

# The Hills Echo

Spring/Summer 2024

NORTHWOOD HILLS  
RESIDENTS' ASSOCIATION

Elton John  
Was Here

Haste Hill Golf  
Course Sale

Litter Pick  
27<sup>th</sup> April

Nature – Fun  
with the Kids

Come to our AGM  
22<sup>nd</sup> May

Report it to  
Hillingdon!

Artificial Intelligence for beginners



What happens at Northwood HQ?



The Elton John Connection





NAMASTE  
LOUNGE

# BOMBAY CAFÉ BREAKFAST

Served Sat - Sun: 9:00am - 12:00pm



01923 840157

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

66 Joel St, Northwood HA6 ILL



**NORTHWOOD HILLS**  
RESIDENTS' ASSOCIATION



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

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

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

### Contents

Features		Contributors	
Chairman's Page	5	Advertisers in this issue	77
Hog's Back	10	Brownies & Guides	50
Artificial Intelligence for Beginners	14	ConneX	57
AGM Notice 22 <sup>nd</sup> May	13	Councillors	7
Police Keyless Car Thefts	17	Eastcote Cricket Club	64
How to Report Things to Council	19	Eastcote House Gardens	68
Sale of Haste Hill Public Golf Club	19	Fairfield	45
Things to do with the Kids in Nature	20	Friends of Northwood Recreation	60
Foxes – how to deter them	23	Harlyn Primary School	38
Northwood Base Headquarters	26	Lions Charity Northwood	8
Ukrainian School	28	MHA Friendship Group	24
Litter Pick 27 <sup>th</sup> April	30	Michael Sobell Bridge Club	69
Beware "Health Halo" Effect	32	MP David Simmonds	42
Golf Health Benefits	34	Northwood Bowling Club	36
"Snippets"	37	Northwood District Community Assn	54
Running: Couch to 5K in 9 weeks	46	Northwood School	74
Elton John in Northwood Hills	48	Royal National Orthopaedic Hosp.	54
Eating in the 1950's	53	Ruislip Woods Trust & Volunteering	65
Sleep	58	Scouts 1 <sup>st</sup> Northwood Jumble Sale	31
Copy date	60	Singing for Dementia	66
Wood Burners – a health concern?	62	St Edmund's Church	66
Fermented Foods	72	St John's School	76
Obituary Lesley Crowcroft	74	United Reform Church	30
Obituary Paul Akers	76	UTC Heathrow	70
Ground Cover Plants	77	NHRA Membership & Committee	78

**Are you a member of Northwood Hills Residents' Association?**

**If not, see page 78 for details of how to join.**



**Our Facebook page continues to grow.**

**Join us to keep up to date:**

**Northwood Hills Residents' Association**

# FIT CLUB

**01923 450496**

53-55 The Broadway, Joel Street,  
Northwood Hills HA6 1NZ

**Scan our QR code and complete your details to  
win PRIZES including FREE GYM PASSES\***



## **A World Class Gym on your Doorstep...**

- World Class Gym
- Open 24 hours a day
- Over 150+ classes a month
- Private Shower/Changing
- Free Private Car Park
- Personal Training
- Classes for Over 55s
- Next to Northwood Hills Tube Station
- 16m Free weight wall
- Indoor Sprint Track
- Punch Bag Zone
- Large 10,000 sq ft. Gym
- Child Memberships (12+)

# FITCLUBGYMS.COM

# Welcome to the Spring/Summer 2024 Issue



## Haste Hill Golf Club:

Shortly before we went to press, the Council advertised their intention to sell Haste Hill Golf Course, which I know has upset residents who fear the site may now become a housing estate. Cllr Bianco has written an article in this issue (page 19) which fully explains the Council's intention.

## Volunteers:

Sadly, after much planning and preparation over several months by the NHRA Committee Christmas Team (and by the local participating schools), we had to cancel the **Grand Switch-On of the Christmas Lights** because of an awful weather forecast two days before the event. Whilst that was the correct decision the weather wasn't quite as bad as forecast on the day. We were delighted Father Christmas still agreed to lead a countdown ahead of the Lights coming on. Thank you to everyone who was involved in the planning of the event and the teachers who coached their students.

The **Friends of Northwood Recreation Ground** have been working hard to improve the Northwood Hills end of the park and pleasingly Affinity Water have at last started work to repair/replace a suspected leaking pipe.

My thanks to Jan Choopani (Editor), John Choopani (Advertising Coordinator) and everyone who contributes to the production and distribution of this edition of **The Hills Echo**.

**A new website** is being developed by Ben Jefferis, who has kept the old one going for some years. It is a work in progress, so some parts are not yet fully functional. It now contains quite a bit of our **local area history** in the "About Us" section, and will work properly when accessed by mobile phone.

Over the last few weeks **The Ruislip Lido Railway** volunteers, with support from external groups, have completed relaying and realigning the tracks to ensure everyone's safety and continued enjoyment.

## AGM:

Do come to our AGM (page 13) and let us know what you think about the area, and any ideas for entries in The Hills Echo would be most appreciated.

## Sad news:

Many of you will be aware that over the last few months both Lesley Crowcroft and Paul Akers passed away; two former Committee members of the NHRA. Heartfelt sympathy goes to their family and friends.

*Andrew Riley BEM*

**Editor's Note: Our thanks to Andrew Riley, who is also a volunteer and gives so much of his time to the NHRA.**

**If you are looking for an extra interest, why not join us?**

# CARTERS PHARMACY

Your Local Pharmacy and Post Office



Services we offer:  
COVID VACCINATIONS  
PHARMACY FIRST SERVICES  
SMOKING CESSATION  
WEIGHT LOSS CLINIC  
EAR WAX MICROSUCTION

**EVERDAY BANKING**  
**COLLECT & RETURN**  
**INCLUDING AMAZON**  
**PARCEL POSTAGE**



**41 SALISBURY ROAD, PINNER, HA5 2NJ**

**Tel: 01895 636697**

# Empowering Northwood Hills

## A Continuing Journey of Progress and Collaboration

*We are both pleased to have this opportunity to highlight some of the work we have been involved with over the last few months.*

Perhaps the most significant matter (which is very much still a work in progress) is the planned redevelopment of the **Northwood Hills Library site**, which we hope will become an even more vibrant hub of knowledge and interaction in our area. The modernised library will offer an array of enhanced amenities, including versatile spaces that can be rented out by the community for meetings and events.



More particularly, it will be entirely on one level making it accessible to all our residents, something the current library is unable to do. In due course, there is also an ambition from the Council to deliver more services through the library making it a hub for interaction with the Council.

Another major development in the ward is the **Cottage Hospital redevelopment**, where we continue to stand by our residents to press for the new health facility to be built and, like you, to keep a watchful eye on any moves to intensify the proposed residential development that will sit next to it.

Some of you may have noticed the recently completed resurfacing of the **Wylchin Close** Playground flooring, bringing the area up to more modern standards and improving safety for the children using it.

On another note, at **Northwood Recreation** Ground after some time in the planning, we are also pleased to see that the flooding issues plaguing the tennis courts have been resolved.



We are pleased to support the NHRA in their current campaign to plant more **street trees** in the ward and to that end have agreed to match fund them to a maximum of £5,000. We look forward to seeing these trees planted in the coming months

Looking forward, we envisage a stronger partnership with our local businesses and Kishan is pursuing the creation of a **Northwood Hills Business Association**, which will empower our entrepreneurs to synergise their efforts, driving economic growth and community welfare.

Lastly, if any of you want to meet with us to speak about any issues, then please email us and we will be happy to help if we can.

**Councillor Kishan Bhatt** [kbhatt@hillington.gov.uk](mailto:kbhatt@hillington.gov.uk)  
**Councillor Jonathan Bianco** [JBianco@Hillingdon.Gov.UK](mailto:JBianco@Hillingdon.Gov.UK)



# LIONS CLUBS INTERNATIONAL

## Helping the Homeless

*Lions Club members are very aware that especially during this cold winter weather we all need to help those less fortunate than ourselves to find shelter, keep warm and not go hungry.*

In my role as Hunger & Homelessness Officer for Lions District 105a (67 Clubs) my job is to encourage all Lions to initiate new projects and get involved with local Foodbanks and Homeless Shelters.

Many of the inner London Lions Clubs supply and serve food to the Homeless on a regular basis, for example Redbridge Centennial Lions Club pictured below. The St Vincent de Paul Society have recently donated surplus supplies of "Vinnie Packs" - warm weather comforts for local Lions to distribute. These simple gifts include a thermal hat, gloves, two pairs of socks, toothbrush, toothpaste and a flannel or wet wipes.

I have shared these packs with our local Lions Clubs in Northwood, Moor Park, Ruislip, Hatch End and Harrow & Pinner. One idea is for every Lion to have a pack in their car ready to donate when they come across a person in need. The pack also includes an information booklet listing where to find help.



Other "Vinnie Packs" have been gratefully received by local organisations such as Churches and Foodbanks.  
*Lion Susan Carr, Northwood Lions Club*

### HOW TO JOIN THE LIONS:

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

**Please contact Robert Green for information about the club and membership: 07860 324395.  facebook. [www.northwoodlions.org.uk](http://www.northwoodlions.org.uk)**

**Hillingdon Foodbank** [www.hillingdon.foodbank.org.uk](http://www.hillingdon.foodbank.org.uk)

**New Hope Watford** [www.newhope.org.uk](http://www.newhope.org.uk)

**Trinity Homeless Uxbridge** [www.wearetrinity.org.uk](http://www.wearetrinity.org.uk)

**St Vincent de Paul Society** [www.svp.org.uk](http://www.svp.org.uk)





## **SALES LETTINGS MANAGEMENT**

***Your Most Valuable Asset,  
Your Home, Deserves  
The Greatest Attention  
And Best Service.***

***Choose the agent you can trust!***

### **We Have Buyers And Tenants Waiting For Property In This Area**

- ◆ ***No Let-no Fee***
- ◆ ***No Sale-No Fee***
- ◆ ***Great Commission Packages***
- ◆ ***0% Commission -guaranteed Rent***
- ◆ ***Contact Us For A Free Market Appraisal***
- ◆ ***free inventory (check in/check out)***
- ◆ ***competitive fees***



10 Joel Street, Northwood, HA6 1PF



**02082438739**

# The Hogs Back. *Have you ever visited the Hogs Back? It is right on our doorstep and very good for a little exercise.*

**Where is it?** The hill slopes up from Northwood Way to Hillside Crescent, flanked by the gardens of Stanley Road. We must be thankful that the area wasn't completely developed.

There are many maps over the centuries that mark this area as being hilly – some coining the phrase a 'mole hill'. Certainly, the Hogs Back was prominent as a free-standing hill. There are impressive views in several directions, though sometimes obscured by the trees in summer.



## Why was the area was not developed?

The land had been part of the Hundred Acre Farm with sheep enjoying the hillside, the farmhouse being situated along Pinner Road. To prevent development, the Local authority was urged to acquire the whole estate of 18 acres, but it was not possible to reach an agreement with the owners. More recent history goes back to the 1930's. The Cottage Allotment Charity has added some five acres to its existing site in Joel Street.



When Northwood Hills Station opened in 1933, this plot (known as Poors Field) became quite valuable and it was here that the houses on Tolcarne Drive were built. However, to achieve this, there was an exchange with the nine acres of the Hogs Back being sold to the local Council.

Some of you may remember that there were allotment plots at the top right up until the 1990's, but sadly no longer.



**The site is designated a Site of Importance for Nature Conservation, largely due to the high quality of grassland flora.**

Narrow paths wind through the woodland. The entrance notice board states that "The woodland is dominated by Oak, Honeysuckle, Bramble and Hawthorn. There are plenty of wildflowers to be found, particularly Willowherb and Rosebay".



However, at the time of writing (month of May), Buttercups and Daisies were plentiful and there was Cow Parsley in huge abundance. Looking more closely there were Forget-me-nots and just occasionally there was a little pink flower – which after a little research, I discovered it was a type of Willowherb.

*Alison Saunders*



**FINANCIAL SERVICES**  
Making the most of your assets

# FINANCIAL PLANNING FOR THE OVER 50'S

**Sensible financial planning saves you time and money and gives you and your family peace of mind.**

We have over 37 years' experience in helping clients with their financial planning and **specialise in providing financial solutions for the over 50's.**

If you haven't yet made a plan, now is a good time to start.

**Get in touch** with Colin Baldock for a no obligation review.

## Call: 01923 842 282

Capital Financial Services, Argyle House, Joel Street, Northwood Hills, HA6 1NW Email: [colin@capitalfs.co.uk](mailto:colin@capitalfs.co.uk) Web: [www.capitalfs.co.uk](http://www.capitalfs.co.uk)

We are authorised and regulated by the Financial Conduct Authority. Capital Financial Services is entered on the FCA register ([www.register/fca/org.uk](http://www.register/fca/org.uk)) under reference 977595



- Retirement planning
- Equity Release
- Mortgages
- Savings
- Investments
- Family Protection
- Inheritance Tax Planning
- Long Term Care
- Estate Planning





# NORTHWOOD HILLS

SERVICE STATION LTD

*Your local independent garage since 1966*

---

**MoT's - Servicing - Repairs  
Tyres - Computer Diagnostics  
Brakes - Suspension - Clutches**

*All our work is fully insured and guaranteed.*

---

**10% Discount for NHRA members**

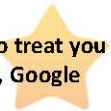
T's & C's Apply

---

"Recommend them so highly - they really are decent chaps and have coaxed our old car back to life more than once now!" J Woodley, Facebook



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



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

---

**Contact:**

**(01923) 824 430**

northwoodhillsservicestation.co.uk

105-107 Pinner Road,

Northwood Hills, HA6 1QL



# QUALITY WILD BIRD FOOD DELIVERED FREE TO YOUR DOOR



**Have you enjoyed feeding your garden birds this winter?**

**If so, don't stop now that spring has arrived**

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

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

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

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



Contact Suzanne  
**Feathered Friendz**  
01923 827461  
suzinman57@gmail.com



Notice is hereby given that the

## **85<sup>th</sup> Annual General Meeting**

of Northwood Hills Residents' Association is to be held on

**Wednesday 22<sup>nd</sup> May 2024 at 7:30 pm**

Fairfield Church, Windsor Close

Light Refreshments will be served from 7:00pm onwards.

