to many aspects of Theatre including Musicals, Comedies, Thrillers, Tragedy, Pantomime and even staged The Mad Bess Express on the Ruislip Lido Railway.

Argosy Children's Theatre: (ACT) is for young people to develop theatre skills in acting.

Set Design and Build: We build all our own sets at a large workshop in Hillingdon. We are always keen to hear from people who might like to support us and join the workshop team.

Join our team: If you are interested in performing, set design, set building, chaperoning, costume design, hair and make-up, sound and lighting, we would love to hear from you

Our Next Performance

We've been keeping our creative juices going, by writing short plays, sketches and songs. With theatres now reopening, Argosy Players are back on stage to showcase what we have been performing on Zoom over the last year or so, with



a host of original pieces written by members of the society.

We are performing at the Compass Theatre on 8th and 9th October boxoffice@hgfl.org.uk / 01895 250615. Anyone interested in joining the Argosy team, or has any questions please contact Phil at phil.gossan@yahoo.co.uk.

> Phil Gossan Chairman

SERVICE STATION LTD

Your local garage since 1966

MoTDiagnosticsServicingRepairsBrakesSuspensionTyresCar Sales

All makes and models Manufacturer spec parts used Work FULLY warranted and insured



Mention this advert when booking and receive a 10% NHRA discount!!!

T's and C's apply

MoT / Service:(01923) 824 430Tyre Bay:(01923) 840 113

www.northwoodhillsservicestation.co.uk

David Simmonds CBE MP

I am pleased to be writing this column looking at a much brighter and more positive picture. Over the past few months, we have been able to move forward, cautiously, and are living as close to pre-pandemic life as we have been able to since last March.

This means I have been able to make more in-person visits across the constituency and to resume coffee shop surgeries. It has been really refreshing to have facetime with residents after living 'virtually' for so long and though I have not had the opportunity to host one of these in Northwood Hills just yet, I hope to do so over the coming months. As ever, details will be made available on my social media channels.



Sports Facilities at Schools

It was also a pleasure to visit Haydon School recently, where I met with the Headteacher and discussed plans to develop sports facilities at the school.

This is to meet the demands and needs of the many excellent sporting clubs currently based at Kings College in Ruislip, such as Eastcote Hockey Club and Ruislip Rangers Football Club. I will support the school, local sports clubs and colleagues at Hillingdon Council to align visions and facilitate discussions on how plans will be carried forward.

Cottage Hospital

On local planning issues, plans for the redevelopment of the Cottage Hospital have continued. I know concerns remain about the housing development, but I stand firm in my belief that we should not object to the housing at the expense of a significantly larger and more modern healthcare facility for the community. However, I have been engaging with the team leading on the project and I am working with them and council colleagues to see whether we can agree a mutually acceptable future use for this housing.

Green Space Development at Joel Street Farm

Lastly, we have seen developers continuing to probe the strength of local planning policies, for example, at Joel Street Farm. Hillingdon Council has an excellent track record on planning and housing, and has robustly defended our precious local green spaces, and will continue to do so. However, we can expect to see speculative proposals coming forward from developers from time to time and I am grateful for the excellent work of residents in supporting the efforts of Hillingdon Council to see them off.

PINNER PAVING and RESIN





DRIVEWAYS • PAVING • LANDSCAPING • RESIN DRIVEWAYS MAINTAINABLE • DURABLE • WIDE CHOICE OF COLOURS • PERMEABLE QUICK INSTALL • 10 YEAR GUARANTEE • ADD KERB APPEAL TO PROPERTY

0800 6990921 • 0208 9016550 pinnerpaving.co.uk • info@pinnerpaving.co.uk Pinner Paving & Building Ltd, Second Floor, Congress House, Lyon Road, Harrow, Middlesex, HA1 2EN





Lines from Metro-land, written and narrated by John Betjeman. 1973. Poet Laureate and Friend of the Railways.

But still people kept on coming to Wembley. The show-houses of the newly built estates. A younger, brighter, homelier Metro-land: 'Rusholme', 'Rustles', 'Rustlings', 'Rusty Tiles'...

Each one is slightly different from the next, A bastion of individual taste.

On fields that once were bright with buttercups.

Deep in rural Middlesex, the county that inspired Keats A speculative builder at Kingsbury let himself go, in the twenties.





Harrow:

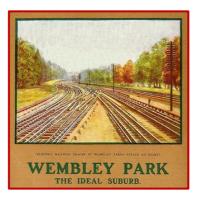
The smart suburban railway knew its place Did not dare approach too near The Hill.

The healthy air of Harrow in the 20's and 30's A verge in front of your house and grass and a tree for the dog...

On, on, north-westwards, London far away, And stations start to look quite countrified...

Pinner, a parish of a thousand souls, 'til the railways give it many thousands more. Famous for its Village Fair

Where once a year, St John the Baptist's Day Shows the climbing High Street filled with stalls A medieval Fair in Metro-land.



One of the joys of Metro-land Was the nearness of golf to London. And Moor Park, was a great attraction. Did ever a golf club have a 19th hole so sumptuous as this?

> Chorleywood: Large uneventful fields of dairy farm, Slowly winds the Chess, brimful of trout. An unregarded part of Hertfordshire Awaits its fate....





The 1973 programme is still available to view online and starts with a high-speed film of the Met Line from the front of the train.

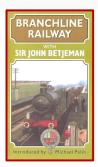
Also, of historical interest to view online are:

'Night mail' - WH Auden. 2.47 mins. 1936 to accompany a documentary. *"This* is *the night mail crossing the*

Border, bringing the cheque and the postal order"

'Let's Imagine a Branch Line between Wells and Burnham on Sea' John Betjeman. 9m46s.

"...reduced to a branch line – and even that has lost its twigs!"



Jan C



ROBERT LEATHERBY YOUR LOCAL INDEPENDENT WILL WRITER FOR THE RIGHT ADVICE AT THE RIGHT PRICE



WILLS

Since being a will writer established in 2007, I have gained a vast amount of knowledge about what people like to put in their wills and have learned through various courses and legal seminars the correct way to draft their wills for them.

The majority of my industry relies on computer software and simply put into the computer the client's details and the computer prints out a will. I have access to this software, but find a lot of the wording that is in these draft wills is not necessary. Also, there are often clauses that my clients would like incorporated in their wills which the software does not have.

As such, I like to ensure the wills I draft are tailor-made for my client's needs including, if required, protection for their property when they die and all manner of other clauses that could be included to protect their inheritance.

But I have only one top price no matter how many extra clauses my clients require, that is £160 for a couple and £120 for a single person. These prices can be reduced to £100 if the couples' wills are simple and only £60 for a single person's simple will.

My service includes an initial free home visit, the taking of the client's instructions, drafting their will as many times as necessary and, once approved, printing off and binding their wills and returning to see them to ensure they are signed, dated and witnessed correctly.

LASTING POWER OF ATTORNEY

I can also help you if you want to make a lasting power of attorney, which is a document giving the authority to someone you trust to make decisions for you should you become incapable later in life.

