

THE HILLS ECHO

THE NEWSLETTER OF THE
NORTHWOOD HILLS RESIDENTS ASSOCIATION



Northwood Hills Library has re-opened
See page 22



THE UNIVERSITY OF THE THIRD AGE

U3A comes to Northwood Hills
See Page 31

AUTUMN
2011

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From The Chairman



Welcome to the Autumn 2011 edition of The Hills Echo. Over the last 6 months we have been working on a number of projects including planning for our Christmas events and how to mark the Queen's Diamond Jubilee next year.

In May we held our annual AGM and were delighted that Nick Hurd MP, Richard Barnes Deputy Mayor for London, and Julian Worker, Borough Police Commander were all able to attend and speak. A number of questions relating to the size and location of bus stops in Joel Street (and other roads) were tabled and whilst the expected answers were received from TFL we remain of the opinion that the marked bus cages are far too long; they reduce the number of available parking spaces and in some cases need to be moved to a different location.

Talking of parking, the Residents Association is supporting a petition which has now been presented to the Council requesting that the echelon parking (the diagonal parking lines) in Joel Street be re-painted at a different angle to make it easier for drivers to park.

You may have read in the Gazette that Hillingdon Council have set aside a sum of £400k to improve Joel Street and while this is very welcomed we are now looking to see if further grants can be obtained from different sources which, if successful, would mean a lot more could be done to improve the area and encourage more sustainable shops and businesses into the area. Where possible, I urge you to use the shops and businesses. If we don't, over time we will lose them, which I am sure none of us wish to happen.

The Council have now appointed a project manager, responsible for ensuring that the Children's Playground area between Wiltshire Lane and Fore Street is reinstated and we shall shortly be inviting residents in the area to a meeting to discuss the design proposals. The Council are currently reviewing a number of quotations received from the equipment suppliers which will ensure 'best value for money'.

In June we held a meeting with a number of Stakeholder groups to discuss several issues including:

- Identification of the assets of Northwood Hills and things that residents enjoy and benefit from
- Identification of the key challenges the community faces
- Creative ideas for projects that the community can work on together.

A number of items were identified, and now the summer holiday season is over we will be able to get started.

Finally I would be pleased if you would mark your diaries to attend the grand switch-on of the Christmas Lights on Saturday 19th November. Further details will be advertised in the near future but I am delighted to advise that St John's school have already agreed to sponsor the Christmas tree and the Namaste Lounge will sponsor the tree lights. Thank you to both for their kind generosity and community spirit which is welcomed.

Andrew Riley

New Takeaway in Northwood



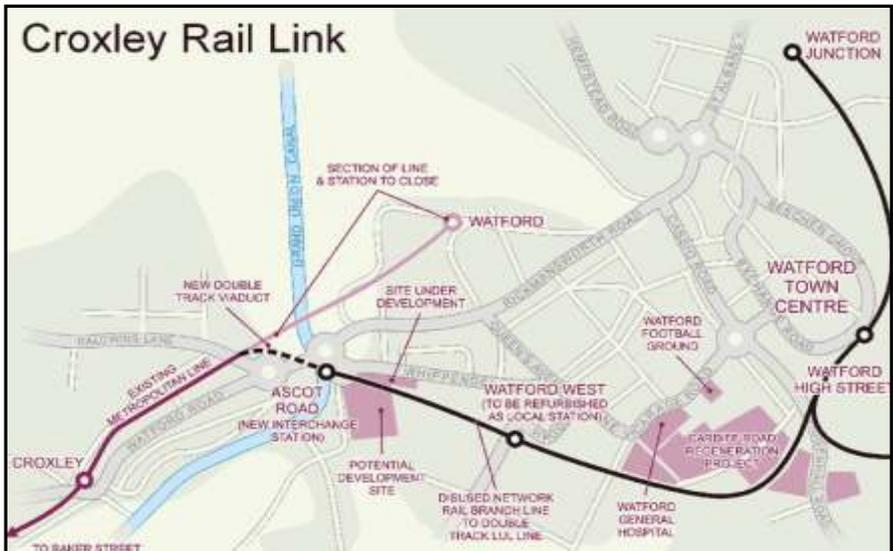
As new trains are introduced on to the Met Line, the old rolling stock is sent for scrap - by road, through Northwood

Met Line Development

A public enquiry finished in August, which addressed the proposed changes to the Met Line.

The proposal is to close the existing Watford Underground station, which is out of the town centre, and reroute the line from Croxley through two new stations, to Watford High Street and Watford Junction.

The project is sponsored by TfL and Herts County Council, and if approved, could be operational by 2016.



TWO WARNINGS from the Met Police

West Ruislip SNT warns about bogus "Window Cleaners" wanting to collect money for window cleaning that has NOT been done.

In Ruislip an elderly lady was told by a man that he had washed her windows and needed payment. He claimed to be the son of the regular window cleaner and was collecting the money on behalf of his dad who was away. £14 was taken from the lady.