\*\*\*\*\*

This is **YOUR OPPORTUNITY** as Northwood Hills residents to meet  
the **Ward Councillors, Local Police**  
and your **Residents' Association Committee.**

**Guest speaker: To be announced**

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

# Artificial Intelligence sounds scary. What is it?

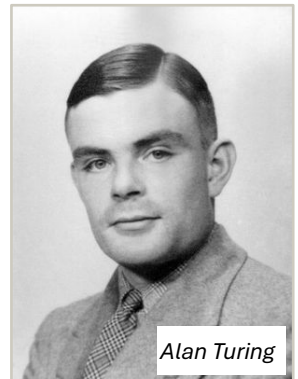


**Noun.** The theory and development of computer systems able to perform tasks normally requiring human intelligence, such as visual perception (image recognition), experiential learning, reasoning and problem-solving, speech recognition and simultaneous translation, decision-making and robotics (Eg working prosthetics). It is not new and there are differing definitions, but in essence, it's advanced computing.

AI is already used in many industries which are driven by technology, such as health care, finance, and transportation. It has the potential to revolutionize the way we live and work, but it also raises ethical concerns about the impact of AI on society

**When did it start?** British mathematician and computer scientist Alan Turing is widely regarded as the father of modern computing, making a significant contribution to AI and is considered one of the pioneers, introducing many of the central concepts in a 1948 report entitled "Intelligent Machinery". During WW11 he was a leading cryptanalyst at Bletchley Park, cracking German codes.

**How does AI learn?** The machine has training, given a large amount of data to search for patterns - perhaps with labels explaining what the data is - and a set of instructions, such as "find all the images containing faces" or "categorise these sounds". By nudging and tweaking – such as "that's not a face" or "those two sounds are different" over millions of cycles will shape the way it develops and lead to specialist AI models with different skills. Learning starts by being "supervised" by humans, but increasingly the computers can learn by themselves by using complex algorithms and performing millions of comparisons of data in a fraction of a second to "work out" things.



The result has been increasingly sophisticated range of learned "skills" to do much of what a human can, and in many cases do it better. Computers can beat us at strategy games, generate essays, design art, compose music, use tools and diagnose cancer. AI systems appear to be "intelligent" to some extent. But could they ever be as intelligent as humans? Experts say that AI isn't there yet; current AI models are held back by a lack of certain human traits, such as true creativity and emotional awareness, but that it will get there in time, though will never have consciousness. How long? No-one can predict.

**What are chatbots?** **Noun.** A computer program designed to simulate conversation with human users, especially over the internet. A bit like a parrot it mimics and repeats words it has heard with some understanding of their context but not a full sense of their meaning. This type of AI (known as Large Language Models (LLMs) and Natural Language processing), analyses and stores billions of written and spoken words and sentences to create a library of words or phonetic sounds to compare, learn, refine and increase understanding and also how to use those words in the correct context to generate an answer. Even in specialist fields like medical or legal terminology.

**Can I talk with an AI?** If you've used Alexa, Siri or any other type of voice recognition system, then you already have. It's the technology behind everything from saying "yes" to confirm a phone-banking transaction, to asking your mobile phone to give the weather for the next few days.

**Can AI understand images?** Image-recognition programs have been trained by looking through zillions of images, all labelled with a simple description, such as "bicycle". Eventually it will start to work out what a bicycle looks like and how it differs from a boat or car.

AI can be trained to find tiny differences within similar images. This is how facial recognition works, finding a subtle relationship between features on your face that make it distinct and unique when compared to every other face on the planet. The same kind of algorithms have been trained with medical scans to identify life-threatening tumours and AI can work through thousands of scans in the time it would take a consultant to make a decision on just one.

**Future uses:** Self-driving vehicles will give us safer roads. Self-driving cars have been part of the conversation around AI for decades and science fiction has fixed them in the popular imagination. Solutions to climate change problems, inventing new materials as alternatives to plastics and many other positive possibilities.

**Deepfake:** Static image manipulation has been around for a while, often for jokes. AI can make it more convincing, by creating a video of a person where their face or body has been digitally altered so that they appear to be someone else or using different words. Sometimes still for jokes, but now more dangerously it is used maliciously to spread 'disinformation (not 'mis')'. We need to have our wits about us.

**Should I be worried about AI?** There has been much discussion about the way biases in training data collected by AI from the internet (such as racist, sexist and violent speech, or narrow cultural perspectives) can lead to artificial intelligence replicating human prejudices. Expert view: "Raise them like children." *Start behaving like the kinds of parents who could teach those machines the values that would make them want to care about us.*"

**Legislation:** In Europe, the EU is creating an Artificial Intelligence Act to protect its citizens' rights by regulating the deployment of AI – for instance, a ban on using facial recognition to track or identify people in real-time in public spaces.

These are among the first laws in the world to establish guidelines for the future use of these technologies – setting boundaries on what companies and governments will and will not be allowed to do. As the capabilities of artificial intelligence continue to grow, they are unlikely to be the last guidelines.

For a really clear description in layman's terms of what AI is, I'd recommend:

**B B C** **What is AI? A simple guide to help you understand artificial intelligence – BBC News**

[www.bbc.co.uk/news/resources/idt-74697280-e684-43c5-a782-29e9d11fecf3](http://www.bbc.co.uk/news/resources/idt-74697280-e684-43c5-a782-29e9d11fecf3)

[What is AI? A simple guide to help you understand artificial intelligence - BBC News](#)

Quiz: Which jobs are already done by computer? This can be found at:

[www.bbb.co.uk/news/uk-66220781](http://www.bbb.co.uk/news/uk-66220781)

# FERNDOWN MOTOR SERVICES

Service and Repairs Centre

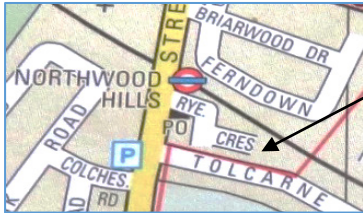
Your local independent family-run garage for *all* your car needs

**Catalytic Converter Security devices fitted - Honda Jazz**

MOT's Servicing  
Diagnostics Clutches  
Starter motors Welding  
Exhausts Cam Belts



Catalytic Converters  
Batteries Brakes  
Tyres / Vehicle alignment  
Air con re-gas



14-16 Ryefield Crescent, HA6 1JT

**01923 824 824**

[ferndown-motor-service.co.uk](http://ferndown-motor-service.co.uk)  
[ferndownmotorservices@hotmail.co.uk](mailto:ferndownmotorservices@hotmail.co.uk)

# Northwood Cars

Specialising in low mileage cars, up to 4 years old



Established for 40 years in Northwood

***"Selected used cars urgently required"***

136 Pinner Road Northwood Middlesex HA6 1BP

**01923 823291** Email: [Northwoodcars@aol.com](mailto:Northwoodcars@aol.com)

To see our available vehicles, visit:

**[www.northwood-cars.co.uk](http://www.northwood-cars.co.uk)**





Hello Northwood Hills,  
My name is Ed, I am one of your Dedicated Ward Officers, along with PC Michelle Forse and PCSO Toufeeq Hyder. Together, we form the Safer Neighbourhood Team for Northwood Hills.

**Recent activity:** Some of our recent work has included a closure operation for a local property known to be involved in drug dealing and anti-social behaviour. Working with the Housing Association and Council we gathered video evidence and statements, removed the occupant from the property and boarded it up, stopping anyone else from gaining entry.

**Communication:** We encourage use of platforms such as OWL and NEXTDOOR, where residents can send and receive information to and from us. We also set out community engagements for the month, including crime prevention stands at JOEL STREET and our LIBRARY. The list is usually displayed on social media and the Community Noticeboard by the station.

### Three top concerns and priorities for Northwood Hills Ward:

These are reviewed with the NHRA Committee 3-4 months and are to prevent:

- 1) Anti-social behaviour, especially evident after school
- 2) Thefts from vehicles
- 3) Violence against women and girls\*

\* The police are running Personal Safety courses – see OWL and NEXTDOOR for details – which are also promoted on the Community Noticeboard.

*PC Edward Thevapreman  
DWO - Northwood Hills*

## 20 SECOND KEYLESS CAR THEFT

### Lexus, Range Rover & Toyotas are stolen to order

Criminals are flying into the UK, stealing luxury cars, changing number-plate (to match those of a registered car of the same make/model), then driving via a ferry straight out of the UK. Stolen car figures are at an all-time high. Lexus and Toyota are popular, so targeted and sold on quickly in Eastern Europe.

Using a relay box by the house (nearer to the key fob) and another by the car, the signal is “bounced” to unlock and start the car, and it is driven off immediately. Every month, one security company is now fitting 7-800 immobilisers a month (requiring a code to start the car). Police recommend physical steering locks which can resist a small angle grinder.

**Last year one in 46 Lexus RX was stolen.** Next Range Rover Velar (one in 68) and Range Rover Sport (one in 82). Toyota Rav 4, one in 123 cars. The thefts are putting up *all* our insurance premiums.



# LSB

## Window Cleaning

**Competitively Priced  
Regular and Reliable  
All Year Service**

**Traditional and WFP  
Residential or Commercial**

**Enquiries to:  
07754 780539  
lloyd.birchley@hotmail.co.uk**



**SPECIALISING IN ALL  
ASPECTS OF ROOFING**

**Over 30 years' experience**

Covering Northwood Ruislip  
and surrounding areas

Leadwork - Guttering  
Slating & Tiling  
UPVC - Fascias and Soffits  
Flat Roofs - Valleys etc

Free Estimates

Call Eddie on **01895 633013**

or **07743 268637**

**eddieinruislip@aol.com**



**Double Glazing Repairs**

**No need for expensive replacement windows**

Misted or broken sealed units replaced

New locks, handles & hinges

Patio door wheels replaced

Dropped doors or windows rectified

**NO  
CALL OUT  
CHARGE**

Contact Alan (Locally Based)

m: 07944 044995 | t: 0208 419 8775 | a: Tolcarne Drive, HA5

mrglaze4repairs@gmail.com | www.mrglaze.co.uk

**Blocked street drain. Noise.  
Fly-Tipping. Potholes.  
Missed rubbish collection...**



## **Do you know how to report it?**

Hillingdon Council make it very easy to do this online via their website: [www.hillingdon.gov.uk](http://www.hillingdon.gov.uk)

**These are the most popular issues which we tend to report:**

Abandoned vehicle	Anti-social behaviour	Tree problem	Fly-tipping
Rubbish – missed collection	Noise (domestic)	Planning breach	Pavement and road issues

But there are over 50 categories listed to choose from, including Adult/Child Safety Concerns, Dangerous Structures, Flood, Graffiti, Harassment, Illegal Trading, Lost or Stray Dog, Pests/Infestation, Street Lighting and more. So, all of our concerns can be addressed.

Reporting online means that you can easily add photos to show exactly what is the problem. At any time, day or night at our convenience (see below).

**However, even if you don't have access to the internet, you can still report problems easily by phone, asking the switchboard to transfer you.**

**Tel: 01895 250111**

### **Haste Hill Golf Club – Sale of Lease**

Hillingdon Council has decided that, in light of the current economic climate, it is no longer a viable or appropriate option to ask its residents to subsidise the activities of a few, as has been the case for some years in respect of our golf courses at Haste Hill and Uxbridge. As a result, we have put out to the market the option to buy a long lease from the Council to run and operate these courses. We have received a number of bids from interested parties and are likely to proceed with one of them.

However, let it be clear – the freeholds will remain with the Council to ensure that these locations remain golf courses and, further, there will be a requirement for any operator to offer the general golfing public access to the courses in the future.

We believe that this solution offers the best way forward, removing the cost burden of subsidising playing and upkeep whilst at the same time guaranteeing the future retention of the courses and access for our residents.

*Cllr Jonathan Bianco*

# Fun things to do in nature with the kids

## Watery wonders:

1. Spot a fish in a local stream. Or see what lives in a rock pool after the tide has gone out.
2. Play Pooh sticks from a bridge.
3. Float in water, slow and dreamy, or swim as fast as you can.
4. Discover what's in a pond. Scoop some water and mud or plants into a tub and check out what lives beneath the surface. Don't forget to tip it back!
5. Skim stones on water. It takes practice but see how many bounces you can get.
6. Explore a cave by the beach and make up stories about who might have lived there. Does the sea reach the cave?