I visit the person giving the authority, to explain exactly what is involved. I then prepare and register all relevant documents.

For this service I charge £70 per Lasting Power of Attorney.

There are two types: one for a person's Property and Financial Affairs and one for their Health and Welfare.

ASSET ALLOCATION TRUSTS

Everyone who owns a property, which most people have spent many years paying for, would like the sale profits on their death to go to their chosen beneficiaries, usually their children.

Unfortunately, as more and more people are having to go into care later in life, the sale profits can end up with the government to fund the care fees, leaving nothing of the property sale profits for the children.

Transferring the legal title of the family home into a lifetime asset allocation trust, for a multitude of valid reasons, protects the property from having to be used to fund the care fees. The total cost for this solution is £890.

SHOULD YOU REQUIRE ANY FURTHER INFORMATION, OR A FREE HOME VISIT TO DISCUSS ANY OF THESE SUBJECTS, DO NOT HESITATE TO CONTACT ME AT ANYTIME. **ROBERT LEATHERBY**

Email: r.leatherby@sky.com

Mobile: 07946 379781

48 Sussex Crescent, Northolt, UB5 4DR



Gatehill Farm Estate

The original farmhouse of the Gatehill Farm is still standing at the entrance to the Estate.

Partly 16th century, partly 18th century and later re-fronted with yellow stock brick.

Seemingly, it was a mixed farm, as an advertisement in the Watford Observer of June 1875 is for an auction of:

"5 ricks of superior meadow hay, well-got and secured from the weather."

And a few years later was a further auction for the sale of:

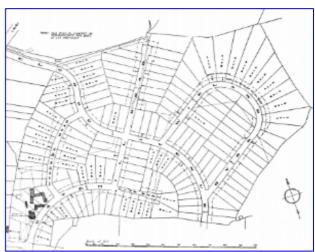
"4 valuable Cart mares, a two-year-old Colt, a Nag mare, 12 cows in calf, 8 fat cows and Heifers, 300 sheep, Poultry and implements."

This was clearly a farmer selling up before the arrival of Willam Mold and his family, who took up the tenancy in the early 1880's and farmed until the 1920's.

The land was owned by George Wieland whose name continues on the Estate as Wieland Road.

The area was then developed by Harry Neal. An architect was commissioned (known for his work in Hampstead Garden Suburb) and plots were laid out as shown on the map.

A few houses started being built, but work was interrupted by WW2.



Further development was mostly in the 1950's, with more additions in the 1970's and 1980's. It has since then been designated an Area of Special Local Character, which the Gatehill Residents' Association aims to maintain.

Alison Saunders



What's it like to live for 100 years?

Worldwide, it's predicted that babies born in 2020 will have an average lifespan of 100 years. But when Rachel Needle was born in 1921, that was extremely unlikely.

Why do you think you've had such a long life? "Luck" was Rachel's reply. I disagree... I think her "can do" attitude has a lot to do with it!

Since 2001 when her husband died, this remarkable lady has lived at home alone without carers, orders her shopping online, cooks her meals and, apart from a weekly cleaner's visit, for everything else she is independent. Of course, family visits are a regular treat.

Childhood - wealthy or poor? Rachel's upbringing was humble. Her mum was a cigar-maker and her father had been a "boot" maker, but then became an (unusually unsuccessful) "book" maker. Yes, there are poor bookmakers! Any valuables they'd had, gradually disappeared to the pawnbroker.

After school, she ate tea at home if there was any food, then went outside to play. If there wasn't any food, straight outside! There was no homework in those days. She slept in the living room, in a makeshift bed of two chairs facing one another.

No TV of course, and she only listened to the wireless for important announcements. Rachel recalled listening to Neville Chamberlain's momentous speech in 1939 and still takes a keen interest in politics. Her TV preferences now are for detective programmes, period dramas and documentaries.

First job? Aged 14, the day after leaving school without any qualifications and feeling that she was "a dunce", Rachel took office work at the Houndsditch Warehouse. Having only one dress, it was washed at night and worn again the next day. She got to hate that dress! She was soon promoted to the Accounts Department, where she was taught how to use one of the first accounting machines ("a big metal construction"), excelling at it, she then had to teach everyone else.

First home? A prefab in Stepney Green which was marvellous, with an indoor bathroom and separate loo, 2 large bedrooms, and all mod-cons: a copper for washing clothes and a fridge (she'd never seen one before). Rachel described how, previously, if milk "went off", you used a muslin and hung it out of the window to make cheese.

Favourite holiday memory? In 1956, touching down for the first time in Israel, where she knew that she would not face any prejudice.

World War II. At age 21 she faced the choice of land, factory or the forces. She doesn't like the cold (so land work was out), and didn't fancy the factory, so she took the written tests and succeeded in gaining an Army position at Aldershot, where she met her husband at one of the large dances. They married in 1944 and two years later had identical twin boys. Rachel's medals as well as her husbands have been passed to a granddaughter to display, though she still has both their Army Pay Books.



Retirement. When she retired at 60 from part-time work in perfumery at Barkers of Kensington, she had to be doing something. So, for £1 a year Rachel took every day-class or evening class she could, including dressmaking, rug and lampshade making and especially cookery, though she doesn't like spicy food. Joining the U3A built her confidence for public speaking and Rachel feels that she found her potential late in life.

Regrets? Not keeping up with the three good friends she made in the army, as they returned up north, and her life was very busy with the family.

Independence. When Rachel realised that her walking was becoming more difficult and that she might lose her, she felt she had to do something about it. Her comment that *"if you don't try, you won't succeed"* says it all. In her 70's she took up Bridge and relishes using her brain as well as the social aspect. Rachel has a large circle of friends of all ages, but during the lockdown, when visits were not possible, she played bridge against the computer. I didn't ask who won!

Any vices? Rachel stopped smoking about 50 years ago as she was just "burning money", but still likes a tipple, usually wine with dinner. A night owl, bedtime is usually after midnight!

Do anything differently? I'm a worrier, so not feeling that I have please others all the time.

Favourite thing?

"The internet. It's a life saver - a window to the world"

Rachel loves techy gadgets and has had a mobile phone "for ever" and for her 100th birthday she received a new smart phone which her sons thought she might struggle to use, but "it's great!" Alexa, and a portal on her TV for WhatsApp are also favourites. Her two Nextdoor posts received (what must be a record) over 1,600 responses. How's that for keeping in touch with the world!

Friends of Northwood Recreation Ground

To paraphrase the Beach Boys, "wouldn't it be nice"... if our local park was in better shape? With that in mind, Friends of Northwood Recreation Ground was established in early 2021 working with Hillingdon Council to improve this green space for residents and wildlife alike.

Working Parties: We've subsequently organised four working parties to tackle overgrown/blocked drainage ditches, restore bridges between the park and meadow – plus plenty of litter picking. Progress has been promising, with a huge thanks to all the volunteers and Dragana, Josh and Richard from Hillingdon Council.

Following discussions, Northwood Residents' Association are also keen to see this area improved.