The same thing happened to another elderly lady about an hour later. The same amount of money was taken. The lady knew the windows hadn't been cleaned, but grew frightened when the man became aggressive and threatening.

Please report any incident of this nature to your local SNT who will take the appropriate action.

Police are warning members of the public about the circulation of a leaflet which is being posted through letter boxes. The leaflet advertises services where a business will value and purchase antiques without charging for the valuations.

The company's name on the leaflet is Burlington Galleries, 6 The Heights, Dyke Road Avenue, Westdene, Brighton BN1 5JX.

Police believe this to be a cover for a scam preying on elderly victims whereby the perpetrators con their way into vulnerable residents' homes and steal high value goods, antiques and jewellery.

The advice from your local team is to avoid this company or any individuals connected with it at all costs and do not believe any information received about them. We believe this to be connected to a scam last year in which an 88 year old lady had valuable jewellery stolen after inviting someone in to her house to value her belongings.

Mind The Moving Goalposts

The 'STOP HS2' petition protesting against the High Speed rail link to Birmingham, which was signed by more than 100,000 people, has been deemed invalid by the Government as they will now only accept petitions through their own e-mail site.

This seriously disadvantages the elderly and the less wealthy residents who do not have access to a computer. This is grossly unfair and in an age of transparency is hardly democratic!

The fight is not over and if you haven't done so and have access to a computer we urge you to sign the e-petition against HS2 which can be found at;

<http://epetitions.direct.gov.uk/petitions/353>

If you don't have access to a computer we urge you to write to your MP to remind them that HS2 is a top priority for them to deal with.

Northwood Hills United Reformed Church

The Joel Street church is a hive of activity every day of the week, with church and hirers offering **activities of all kinds for all age groups**. Please see the notice boards for details.

'Contact' is a social group that meets fortnightly for tea and a chat, with speakers on a range of topics.

The **Table Tennis** club meets on alternate Monday evenings, and welcomes players of all ages and abilities.

Charity Coffee Mornings are held on the 2nd Saturday each month from 10 am to 12 noon, offering freshly brewed coffee, cakes and a sales table with Books, DVDs and other items.

October 8th -	Encephalitis Society
November 12th -	Shooting Stars
December 10th -	Watford New Hope Trust
January 14th 2012 -	Commitment for Life
February 11th -	Dogs Trust, Harefield
March 10th -	RAFT, Mount Vernon

Christmas at Northwood Hills URC:-

December 7 th -	Service of Remembering at 2.30pm A special time to remember those no longer with us.
December 18 th -	Carols by Candlelight at 6.30pm, followed by coffee and mince pies
Christmas Eve -	Pastorate Communion Service at 11.30pm
Christmas Day -	Pastorate Service at St Andrew's Church, Eastcote at 10.30am

Coming soon -

Northwood Live at Home Scheme

is hoping start a 'Friendship Club' on the premises.

Parent and Baby/Toddler group -

We would like to offer room for a regular meeting if anyone would like to organise one.

For further information about any activities on the premises please contact:

Fiona Gauden - 07935 094104 or email: fionagauden.urb@sky.com

A TRIBUTE TO PC MALCOLM RUDDOCK

I was extremely sorry to read in the Gazette of the premature death of Malcolm Ruddock ("The nicest policeman", Rickmansworth and Northwood Gazette, 4th April). He was our policeman in Northwood Hills prior to his transfer to Northwood.

Years ago, when I was chairman of Northwood Hills Residents Association, I found him very helpful. He attended our committee meetings and other functions. At our annual road steward dinners, he made a delightful curry.

I often saw him on his beat, riding his bicycle around the area. On one occasion he noticed the stream behind Haydon Drive was particularly blocked with rubbish, such as old bicycle frames. Malcolm immediately gathered a group of youths together, who quickly cleared the blockage.

At the time we had a lot of trouble with young vandals, particularly around the Health Centre, and we found Malcolm to be very helpful. His particular interest was in helping young people, and he was very active in the Northwood Boys Club.

During the time Malcolm was with us in Northwood Hills the police were responsible for issuing parking fine tickets. Malcolm's policy, however, providing the offence was not too serious, was to put a warning note on the windscreen, and only fine on a second offence. He had a very caring attitude towards residents.

Lishman Easby



NHRA Chairman Andrew Riley presents the prize cheque to Fiona Rich, winner of the 2011 NHRA photo competition



Fiona is not the only talented member of the Rich family. **James Rich**, 12, from Harlyn Drive has had an exciting first year at Watford Grammar School for Boys and, in particular, with his singing voice. The son of two members of the English National Opera Chorus, James has recently won first prize in the Lower Vocal Class in the school's annual Music Competition. A member of Pinner Parish Church choir, he has also won the Royal School of Church Music's Dean's Award which he received at St Paul's Cathedral at the end of last year. His vocal skills have also seen him as a member of the childrens' chorus in five different productions at English National Opera. A career in music looms large for this young treble then? "No thanks," says James, "I want to be a professional rugby player!"