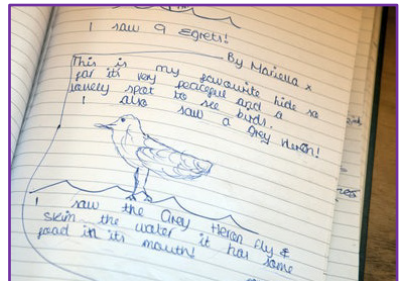
## Up in the air:

7. Fly a kite.
8. Go cloud watching. Find a dry patch of grass, lie back and watch the clouds to see what animals or faces you can spot and how quickly they change.
9. Try stargazing and learn some constellations. You'll remember them for ever.
10. Can you see the last rays of the sun at sunset?
11. Wake up early and see the sun rise – what colour is the sky?
12. Watch the birds, from your window, garden, or in woods. If you have a feeder, see how many come for lunch! Do you know the different breeds?



## Down to earth:

13. Eat a picnic out in the open.
14. Set up a snail race. You'll have lots of time to see who wins!
15. Make friends with a bug in your garden or local park, you'll find all kinds of minibeasts if you look carefully. Which ones are slow, fast, jump or fly off?
16. Collect some summer leaves, and later in the year, some autumn leaves. There are so many different sizes, shapes and colours.
17. Close your eyes and listen to nature: Birds singing, trees rustling, wind blowing, rain ...
18. Find your way with a map.
19. Help a plant to grow. Plant a seed or water a plant. It will take time, but you will see it grow.
20. Climb a huge hill, or the spiral climbs by the A40. How far can you see from the top?



**And don't forget:** Keep a nature diary or scrapbook to record your adventures and capture your memories of the animals and plants you've seen. Show it at school and to friends – maybe they'll want to come with you next time.

# SILVER GLASS COMPANY

Windows - Doors and Porches - Conservatories



A++ Energy efficient glazing for outstanding heat retention

High Security Locking Systems

Maintenance Free  
Aluminium or Slim-line PVCu  
Modern or Traditional Styling  
French windows and bi-folding  
Range of coloured frames and doors  
Many styles on display  
Quality workmanship and materials  
FENSA approved and certificated



*Friendly Advice*  
*Free Estimates*  
*No obligation*  
**10-year guarantee**

**FENSA**  
Registered Company 19774



**01923 824 769**

77 Joel Street,  
Northwood Hills,  
Middx, HA6 1LW



**silverglass.co.uk**



# WHEN DID YOU LAST HAVE YOUR BLOOD PRESSURE CHECKED?

Get your **FREE** NHS Blood Pressure check done today!\*



We are offering **FREE** NHS blood pressure checks to people aged 40 and over with no appointment necessary.

## WHY GET YOUR BLOOD PRESSURE CHECKED?

- High blood pressure, also called hypertension, is a condition which can be controlled to reduce your risk of a heart attack, stroke or other cardiovascular disease.
- In the UK there are about five million adults (one in every nine) who have high blood pressure without even knowing it, since high blood pressure itself rarely causes symptoms.
- The British Heart Foundation estimates that high blood pressure causes over 50% of heart attacks and strokes.

\*Exclusions apply

 **ROSS**  
PHARMACY

### ROSS PHARMACY

28 Joel Street, Northwood  
Hills, Middx, HA6 1PF

Tel: **01923 821596**

[info@rosspharmacy.com](mailto:info@rosspharmacy.com)  
[www.rosspharmacy.com](http://www.rosspharmacy.com)



**CARTER CHEMIST**  
& CONSULTING ROOMS

### CARTER CHEMIST

112/114 High Street, Northwood  
Middx, HA6 1BJ

Tel: **01923 825753**

[enquiries@carterchemist.co.uk](mailto:enquiries@carterchemist.co.uk)  
[www.carterchemist.co.uk](http://www.carterchemist.co.uk)



**SHARMANS**  
PHARMACY

### SHARMANS PHARMACY

3-5 Clive Parade, Maxwell Road,  
Northwood Middx, HA6 2QF

Tel: **01923 825288**

[info@sharmanspharmacy.com](mailto:info@sharmanspharmacy.com)  
[www.sharmanspharmacy.com](http://www.sharmanspharmacy.com)

# Deterring Foxes

## Love them or hate them, urban foxes are here to stay.



So, we either have to learn to live with them, or do all we can to deter them from visiting our gardens – other residents may be more welcoming.

We are regularly faced with strewn rubbish and recycling on “Bin Day”. This is unsightly, attracts vermin and costs our already-stretched Council thousands of £££s to clear the debris from our streets.

**Rubbish, Food Waste and Recycling:** Foxes are attracted our unsecured bins like we are to an ‘all you can eat’ buffet. But each of us can help to solve this by rinsing out our recycling containers and ensuring our food waste and general rubbish is secured in bins. Instead of leaving out our waste the night before, it helps if we put it out early in the morning to avoid the foxes’ night-time raids.

**Natural Repellents:** If you are regularly finding fox excrement in your garden and want to deter foxes from entering you can try one of these at access points:

- Make up an infusion of garlic and chilli peppers and spray around.
- Spread coffee grouts and citrus peel.
- White vinegar has a strong acidic smell from acetic acid which they dislike.
- Ultrasonic fox deterrents that are inaudible to humans, but be aware that these will also be heard by other wildlife and can cause distress.
- Within your own garden London Wildlife Trust says that “The strong scent from human male urine (and only male urine) masks a male fox’s pungent scent and can often force them out.” There are also commercial non-toxic synthetic fox-urine formulas Check their safety for all animals.

Avoid garden fertilisers with blood fish and bone, which might encourage foxes to dig looking for buried food. In our well-lit towns, sensor lighting is unlikely to scare them away.

**Around the garden:** Foxes can also find plenty to eat in your garden, so if you are trying to deter foxes make sure that bird food is out of reach, pet food is stored indoors, and your compost bin is secure.

**Foxes can climb and dig:** Other preventative steps to try: ensure fences have no holes or gaps, or make access difficult with prickly plants at your property border. But be aware that this may also put off other wildlife you’d like to *welcome* to your garden, such as hedgehogs (which benefit from low holes in fences on their searches for food). It’s also worth noting that foxes can jump up to 2m high, so blocking holes that may stop other animals entering your garden may not actually deter the foxes.

John C



## MHA Communities West London

enabling People to Live Later Life well

We are delighted that our popular Friendship Group, formerly at Joel Street URC, will restart on Monday 19<sup>th</sup> February. The new venue is at Frithwood School, for all the activities, including a light lunch. From 10am to 1pm.

If you know someone who might benefit from getting out to meet like-minded older people in a safe and friendly environment, then please contact us.

***Anyone over 60 is eligible to join, though most of our members are in their eighties and nineties, still enjoying life thanks to what we offer!***

Our activities include age-appropriate exercise sessions, seated yoga, lunch club, a lighter soup/sandwich/samosa lunch, monthly walks and meeting with local schoolchildren.

Outings and theatre trips are also arranged and a four-night seaside holiday to the Isle of Wight is planned for April this year.

There is no annual subscription, but a small charge is made for activities to help cover costs. We also rely on donations to support our work. New volunteers are very welcome, especially befrienders and drivers to enable vulnerable members to attend activities safely.



*Members enjoying Lunch Club*

**Phone** 01923 842494.

**Email:** westlondon@mha.org.uk

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

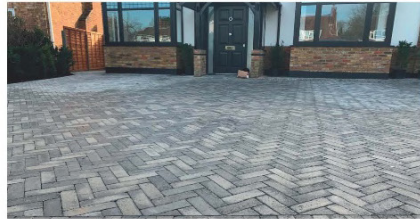
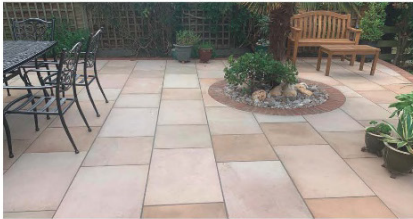
<https://www.facebook.com/MHA-Communities-West-London-109964697564740/>

*Jo Wild, Volunteer*



# DRIVEWAYS, PATIOS AND LANDSCAPING

TOUGH, DURABLE, DESIGN AND BUILT FOR STYLE  
CHECK OUT OUR TESTIMONIALS ONLINE



DRIVEWAYS | PAVING | LANDSCAPING | RESIN DRIVEWAYS | MAINTAINABLE | DURABLE  
WIDE CHOICE OF COLOURS | PERMEABLE QUICK INSTALL | 5 YEAR GUARANTEE  
ADD KERB APPEAL TO PROPERTY | FULLY INSURED | 30+ YEARS EXPERIENCE

**pinner**  
Driveways

Visit our website for a **FREE QUOTE**  
[www.pinnerdriveways.co.uk](http://www.pinnerdriveways.co.uk)  
0208 712 2021  
[info@pinnerpaving.co.uk](mailto:info@pinnerpaving.co.uk)



# What's at Northwood Headquarters?



Northwood Hills residents will undoubtedly be familiar with 'The Base', or 'HMS Warrior' as it still sometimes referred to locally. Northwood Headquarters is a familiar landmark and a local employer to many people living in the area, as well as serving UK and international military personnel.

The headquarters are set in the grounds of what was once Eastbury Park, with the Royal Air Force taking over the site in 1938 as RAF Coastal Command before it changed hands and became a Naval unit in 1963.

The base is now a 'joint' establishment, meaning all three services, Royal Navy, Army, and the RAF work alongside each other, as well as civil servants and civilian contractors. The role and output from the site is wide-ranging, and recently included both 'Op PITTING' (the evacuation of Afghanistan), and 'Op POLAR BEAR', (the evacuation of British citizens from Sudan), which were led and planned by personnel at the headquarters.

High-readiness teams at Northwood are on stand-by to react and deploy at short notice, and the success of these operations is testament to their training and planning for such eventualities.

## Volunteer Band celebrates its Silver Anniversary:

In contrast to their operational roles, most military establishments have recreational groups such as choirs, bands and sports teams, and Northwood Headquarters is no different. The Royal Navy Volunteer Band Northwood Headquarters was founded in 1998 when the site was HMS WARRIOR and is one of ten Royal Naval Volunteer bands located at military establishments throughout the country.

Last year the Band celebrated their 25<sup>th</sup> Anniversary with a concert at Watersmeet Theatre in Rickmansworth. Former Bandmasters and musicians came back to join in a fantastic musical celebration, which as well as highlighting the Band's talents also raised funds for the Royal Navy and Royal Marines Charity.

Concert-goers were treated to a varied programme of music from a Queen medley through to traditional military marches and a solo violinist and singer added to the occasion – there really was something for everyone!

The recent anniversary was the highlight of a very busy year as they continue to go from strength to strength, their purpose being to improve morale and welfare by providing a cultural and recreational outlet for the musical talents of Service Personnel, MOD civilians, service families, and civilian personnel in the local community, as well as fostering Service ethos by promoting a practical interest in music.

The band currently has around thirty members from all walks of life including many civilian and former serving personnel, with an age range from 21-83. The band provides musical support for local unit events and community outreach, as directed by the unit Commanding Officer, often performing throughout the year at local concert venues, mess dinners/events, summer fetes, dances, school visits, parades, and military events such as Remembrance.



In addition to the main Band, there are ensembles, including a Concert Wind Band, a Big Band, and smaller ensembles – Saxophone and Brass Quintet. The Northwood Volunteer Band welcomes new members from the community

If you are a keen musician or thinking of joining a band, Colour Sergeant Steve Saleh would love to hear from you and answer any questions you may have.

The Band meet and practice weekly and offer free instrumental loan and musical tuition from a serving Royal Marines Band Colour Sergeant, Steve Saleh, who is also the Volunteer Band Instructor/Bandmaster.

## **Musical support for your event:**

***If you have a community event coming up and would like to request musical support Steve would be delighted to hear from you.***

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



# St Marys Ukrainian School

## Hillingdon site

October 2023 saw the official launch day for St Marys Ukrainian school in Hillingdon. The school runs on Sunday between 09:45 – 15:00 and at Sutton Court Road, Uxbridge, Middlesex. UB10 9HT. The first location in Hillingdon, but one of many for St Marys who have locations in and around London.

With a legacy of over 65 years, St. Mary's Ukrainian School has been a cornerstone of the UK's Ukrainian community, fostering identity and offering educational and cultural enrichment.

*With the sudden surge of displaced Ukrainian families, St Marys Ukrainian School has been at the heart of engaging all Ukrainians. The curriculum that all the children learn is the Ukrainian school curriculum, educating all the children in the qualifications that are recognised in Ukraine, so that on their return they will not have missed out. There is also robust trauma support.*

Over 80% of the staff and the pupils are displaced Ukrainians that have arrived here and are putting their many talents to great use.

St Marys Ukrainian School Hillingdon still has spaces. If you are keen to join, please contact the Setting Manager- Katia Markovsk

Email : [k.markovska@stmarysukrschool.co.uk](mailto:k.markovska@stmarysukrschool.co.uk).

<https://stmarysukrschool.co.uk/>

*Teji Barnes*



*Exceptional Healthcare*



COME AND EXPLORE OUR

## **WOMEN'S HEALTH CLINIC**

THE  
**DOCTOR'S LOUNGE**  
UNIQUE HEALTHCARE



MENOPAUSE - WEIGHT LOSS - MENSTRUAL/FERTILITY ISSUES - MENTAL HEALTH

[thedoctorslounge.co.uk](http://thedoctorslounge.co.uk) - 07359 466732 - [info@thedoctorslounge.co.uk](mailto:info@thedoctorslounge.co.uk)

NORTHWOOD - 3 Clive Parade, HA6 2QF



# United Reformed Church of Eastcote and Northwood Hills has moved to St John's URC, Hallowell Road, Northwood

We thank everyone who has used the building for their special days – baptisms, marriage or to enjoy Brownies, Guides, Jumble Sales, Templeton Cafe, Church Concerts, or the Food Bank to name a few. Church building at Joel Street is now owned by Iron Aid Foundation. We wish them well in their new home.