The next steps: A focus on improving the drainage on the notoriously swampy Northwood Hills side of the park for the wet, winter months ahead and ensure the

public footpath around the perimeter is walkable to the cricket/football buildings. Recollections from residents and archive photos suggest there was once a hard path on that route - something that's surely beneficial for those who want to enjoy a walk, or take a pushchair to the playground without requiring wellies, snorkel and lifejacket.



Jubilee Walk: Other exciting proposals include a network of benches, hibernacula to provide shelter to the wildlife and a restoration of the much-missed 'Jubilee Walk' route between the rows of trees parallel with Highland Road and the top of Cranbourne Road – created by the council in 1936 to mark the Silver Jubilee of King George V and now only navigable at the top of Haste Hill Golf Course. It is hoped that this can be improved and usable by our own Queen's Platinum Jubilee celebrations in the park on 2nd June, 2022.

One of the few positives to emerge from the pandemic is a greater appreciation of our green spaces – and working together as a community we can create something truly wonderful.

Ben Rawson-Jones



Join the Friends of Northwood Recreation Ground by emailing northwoodrecfriends@gmail.com or search for the group name on Facebook.





Double Glazing Repairs

MISTED & BROKEN SEALED UNITS REPLACED NEW LOCKS, HANDLES & HINGES FITTED PATIO DOORS/WHEELS & NEW GLASS DROPPED DOORS AND WINDOWS RECTIFIED

Contact Alan (Locally Based) m: 07944 044995 | t: 0208 419 8775 | a: Tolcarne Drive, HA5 mrglaze4repairs@gmail.com | www.mrglaze.co.uk





Accountancy

Book-keeping & Payroll Financial Accounting Partnership & Limited Company Budgets & Forecasting Management Accounts Taxation

Value Added Tax Personal Income Tax Tax Returns Corporation Tax

7 Theodora Way Pinner HA5 2RA Tel: 07958786351 <u>sundip.okhai@talk21.com</u> Regulated by The Association of Accounting Technicians. Licence No 963



The United Reformed Church – Joel Street

Redevelopment Plans for Joel Street Church - Rejected

stcote & Northwood Hills The plan submitted for approval to the council, which entailed the opening up of the building for wider community use - including a cafe at the front leading to an enclosed garden at the rear - have been rejected.

Very little information has been forthcoming as to the reasons why. The architects involved in the scheme - Theis & Khan - are endeavouring to find out more and it is hoped that a resubmission may receive a more sympathetic response.

Services have resumed on Sundays at 10.30 am. We hold a joint communion service once a month with St John's in Northwood, alternating venues between the two churches.

Tuesday Foodbank 10 am to 12 noon has continued through thick, thin and Covid; it is open to all those in need each week. Nigel Newlyn

For URC of Eastcote & Northwood Hills



What a year for Weather! A cold, dry April was followed by a cold May, which was also one of the wettest on record. Then, as we went into June the temperatures hit record highs; but a few days later we had to turn the central heating back on! Much the same happened in July: record-breaking temperatures and wall-to-wall sunshine, but since then we haven't had many days without rain.

So, for gardeners, we've had a lot of ups and downs. "The beans and courgettes, which rather like a lot of water, have done amazingly. And we have

bumper crops of apples". But, for the second year in a row, everyone's outdoor tomato plants have been devastated by blight. But that happens with gardening. At least we haven't had to spend hours walking back and forth with a watering can. And a lot of the plots are looking good and producing masses of crops.



With Covid still a presence, we haven't been able to hold plant sales or a BBQ. Working parties have been more difficult, although some members have done sterling work cutting hedges, grass, keeping paths and ditches clear. Our thanks to them.



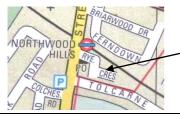
Fancy a plot? We are still able to let plots. If you enjoy growing plants - and like eating seasonal, fresh, home-grown produce - why not join us? We have a waiting list, but allocate plots as soon as we can.

Trevor Dixon (Secretary) www.joelstreetallotments@weebly



Your local independent family-run garage for *all* your car needs

MOT's and servicing Diagnosis and Clutches Starter motors and Welding Exhausts & Cam Belts Failure repairs Batteries and Brakes Tyres and Vehicle alignment Air con re-gas



14-16 Ryefield Crescent, HA6 1JT 01923 824 824 Book your service or MOT online <u>ferndown-motor-service.co.uk</u> ferndownmotorservices@hotmail.co.uk



Established for 40 years in Northwood 136 Pinner Road Northwood Middlesex HA6 1BP 01923 823291 Email: Northwoodcars@aol.com To see our available vehicles, visit: www.northwood-cars.co.uk



Are you a member of the NHRA?

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

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

You can pay your subscription in several ways:

- 1. **On-line** by direct debit as a single payment or standing order at HSBC Bank Sort code 40-36-21, A/c no. 71531417 and please reference your name, road and house number.
- 2. Via our website at <u>www.northwoodhills.co.uk</u> 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 £3 cash or cheque in an envelope *.
- 4. **Drop-off local**ly. Complete this form and enclose in an envelope with a £3.00 cheque or cash. Write a bold **"NHRA"** on the front and drop off at one of the following places:

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

Name:

Address:.....Postcode.....

Email (optional):

Please note we will *not* pass your information to any other organisation.

SERVICE TO SMILE ABOUT

Monday, Friday, Saturday, Saturday, S. 30, and Sphin tay, Staturday, Staturday, Staturday, Sphin Sphin, Sph • MILL HILL DENTAL HEALTH CENTRE • LUTON DENTAL HEALTH CENTRE NORTHWOOD DENTAL STUDIO
 BEDFORD DENTAL CENTRE

Latest Dental Implant Techniques

- Cosmetic Dentistry Crown, Bridge, Veneers and
- Tooth Whitening
- Digital X-Ray and Panoral X-Ray Faster and Safer
- Intra-Oral Camera Allowing Patients a Closer View of Dental Problems
- New Pain Relief For Sore. Sensitive Gums

SPECIALISING IN TREATING **NERVOUS & ANXIOUS PATIENTS** USING CONSCIOUS SEDATION

ENLIGHTEN TEETH WHITENING SYSTEM



FREE DENTAL HEALTH EXAMINATION

 Same Day Emergency Service Dental Implants Saturday and Late Evening Appointments Available

Tel: 01923 840 003 Emergency Tel: 07961 123942 Web: tiggasmile.co.uk Email: northwood@tiggasmile.co.uk Dr Samir Jagsi BDS(Lon)LDSRCS (Eng) Dip Con Sed (Newcastle) Dr Shreenal Jagsi BDS(Bris) M.F.D.S RCPS(Glasg) Dip Con Sed (Guys) Special Interest in Sedation, Implantology & Restorative Dentistry Ground Floor, Argyle House, Joel Street, Northwood Hills, Northwood, HA6 1LN

*** SAVE THE DATE ***



Thursday, 2nd June 2022



In 2022, Her Majesty the Queen will become the first British Monarch to celebrate a Platinum Jubilee, seventy years of service, having acceded



to the throne on 6th February 1952 when she was 25 years old.