LOOK OUT - There are thieves about

Hello fellow residents.

My home was burgled recently. The police said that they were amateurs and opportunist; I don't agree with their analysis. They had come fully prepared. They knew we would be out at that time as it was my mother in law's funeral. They wore gloves and they came looking for one thing, gold. And they found it.

They were not interested in any thing electronic, even the Kindle, although it is very light to take away.

I am writing this to warn all residents and specially Asian homes that there are gangs watching and targeting Asian homes as they know they would find gold jewellery there. I don't mourn the value of my lost jewellery, but each piece had memories attached to it that can never be replaced. So please protect your property and valuables better than I did. We were always very careful and cautious about security and apart from having an alarm we did everything that the police recommend; still we got caught out.

I don't want this to happen to any one else

Anila Hashim

Welcome Back



Many local residents will be pleased to see the return of Alfie Ramji to his shoe repair shop, beside the station.

Alfie was seriously injured when a car mounted the pavement outside the shop, and was in hospital for a lengthy period, after losing a leg.

Now, four and a half years later, and showing amazing courage, Alfie is back in the shop waiting to serve customers old and new.

Northwood School : 'Good, with outstanding features'

OFSTED

The continuing story of exceptional improvement at Northwood School received official endorsement this week after the publication of a glowing OFSTED report, which praised the school for its results, student behaviour and an 'exceptionally caring and secure environment where every student is empowered to succeed'. Many features of the school are judged to be 'outstanding', including the effectiveness of care, guidance and support, the extent to which students feel safe, and the effectiveness of engagement with parents, with the Principal and staff commended for 'transforming the school'.

Principal Graeme Atkins was quick to give credit to everyone involved at the school in Potter Street, Northwood Hills. "This report is just reward for the very hard work that staff, students and governors have put in over the past two years in order to improve the school. They should be justly proud that Northwood is now seen as good with outstanding features." Mr Atkins added, "Last month our GCSE students attained the best results in the school's history, with 82% gaining 5 or more A*-C grades, which reinforces the very positive judgements in the Ofsted report".

In the report, Lead Inspector John Carnaghan commented: "The leadership and management have made rapid improvements to the school in the last two years and the school now provides an exceptionally caring and secure environment where every student is empowered to succeed". He went on to say: "Students receive exceptional care because much of what is provided is personalised to meet their needs. The way the school promotes students' learning at an individual level has galvanised their achievement".

Mr Atkins said "I am particularly pleased that Ofsted recognise that Northwood School has a very bright future, having judged our capacity to sustain the improvement to be outstanding. This, coupled with the fact that we are a small, very caring school where students achieve well, will appeal very strongly to parents looking for a secondary place for their child".

Northwood's Open Evening for parents looking for a secondary place for September 2012 is on Wednesday 28th September at 7.00 p.m. Parents who wish to visit the school separately should contact Mrs Julie Cooper on 01923 836363 to arrange an appointment.



Mr Atkins with some Northwood students

Make the most of your 10-minute GP appointment

In general, a GP appointment is scheduled to last no more than 10 minutes. So here is a short guide to help you make the most of those 10 minutes.

Your GP will deal with you in the strictest confidence so don't be shy! Feel free to talk about anything that concerns you – however silly or non-medical it may seem. In particular please mention any worries early on and not when you are just about to leave.



If you have more than one problem, then mention them all at the beginning- if necessary make a short list in order of priority. It is good to mention all important symptoms as this will help your GP determine whether your problems are from separate underlying medical conditions or from a common related problem. For example back pains followed by tummy pains could be from indigestion due to painkillers taken for the back pain.

As you only have 10 minutes, it may be better to help your doctor determine your main problem to focus in detail and perhaps leave other unrelated problems for a future appointment. If you suffer from long-term conditions such as raised blood pressure, heart or lung problem and diabetes, your GP may be running nurse-led clinics where your condition can be monitored regularly.

On your appointment day

It will help your doctor if you approach your appointment in the following way:

1. Describe the main concerns or symptoms that are bothering you.
2. Describe when the problems started, how they have progressed, how they interfere with your life and what you have done to make them better. Also mention what really bothers you about the problems - is it their severity, or the worry that they may signify something serious, or whatever...
3. Your doctor will want to know whether you are taking all your medicines as prescribed, whether you are taking or receiving any other medicines or treatments such as complimentary therapy and medicine.
4. Avoid requesting repeat scripts or getting your GP to complete detailed forms during the consultation as this wastes your valuable consultation time. Most GPs have repeat script systems.
5. Things to consider asking your GP:
 - a. *Are all my medications necessary?*
Some medications are absolutely essential in order to control disease. However some medicines are given only to control symptoms and in this case your GP could reduce or even stop them without any harm.
 - b. *Are my drug allergies or side effects documented on my records?*
Check that your computerised records have your side effects or allergies recorded in the right place. This is important as this information will need to be passed on to any health professional you are referred to.