We would like to extend good wishes to readers of Hills Echo who have lent their support over the years, to a combined history of three churches:

- St Andrew's URC, Eastcote (1939 -2013)
- Northwood Hills URC (1955 – 2013)
- URC of Eastcote & Northwood Hills (2013-2023)

**Church services continue 10.30 Sundays at Northwood; with other activities**

**occurring during the week. A warm welcome awaits you.**

## **Charity Coffee Mornings on Saturdays 10.30 – 12 noon:**

Please come and join us for coffee, cake and chat.

23<sup>rd</sup> March **Halo Children's Foundation** – bereavement support for children (The Mayor's Charity)

20<sup>th</sup> April **Mary's Meals** – serves nutritious school meals to children living in some of the world's poorest countries.

18<sup>th</sup> May **Christian Aid** – exists to create a world where everyone can live a full life, free from poverty.

22<sup>nd</sup> June **Wetwheels Foundation** – offers opportunities for disadvantaged and disabled people of all ages to access the water.



*Shree Morrissey*



*A block engraving of the church*

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



## Saturday 27<sup>th</sup> April

Meet outside Namaste Lounge at 10 until 11.30am

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

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

# St John's Church

## Hallowell Road, Northwood, HA6 1DN



Lots of activities to bring local people together, everyone welcome:

### Free half hour concert at 11.30am

Every third Tuesday of the month.  
Tea/coffee at 10.30am before the concert.

19<sup>th</sup> March **Peter Allanson – Tenor & Rosemary Venner - Piano**  
16<sup>th</sup> April **Adriana Cristea - Violin**  
21<sup>st</sup> May **David Steward – Organ**



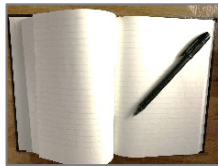
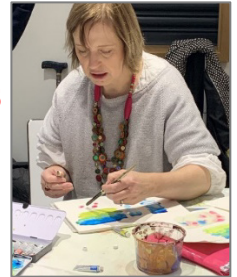
### Squares R Us – Free

Tuesday afternoons, 2.00pm - 4.00pm. This friendly group meet up to knit squares that are made into 'happy blankets' for those they are supporting.

### Art 4 Fun

First & third Wednesday of the month,  
10.30am-12.30pm, **£5**  
Explore artists' styles and techniques.

Led by local artist, Lucy Lardner, all abilities welcome.



### Creative Writing Group on Zoom – Free

First & third Tuesday of the month, 2-4 pm,  
These sessions encourage and develop the enjoyment of writing providing support and incentive even if you are new to writing.

**Board Games** We are thinking of starting a games group on Monday afternoons. If you'd be interested, please let us know.

For further information on any of the above please contact the Church Office. Tel: 01923 829166  
[stjohnsnorthwood@btconnect.com](mailto:stjohnsnorthwood@btconnect.com)



## 1<sup>st</sup> Northwood Scouts

The Scout Hut. 87 Northwood Way

## Grand Jumble Sale – June 8<sup>th</sup> 2pm

This is the best local event of the year!

Rain or no rain!

OK... Maybe that is arguable, but wear suitable footwear and come to a great source of second hand, good quality items, across the range, (excluding furniture, white goods, large TVs and printers).

**Support this group of volunteers who provide a brilliant year-long programme for over a hundred of our local children and youth.**

If you choose not to buy, but have energy or expertise, contact [roxana.peters@virginmedia.com](mailto:roxana.peters@virginmedia.com) to join the band of volunteers.

# Beware: The Health Halo

By definition, this is the perception that a particular food is good for us even when there is little or no evidence to confirm this is true.

"I am low in salt"

Sometimes in marketing, using nutrition trends and buzzwords, a *halo effect* or sense of "goodness" is cast upon a product to encourage us buy it. Designed to distract us. In reality, the product may not actually be the healthy food that it's portrayed as.



We consumers are being presented with just one healthy attribute and we are led to focus on that. Our minds assume that the presented food offers health benefits, ignoring other *unmentioned* attributes.

## These types of food are often presented as healthy:

**Breakfast cereals** – often loaded with ridiculous amounts of sugar.

**Cereal bars** – having far more sugar, salt or additives than is good for us.

**Organic** – products are assumed to be more nutritious than non-organic. They are usually the same. In fact, it's the way the ingredients are grown which is better perhaps for their surroundings, not the resulting food.

**Natural** – so are oil and arsenic.

**Diet drinks and Sugar-free** – some sugar substitutes (such as aspartame) are being monitored for their carcinogenic (ie cancer-inducing) impact.

**Low-fat** versions are often much higher in sugar and salt than the original.

**Plant-based** – Usually ultra-processed!

**High-protein** – why do we need more protein? Protein intake higher than our needs doesn't do much for us.

**Marketing images** may depict happy people, contented cows, vibrant greens to suggest that the product is more natural and, consequently, healthier than its competitors.

**Misleading Serving Sizes.** A tactic to make products appear healthier is to reduce the serving size. Food companies will shrink their portion sizes so that each serving can meet the Food Standards Agency requirements for label health claims. Eg the traffic light system.

**False claims of health benefits.** Attributing exaggerated or untrue health benefits to a food can lead us to make poor food choices.

**How to avoid the health halo effect.** We need to separate ourselves from an "emotional/reflex" response and think critically about the claims we are reading or hearing about. Knowing the tricks is the first step!

Jan C





# Acer Healthcare

## Northwood & Ruislip

At Acer Healthcare Northwood & Ruislip we understand that everyone has unique care needs and preferences. That's why we offer bespoke care plans that are tailored to meet your individual requirements, right in the comfort of your own home.

### *Key areas and its surroundings We Cover:*

- ★ Northwood
- ★ Moor Park
- ★ Rickmansworth
- ★ Chorleywood
- ★ Pinner
- ★ Ruislip
- ★ Harrow
- ★ Uxbridge

**Recruiting**  
Compassionate care  
assistants, please reach out

### *What we provide:*

- ✓ Personal care
- ✓ 24/7 managed live-in/nightcare
- ✓ Medication administration
- ✓ Food and drink preparation
- ✓ Companionship
- ✓ Assistance with shopping
- ✓ Assistance with housework
- ✓ Assistance with laundry and ironing
- ✓ Support in going out for social activities and appointments
- ✓ Holiday and respite cover
- ✓ Post-operative support

**All carers undergo DBS and reference checks  
and receive advanced training using Intelligent  
VR devices**



**020 8050 6948**



**northwood@acerhealthcare.co.uk**

**As this year's Captain of the Club, I have been asked to write about the benefits of being a member of Pinner Hill Golf Club.**



**Before I get into that, let's discuss if you must be any good at golf to join the Club? Well, the answer is 'no'. If you can walk, you are welcome!**

### **Start-up Academies are regular features**

For beginners or improvers, there is no question that joining the golf club will help. You'll have close access to our PGA Professional for group and individual tuition. Plus, the option to play with better players regularly (sadly true for all of us!) and will quickly learn how to play the nuances and breaks of our golf course.

What's more, handicapping is now designed to level the playing field meaning that we can have a competitive round, irrespective of any difference in standard, even new players.

### **The social benefits**

We have Ladies, Gentlemen and Junior sections. You will be welcomed into the club to meet and play with fellow club members at your level. At Pinner Hill we often arrange social get-togethers for members, their families, and friends.

We actively encourage integration of new members into the club for friendly and competitive matches. Not only that, but club membership brings a discounted rate on food and drinks bought here.

### **Health benefits**

Spending time on the course in direct sunlight boosts your vitamin D which supports your immune system.

Pinner Hill Golf Club has many picturesque locations. Being outdoors and close to nature can help reduce anxiety and is thought to improve concentration, while partaking in group activities can help boost self-esteem.

Golfing is an active pastime (particularly on our hilly course) and improving your circulation exercises your heart as well as more blood being pumped to your brain. This will naturally lower your risk for heart problems, and playing regularly may even lead to an increase in life expectancy. We have many fit and healthy octogenarians.

Although golf is not a high-energy sport, that doesn't mean it can't help towards weight loss. On average you will walk around 3.5 miles in a round at Pinner Hill, which could burn up to double the calories compared to making the trip in a buggy.

So, why not join? Club membership allows great engagement with others, in friendly and competitive play, whilst benefitting your physical and mental condition.

*Peter Atkinson  
Club Captain, Pinner Hill*

# Want to play golf this summer?

## Not played before? Join our Golfing Academy

Perhaps you are retiring and looking for a challenge, to improve your fitness and expand your social circle? Joining our Golfing Academy will give you the opportunity to learn to play golf with instruction by our own PGA Professional and play with others new to the sport.

## Played before, but looking to improve your game?

We have an active group of new members who would be eager to play with you, so you can quickly gain an official handicap and get involved with the club's activities. For those who want it, we offer group and individual instruction from beginners to advanced players.

## Too busy to play regular golf?

Our Lifestyle package will suit you and offers club membership and an official handicap.

## Are you already a regular golfer?

Here's an opportunity to play in one of the best local courses with a reputation for being the friendliest club around. Find out how full membership could help you, and play reciprocal free golf at over 30 courses nationwide.

## Not played at Pinner Hill before?

### Mid-week 2 for 1 offer

**We are offering readers of this magazine a special mid-week 2 for 1 offer. Just call the number below, quoting "ECHO Spring 24".**

We also offer Business Golf packages and are one of the finest venues in the London area for Society Golf.

*You'll be assured of a friendly welcome both out on the course and in our Grade II listed Clubhouse.*

Call Clair 020 8866 0963

Email [clair@pinnerhillgc.com](mailto:clair@pinnerhillgc.com) for details

Pinner Hill Golf Club, South View Road HA5 3YA. [www.pinnerhill.co.uk](http://www.pinnerhill.co.uk)



# Northwood Bowling Club

Greens and Clubhouse: Chestnut Avenue, Northwood HA6 1HX

Contact us via website: [www.northwoodbowling.co.uk](http://www.northwoodbowling.co.uk)



## Try Something New This Summer!

We offer you an active and enjoyable way to stay young. Playing bowls has many benefits for your physical and mental health.

- It strengthens muscles and helps your cardio fitness.
- Improves flexibility and balance.
- It's a sport with social benefits, you make new friends.
- Outdoor exercise.

### NEW MEMBERS WELCOME!

The Bowling Season starts on the 20<sup>th</sup> April. The club is open 7 days a week until the end of September. Our coaches can arrange taster sessions throughout the season. Try this wonderful game, you won't be disappointed, and you will quickly become hooked, just like the rest of us!

**Our OPEN DAY is Sunday 12<sup>th</sup> May from 1 to 5pm.**

Have a free taster session with one of our coaches.

All you need are flat-soled shoes.

*Paul Lewis, President*

**Free**

Free initial home  
assessment visit

# Shah Private Home Physiotherapy

PINNER

HARROW

NORTHWOOD

RICKMANSWORTH

**Manan Shah**

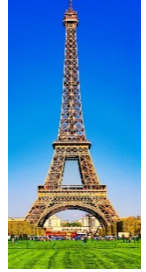
**07394 665260**



# “Snippets”

## The Eiffel Tower grows in the sunshine!

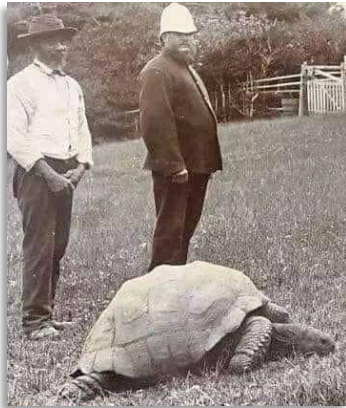
It is constructed from iron which expands when it is warmed, causing the structure to grow by up to 17cms and it tilts slightly more than a centimetre away from the sun.



## How many cars use the M25 motorway each day?

At 117-118 miles long, the motorway was designed in the mid 1990's to carry 100,000 vehicles a day. The busiest section is between Junctions 13 and 14 near to Heathrow, which carries around 200,000 vehicles a day. It is estimated to be 300-415 feet longer on the left-hand lane of the clockwise carriageway than the left-hand lane of the anti-clockwise side.

## What is the oldest land animal alive today?



A Seychelles giant tortoise named Jonathan. In December 2023, he celebrated his 191st birthday. St Helena's national treasure, pre-dates the telephone, is in good health and expected to reach his third century.

A North Atlantic bivalve clam, nicknamed 'Ming' is the oldest recorded animal ever recorded (in 2006). Born in 1499, so it was 507 years old when recorded. When it was born, the Ming dynasty ruled China (hence the nickname) and Henry VIII was nine years away from becoming King of England.

## What's in a name?

### The UK's most popular baby names of 2023, 1 to 10:

**GIRLS** Olivia. Amelia. Isla. Lily. Ava. Freya. Ivy. Sophia. Grace. Willow.

**BOYS** Muhammad. Noah. Theo. Leo. Oliver. Arthur. George. Luca. Freddie. Jack

**Amazon** founder Jeff Bezos called his e-commerce company Cadabra Inc. A play on “abracadabra” to show how magical online shopping was. But after a lawyer misheard the name as “cadaver,” Bezos decided he should rebrand!

Next Bezos chose relentless.com, which friends told him sounded unfriendly, but Bezos still bought the domain name in 1994.

To this day, if you type relentless.com into your browser, you'll go straight to the Amazon homepage. The same goes for browse.com and awake.com, two other names Bezos considered.