We are delighted to announce that, to mark this unique occasion, Northwood Residents' Association and Northwood Hills Residents' Association will once again be joining together to hold a **"Music and Picnic in the Park"** community event on Northwood Recreation ground.

It will take place on Thursday 2nd June 2022, from 2pm to 6pm – this will be a Bank Holiday and the start of four days of national celebrations.

Entry will be FREE

There will be live music, refreshment stalls, children's entertainment. To mark to mark the occasion Her Majesty will be officially represented by Bruce Houlder CB QC DL, her representative Deputy Lieutenant for the London Borough of Hillingdon. A further update will be published in the next edition of the newsletter, and we will also be advertising the event widely nearer the time.



The council advise that their report on this scheme had been delayed due to funding problems but is now mostly complete.

The funding for these schemes normally comes from Transport for London (TfL), but due to the impact of Covid on TfL, the majority of that funding has been withheld. So, Hillingdon Council are now working to secure the funds from alternative sources, to implement the scheme at the earliest opportunity.

The recommendation in the report is to proceed with the scheme as proposed in all roads, but also conduct an informal consultation in Highland Road in the coming weeks, on a 'past this point' scheme too. To that end, the paperwork is being finalised, although there is not yet a time frame for implementation.



What líttle gírl wouldn't líke a Príncess Pamperíng Party?



Make her dreams come true at Hair By Laura & Anew Beauty Mini facials, hair curling/plaiting, nails, glitter, chocolate fountain, mocktails, food and all captured in a photo shoot 43 The Broadway, Joel Street, Northwood Hills, HA6 1NZ. 01923 824783 www.hairbylaura.biz



MHA Communities West London

(Formerly Northwood Live at Home)

https://www.mha.org.uk/communities/near-me/west-london/& also on Facebook

We are delighted that our **Monday Friendship Group** at Northwood Hill's URC has restarted. Open to anyone over 60 still living independently, it provides the opportunity for age-appropriate exercise, quizzes, crafts, games, indoor curling and, above all, the chance to socialise and make new friends.

A light lunch is included in the subsidised price of £6 and free transport is provided, where possible, to those who need it. Our charity's **Wednesday Lunch Club** has also re-opened, and we are grateful to London School of Theology for taking over the catering. MHA West London offers many more activities, both face to face and on zoom. Join us on **Thursdays** for a light soup & sandwich lunch, with extend exercise classes and seated yoga.



As it becomes safe to do so, more events will be added to our programme. New members are always very welcome and staff member Yvonne and her team of volunteers look forward to meeting you. Jo Wild, Volunteer

If you are interested in being involved with the charity, either as a member or volunteer, please contact us on **01923 842494**, or email **WestLondon@mha.org.uk**.

25 Fascinating Facts and Figures...



Opened in 1863, The Metropolitan Railway between Paddington and Farringdon was the first, underground. urban, railway in the world.

- The name "Underground" first appeared on stations in 1908. Now, an 1 average of 2.7 million Tube journeys are made on it every day.
- 2 Only three babies have ever been born in the Tube. The first was in 1924, the second in 2008 and the third in 2009.
- The busiest station is Oxford Circus, which is used by more than 98 3 million passengers per year.
- During the three-hour morning peak period, Waterloo Station is busiest, 4 with around 50,000 people crossing the platform.
- 5 In 1987, smoking in the stations and trains was banned for a six-month trial period. The ban was made permanent that year, after a discarded match started the King's Cross fire, killing 31 people.



- 6 The London Underground is the third busiest metro system in Europe, after Moscow and Paris. The Tube handles up to five million passenger journeys a day.
- At peak times, there are over 543 trains whizzing around the Capital. 7
- A new fleet of underground trains were introduced in 2012, the first to 8 feature air conditioning and full-length, walk-through interiors – you guessed it - on the Metropolitan line!
- Hampstead Station is deepest (58.5 metres below ground), and has the 9 deepest lift shaft, descending 55.2 metres.
- **10** The Tube's 11 lines cover 402km. The longest single journey on one train is the 54.5 km trip between West Ruislip and Epping on the Central Line. But the District Line has the most stations, with 60, and Baker Street has the most platforms, having 10.
- **11** The record for visiting all the stations on the London Underground network - known as the Tube Challenge - is currently held



by Ronan McDonald and Clive Burgess. The pair completed the challenge in 16 hours, 14 minutes and 10 seconds on 19th February 2015.

12 The tunnels beneath the City curve significantly because they follow its medieval street plan.

... about the London Underground

- 1 Aldgate station is built on a massive plague pit, where more than 1,000 bodies were buried in 1665.
- 2 In Harry Potter, Dumbledore has a scar on his knee shaped just like the London Underground map.
- **3** Julian Lloyd Webber is rumoured to have been the London Underground's first official busker.
- **4 North/South Divide:** Out of the 287 stations, only 29 serve the south side of the river Thames.
- 5 The first escalator was introduced at Earls Court in 1911. Now, each of the 400+ escalators travel the equivalent of two round-the-world trips every week.



- 6 Almost 60% of the London Underground is actually above ground, whilst several stations have no buildings at all above ground, including Regent's Park, Piccadilly Circus, Hyde Park Corner and Bank.
- 7 There are some disused stations and filming takes place in many, including Aldwych station that was formerly on the Piccadilly Line. The TARDIS from Dr Who can be found outside Earl's Court station.



8 The air in the underground is on average 10 degrees Celsius hotter than the air on the surface and the mosquitoes there are said to have evolved into a completely different species to those that live above ground.

- **9** The phrase "Mind the Gap" originated on the Northern Line in 1968.
- **10** On our Metropolitan line, trains can reach over 96kph. Though the average speed on the Underground is 33km per hour, including station stops.
- **11** The Underground employs approximately 19,000 people.
- 12 In January 2005, the Underground announced that it would play classical music at stations that had problems with loitering youths. A trial showed a 33% drop in abuse against Tube staff.
- **13** In 2001, a fragrance called "Madeleine" was introduced to some stations. The idea was to give the Tube a pleasant, floral scent. It was discontinued within two days, after numerous complaints from people saying it made them feel ill.



Help is at hand for our Station Gardeners

This trolley used to hold bullion, but now serves a very different purpose. Until now, without nearby plumbing, our valiant volunteers have been carrying the heavy watering cans to and from the northbound platform's tap to the flower beds and tubs (some 50 metres each way). Since HSBC donated the trolley, watering has become a lot easier for them.



The team has nurtured seeds, weeded, planted and watered throughout the seasons and what pleasure it has given us. Our thanks go to them all.

If you have any unwanted plants or large planters, we would certainly be grateful for them.

Some of our gardening team.

Your advertisement could be here

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

Quarter page (landscape/portrait) £30Half page (landscape)£50Full page£90

Special positions – price on request

To reserve your insertion contact

johnchoopani@gmail.com

07900 257358

Copy Date for Editorial and Advertising Spring/Summer 2022 Issue

Please send us your articles and advertisements *before* Monday 10th February.