Be a patient patient

If your GP is running late please try to understand as, with the best of intentions, all patients cannot be dealt within 10 minutes. For example for very ill patients requiring emergency admission, your GP will have to start emergency treatment, arrange admission by calling the hospital, and make arrangements with the patient and their family regarding their admission.

Dr Sabby Kant [GP] Mountwood Surgery

A Great Day Out in Northwood Hills!

A **weekly Friendship Group** is being set up in Northwood Hills to provide lunch, activities, gentle exercise and lots of opportunity to socialize.

If you are over 60 or have particular needs and would like to **become a member** contact Northwood Live At Home Scheme on 01923 842494.

If you have a **few free hours** a week and would like to help organizing this day or driving members to and from it, contact Northwood Live At Home Scheme on 01923 842494.

The Group will run on Mondays from autumn 2011 in a Northwood Hills location. A meeting will start at 10.30 with coffee, then some information about local facilities and a gentle activity session. After a light nutritious lunch there will be some organized games to suit members' wishes, maybe scrabble or a board game, before departure about 3pm. This provides those living in the Northwood Hills area with an opportunity to meet other residents and enjoy socializing in a pleasant relaxed atmosphere. This is a new venture and the wishes of those coming to it will guide how it develops.

So join now and help shape the Group into your most enjoyable day of the week!

Members who are able to should use Dial-a Ride for transport. Others who have particular transport needs will be given lifts by local approved volunteers.

So if you have a few free hours a week and can drive members to and from these meetings, your help would be very much appreciated. This would assist in ensuring the safe transport of older people with difficulties such as physical limits or short term memory loss. A real help to people who might otherwise have to stay alone in their own homes all day. Travel expenses are refunded to volunteers.

The Group is run by Northwood Live at Home Scheme, St Johns United Reformed Church, Hallowell Road, Northwood, Middlesex, HA6 1DN. Northwood Live At Home is part of Methodist Homes for the Aged Charity No: 1083995 part of MHA care group. Contact the office for more information on the Scheme and its many activities for Northwood Hills residents.

The cost of a day meeting is £9 including lunch. If you only wish to come for half a day including lunch it is £6. Reserve your place in advance by ringing 01923 842494.

And if you would like to help the Scheme but are not able to volunteer, how about becoming a **Friend of Northwood Live At Home Scheme**? Contact our office on 01923 842494 or see the NRA website www.northwoodresidents.co.uk

At a bus station, all buses stop.
At a train station, all trains stop.
On my desk, there is a work station.....

WHERE ARE YOU NOW ?

The photo below was taken in 1945, at Emmanuel Infants School, and pretty well every one in the photo went on to Pinner Road Juniors.

Tony Carmedy (*extreme right, front row*) who now lives in Lincolnshire, is trying to identify and locate his old school friends. So far he has come up with the following:-

The teacher shown is Miss Wills. There was another teacher, Mrs. Carr, and a playground supervisor Mrs. Young.

Some of the children's names are possibly misspelt – we are talking 65 years ago!

- Back row.** ? Naseby (girl), Billy Smith, Edmond Townsend and Malcolm Gaudy.
- 2nd back.** Jill Suitor, Christine Lofty, Leslie Simms, ? Power (boy), ? Poulton (boy), Dennis Ward (or Weaver)
- 3rd back.** Rip Kirby, Michael Lawyer, Alan Towers, Jill Brooks, Edward Stanley, (almost hidden), David Brill, Dennis Channel and John Ricketts.
- Front row.** Sylvia Stevens, Josephine Erswell, Alan Mears and Tony Carmedy.

If you can put a name to any of these children, (some of whom now probably have grandchildren of their own) please send details to The Editor, who will pass them on to Tony.

Could this lead to a reunion party ?





!9 July 2011

Opening ceremony of the refurbished library by Councillor Henry Higgins, in the presence of the Mayor, Councillor Mary O'Connor, Leader of the Council Ray Puddifoot, Ward Councillors Andrew Retter and Jonathan Bianco, and several residents and library users.

Northwood Hills Library

01895 556460

Opening hours:

Monday, Tuesday, Wednesday	9 am – 6 pm
Thursday	9 am – 7 pm
Friday	9 am – 5.30 pm
Saturday	9 am – 4 pm

The library re-opened on 19th July after six months closure for refurbishment. It has been enlarged to include a coffee bar area with plenty of seating, and has a much more spacious feel to it.

Over the summer we held workshops, craft and story sessions for primary age children, and nearly 300 children took part in the Summer Reading Challenge, a scheme to encourage children to read by visiting the library 6 times during the holidays, receiving small gifts on each visit and a certificate on completion.

From mid September our regular events recommence, with fortnightly storytimes for under 5 year olds on Tuesday mornings, and a monthly coffee morning for our older readers usually on the 3rd Thursday of the month.

The coffee morning on **October 20th** will have the theme of 'Reminiscences of the Local Area', prompted by old photographs and maps.