# Harlyn Primary School

Tolcarne Drive, Pinner, Middlesex, HA5 2DR Tel: 020 8866 1290  
Headteacher: Mr Simon Jones BA (Hons) NPQH

Our broad and balanced curriculum has developed into a rich diet of academic subjects, sport, music and the arts. It is always great to see how children make links between subjects and have the chance to show their skills across many subject areas.

In addition to our many curriculum enhancements, which include trips and visitors, we have also offered a wider range of extra-curricular clubs for a diverse variety of interests. These have included art, chess, jewellery making, cookery and a wide range of sports.

Our recent sporting achievements include 18 medals claimed during the District Sports competition leading to 2nd overall. Our Girls and Boys football teams both reached the quarter-finals during a borough wide tournament. We got a Gold medal in the Swimming Gala sprint. We qualified for the knock-out rounds in the cricket tournament and gained the Gold School Games mark.

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

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

**e-mail: [office@harlynprimaryschool.co.uk](mailto:office@harlynprimaryschool.co.uk)**

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



# TA ELLEMENT & SON LTD



Your Local Family Owned  
& run Funeral Directors

- 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](http://www.taellement.co.uk)  
[funerals@taelement.co.uk](mailto:funerals@taelement.co.uk)

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



Limited spaces in all rooms, call now to avoid disappointment

# Dedicated Baby Room

For children aged 3 months to 2 years



- 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](mailto:staff@happytreeacademy.co.uk)

**Happy Tree Academy - The Northwood Club**

22 Chestnut Avenue • Northwood • Middlesex • HA6 1HR • T. 01923 388 281

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





# Willow Room

For children aged 2 to 5 years

- Free flow access to a secure and stimulating outdoor area throughout the year
- Regular outings to the local environment to extend and support learning
- Extracurricular activities including French lessons
- Environment that promotes independence and school readiness
- Caring and supportive practitioners

For more information contact us at  
[staff@happytreeacademy.co.uk](mailto:staff@happytreeacademy.co.uk)  
[www.happytreeacademy.co.uk](http://www.happytreeacademy.co.uk)

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

Offering  
**FREE** nursery  
places for  
children aged  
2 – 5 years\*



FOLLOWING  
COVID-19  
GUIDELINES



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

# David Simmonds CBE MP

A belated Happy New Year to residents in Northwood Hills. I hope 2024 has got off to a good start.



**Northwood and Pinner Cottage Hospital.** Concerns have been raised with me about the future of the site as work appears to have come to a halt. Having spoken with the NHS Development Trust, I understand that amendments to the original planning application have been proposed and are currently awaiting approval from the council. I assure residents that these are material amendments and will not affect the overall use of the health centre or accommodation.

**Northwood Hills Library.** Turning to other local matters, I am pleased to hear that plans to rebuild this have been approved. Hillingdon has an excellent track record of library investment, and this project enables residents continued access to these high-quality services.

**Royal Mail.** Speaking of vital public services, it was great to visit the team at the Delivery Office on Pinner Road. I gained an insight into the operational side of things, as well as being able to raise residents' concerns about delivery, particularly with regard to NHS letters.

**Finally, my local surgeries continue** in venues around the constituency. Residents who would like to make an appointment should get in touch via the contact details below. I also circulate a monthly newsletter, which you can sign up to on my website.

**Tel:** 0203 545 2462

**Email:** david.simmonds.mp@parliament.uk

**Website:** [davidsimmonds.org.uk](http://davidsimmonds.org.uk)

**Facebook:** [Fb/DavidSimmondsMP](https://www.facebook.com/DavidSimmondsMP)

**Twitter:** [@DSimmonds\\_RNP](https://twitter.com/DSimmonds_RNP)



# EXPERTS IN SERVICING & REPAIRS

OUR SERVICES INCLUDE

- ◊ BRAKES ◊
- ◊ ENGINE MAINTENANCE ◊
- ◊ OIL CHANGE ◊
- ◊ REPAIRS ◊
- ◊ SERVICING ◊

CONTACT US

**01923 822 873**

**northwoodautos@gmail.com**

Rear of 16-18 Hallowell Road, Northwood, HA6 1DW

# GREYSTOKE

## BUILDERS LIMITED

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



---

 **01923 826 334**  
**Northwood**

---

 **enquiries@greystokebuilders.com**

 **greystokebuilders.com**

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

# Fairfield Church

Windsor Close, Northwood Hills, HA6 1PD



*We were pleased to be part of Hillingdon Council's 'Warm Welcome Centre' initiative for a second year – providing a warm and friendly place throughout the winter for anyone who needed it.*

But these activities don't stop just because the seasons change. We invite you to our community events throughout the year. **Everyone is welcome!**

**Wednesday Fellowship** is a Christian meeting open to all. It takes place every week in Fairfield from 13.30 - 15.00, with a variety of speakers and activities. We start with chat and light refreshments and lead into short notices and prologue from the Bible, before handing over to the leader of the day's item. We include a Garden Party, Christmas Meal and activities in August in our programme.



**On Friday mornings** Join us at our Coffee Shop, run by our expert bakers. A cup of tea and a slice of home-baked cake starts at just £2.50. Much cheaper than the high street! And you will get a friendly welcome and a chance to meet others for chat and friendship. 10am-12 noon.

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

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

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

**Telephone - 01923 827198**

## Does your child suffer with anxiety?

I am an experienced hypnotherapist working with children and young people dealing with any thoughts and feelings which are disrupting their lives. I can help with school related anxiety, friendship issues, self-confidence, bullying, exam pressures etc.



With adults I've worked successfully on issues such as phobias, OCD, relationship breakups and insomnia.

Please check out my reviews on facebook and get in touch.



Therese Langford CTRL Prac.

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

**07952 464102**



**Calm Mind**  
HYPNOTHERAPY



## Get running with Couch to 5K

Taking up running can seem a scary prospect, especially if you feel out of shape or unfit. Every journey starts with a single step – literally in this case. Perhaps the biggest challenge a new runner faces is not knowing how to start...

**Couch to 5K is for anyone, even if you've never run before**

**The app is a free and easy** running plan for absolute beginners developed by a new runner to help his 50-something mum get off the couch and start running. Over 9 weeks, it mixes running and walking to build up fitness and stamina gradually working up to running 5km.

*Often when trying to get into exercise, we can overdo it, then feel defeated and give up when we're just getting started.*

**Week 1 involves running for just a minute at a time, creating realistic expectations and making the challenge feel achievable from the start.**

With three runs a week and a day of rest in between, there is a different schedule for each of the 9 weeks.

In 2022, 6.4 million runs were completed using the app. 8,600 people even used it to run on Christmas Day and Boxing Day in 2022!

### What are the benefits?

- It's an easy way of improving your physical health.
- Running requires little equipment, but a good pair of running shoes that suit your foot type may help improve comfort.
- Running regularly will improve the health of your heart and lungs.
- It can also help you lose weight, especially if combined with a healthy diet.
- There's evidence it can increase bone density in some people, helping to protect against bone diseases like osteoporosis.
- There are also mental benefits of running. It can help boost your confidence and self-belief, as you prove to yourself that you *can* set yourself a target and achieve a goal.
- Running regularly can be a great stress reliever and has even been shown to combat depression.

If you have any health concerns about beginning an exercise regime like Couch to 5K, discuss it with your GP first.





# Footwell

Home healthcare for feet

**Friendly, professional footcare in the comfort of your own home.**

Treatments include:

- Nail trimmming
- Corns
- Ingrowing nails
- Cracked heels
- Fungal nails
- Athlete's foot
- Hard skin removal
- Diabetic foot care

**Call or  
email me  
today to book  
an appointment**

**07927 442710**

**lyndafootwell@gmail.com**

A fully insured and registered Health Care Practitioner  
(MAFHP, MCFCP, DipHE).



## The Elton John Connection

Reginald Kenneth Dwight was born 25th March 1947 in Pinner Hill Road.

**Parents:** Both were keen record buyers, exposing John to the popular singers and musicians of the day. Although he had been a trumpet player with the Bob Millar Band, Elton's

father tried to steer him toward a more conventional career. Elton has said that his wild stage costumes and performances were his way of letting go after a restrictive childhood.

His mother was more vivacious than her RAF husband, and something of a free spirit. With Stanley Dwight uninterested in his son and often absent, John was raised primarily by his mother and maternal grandmother.

When he was 14, his mum remarried a Fred Farebrother, a local painter who became a caring and supportive stepfather whom Elton affectionately called "Derf" ("Fred" backwards); they moved to flat 3A nearby at 30 Frome Court, Pinner Road.

**Piano:** Reginald started playing his grandmother's piano as a young boy, picking out classical tunes "by ear" and playing at family gatherings. At seven he began formal piano lessons, showing aptitude including composing melodies. and gained some notoriety by playing like Jerry Lee Lewis at school functions.

**School:** He was educated at Pinner Wood Junior School, Reddiford School and Pinner County Grammar School, until he was 17, leaving just before his A-Levels to pursue a career in music.

Aged 11, he won a junior scholarship to the Royal Academy of Music studying at Saturday classes for five years; he liked playing Chopin and Bach, and singing in the choir. He has said *"I kind of resented going to the Academy. I was one of those children who could just about get away without practising and still pass to scrape through the grades"* but that he would sometimes skip classes and ride around on the Underground. Later he took lessons from a private tutor as well.

**Performing:** Billed as "Reggie" at 15-16 he began performing at the Northwood Hills Hotel every weekend from Thursdays to Sundays to play and sing popular songs (such as Jim Reeves and Ray Charles) as well as his own compositions.





He received £1 a night plus the proceeds of a whip-round. A stint with a short-lived group called the Corvettes rounded out his time.

After answering an ad in New Musical Express, he worked running errands for music publishing company Liberty Records, where he met Lyricist Bernie Taupin in 1962. Then began one of the most successful and long-lasting music partnerships ever. For two years, they wrote songs for other artists, and Elton worked as a session musician, then writing the songs together that launched his career as a rock star.



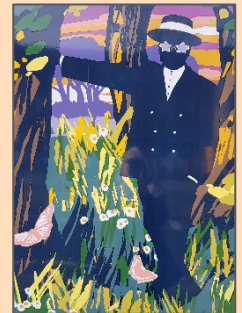
**Bluesology:** In 1962, still living in the flat, he and some friends formed the blues band which secured billing as backing group for American bands touring the UK, including supporting act to Long John Baldry, playing at clubs such as The Marquee. He left in 1967 to embark on a solo career.

In 1969, Elton John released his debut album 'Empty Sky' and a year later formed the Elton John Band, also releasing his first hit single, the beautiful 'Your Song'. His music and showmanship from then onwards had a significant impact on popular music.

**Name:** On 7<sup>th</sup> January 1972 Elton John changed his name officially, choosing his name "Elton" after the Elton Dean, Bluesology saxophonist. "John" seems to have several possibilities, the biopic Rocketman suggests it was inspired by John Lennon. His middle name "Hercules" is said to be after the horse in Steptoe and Son!



**Glasses:** Although normal-sighted as a teenager, John began wearing horn-rimmed glasses to imitate Buddy Holly. He now owns over 250,000 pairs and even today they don't actually have prescription lenses! In 2014 we had him recorded on our mural opposite the station, with his famous star glasses, which have almost taken on a life of their own for "fancy dress".



**Charity:** Since the late 1980's Elton John has been an HIV/AIDS charity fundraiser, establishing the Elton John AIDS Foundation in 1992, which has raised over £300 million since its inception. His personal wealth is around £370 million.

**Knighthood:** He was knighted by Elizabeth II for services to music and charity in 1998 and was appointed a member of the Order of the Companions of Honour in 2020, being invested at Windsor Castle in 2021 by the Prince of Wales.



# Northwood Guides & Brownies

*It has been an exciting and busy 6 months for Northwood District Girl Guiding.*

For District Day in September, we visited Chessington World of Adventure. The day was thoroughly enjoyed by Brownies, Guides and Leaders and our Brownies particularly loved getting wet on the giant swing roundabout and meeting the miniature monkeys!



We have been on Pack Holiday, enjoyed the Disney film 'Wish' at a special Girl Guiding viewing, loved the St Edmunds pantomime and visited Ruislip Fire Station for a "behind the scenes" visit (involving quite a lot of water!)

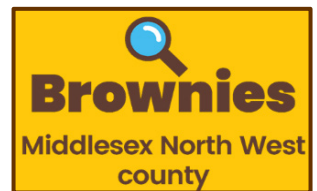
We are now looking forward to a District sleepover at the Battle of Britain Bunker in Uxbridge, where we will be sleeping (or at least trying to) with the aircraft in the museum.

In between all this, we have been working on lots of special badges, including the 80th anniversary of the Trefoil insignia, learning first aid and celebrating festivals of different cultures and religions.

We would love to welcome you to Guiding as a Guide, Brownie, Rainbow or Volunteer.