To ensure they are included, send them earlier in March.



We're back in live action!

Our new season of lectures – live at Pinner Village Hall, from 1st September 2021, with refreshments beforehand, and shown simultaneously online via Zoom.

WEDNESDAY MORNING LECTURES (MONTHLY), 10:50 PINNER VILLAGE HALL, complimentary tea/coffee 10:15.



ALTERNATIVELY, JOIN ONLINE FROM 10:35.

WED 29 SEPTEMBER 2021 The Honourable and Dishonourable Art of Acting by Malcolm Jones

WED 20 OCTOBER 2021 The Ups and Downs in the Lives of the Impressionists by Carole Petipher

WED 17 NOVEMBER 2021 Gaudi and Barcelona by Clyde Binfield

WED 19 JANUARY 2022 Fire, Smoke and Iron: Spanish Artists and the Bilbao Iron Industry by Martin Lloyd

WED 16 FEBRUARY 2022 'Barbara Hepworth' by Linda Smith



Annual membership: £45.00/Joint membership at same address £84.00, which entitles members to attend all nine Morning Lectures during the year. To join email <u>moorparkdfas@gmail.com</u>.

For full details and for details of Evening Lectures and Days of Special Interest at Moor Park Mansion, plus Outside Visits and Five-Day Tours go to <u>www.moorparkdfas.com</u>.

HILLSIDE JUNIOR SCHOOL

Despite the challenges surrounding the Covid pandemic Hillside infant school children enjoyed a challenging and

exciting year. "We were unable to go on lots of trips, so teachers thought carefully



about how to make learning come alive in school and really fulfil our Hillside motto of 'practical and purposeful' learning."

We continued to adapt to new ways of working and held parents evening and workshops via zoom. We were able to provide children and families without a computer or internet access with wifi connections, laptops and other devices.

Here are some examples of the Hillside experiences:



Our Reception children had several surprise visits. This little penguin helped teach the children all about habitats and caring for animals. Children had to think about how to ensure the ice didn't melt quickly!

One

Autumn morning our Year 1 children discovered a mysterious glass slipper and a trail of fairy dust in the classroom.

Children made posters to find out who this could belong to. They thought about questions to ask and how to be a good detective!





In April, we commemorated the life of Captain Sir Tom Moore. Children learnt about his incredible life and completed our **'100 challenges'**

involving sports, writing and memory activities.

Our Nursery children enjoyed learning about lifecycles and, in particular, the life cycle of a butterfly. They were fortunate to observe the changes from caterpillar to butterfly and then release them into the Nursery garden. This was a very exciting day watching them all fly away.



Admissions- Nursery full time places

We continue to offer 30-hour and 35-hour places within our nursery, through the government's 30-hour funding, and through parent self-funded places. For more information regarding places for September 2021 and beyond please contact Mrs Pippa Haines in the school office or via our office email

office@hillsideinfant.org.uk

Open mornings Autumn 2021

For prospective families we have three open morning dates for the Autumn term. This is an opportunity to see the school in action, meet our children and staff, including a talk from Rebecca Fennell - Headteacher. The mornings run from 9.30am-11am. Please ring the school office and book a place. We look forward to welcoming you.

Thursday 30th September 2021 Tuesday 19th October 2021 Monday 22nd November 2021

Did you enjoy the sight and sounds of birds visiting your garden this summer?

If so – give them a helping hand during the colder months, when their natural food becomes harder to find. And don't forget that if the weather is freezing, they'll need water too.



It couldn't be easier.

Let me supply your QUALITY WILD BIRD FOOD and DELIVER IT FREE to your door.

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



Peanuts, No-Mess Seed Mix and Table/Ground Feed In sizes from 2 litre (1.3 kg approx.) to 30 litres (20 kg) Fat Balls available per 5, up to a bucket of 30

For more information, contact Suzanne Tel: 01923 827461 Email: suzinman57@gmail.com





Premium Products & Pamperin

Award winning professional dog grooming



Our Opening times are:

Monday - Friday 8am-6pm Saturday 9:30am-4:30pm

For Appointments call 01923 828 422



Licensed Doggy Daycare Emmi-Pet oral care treatment Raw Feeding specialist - offering multiple premium raw dog food brands Micro-chipping

www.sallywags.co.uk 122-124 Pinner Road, Northwood, HA6 1BP info@sallywags.co.uk

How well do you know The Tube?

Test your knowledge with this quiz...

1 Where a Frenchman met his end	2 Miners' trees
3 She was not amused	4 Maybe this should be in Scotland?
5 Regal quercus robur	6 Swivel a fish here
7 Fresh bread available here	8 Farming implements on high
9 Angry monarch	10 Huge
11 Road in a religious marsh	12 Make them jealous
13 If Ken can't	14 2 station names which use all 5 vowels
15 Wider garden entrance	16 Woof, woof!
17 Piggy board game	18 Created a valley
19 Directional clothing	20 Barbar and Balmoral
21 Yuppy Shape	22 Where the executioner lives?
23 One for the money	24 American setting for English comedies
25 Ancient thoroughfare	26 Directional trees with altitude
27 Grand residence	28 University city with a big top
29 Alpine chalet	30 Labour's card game
31 Yellow bird	32 Elliptical
33 Top hair cut	34 Flock-watcher's flora
35 Female band	36 Where you cultivate calcium carbonate
37 Songbird mooring	38 Gabriel
39 Poultry lager	40 Obelisk
41 Cinder tree	42 Chelsea's home by a stream
43 Environmentally friendly on a	44 Which three Tube stations feature on
broomstick	the Monopoly board
45 Angry wearing headwear	46 10 stations from Golders Green
47 Final resting place for Arsenal fans	48 A place to Live and Let Die
49 Whistling stream	50 Find a branch of Lloyds Bank here

Answers on our website: www.northwoodhills.co.uk

RUISLIP LIDO RAILWAY

R L R



Fun facts for us and the kids about Britain's longest 12-inch gauge railway

How wide are the tracks? Only around 305mms, known as a 12-inch gauge.

How old is the railway? It started in 1945, just after World War 2 finished, as part of the leisure attractions at The Lido.

How long is the railway? It was originally only 400 yards long, but is now just over 2 miles, starting at Woody Bay by the beach and weaving through ancient woodland to Willow Lawn by the car parks. At Willow Lawn you can watch the locomotives being turned around by hand on a turntable, so that they can be attached at the front to pull in the other direction.

What pulls the train? One of five diesel locomotives. On special days a steam engine called "Mad Bess" is used, which took the volunteers 12 years to build. It's a half scale version of the Welsh Ffestiniog railway locomotive "Blanche".

Who runs the railway? In 1979 the RLR Society took responsibility for the operation, upkeep and improvement of the railway and the first trains ran on Good Friday 1980. They have gradually added new locomotives and rolling stock constructed by volunteers in the railway workshop or purchased from specialist engineering companies.