On **January 19th** we have another reminiscence session called 'Life's Little Pleasures'. This will focus on the 1920s to 1950s, with one of the staff from the Local Studies Library in Uxbridge bringing along items from the period.

We have 2 new services starting this autumn; someone from Age UK will be holding drop-in advice sessions during the Thursday coffee mornings, and on Mondays JGA (from Eastcote) are holding free advice sessions about work, learning and training.

We also hope to have the Safer Neighbourhood Team holding regular surgeries within the library.

As before, we have a noticeboard displaying information about local events and groups, so please drop in to find out what is going on in the area.

We are dependent on you providing us with details of local events however, so please remember to let us know when something is happening.

Gwynneth Bushnell
Branch Manager
Northwood Hills Library

Among all the changes to the Library, the one thing that remains unchanged is the staff – our librarians are as friendly, knowledgeable and helpful as ever. Welcome back to Northwood Hills; we missed you.

Editor

The Iron Bridge, Northwood

It cannot have escaped your notice that the “Iron Bridge”, which was built in 1961, and is therefore exactly 50 years old, is undergoing some very extensive refurbishment work. Work is scheduled to go on for a few weeks yet and when completed we will have a bridge fit for purpose for many years to come. Originally, a much narrower brick bridge built in 1886 carried the railway over the Rickmansworth Road. All the many thousands of bricks used in the build of the original bridge were manufactured locally.



All you Need to Know about Government Bureaucracy:

Pythagorean theorem:	24 words.
Lord's prayer:.....	66 words.
Archimedes' Principle:	67 words.
10 Commandments:	179 words.
Gettysburg address:	286 words.
US Declaration of Independence :	1,300 words.
US Constitution with all 27 Amendments:	7,818 words.
EU regulations on the sale of cabbage:.....	26,911 words.

SORT OF PUTS THINGS INTO PROPER PERSPECTIVE,
DOESN'T IT?

Northwood Bowls Club

Northwood Bowls Club has enjoyed another very enjoyable season despite the vagaries of the British weather. There has been an excellent mix of friendly 'roll-ups' each week, combined with matches against other clubs both during the week and at weekends. The Ladies Club celebrated their 50th anniversary in great style and with fantastic catering. The Men presented them with six sets of commemorative cake stands which have been put to good use! Various friendly interclub matches have been held and the green well used.



Both the Men and the Ladies have benefited from having new members; some as a result of the 'Open Days' held in May for people to try bowling for the first time, and some who have joined from other clubs. Early in September the finals of the internal club competitions were held. A major competitive success has been the Men winning the Harrow and District Veterans (over 60s) League in their division.

The outdoor season ends in September but many members will play indoors at various clubs from October to April, whilst others will be looking forward to the next outdoor season starting in May.

Tony Smith,
NBC and NADCA



Leafy Northwood Hills takes on a new meaning....

At the NHRA committee meeting in June, the police reported on two unusual discoveries that had been uncovered in Northwood Hills. The first one was a cannabis factory that had been raided a few weeks before, but not in a disused factory or run down warehouse somewhere, it was in a smart, normal, 3 bed-roomed semi in Raisins Hill!

There was no initial reason to suspect anything criminal was going on behind closed doors, but the police had had their suspicions, and on entering the property, there was virtually no furniture, no one living there and a house full of cannabis plants! It was quite a factory, with the smallest plants in the smallest rooms and the tallest plants lined up in rows in the loft.

On closer inspection, it was realized that every curtain in the house had been drawn since it was let and that most windows had been left open day and night, whatever the weather.

Then, another rented house in Cranbourne Road was raided a couple of weeks later, and was found to be in use in exactly the same way. Similarly, it had also been let out 8 months previously and had the same tell tale signs of the drawn curtains and open windows.

So, how do you spot if this is happening in your road? These are the signs:

- Newly rented property but with no signs of regular comings and goings.
- Every curtain closed and most windows open day and night, in all weather.
- Heat signature on the roof, even in very cold weather; the roof will not be frosty as the house will be kept very warm to encourage the plants to grow.
- Trailing cables and electricity changes. The criminals may cut into a neighbours supply, causing their utilities bill to rocket sky high. Cables may be run from nearby sheds/garages that have outside power, without the owner realizing.
- Well-maintained garden, but the only person ever to stay at the property for any length of time is the man doing the gardening.

And what of the vegetation, well,
that was cleared out by the Council.....



Maxine Goswell

NORTHWOOD & PINNER COTTAGE HOSPITAL



*Heili Helder writes from
The Netherlands*

As a young girl in the seventies, I worked as an auxiliary nurse at Northwood, Pinner and District Hospital. I have fond memories of my time there and kept in contact with many of the staff for years.

This year I visited the place with a friend and saw the state it is in. It truly broke my heart, for this is an historical building, a war memorial that still means a lot to the community.