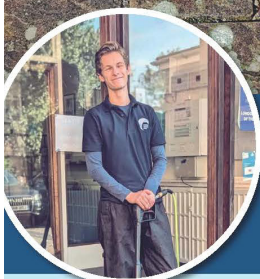
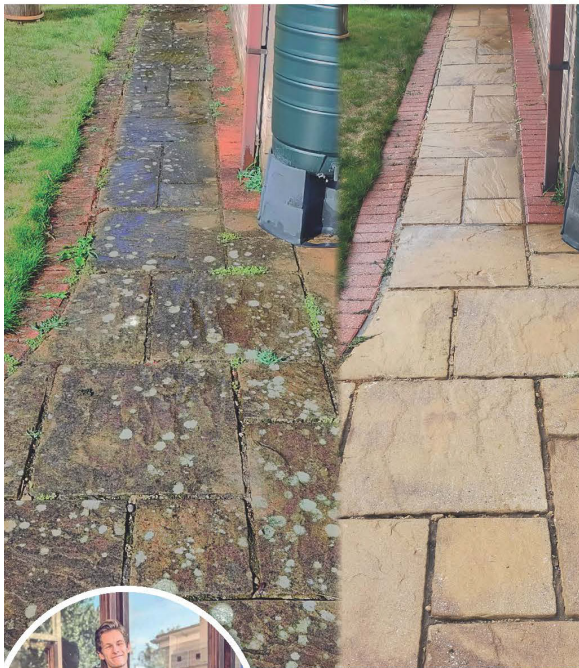
We have a number of packs in Northwood and Northwood Hills meeting on Monday or Wednesday evenings during term time.

Register at [www.girlguiding.org.uk](http://www.girlguiding.org.uk) to join.



# Do your exteriors **NEED A REFRESH?**

Cleaning driveways, patios, roofs, gutters, housing and more!



*"An extremely kind and hard working individual who works to a high standard. The site was left spotless and clean. We thoroughly recommend."* **Colin**

## **HOW TO CONTACT AND RECEIVE A QUOTE:**

Call or message 07375 574855

📧 [noah@stannardpressurewash.co.uk](mailto:noah@stannardpressurewash.co.uk)

📷 📺 📺 StannardPressureWash

and send us your address... done! **It's as easy as that!**



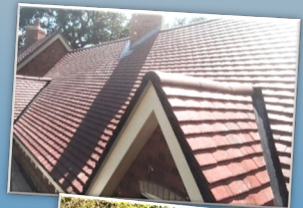


# Northwood Roofing

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

*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 removals and  
gutter clearance.



**FREE**  
*estimates  
and advice*

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

# Eating in the 1950's



Pasta had not been invented. It was either macaroni, or spaghetti.

Curry was a surname.

**A take-away was a mathematical problem.**

Pizza? Sounds like a leaning tower somewhere.

*Bananas and oranges only appeared around Christmas.*

**All crisps were plain.** Oil was for lubricating; fat was for cooking.

Tea was made in a teapot using tea leaves (and never green).

**Cubed sugar was regarded as posh.**

*None of us had heard of yoghurt.*

*Cooking outside was called camping.*

*Seaweed was not a recognised food.*

**“Kebab” was not even a word, never mind a food.**

*Sugar made things taste nice – no harm in that!*

**Prunes were medicinal.**

Water came from taps. If anyone had suggested bottling it and charging more than petrol for it, they would have been a laughing-stock.



Surprisingly, muesli was readily available; it was called cattle feed.

*Pineapples came in chunks in a tin; we had only seen a picture of a real one.*

**Things that we never had on the table were elbows and mobile phones!**



## Northwood & District Community Association

**This friendly local association has provided a range of activities in the local area for over 70 years.**

Currently running are keep fit (for the over 50s), yoga, table tennis, short mat bowls, badminton, rambling, walking and card and board games sessions.

Classes are held mostly in the daytime in local church halls. You will be made to feel welcome, and your first class will be a free taster.

For more information on any of our activities, contact:  
Patti Dib on 077480 66622  
Email:  
pdib321@btinternet.com



*One of our rambling groups*



*Enjoying a keep-fit class*

**The Royal National Orthopaedic  
Hospital, Stanmore is actively  
seeking new volunteers**

**NHS**

to support our patients and staff and also its ongoing improvement projects, which you may wish to do from home. We offer patient facing and non-patient facing roles.

***If you have an interest in supporting the NHS,  
we can find a role for you!***

We are only 7 miles from Northwood Hills, but as a national hospital have patients from across the UK treating complex musculoskeletal conditions.

With its clinical excellence, our services are in constant demand.

Please contact Volunteer Services to find out how you can support our local hospital and be part of our team by offering just 3 hours a week. **Tel: 0208 909 5394**

**Email: [volunteering@rnoh.nhs.uk](mailto:volunteering@rnoh.nhs.uk)**





THE **KITCHEN** CONSULTANCY



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

*...inspire, design & create.*

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

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

Specialist German &  
English Kitchens



# Robert Leatherby

*Your local independent Will writer*

**FOR THE RIGHT ADVICE AT THE RIGHT PRICE**



I trained in the art of drafting Wills in 2007 and over the years have come across all manner of situations with my clients that needed different solutions within the Will and as such I like to ensure the Will I draft is specific to my client's needs.

Most of the Will writing industry simply feed information into a software package on their computers which churns out a standard Will, which often does not accommodate the client's true wishes.

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

I draft Wills that are both legally binding, but also clear and easy to understand and mirror exactly what my client wants, not what the computer states. (I do access the computer software and am aware of the wording it has for its Wills, but prefer to draft my Wills bespoke to suit the client).

I like to cover every possible eventuality that could occur in the client's lifetime, thus avoiding the need to make unnecessary changes in the future.

I consider property protection as a very important part of a Will's make-up, as well as deciding who inherits if a named beneficiary dies. Deciding where any potential inheritance is paid from is also vitally important, so there is no confusion when the time comes should the payment of inheritance tax be necessary.

If my client has a certain possession, for example a wedding ring, which more than one beneficiary may want after my client dies, stating who receives it is again very important to avoid any arguments when the time comes.

There could be someone that my client does not want to inherit and therefore who they want to exclude from their Will, but who later may make a claim against the Will once my client has died. In this case, I always ensure a special letter of wishes is compiled to explain the reasons for the exclusion should the matter go to court.

My client may own a business, in which case I can explain how this can be gifted inheritance tax free within the will.

To make life easy for my clients I offer a free home visit, so they can explain to me exactly what they want to happen to their assets when they die and, of course, who they want and who they don't want to have them and in what shares.

I can then advise on the advantages a Will can offer and also explain how the use of Trusts (if necessary) within a Will can help give control over their assets after death.

Once I have taken my client's instructions, I can then draft them a copy of their Will which I send to them for checking. If any mistakes are made, or they want to amend any part of the Will, I re draft the Will and resend it to them. Once they are happy with the draft, I print it off and bind it, then arrange to bring it round to them to ensure it is signed, dated and witnessed correctly.

Although the initial home visit is free, I do have a charge for the drafting and signing of the Will:

A single simple Will.....	= £60
A single Will with additional Trusts etc	= £120
Simple mirror Wills (for a couple)	= £100
Mirror Wills with additional Trusts etc	= £160

No matter how complex a Will, my prices never go above these prices.

If required, I can also be a person's Certificate provider and prepare Lasting Power of Attorney forms for them. My fee is £70 per LPA  
 Also, if required, I can arrange for clients to transfer assets (usually their property) into a Lifetime Asset Allocation Trust, this procedure involves using a firm with solicitors to draft the Trusts, so the cost is £990

Finally, over the years I have been asked to help with the administration of clients' Wills when they have died, so I also offer a free Probate consultancy service to help the executors and beneficiaries of the Will during this sad time. In addition, if they find the forms difficult to prepare, I can fill them in on their behalf for a fee of £70

Call Robert on 07946 379781

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

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



**People CONNEX** is a branch of Community Connex – a local charity working with people who have learning difficulties, autism, or additional needs, plus their families.



We organise events to help people who are lonely or isolated, and cover a growing number of areas, including Northwood Hills\*.

With interesting events on most days, everyone is welcome.

We hold coffee mornings with homemade cakes and musical, craft or puzzle activities; lunches with a variety of speakers; local walks and monthly Sunday dinners.



**At Fairfield hall from 10am to 12.30pm on the last Saturday of each month for coffee mornings.**

**Also, at St Edmunds hall from 12 noon to 3pm on the third Thursday in the month for lunch and activities.**



If you would like to receive copies of our monthly programmes, please contact:

Jeremy 07734 955 115 / [Jeremy.child@communityconnex.co.uk](mailto:Jeremy.child@communityconnex.co.uk)  
Julia 07436 048 976 / [Julia.mead@communityconnex.co.uk](mailto:Julia.mead@communityconnex.co.uk)

\* Other areas locally include Uxbridge, Yiewsley, Harrow, Chesham, Amersham, Rickmansworth and Chorleywood

**See our website at [www.communityconnex.co.uk](http://www.communityconnex.co.uk)**

# Sleep, perchance to dream?

Sleep allows the brain and body to slow down and engage in processes of recovery, promoting better physical and mental performance the next day and over the long-term. Lack of sleep raises your risk for heart and respiratory problems, pain, memory, concentration and low mood.

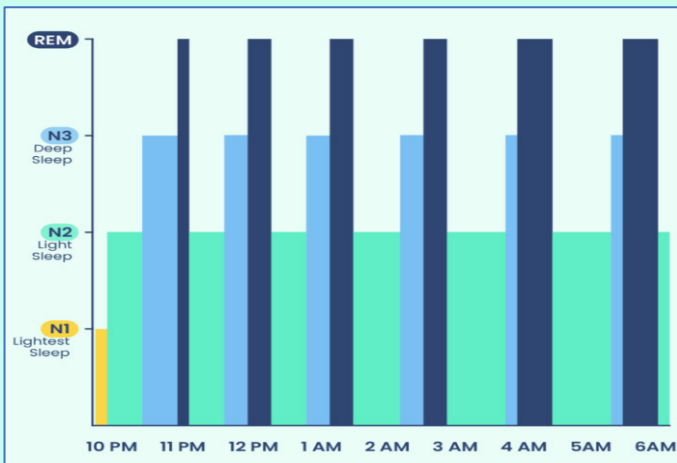
**How much sleep do we need?** Whilst we are all different, adults usually need 7-9 hours a night. Children and teens need longer (9-13 hours). Babies 12-17 hours. Thought to be genetic, Short Sleeper Syndrome (SSS) is a sleep condition characterized by sleeping for fewer than six hours each night. Margaret Thatcher used to survive on only 4 hours a night!



## What is a sleep cycle?

Sleep stages occur in cycles lasting 90-120 mins each. Each cycle has three stages\* of non-Rapid Eye Movement and one of Rapid Eye Movement (REM).

- \* **1 Drifting off** for a short period.
- 2 Light sleep**, where the body and mind slow down as you settle into sleep. It's easiest to be awoken during these first two stages.
- 3 Deep or "slow wave" sleep**, when the body is in recovery mode, brain activity slows even further and shows a tell-tale pattern of pulses of activity. We usually spend more time in this stage early in the night.



**REM** sleep follows, when brain activity shoots back up to levels similar to when we are awake; then our brain processes our emotions, consolidates memories and dreams. With each cycle, our brain spends increasingly more time in REM and less time in the lighter stages of sleep.

## How many sleep cycles a night?

Normally, we progress through four to six sleep cycles of varying duration.

## What about interruptions?

Nearly 36% of adults wake up during the night three or more nights per week. Many factors might cause this, from a snoring sleep partner, to our own racing thoughts, certain medicines, needing the loo, or menopause hot flushes. If the sleep cycle is broken, it starts over again. As a result, we may miss out on REM most of all. Without sufficient REM our cognitive performance and emotional wellbeing suffer; of course, we also have shorter overall sleep times.

We know that this doesn't feel as refreshing as "a good night's sleep". We may be awake for just a few minutes, or for an extended period. Some people do not realise this is happening. For example, people with Obstructive Sleep Apnoea (OSA) have repeated lapses in breathing that cause brief arousals from sleep. Feeling sleepy during the day may be an indicator of this.

## What should we do if we cannot sleep?

If you are feeling comfortable and enjoying the rest, stay in bed. If not, get up and move to a comfortable chair and do something relaxing (like reading a book), until you're feeling more sleepy. Do not use electronic equipment or listen to stimulating music, for example.

## Quality trumps quantity

We tend to focus on how many hours of sleep we get. But that's not the only important thing. Progressing multiple times smoothly through the sleep cycle is a vital part of good-quality rest. If you are persistently not sleeping well, which is affecting your daily life, seek your GP's help.

## Good Sleep Hygiene

Developing a routine can help us to better sleep. Here are some basic recommendations if you're struggling to sleep well:

- Go to bed and wake up at the same time every day, even at weekends.
- Relax at least 1 hour before bed. For example, take a bath or read a book.
- Make sure your bedroom is dark and quiet – use curtains, blinds, an eye mask or ear plugs if needed, and at a comfortable temperature.
- Try sequenced muscle tightening and relaxing techniques.
- Exercise regularly during the day, but stop at least 4 hours before bed.
- Make sure your mattress, pillows and covers are comfortable.
- Get exposed to sunlight as soon as possible on waking. This raises your cortisol levels to make you feel more awake.
- Do not eat a big meal nor drink tea, coffee or alcohol late at night.
- Do not watch television or use devices, like smartphones, just before going to bed, because the bright light makes you more awake.
- Do not nap during the day. If you must sleep, set an alarm for 20-30 mins.
- Definitely do not drive when you feel sleepy.
- Do not sleep in after a bad night's sleep – stick to your regular sleeping hours instead.

*The NHS Website offers more advice.*

# Friends of Northwood Recreation Ground

Are you keen to make a positive difference to your local community? Since its formation in 2021, the Friends of Northwood Recreation Ground group has worked closely with Hillingdon Council to run regular volunteer sessions in the park to bring Northwood Hills residents together to improve our precious green space.

This project has led to many notable successes, such as the installation of new ponds to transform 'swamp corner', the restoration of the historic Jubilee Walk path and the creation of stunning wildflower meadows.