Has there ever been a train crash? Yes! In 1978 an accident took place on a sharp curve. The cause of the accident was found to be long-term lack of maintenance and excessive speed by the driver. The council were running the railway then, but could not afford the expensive repairs (re-laying new sleepers and heavier rails), so the railway closed.

How many passengers can the line take? A "passing place" has been created, where the line divides, allowing two trains to pass, each carrying 120 passengers on busy days. *All the trains are wheelchair, pushchair and buggy friendly. And Covid 19 arrangements are in place.*

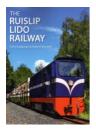
How many tickets are sold? In the 12 months to March 2017, there were an amazing 103,314 passenger journeys! Since Covid, the equivalent sales reduced to 34,041.

How many volunteers are there? Just over 100 volunteers now operate and maintain the railway, with not a single member of paid staff. The achievements of the volunteers in the past 40 years are nothing short of astonishing!

Ever wondered what it takes to run our railway? Are you interested to know how we maintain our locomotives?

Are you looking for a new hobby?

"We are always on the lookout for more volunteers!"



Our website has great information and photos. Published in June 2020, the 300-page comprehensive Ruislip Lido Railway book examines the history, development and future of the railway, with a wide selection of photos from through the years. Purchase from the railway ticket office during operating days, or by searching for 'Ruislip Lido Railway book' online.

See our website for details of our twice-yearly Gala Weekends, when you can visit our workshops free of charge and see how we operate.



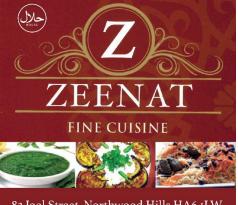
Mobile Foot Health Practitioner

Offering a range of treatments in your own home, including:

Nail trimming... Thickened nails... Corns... Callus... Cracked heels... Verrucas... Diabetic foot care advice...

(Covid precautions taken at all times) L B FOOTCARE (Dip. FH; MCFHP MAFHP)

Call Lynda to make an appointment, or to discuss your foot health on: 07927 442710 AUTHENTIC AFGHAN & PERSIAN CUISINE



83 Joel Street, Northwood Hills HA6 1LW 01923 517 877

www.zeenatfinecuisine.co.uk ORDER ONLINE FREE DELIVERY - MINIMUM ORDER £20

earning to drive?



DVSA and ORDIT registered instructor trainer.

- Driving tuition one-to-one, COVID 19 secure
- Block-booking and student discount available
- Dass Plus for new drivers or those looking to improve skills



Interested in changing career to become a driving Instructor? I provide Instructor Training Parts 1, 2 and 3 and help for the ADI Standard Check.

> DSM School of Motoring Email: <u>Mukesh-R-Naik@hotmail.com</u> Phone 07976 254723 for further information

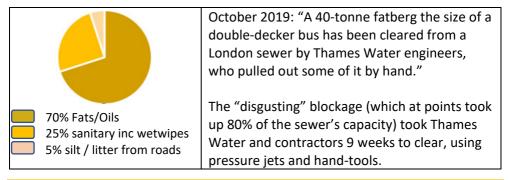
Mukesh Naik, Pinner HA5 2AU

What is a fatberg? Probably one of the most revolting things you'd ever see.

As you may expect, a fatberg is the sewer equivalent of an iceberg, and



refers to a congealed mass which includes any or all of the following: Fats, oils and grease; Sanitary products; Wet wipes; Condoms; Cotton buds; Nappies and liners; Bandages and plasters; Medicines; Razor blades; any other items which should not be in a drain.



Of course, we don't intentionally pour oils and fats down our sinks, but if we don't take steps to prevent it, it will slide off our pots, pans and plates.

Even a single drop of oil from millions of homes and restaurants will combine with others, plus items that should not be flushed down the toilet, such as un-flushable wet wipes (which are actually made from plastic), nappies and cotton buds.

One drain-clearing company deals with 400-600 fatberg-related drainage issues in the UK every month!



Part of the legendary 130 tonne monster Whitechapel Fatberg became an exhibit in the Museum of London.

Sky News In February 2021 this problem was reported internationally. "A disgusting fatberg said to weigh as much as a small bungalow has been removed from a London sewer, described as smelling like festival toilets and rotten meat."

"Young Fatberg Fighters"

To educate the public about fatbergs and how to avoid them, Lanes for Drains is working with primary schools around the country to enlist pupils as certified 'Fatberg Fighters'. Visit their website to see the children's classes.





To avoid creating a fatberg, follow these three simple practices:

1 Never pour fats, oils and grease (FOG) down the sink, drain, or toilet. Even if you run hot water down with it, fats and oils solidify when they cool.

2 Clear all food waste into the bin. Wipe oily pots, pans and plates with newspaper or kitchen towel and bin it, before loading the dishwasher or washing up in the sink. **Bin it, don't block it!**

3 In the loo, stick with the **3 Ps.** That means you only ever flush PEE, POO and (toilet) PAPER down the toilet. Anything else goes in the general waste bin.

Meet The Flushables



Thames Water says: "We'd urge everyone to help fight the fatberg in the home, by only flushing the 3Ps: Pee, poo and paper, and disposing of fat and oils in the bin, not the sink." Jan Choopani

Recycling Textiles & Small Electrical items:



A new service

From Monday 20th September, the council's textile collections will change.

The service will be easier for residents to recycle materials, as well as small electrical items. Instead of offering kerbside collection of purple sacks*, the council has partnered with the charity TRAID* to run a **free home collection scheme**.

What can be recycled?

A minimum of one large bin liner or three small carrier bags containing:

- Clothes, shoes and accessories, such as bags, scarves, and jewellery
- Linen, such as curtains

• Small electrical items alongside textiles – anything smaller than a large microwave, such as kettles, toasters, laptops, blenders, speakers, radios, hair driers and chargers.

(Any left-over purple recycling bags can still be used as part of the home collection service.)

What cannot be recycled?

• Duvets, Pillows or Personal Protective Equipment items

How will it work?

Residents will be able to book a collection day that suits them, which includes weekends. Bags will be collected from the doorstep, or by knocking on the door if the resident prefers.

How to book a collection

- Via websites at www.hillingdon.gov.uk/textile-recycling or www.traid.org.uk/collections
- By calling 020 8733 2595
- By emailing <u>reuse@traid.org.uk</u>

Larger electrical items

As currently, these can be taken to Harefield Civic Amenity Site, the West Drayton Waste Weekends or a collection arranged via the council's "bulky waste" collection service. See their website for details.

The Aim: The council hopes that by enhancing this service, there will be an increase in the quality of donated textiles and that recycling rates in the borough increase further.

TRAID is a registered charity which has been in operation since 1999. They have a wellestablished collection service across London and the home counties and operate 12 charity shops in London. Funds raised from donated textiles will contribute to international development projects to improve conditions and working practices in the textile industry. The scheme also helps educate people of all ages about the impacts of textiles on the environment and people's lives, and how we can make more sustainable choices. TRAID will pass the small electrical items to a specialist electrical recycler to separate metals, plastic and glass from the items for recycling.