Instead of letting it wither away like now, it could be put to some good use. I suggest that the building is renovated to house a history of nursing during the war, a combined cottage hospital and war memorial museum. It is important to save the old and historical important buildings that mean something to the local community.

I am looking for support for this idea. It's a lovely old building representing an era of locality, sense of community and small scale, things we miss nowadays.

I have started a facebook page to try and save the cottage hospital, but as I don't live in the UK, it's hard for me to address the people involved directly

This is the link to the facebook page, please share it if you will
<http://www.facebook.com/#!/pages/Save-Northwood-and-Pinner-Cottage-Hospital-it-is-a-war-memorial-/187610607962351?sk=info>

Comment by NHRA Chairman Andrew Riley

Nick Hurd, our member of of Parliament, our three local Councillors and I are all on the case. NHS funding is currently under review by central Government and this may result in a decision to make money available to refurbish the hospital being devolved to a local level.

While acknowledging that the hospital is a War memorial, paid for by public donations, there is a major problem with the current building in that;

- 1) There is a lot of asbestos within the structure of the building*
- 2) The design of the building does not make it easy to alter to modern day requirements.*

You are probably aware that, the Northwood Health Centre is located to the rear of the hospital site. These buildings are also not user friendly and as such one suggestion is to consider replacing the existing hospital building with a combined state of the Art hospital and health centre. If built the existing Health Centre site could then be sold for housing development and the funds raised used to fund the new hospital building.

I stress this is one of several ideas and that no decisions in this respect have been made and indeed would not be made without public consultation.

Still Looking Over My Shoulder

Just to bring you up to date about the parking arrangements in Joel Street.

Following my article in the last ECHO, very many people contacted me to say that they agreed with my view that angled parking is inconvenient and dangerous.

Encouraged by this strength of feeling, I placed a petition in a few of the local shops closest to the angled parking bays, and after just a couple of weeks, the petition had been signed by over four hundred people.

The petition has been sent to Hillingdon Council, and I am now waiting to be given a date to meet with the cabinet member to discuss our concerns.

I will keep you informed of the outcome,

Meanwhile, please continue to park safely

Alan Lester

Northwood and District U3A

There have been U3As in this area for 20 or more years, but none specific to Northwood and District.

On April 6th officials from Harrow and Hillingdon U3As arranged a meeting at the Fairfield Hall in Northwood Hills to consider starting a new U3A for the area. Almost 300 people attended the meeting, and membership is now well over 300.

As well as monthly meetings with a speaker and refreshments, the annual membership fee of £30 fee includes a quarterly newsletter and entitles members to take part in any of the interest groups already in place – or to start one of their own.

There are currently over 25 groups on offer such as walks, bridge, architecture, history, music, Indian music, Greek, computer skills, and many more. Where appropriate most groups are held in members' homes, but hall hire will be paid for one meeting per month if necessary.

Monthly Meetings are held on the first Wednesday morning of the month at the Fairfield Hall. The only parking available is for Blue Badge holders by prior arrangement; contact 01923 450808. The area is well served by public transport.

For details about membership send a large self-addressed envelope to The Membership Secretary 45 Ivy House Road, Ickenham UB10 8NG

Our website is <http://u3asiteb.org.uk/u3asites/code/u3asite.php?site=343&page=1>

Future Speakers are:

October 5th Eileen Bowlt. An aspect of the History of Northwood

November 2nd Colin Oakes. Ten Years in the Grotto (as a Santa)

December 7th Mel Rees Writer and Humourist. My Family and Other Setbacks.

We aim to have a mixture of the serious/educational and the not so serious.



Northwood & District Community Association

Our programme for the year restarted in September and all our fifteen sections welcome any newcomers.

We have sections to keep the brain going (Whist, Bridge, Scrabble, German/Anglo Group, Board Games) as well as sections to keep the body moving (Keep Fit for the over 50's, Line Dancing, Tennis, Badminton, Walking for Pleasure, Table Tennis, Yoga, Short Mat Bowls and Rambling) and companionship (Sunday Singles, Ploughman lunches and Quiz Suppers) – so if you are interested please contact me on the number below.

Our Anglo/German group are holding a mini German Christmas Market on November 15th at the Oasis Lounge in the Methodist Church 2.45 to 4.15 p.m. So if you want to come along and buy some early Christmas Presents, Christmas Decorations, Cards etc. and taste some lovely cakes, make a note of the date in your diary now.



We were interested to see in the local paper in August that the old Dining Club Building in the Old High Street is being demolished and being replaced by a Community Building with Flats above, which can only be an advantage for our area, and look forward to developments.

Pat Dunhill 01923 836346

Note - Short Mat Bowls are held on Monday afternoons, and Tuesday and Thursday evenings in Emmanuel Church Hall. There is room for a wide range of bowling abilities; new bowlers and beginners are welcome, friendly tuition is available. All bowls and equipment are provided, no special clothing is needed.

STREET PARTY

Remember the Royal Wedding, back in April ?