There's so much more we can collectively do though, especially to make the park more accessible by improving walking routes – and more biodiverse – by running planting events. Plus, there's sadly no shortage of litter to collect in the summer!

The group will only survive and thrive if interest from residents is there - so we're very keen for new faces to join and help build this shared success story. It's also a great excuse to make new friends with folks who might live a stone's throw away. To keep up to date with the latest events, please email [northwoodrecfriends@gmail.com](mailto:northwoodrecfriends@gmail.com) to join the mailing list or search for 'Friends Of Northwood Recreation Ground' on Facebook to join the group.

*Ben Rawson-Jones - Founder, Friends Of Northwood Recreation Ground*

## 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

## Copy Date for Autumn/Winter Issue

Please send us your articles and advertisements *before*

**Friday 30<sup>th</sup> August 2024**

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

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

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

# Little & Lampert Pianos

Quality used Japanese pianos

Piano tuning & repairs carried out by qualified technicians

Tuned and regulated to concert standard

High Standard reconditioning

Five year guarantee

38 Joel Street, Northwood Hills, HA6 1PA

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

Tel 01923 820470

## Zeenat Events & Catering Services

Let us manage your event in every detail:

Venue Hire (50-400 guests)

Stage Decoration and Table Set-up

Photography and Videography

Luxury and Classic Car Hire

Wedding Cakes and Dining

Flower Arrangements and Bridal Flowers



Follow us:



Further enquiries:

Tel: 01923 517 877

Text: 07916 138082



Take-away collection and free delivery services also available.

[zeenatsuites@gmail.com](mailto:zeenatsuites@gmail.com)

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



# Wood burning stoves – a public health concern?

Stepping out of your front door a crisp winter's day you may be wondering what is causing the smell of wood smoke? An increasingly likely source is a domestic wood burner in the neighbourhood.



Stove industry figures reveal the UK uptake of wood burners is increasing at about 40% year on year since 2021.

Often viewed as a cosy, attractive way to heat a room, “carbon-neutral” and an economical heating fuel – what is the reality?

**A DEFRA study concluded that even the best “Ecodesign” stove emits six times as much PM2.5\* per hour as a Euro 6 HGV Truck. (Domestic fires and stoves account for 38% in atmosphere, compared to 16% from industry and 12% from transport.) A 2022 report by Chief Medical Officer, Professor Chris Whitty on air pollution concluded that “Ecodesign wood burning stoves are several hundred times more polluting than gas central heating”**

\* PM2.5 is the pollutant that kills the most people worldwide. It consists of particles smaller than approximately 2.5 microns – so small that billions of them can fit inside a red blood cell.

Action groups such as “mums for lungs” are campaigning for a phased ban on these appliances. The British Lung Foundation are also calling for a government plan to reduce such emissions.

**Harmful to householders?** A Sheffield University study (2020) reveals that harmful PM2.5 particulates inside the room with the wood burner were tripled after 4 hours of stove use, with bigger spikes when opening them to refuel.

**What about the ‘carbon neutral’ claims?** Unfortunately, burning trees (instead of them dying and decomposing naturally), immediately emits a large amount of CO<sub>2</sub> into the atmosphere prematurely. Even if sourced from woods responsibly-managed and trees are replanted, it takes decades for new tree growth to remove an equivalent amount of CO<sub>2</sub>. If not replanted, there are less trees to absorb carbon, not to mention alleviating flood and generating oxygen.

**The Clean Air Act 1993 and Environmental Improvement Plan 2023:** Hillingdon is combining its Smoke Control Areas under one single Smoke Control Order. To reduce air pollution, the government urges the public to pursue “cleaner alternative” fuels. Only specified wood (not wet wood or coal) can be burnt in appliances that have been DEFRA exempted under the Clean Air Act – no visible smoke can be emitted. Using illegal fuels can mean a fine of £1,000. ***Unfortunately, the regulations do not address the control of invisible harmful PM2.5 pollution.***

Steve Edmeades

**Okhai & Co**  
Financial Accountant



## 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 [sundip.okhai@talk21.com](mailto:sundip.okhai@talk21.com)  
Regulated by The Association of Accounting Technicians. Licence No 963

# REDDIFORD SCHOOL

Limited places available in our Early Years  
& Certain Year Groups



**5<sup>th</sup> IN THE TOP 100 INDEPENDENT SCHOOLS** *(Sunday Times)*

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

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

# Eastcote Cricket Club dates back over 150 years, to 1863!



**Four men's teams** play on Saturdays in Middlesex County and Thames Valley leagues. Chess Valley League on Sundays. We are able to field an additional team during the summer school holidays.

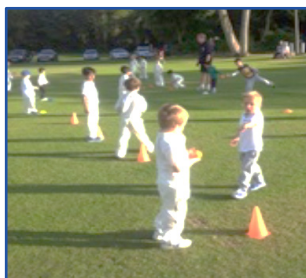
**In our Junior's section**, over 400 boys and girls enjoy our excellent facilities – part of an ambitious development plan includes recent rebuilding of dressing rooms with special emphasis on attracting ladies and juniors.

**This successful project would not have been possible without the help of both Northwood Hills and Eastcote Residents' Associations, who supported our applications for the required funding. The club will always be grateful to our local community.**

**We have been growing a women's team** who play on Sundays. We would love to attract more ladies or girls with a sporting inclination, who are looking for fun in a friendly and social environment. Beginners or those with past experience will be valued equally. We have an enviable coaching team happy to develop and assist.

The club is naturally keen to add serious competitive cricketers to all levels. However, all interested in the game are welcome.

There are opportunities to score, umpire or coach. Or even become a sponsor.



**Think about joining as a social member** if you prefer to watch rather than play. We have an active social calendar with lots of family-friendly events.

The new season starts at the beginning of April. Pre-season friendly matches start on Saturday 13<sup>th</sup> April, league matches begin on Saturday 11<sup>th</sup> May, spectators welcome.

For more information about our activities or membership, please contact the club via the club website [eastcotecc.hitscricket.com](http://eastcotecc.hitscricket.com), or pop in.



## Did you know that...

Ruislip Woods Trust is a charity set up in May 1997 to develop the educational and monitoring



aspects of Ruislip Woods National Nature Reserve (NNR). This is to ensure that our members understand what changes are occurring (both natural and man-made) and provide accurate information and news via our newsletter.

We raise money for projects and also provide support where we can for the volunteer groups in the Woods.

To date we have:

- Developed **4 descriptive waymarked trails** covering all the woods.
- Organised **annual guided walks including Bat Walks**.
- Set up the '**Classroom in the Woods**' which is now run by Diana Williams under supervision from Hillingdon Council.
- In 2020 we negotiated the successful **purchase of 30 acres** of previously privately owned woodland at the northern end of Copse Wood, which has now been incorporated into the NNR.
- Raised funding and arranged **refurbishment of the Woodland Centre** at Ruislip Lido which Hillingdon Council officially opened in September 2021.

*Please do consider joining us to help protect the Woods and enhance visitors' knowledge of this precious, fragile site. There is strength in numbers and every additional member adds weight to our campaigns and has influence, plus you get to learn more about these magnificent woods and the species that live there.*



Membership is £8 per annum; it includes 3 newsletters a year, and our bat and other walks during the summer months are free to members.

For further details please contact [secretary@ruislipwoodstrust.org.uk](mailto:secretary@ruislipwoodstrust.org.uk) or visit our website at [ruislipwoodstrust.org.uk](http://ruislipwoodstrust.org.uk) to download a membership application form.

*Mark Morgan, Chair of Ruislip Woods Trust*



## Do not let Dementia stop you Singing!

Every Monday at Fairfield Church, we host a **Singing Group for people living with Dementia and their friends and carers**. Tea, coffee and biscuits provided.

No charge or booking

No obligation to come every week, just come along when you wish

No pressure at all to participate

We sing songs you will all know

**You will be very welcome.**

## Sing, chat and laugh...

**When and where:** Mondays from 2-4 pm, Fairfield Church, Room 3.

**Contact:** If you have any queries call Mo on Mobile Tel: 07083 707 213

Email [momocrimmins@hotmail.com](mailto:momocrimmins@hotmail.com)



## St Edmund the King Parish Church

All are welcome to our Services – Sundays 10am and below

**Monthly Bring and Buy Sale.** First Sunday of the month. 11.15-12.00.

**Youth Group.** Alternate Wednesdays. 7-9pm during term times. 10 to 16 years.

Activities include quizzes, table tennis, dodgeball, Sponge ball football, table football air hockey as well as trampolining trips and Scalextric and much more. See our website for more details.

10am in Church then the hall. Aged 3 to 10.

Contact Carol on 01923 825 434, or just come along.

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



## Upcoming Events

**From Thursday 22<sup>nd</sup> to Sunday 31<sup>st</sup> March – various events – see website.**

**Arrow Players: 9-11<sup>th</sup> May**, play to be announced.

**Plant Sale: 18<sup>th</sup> May** an opportunity to buy bedding plants, vegetable plants etc.

**Summer Fair: 22<sup>nd</sup> June** with stalls, lunches and sideshows for all the family.

## Concerts: 20th April, 28th May and 29th June

Harrow Concert Band, Trinity Orchestra & Harrow Symphony Orchestra

All details on our website <https://www.saintedmundschurch.org.uk/>

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

*Unique*

DRY CLEANERS



24-hour service  
Repairs and alterations  
Delicates  
Specialist Leather

Ironing  
Laundry  
Wedding dress cleaning  
Curtains and upholstery

**Free Home Delivery & Pickup**

82 Joel Street, Northwood Hills, HA6 1LL

Email [mujahidashraf@hotmail.com](mailto:mujahidashraf@hotmail.com)

Tel: 01923 842674

# 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



# Friends of Eastcote House Gardens

**2023 saw the passing of Lesley, our founding member and long-time Chairman, Lesley Crowcroft**



From the very start, Lesley led by example and tirelessly promoted the Gardens at every opportunity. As well as overseeing the work of the volunteers, she took charge of the application which resulted in the award of £1.8 million to fund a complete refurbishment of the park and buildings. Visitors to the Gardens frequently comment on how lucky we are to have such a beautiful park in our community.

We are even luckier to have had such a determined and visionary leader to drive the project forward and to create the magnificent Gardens that we enjoy today.

## Tree-Dressing

In November four local schools – Warrender, Coteford Infants, Field End Infants and Lady Bankes – entertained us with festive songs. The Mayor of Hillingdon, Cllr Ahmad-Wallana, and our president, Catherine Dann, led the dressing of the tree. Other activities included a raffle, a Teddy Bear Hunt and a “Name the Elf” competition, ensuring there was plenty for everyone to do.

Once again, our historic yew tree was adorned with hundreds of decorations throughout the Christmas period.



## Heritage Day and Classic Car Event

In September, many visitors took advantage of the good weather to view the immaculate classic cars on show. They also visited the historic Dovecote, where stewards demonstrated the revolving post and ladder used to collect the young birds.

The 17th Century Stables were open for visitors to admire the original timber work. Inside, visitors learnt about local history, with archaeological finds from excavations of Eastcote House on display, and publications on sale from both the Friends and the Local History Society. Stalls included refreshments, a raffle, crafts, as well as sales of plants, books and live music from Simply Grey.



## Future events

- **Sunday 21<sup>st</sup> April and Saturday 11<sup>th</sup> May:** Craft, Books and Plant Sales, Dovecote Open 10.00 a.m. – 1:00 p.m.
- **Saturday 1<sup>st</sup> June:** Summer Fair and Picnic 11.00 a.m. – 4:00 p.m.

Volunteer gardeners are always welcome. Please turn up at the Gardeners' Cabin (behind the walled garden) on a Tuesday or Thursday at 9:30 a.m. Tools and refreshments are provided!

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


Paul Lake

## The Sobell Bridge Club, Old Merchant Taylors Clubhouse



While we continue with our sessions on Thursday evening, Sunday evening and Saturday afternoon at the Michael Sobell Centre, Mount Vernon, we have now launched a Wednesday afternoon session at the Old Merchant Taylors Clubhouse in the grounds of Merchant Taylors School. Session at OMT starts at 1.30pm.

We recognised the demand for midweek daytime bridge and have secured this wonderful venue for our members and others who wish to join us.

 **As with our other sessions, all playing monies from OMT's are donated to the Inpatients Hospice at the Michael Sobell House, a cause that we have been committed to for over 30 years, raising in excess of £900k in the process!**

For more details, please contact Peter Cobden: [chairman@sobell-bridge.org.uk](mailto:chairman@sobell-bridge.org.uk)  
Tel: 07812 120671. Or visit: [www.sobell-bridge.org.uk](http://www.sobell-bridge.org.uk)





THE ARTS  
SOCIETY  
MOOR PARK

**JOIN US**

for  
MORNING LECTURES  
AFTERNOON LECTURES  
DAYS OF SPECIAL INTEREST  
FULL DAY EXCURSIONS  
UK AND OVERSEAS  
TOURS

Bust of Nefertiti, Neues Museum Berlin

details on our website:

**moorparkdfas.com**



**A graduate of UTC Heathrow's Digital Futures Programme is not only showing she has 'everything it takes to be an amazing engineer' but is also teaching her mentor to be better at his own job – an unforeseen benefit of taking on an apprentice!**

Ruqayyah Maqsood is one of three UTC Heathrow graduates who've taken apprenticeships at LMG as a Fire Emergency and Security Systems Tech's. on the school's Digital Futures Programme, a UK first for schools, teaching transferable skills needed for a career in data services. For Ruqayyah's Engineering BTEC, she began her Level 3 apprenticeship in September.