GREYSTOKE

BUILDERS LIMITED

Extensions Garage Conversions Refurbishments Structural Repairs Bathrooms Kitchens Driveways/Patios Garden Walls



01923 826 334 Northwood

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

Xmas Market – A Call for Stall Holders

We are inviting applications from local businesses to book a stall on one, or both days.

Michael Sobell Hospice will be hosting a **two-day indoor Christmas Market on Saturday 4th and Sunday 5th December,** located on the Mount Vernon

Hospital site (SAT NAV: WD3 1PZ).



BOOK YOUR STALL NOW

To register your interest, contact Linda at: <u>Imoore@michaelsobellhospice.org</u> / 0203 9090 446.

Please note: places are limited and will be awarded on a first come, first served basis.





For the first time in history, this year 9 out of 10 people in the world have access to clean water. In the UK we have perfectly safe, fresh water in our own homes. So why do we buy 2.5 billion litres a year in the UK a year?

Bottled water is no better for your health than plain tap water. Actually, in some instances, tap water carries many more benefits over its "plasticy" companion.

Myth 1: Bottled water is convenient and cheap.

False. It's certainly not cheap, it can cost anywhere between 500 and 1000 times more than tap water. Per litre, it costs more than diesel! Drinking two litres a day from your trusty tap, costs less than £1 per year for the privilege. Plus there's the convenience of not having to shop for it. If you want water-on-the-go, use a refillable or insulated container. Keep tap water in a jug in the fridge if you like it chilled.

Myth 2: Bottled water is more pure.

No. The UK is at the forefront of tap water quality with stringent safety tests, following EU Drinking Water Standards. Tap water in England shows 99.96% compliance. Bottled water is not managed by the same Directive and won't be tested to such strict levels.

Furthermore, there is current concern about the migration of chemicals, plasticisers, microplastics and microbial contaminants from plastic containers into the water, involved in adverse effects on human health. Also the exposure to chemicals with estrogen-like activity in bottled mineral water.

That said, over half of bottled water is actually municipal water, just like the stuff that comes out of your tap.

Myth 3: Bottled water has more added minerals, so is healthier.

Wrong. The levels of any added minerals so low that you'll easily cover your RDA with your food intake. Plus, tap water contains a small amount of chlorine, typically imperceptible to taste. This has an antibacterial effect, which makes tap water the beneficial choice. And the chlorine helps to protect our teeth.

Myth 4: Bottles are recyclable, so carbon emissions are negated.

False. Some single-use bottles may well be recyclable, but it's estimated that a 500ml bottle carries a carbon footprint of around 83g of CO². 2.5 billion UK bottles annually, means a huge chunk of carbon production. To minimise that, *every* bottle would need to be recycled, globally – this just doesn't happen. A bottle sent to landfill takes up to 700 years to degrade, and 90% of rubbish in our oceans is plastic waste. About 40,000 pieces per square mile, in fact.

Myth 5: Bottled water is potentially harmful to babies.

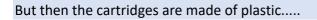
True. Bottled water often contains levels of sodium and sulphate that are too high for little tummies to digest, which could make them poorly. If you're travelling in a country where drinking tap water is not recommended, boil bottled water before giving to your child, or using it to make up formula milk. Brands vary. Make sure it's less than 200 milligrams a litre of sodium (Na) and no more than 250mg a litre of sulphate (SO⁴)

Is filtered water healthier?

The choice of water filter will impact the quality of the water. In some cases, the filtered water might be worse than tap water due to bacteria growth on the filter or removal of all minerals.

Some of these problems such as microplastics will take decades to solve. Therefore, point of use filters that remove or vastly reduce such contaminants *can* reduce the risk of contamination and thus improve the health of individual households. A recent US study concluded that "<u>activated carbon</u>" tap water filters could provide an important short-term public health benefit, but regular filter cartridge exchange is critical to maintain a good filter efficacy.

Assuming that the filter is replaced frequently and minerals are not removed, filtered water can be healthier than tap or bottled water.





Tel: 01923 842674



Friends of Eastcote House Gardens

Join us for The Annual Tree Dressing

1:30 p.m. on Saturday 27th November

This year, we invite local schools and community groups once again to join us to decorate a tree in the Gardens for Christmas. Local pupils perform a variety of festive songs, everyone brings a bauble, and the Mayor of Hillingdon leads us in decorating the tree. There will also be a children's teddy bear hunt, plus stalls offering refreshments and craft items for sale.

Previous tree-dressing festivities

of Eastcote

Unable to hold our usual event last year, with posters we invited the local community to add a bauble to our decorations every time they passed the tree. The result was the best dressed tree we have ever had!



Several baubles had lovely messages attached, and numerous visitors to the Gardens told us of their delight at seeing the tree.

We also heard that our tree became "the place" for people's Instagram Christmas photos!

In 2022 we are planning a Jubilee Picnic to celebrate the Queen's Platinum Jubilee (70 years), please make a date in your diaries. Saturday June 4th 2022, 11am-4pm.



RED PEONY Herbal Massage

Reflexology

Beauty



Opening Hours Mon-Sat 10 am to 9 pm Sun 11 am to 9 pm

> Tel: 01923 827 946 07727 240 204

12 Joel Street, Northwood Hills, HA6 1PF



Councillor Duncan Flynn

"Over the past few months several topics have been keeping us especially busy"

Joel Street Farm

Some of you may be aware that the Joel Street Farm site was recently sold to a housing developer, and in our capacity as Ward Councillors we have been contacted by land promoters who are looking to build homes on the site.

Please be assured that, as your local Ward Councillors, we are doing everything within our power to prevent the development of this much-loved green space. Not only is the Joel Street Farm part of our precious Green Belt, but it is a green field site which is a working farm. New housing should be located on appropriate sites – and this is not such a site.

Furthermore, the development of Joel Street Farm would place a considerable burden on local roads which are already busy.

While we are not expecting a planning application on the site in the near future, we have raised this matter with the leadership of Hillingdon Council and our local MP, who have assured us of their opposition to development of this site. We will continue to do what is needed to resist the development of this site.

Northwood & Pinner Cottage Hospital

Over the past few months, we have been closely monitoring proposals for the development of the Northwood & Pinner Cottage Hospital site.

A planning application has been submitted for a new medical hub and housing, which will fund the medical facility. The application will see the relocation of the existing GP surgeries at Neal Close. As Ward Councillors we have participated in public consultations and liaised closely on this matter with the Northwood Hills Residents Association and residents living near the site.

The Cottage Hospital site has been largely unoccupied for many years and this is not sustainable for the local community. We want to see this site developed to provide improved healthcare for residents. However, we have to ensure this application serves the needs of the Northwood Hills community and addresses the concerns of residents, especially those living in Juniper Court and Waverley Gardens.

It will also be important for the applicant to demonstrate that GP services will be maintained at current levels during the construction phase, should the application be consented.

Road resurfacing

A number of roads in Northwood Hills have recently been resurfaced as part of Hillingdon Council's ongoing road resurfacing programme, including Arden Mhor and Wyevale Close. In addition to this, the Council has undertaken work to rebuild the surface of Norwich Road during the summer holidays.