Some seventy residents of Lichfield, Winchester, Colchester and York Roads joined together in a Street Party brilliantly organised by Marion and Gerald Paterson, and supported by URC and members of NHRA.



Northwood Hills, Our Town, Our Home, Our Life

The Northwood Hills Chamber of Commerce (NHCC)

was set up in 2009, for the benefit of both local businesses and residents alike. The NHCC has 4 active chamber members which, along with 12 paid members, have started to build a successful network. Steve Allen of Allen Brothers Menswear and Shanti Panchani of Intoto Kitchens, hold positions of Chairman and Vice-Chairman respectively. Their goal is to increase membership for the chamber and assist with any questions and concerns held by local people.



Then aim of the NHCC is to promote local businesses within the community and provide a local source of products and services. Over the last 18 months the NHCC has had a number of successful fun days, which has encouraged local people as well as visitors to enjoy everything that Northwood Hills has to offer. We will continue to drive new business to our High Street, and further develop our area. All suggestions' from both business and residents are always welcome.

One of our forthcoming activities is to secure funding from the Mayor's Office, to help us improve the appearance and reputation of Northwood Hills . We are speaking to Councillors and our Local MP, Nick Hurd, to get their support in our initiatives. The NHCC is working towards greater security, with the use of CCTV, along with increased police presence at busy times. We are looking at ways in which to redecorate the street furniture to make it more appealing. Some of the street furniture is looking old and tired. This gives people visiting the wrong impression of Northwood Hills. We want people to visit and enjoy everything Northwood Hills has to offer.

The Chamber will grow, it will provide a better high street, and it will be the area for businesses to trade and for consumers to shop. The Chamber will continue to work with all local groups in promoting their goals as a collective. Together we are making, and we will continue to make, a difference.

If anyone would like to join the chamber or learn more about us, please feel free to contact Steve Allen (Allen Brothers Menswear) or Shanti Panchani (Intoto Kitchens).

NHRA CHRISTMAS EVENT

**Join us for mulled wine, mince pies
and carols from 4:00 pm on Nov 19th
The Mayor will switch on the lights at 4:30.pm.
Outside Namaste Lounge, Joel Street**

ROTARY CLUB OF RUISLIP/ NORTHWOOD

Did you know that you have a local Rotary Club ?

It's not a secret society, but a collection of men and women who want to put something back into their community, help people both here and abroad, and do it in the company of friends. If you have some spare time and would like to do the same, why not come to one of our meetings, and perhaps you may even like to join us



This year we have raised money for hospices and for Grangewood School for the Handicapped; sent typewriters and sewing machines to Africa; run a free blood pressure testing morning for adults (stroke awareness) and a disco for handicapped adults at the Wren club.

For fun, we have visited the BBC and the House of Commons, and currently we are working on Ruislip's first BEER FESTIVAL (to raise money for charity of course) on November the 17th -19th at Ruislip Rugby club.

If any of this appeals to you and you fancy a free lunch (yes there is such a thing), why not call Paul Hagyard on 01494 674371 and join us on a Tuesday lunchtime 12.45 for 1.00 pm at Northwood Golf club.

Our website is www.rotary-ribi.org/clubs/homepage.asp?ClubID=565

RUISLIP LIDO

Ruislip Lido will be 200 years old this year, and Hillingdon Council may be planning some form of recognition event to celebrate this anniversary.

Nothing has yet been announced, so keep watching the local papers, and the council website for any news.



Thought for today

If you are writing in invisible ink,
how do you know when your pen has run out ?

Carepoint Practice - Northwood Health Centre Acre Way

Our Practice is one of the forty percent of English practices which have a Patients Participation Group (PPG).

The role and composition of each PPG differs depending on the size and nature of the practice as well as the specific local needs.

There are many benefits to a practice and its patients where there is a PPG. It strengthens the relationship between patients and their practices, which is critical to the provision of modern high-quality general practice. The PPG can offer:-

- Feedback on the patient perspective
- Help practices to make the most effective use of their resources
- Improve communications
- Help to promote good health
- Influence decisions about which services are provided
- Offer practical support to the practice

The PPG at the Carepoint Practice NHC is still in its infancy having only been in existence for a couple of years. It meets on a regular basis and the projects it has been involved with so far are:-

- Conducting a survey in the waiting room asking patients what they required from the practice, if their needs were being met, and what improvements they would like to see
- Helping to set up a Carers Café in conjunction with Hillingdon Carers. The Hillingdon Carers Café is held monthly at Emmanuel Church Northwood and provides the opportunity for Carers to informally meet up with other Carers and not feel so isolated in the Community. The café provides access to the services of Hillingdon Carers who are able to offer help and support. Speakers from external organisations are invited to attend the Café.
- An on-going campaign is underway to urge patients to only order the medicines which they need. This relates specifically to repeat prescriptions and the waste that occurs when patients tick the boxes for medicine they do not need.
- The PPG also helps with the smooth running of the flu clinics each winter.