She says: "I'm so glad I went down the apprenticeship route because the university route wasn't really for me. This company stood out because I liked their ethos and, so far, it's going really well."

Her learning mentor Security Engineer Lead Matt Gilbert said: "Ruqayyah's energy and attitude to learning has made having her around a mutually beneficial experience." (Until now) "I have trouble letting things go and do too much myself because I don't trust others to meet the standards I expect. Because of Ruqayyah's attention to detail and desire to get things right, it's allowed me to delegate tasks I wouldn't normally trust to others."

Want a  
**FLEXIBLE BUSINESS**  
On a  
**SHOESTRING BUDGET?**

**A 31 Day Business Homestudy Course That  
ACTUALLY Works!**

- Step-by-step guide with assignments for 31 days
- 5 bonuses provided to fast track your success
- Easily get started on a shoestring budget
- Make money online with a simple & proven business model
- No age limit or prior experience required!



**100% Risk-Free  
Money-Back  
Guarantee**

**Featured on  
Best Selling list  
of top online  
platform!**

**Join others who have already started  
their venture!**

[rupen@InformationGoldrush.com](mailto:rupen@InformationGoldrush.com)  
[InformationGoldrush.com](http://InformationGoldrush.com)

**EDUCATE | EMPOWER | EARN**

**Fermented foods have been made since  $\sim$  7,000 BC in Asia and Eastern Europe.**

**Why are they now in the news?**

**Fermentation vs pickling – what’s the difference?**

Fermentation is when “friendly” bacteria and yeast pre-digest food and drinks, changing its taste, texture and increasing shelf life (hence historical use for preservation). That process produces a range of vitamins, organic acids and other health-promoting compounds. Pickling involves immersing ingredients in an acidic liquid (such as vinegar) to preserve them.



**Research is still unfolding, but here’s what is said about fermented foods currently.**

- **Source of “good” bacteria** that have a potential “probiotic effect”. This means they may help increase diversity to restore the balance of bacteria in your gut (your gut “microbiome” of around 40 trillion bacteria and microbes). This supports digestive health and can alleviate any digestive issues.
- **Linked to many potential benefits**, including increasing concentration of vitamins (such as B12), lowering blood pressure and supporting immunity.
- **Easier to digest**, thanks to the bacterial breakdown of some of the natural sugars and starches. For example, fermentation breaks down the lactose in milk to simpler sugars – glucose and galactose – this means if you are lactose intolerant, products like yogurt, kefir and certain cheeses may still be acceptable for you.
- **Appears to be associated with a lower risk of heart disease** when consumed as part of a healthy, balanced diet. The mechanisms at play may include improvements in cholesterol balance and modest reductions in blood pressure.
- **Improves the availability of nutrients.** This is because some natural compounds (like phytic acid found in legumes including soybeans) may inhibit our absorption of nutrients like iron and zinc. Fermentation *removes* these ‘anti-nutrients’, making their nutritional content easier for our bodies to access. Similar benefits have been seen with sourdough bread. Additionally, by boosting the beneficial bacteria in your gut, you may promote their ability to manufacture B vitamins and vitamin K.



- **May improve mood and behaviour.** Our understanding of the gut and how it impacts our mood and behaviour is fast evolving. Certain strains of probiotic bacteria may improve symptoms of anxiety and depression and influence the production of cortisol to minimise physical symptoms of stress.
- **May support immune function** and reduce your risk of upper respiratory infection.
- **May help with weight-loss.** The exact reasons aren't yet fully understood, but scientists believe that certain probiotics may have the ability to reduce the amount of fat your body absorbs from your diet.

## Are fermented foods and drinks safe for everyone?

Fermented foods are safe and beneficial for the majority of people, but some individuals, such as those with a histamine intolerance, may experience side effects. Also, if fermented foods are new to you or you are not used to a fibre-rich diet, you may experience symptoms such as bloating and flatulence.

Introducing fermented foods to someone who is critically ill or immune-compromised should be done with caution and under the guidance of a GP or other healthcare professional.

**Making your own fermented food is easy and can be fun, with no cooking involved.** Not only is it cheaper, it allows your own choice of ingredients and spices, re-using jars and bottles (rather than buying new ones which are then discarded to recycling). And they can make unique gifts. Always follow recipes, be sure to use sterile equipment, and follow fermentation times and temperatures carefully.

## Fermented food and drinks to try (enjoy them raw as cooking can remove the benefits):

Yoghurts containing live, active cultures listed in the ingredients list.

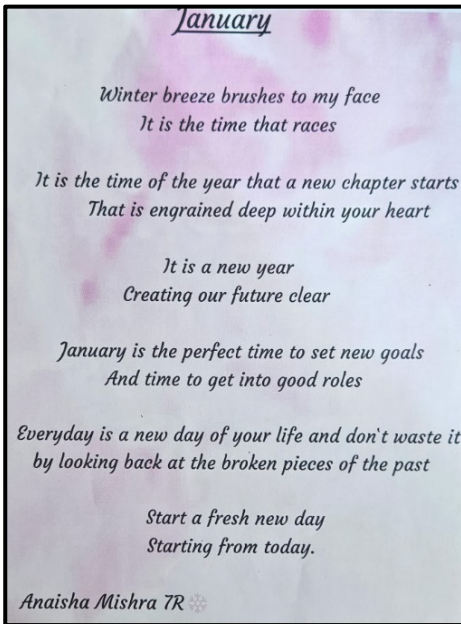
- Miso paste (instead of stock cubes) or Natto whole soybeans (traditionally added to rice and soups in Japanese recipes), watch out for the salt though!
- Kefir (instead of milkshakes) or Kombucha drinks
- Sourdough bread instead of plain white bread
- Sauerkraut and spicy Kimchi
- Fermented dry curd/cottage cheese
- Unpasteurised apple cider vinegar.



**It is recommended that we eat 30 different types of food per week, so perhaps now is the time to include some fermented foods in our diet. Starting young is also said to be good for a child's gut development.**

*F. Oodey*

Students at Northwood School have had two wonderful opportunities this term to put their creativity to work.

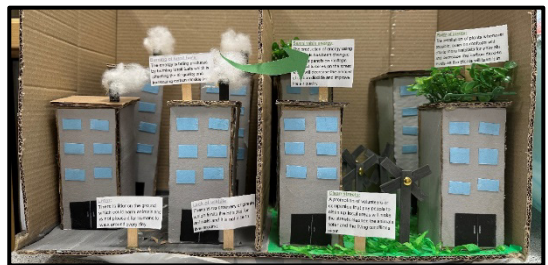


Our inaugural poet laureate was awarded to Anaisha in Year 7 and Mia in Year 9 was one of the winners of our annual Extended Learning Challenge with her project on Global warming.

Here you can see pictures of their work.

Our Instagram and twitter feeds show many more examples of the many enriching experiences our school offers.

Mehul Shah - Headteacher



## Lesley Crowcroft

Many of you will know Lesley from the excellent work she did securing the successful £1m lottery bid and a further £800k from the Council, to restore Eastcote House Gardens (EHG).

I first met Lesley shortly before I became Chairman of NHRA. The day after I was elected, she phoned me to offer her services as a specialist Conservation and Planning Officer, to which I readily agreed. Her knowledge of Planning Law was second-to-none and, whilst she stood down from that role 4-5 years ago, she was always happy to give advice on any complex planning application.

She was a tenacious visionary who will be missed by everyone who knew her.

Rest in Peace Lesley.



## For care you can rely on, choose **Erskine Hall Care Home**

We're here to help make your search for a care home easier. In our home, you can expect a safe, welcoming environment, where we encourage independence while offering a helping hand. We get to know everyone, offer a range of sociable activities, and most of all, a place to call home.

Call us for advice on care today

**01923 886 305**

[bupa.co.uk/erskin-hall](http://bupa.co.uk/erskin-hall)

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

**Erskine Hall Care Home** Watford Road, Northwood HA6 3PA



[carehome.co.uk](http://carehome.co.uk)  
Review Score  
80 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.



All types of funding welcome



No health insurance needed



FEB24 CS 01809



# St John's School

Pupils have been collecting food for the 'City Harvest' Charity. In the autumn, we partnered with the charity 'City Harvest.' This amazing charity works hard to feed families in London who may go hungry, with food that would otherwise go to waste.

It's a huge operation and there are vans all over London delivering food.

At Harvest time, boys collected 426kg of store cupboard food, enough to make 1,103 meals. A seniors team packed all our donations onto the van.

Before Christmas, students made a tinned food collection. Younger

boys donated chocolate treats. The CH van drove away full to the brim with food to make 856 Christmas meals.



**We were very proud when Sarah Calcutt, CEO of 'City Harvest', visited us with the exciting news that St John's School was officially the top donor to City Harvest last year.**

## Paul Akers

Paul was a stalwart of both 1st Northwood Scouts and the Residents' Association as a Committee Member and Road Steward. Many a time he would phone me with the opening line "Chairman, Paul Akers here..." He was always willing to be involved and his friendly manner and willingness meant he was very able to recruit members. In recent years his health deteriorated, and he had to step back.

He will sorely be missed by all those who knew him.

Rest in Peace Paul.

## Advertisers in this Issue

	Page		Page
Copy Date	60	Mr Glaze (window repairs)	18
Acer Healthcare (Help at home)	33	Namaste Lounge	2
Barfia (Vegetarian Indian food)	80	Northwood Auto Services	43
Calm Mind Hypnotherapy	45	Northwood Car Sales	16
Capital Finance Services	11	Northwood Hills Service Station	12
Carters Pharmacy & Post Office	6	Northwood Roofing	52
Doctor's Lounge (Private GP Clinic)	29	Okhai (Accountants)	63
E Caldwell Roofing	18	Pinner Hill Golf Club (& Venue Hire)	35
Erskine Hall (BUPA Care Home)	75	Pinner Paving and Resin	25
Feathered Friendz (Wild bird food)	13	Red Peony (Herbal massage)	60
Ferndown Motors (Servicing, Repairs)	16	Reddiford School	63
Fit Club (Gym & Personal Training)	4	Robert Leatherby (Will writer)	56
Footwell (Foot & Nail Care at home)	47	Ross, Sharmans & Carter Pharmacies	22
Greystoke Builders	44	Sahibs Indian Restaurant	67
Happy Tree Nursery	40/41	Shah Private Physiotherapy at home	36
Information Goldrush (Business Setup)	71	Silver Glass Double Glazing & Doors	21
J Edmonds (Plumbing & Heating)	79	Stannard Pressure Wash	51
Kitchen Consultancy	55	T A Ellement (Funeral Directors)	39
Little and Lampert Pianos	61	Tollumi Estates (Agents & Mgmt)	9
LSB Window Cleaning	18	Unique Dry Cleaners & Repairs	67
Moor Park Arts Society	70	Zeenat Suites (Events & Catering)	61

If you would like to advertise in the next issue of this magazine, please contact [johnchoopani@gmail.com](mailto:johnchoopani@gmail.com)



## Mind the gaps – use ground-cover!

*Bare soil means that weeds can grow (and show) more easily!*

Even without the weeds, the soil just looks a lifeless dull brown when it's rained, or dry and cracked when it hasn't rained. Instead, how about ground cover plants? (Gardener, Joe Swift thinks "flowering carpet" sounds nicer.) These plants grow closely together and cover the bare earth, suppressing unwanted plants (even if they did grow, they won't show).

Wildlife will love it too, providing important protection in hidden corridors to safely move around.

Many of these grow well in spring (such as woodland plants, which grow in shady places) and bring a welcome touch of greenery and even flowers at this burgeoning time of year. Many are evergreen. Others are slug resistant, like the beautiful silver leaved Brunnera 'Mr Morse' (Siberian bugloss). Perfect!



# Current Committee Members

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

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

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



## Are you a member of the NHRA?

Membership costs from just £3 per year per household (additional contributions are welcome).

Please join or renew your subscription today to help us to protect and improve the amenities of Northwood Hills and ensures you get our two magazines per year.

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

- On-line:** HSBC Bank Sort code 40-36-21, A/c no. 71531417 and please reference your name, road and house number.
- Via our website:** at [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk) click "Join" link on the home page and fill in your details.
- To your Road Steward:** Simply complete this form and pass to your Road Steward, together with your payment in an envelope.
- Local Drop-off:** Complete this form and place in an envelope with your donation. Write "NHRA" on it and deliver to one of the following places:

**Ross Pharmacy**, 28 Joel Street, Northwood Hills  
**Sharmans Pharmacy**, Maxwell Road, Northwood  
**Carter Chemist**, 114 High Street, Old Northwood  
**Carters Pharmacy**, 41 Salisbury Road, Eastcote

Name: .....

Address: .....

.....Postcode.....

Email (optional): .....

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



**J EDMONDS**

# Plumbing & Heating

- 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](mailto:JEdmondsplumbing@outlook.com)**

# LUNCH BOX

## LUNCH TIME TIFFIN SERVICE

(COLLECTION OR DELIVERED VIA DELIVEROO\*)

AVAILABLE  
FROM  
12:30-16:30  
ONLY

£6.95



01923 823 485  
INFO@SWAADELICIOUS.COM  
19 JOEL STREET, NORTHWOOD HILLS, HA6 1NU

2X CURRYS 1X DAAL/KADI  
3X CHAPATTIS 1X RICE 1X SALAD

FOR MORE INFORMATION ABOUT THE CURRY OF THE DAY PLEASE CALL US

\*DELIVEROO DELIVERY CHARGE APPLY