While we appreciate this has caused inconvenience for some residents, it is vital that we stay on top of road resurfacing issues and, where there are issues which are impacting residents, that these are quickly addressed. We will continue to ensure other road and pavement repairs take place in the near future where needed.



As ever, please don't hesitate to contact us with issues we may be able to help with. Best regards, Duncan



Current Committee Members

Prof. Tony Lane	President	Christine Sennington	Facebook Co-ordinator	
Alan Lester	Vice President	Lesley Crowcroft	Environment Advisor	
Trevor Dixon	Vice President	Joan Butfield	Health Coordinator	
Andrew Riley BEM ACIB	Chairman aandmriley@sky.com	John Choopani	Echo Advertising Johnchoopani@gmail.com	
Leo Mindel	Vice Chair	Graeme Knights	Ecology and Environment	
Linda Swan	Secretary	Lynne Halse	Events Coordinator	
Fiona Morgan FCCA	Hon Treasurer	Keith Blunden	Events Coordinator	
Bobbie Ward	Minutes Secretary	Sjur Berven	Planning	
Graham Mann	Police Liaison	Shabbar Sachedina	Equipment Quartermaster	
Roxana Peters	Senior Road Steward	Ed Donald	Young People Coordinator	
Alan Shipman	D/base & Charity Co- ord.	Jo Crockford	General	
Ben Jefferis	Web Site	Jane Clayfield	General	
Jan Choopani	Echo Editor	Paul Akers	General	

In addition, Maxine Goswell assists with the coordination of the Northwood Hills' Residents Facebook

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

MOSS-SHAF

Chartered Accountants Accountancy services for small and medium sized businesses.

Limited Company Accounts Sole Traders Rental Accounts Self-Assessment Tax Returns Book-Keeping Payroll VAT Returns HMRC Investigations New Business Set-up (Limited / Sole)

Call us to discuss your requirements and a free no-obligation quote Shafique Mustafa ACA FCCA 07799 338774

info@mossshaf.co.uk www.mosshaf.co.uk

WE BUILD WEBSITES TO HELP BUILD YOUR BUSINESS

> WEB DESIGN HOSTING MAINTAINANCE

Webhubb. WEBSITE: WWW.WEBHUBB.CO.UK EMAIL: INFO@WEBHUBB.CO.UK ENQUIRE TODAY: 07966 146853

0



PLEASED TO SUPPORT THE

NORTHWOOD HILLS RESIDENTS' ASSOCIATION

Every little helps

THE **KITCHEN** CONSULTANCY

...inspire, design & create.

07738 067 671 shanti@thekitchenconsultancy.com 24 Highfield Avenue Kingsbury London NW9 0PY

www.thekitchenconsultancy.com

Offering the widest choice of European Kitchens to suit your budget.

> Specialist German & English Kitchens

Commemorative Concert Harrow Choral Society is back singing together at last!

After months of meeting on zoom and recording ourselves digitally, we enjoyed our first rehearsal back in St Alban's Church, North Harrow and welcomed many new singers.



Our first concert of the season, to be held at St Alban's Church, will be commemorative, dedicated to the people, members and friends we lost during the pandemic.

At St Albans Church 5.30 to 6.30pm 16th October 2021

Music includes: Handel, Haydn, Brahms and Fauré

Whilst admission is free, we hope to raise finds by donations at the concert end, in support of St. Luke's Hospice.

Refreshments will be offered after the concert.

Further details about the concert, or joining HCS www.harrowchoral.org



T A ELLEMENT & SON LTD



- 24 Hour Personal Service
- Private Chapels of Rest
- Prepayment Funeral Plans
- Monumental Masonry Work

TA Ellement & Son Ltd 21 Bridge Street Pinner HA5 3HR Tel: 020 8866 0324

TA Ellement & Son Ltd 51 High Street Ruislip HA4 7BD Tel: 01895 621950

E Spark Ltd 104 Pinner Road Northwood HA6 1BS Tel: 01923 825372

www.taellement.co.uk funerals@taellement.co.ul



RESIDENTS' ASSOCIATION



We would like to thank the following advertisers for supporting the NHRA. Please support our advertisers and mention the Northwood Hills Echo when responding to them. Thank you.

Advertisers in this Issue

	Page		Page
Art K Children's Art School	17	Mr Glaze (window repairs)	43
Barfia (Vegetarian Indian food)	Back	Namaste Lounge	5
Darwin Wellness (Northwood Club)	21	Northwood Cars	45
Dene Dental Practice	19	Northwood Dental Studio	47
DSM Driving School	61	Northwood Hills Service Station	33
E Caldwell Roofing	70	Northwood Roofing	23
Erskine House (BUPA Care Home)	31	Okhai (Accountants)	43
Feathered Friendz (Wild bird food)	56	Orchard House (Osteopathy)	16
Ferndown Motors	45	Pinner Paving and Resin	35
Grant and Stone (Builders Merchants)	67	Red Peony (Herbal massage)	71
Greystoke Builders	65	Robert Leatherby (Will writer)	38
Hair by Laura (Pamper parties)	49	Sahibs (North Indian Cuisine)	25
Happy Tree Nursery	27/28	Sallywags (Dog groomers & supplies)	56
Harrolds Opticians	11	Sharmans, Carters and Ross Pharmacies	2
J Edmonds (Plumbing)	79	STC (Bath Tub) Bathrooms	7
Kitchen Consultancy	74	T A Ellement (Funeral Directors)	77
Little and Lampert Pianos	13	Tesco	75
LSB Window Cleaning	70	Unique Dry Cleaners	70
L B Footcare (Foot clinic)	61	Webhubb (Web design)	74
Moor Park Arts Society	53	Zeenat Suites	61
Moss-Shaf Accountants	75		

Are you into making things? Prefer to use your imagination with the raw materials?



is the place for you. Families, adults, children, schools, creative groups.

Tues: 2-4pm, Weds & Sat: 10-12 noon, Thurs: 2-6pm.

The Aladdin's Cave Paper, card, wool, leather, fabric, wadding, lots of surprising and unexpected items, and much, much more! Become a member (as an individual, group, school, or federation), and for a whole year you can come as often as you like and take what you need.

Lots of ideas and advice on offer too! Come for a first visit -no obligation 01923 517540 for more information.

Find us at 2-6 Ryfield Crescent, Northwood Hills HA6 1LT

Plumbing & Heating

J EDMONDS

Boiler Installation, Service & Repair
 Full Heating System Installation
 Heating System Powerflushing

 Landlord Gas Safety Certificate
 Bathroom Installations
 Blocked Sinks, Toilets or Drains

 Unvented Hot Water Cylinder (Megaflo) Installation,

 Service or Repair
 Repair of Gas & Water Leaks
 Installation of Gas Cookers & Hobs
 All Aspects of Plumbing & Gas Works
 NO JOB TOO BIG OR SMALL

No Call Out Fee Free Quotations



Tel. 07739911154 or 01923450035 Email. JEdmondsplumbing@outlook.com