The PPG welcomes suggestions on how it can help patients.

Ruislip & Northwood British Sub Aqua Club

Have you ever watched a TV documentary about the underwater world and thought about what it must be like to experience this for yourself.

Scuba (*Self Contained Under-water Breathing Apparatus*) has come a long way since people like Hans and Lotte Hass and Jacques Cousteau produced the early documentaries way back in the 60s. Scuba diving today is no longer a specialist sport only to be enjoyed by the likes of James Bond. The equipment is reliable, safe, readily available, fairly priced, easy to use and handle.

If you have never experienced scuba diving before, Ruislip & Northwood British Sub Aqua Club would like to invite you to a "Come and Try" at Highgrove Swimming Pool on most Thursday evenings. Please telephone 07831 362902 to arrange a date.

R&N BSAC warmly welcome already qualified divers from other organisations.

Ray Krystofiak



Empty Shops, or more Restaurants ?

This debate has been going on for a while in our local community. But there is no one clear answer to this dilemma.

There is often strong opposition to planning consent being given for any more restaurant/cafe establishments. But what is the alternative? Leave the shops empty, to attract vandalism? The Costcutter shop was an eyesore for a long time but still residents objected to the change of use. Now, however, it is a beautiful looking cafe and I hope and wish that they are doing well there.

Hatch End mostly has restaurants and one Tesco for grocery shopping. We are lucky that we have three independent grocery stores who seem to be doing really well and I personally am very pleased with the butchers inside Yasin stores. The Space store has lots of offers which sometimes are better value even than Tesco. There is also a wide variety of other shops too. These shops don't necessarily rely on us to do our full weekly shopping, but we should regularly pop into them to pick up the odd treat or the milk and bread. If we all did that on a regular basis then we can ensure that the shops are profitable and continue to trade.

As they say, we get the politicians we deserve. The same applies to the shops. If we don't shop regularly in our local shops then they will close, to be replaced by more restaurants and cafes.

We need to let the market forces decide as to which shops we have on Joel Street and the market forces are us. Again I say we are luckier than most other High Streets in that we have a great mix of shops, and to keep it that way it is our responsibility to support them. If they close due to lack of business, we have no one to blame but ourselves.

Anila Hashim



An elderly man goes to a solicitor to make a will.

"No problem" says the solicitor, "just answer a few simple questions, and leave it all to me".

"But", says the man,

"I wanted to leave it all to my wife."

Northwood Hills Residents Association Committee Officers as at September 2011

President	Tony Lane
Vice Presidents	Erika Kimber Lishman Easby Betty Whalley
Chairman	Andrew Riley ACIB
Vice Chairman	Leo Mindel
Hon Secretary (acting)	Roz Lester
Minutes Secretary	Maxine Goswell
Hon Treasurer	Fiona Morgan FCCA
Hon Auditor	Jane Brighton ACMA
Road Steward Coordinator	Paul Akers
Planning	Anila Hashim
Transport	Herbert Levinger
Health Officers	Betty Walley Christine Bushell
Hillingdon Police Committee	Betty Whalley Graham Mann
Environment Consultant	Lesley Crowcroft
Press Officer	Andrew Riley
Shops Coordinator	Steve Allen
Editor of The Echo	Alan Lester
Web Master	Ray Krystofiak
Events Committee	Lynne Halse Christine Bushell Leo Mindel
Committee Members	Jane Clayfield Lyn Ives Lucy Hall

**There is an ongoing need for a volunteer
to sell the advertising space in this newsletter.
We depend heavily on our advertising revenue to
maintain the size and quality of the newsletter,
so if you can help, please contact the Editor
on 01923 827300 www.hillsecho@live.co.uk**

USEFUL LOCAL INFORMATION

London Borough of Hillingdon

Civic Centre (main switchboard)	01895 250111
Anti-social behaviour	0800 6940240
Children's Service	01895 250200
Council Tax	01895 250000
Education	01895 250428
Environment and Street Scene	01895 556000
Fraud Hotline	0800 3898313
Local & Environmental Service	01895 250626
Older People's Service	01895 250111
Trees and Landscapes	01895 250230

MP Nick Hurd (Con) 01923 822876

Councillors Jonathan Bianco (Con)
 John Morgan (Con)
 Andrew Retter (Con)

} 01895 250316

Police **Non Emergency NEW NUMBER 101**
 Emergency 999
 Safer Neighbourhood Team 020 8721 2546

Medical Acre Surgery 01923 820844
 Carepoint 01923 820866
 Community Administration Line 01923 827744
 Dr Haring 01923 829608
 Hillingdon Hospital A&E 01895 238282
 Mount Vernon 01923 826111
 Mountwood Surgery 01923 828488
 Northwick Park Hospital 020 8864 3232
 Watford General Hospital 01923 244366

NPLS Bereavement Group 01923 822109
 Cruse Bereavement Care 01895 811330
 Templeton Centre United Reform Church 01923 823999

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