

# Northwood Residents' Association

Newsletter 142



October 2008

## Chairman's Report

**The Glen**, which already has Conservation status, has been designated a Residents Only Parking Zone after a battle lasting several years. Whilst Councillor Richard Lewis has worked for this, residents of The Glen are to be congratulated on their achievement, especially their persistence. Vice Chairman Miles Gillman represented NRA on this project.

**The Reindeer** – at last a planning application has been filed with LBH. It is for the construction of two large blocks of flats, each five storeys high, with shops underneath and parking. Alan Prue has objected on our behalf on the grounds of excessive height.

**42-46 Ducks Hill Road.** Beechwood Homes has appealed to the Secretary of State following the refusal by LBH to grant permission for the erection of 14 new houses with ancillary garages, parking and landscaping (including demolition of 3 existing properties). The Inspectorate's reference number

is - APP/R5510/A/08/2083168/NWF. The date of the appeal has yet to be announced.

**Bi-monthly meetings** have been agreed for Ward Councillors Scott Seaman-Digby and Richard Lewis to meet NRA representatives to deal with outstanding problems. If you feel you have issues which are not being resolved, let me know and I will take them up on your behalf.

**A Forum** is to be held on Tuesday 4<sup>th</sup> November in response to requests from NRA members and is intended to allow members to meet with and question the Executive Committee members on an informal basis. There will be no external guests or speakers. See Page 10 for details.

**Listing of Northwood Police Station.** The NRA's application to English Heritage is now at the Secretary of State's office awaiting a decision.

Colin Harris

## Membership

We are regularly welcoming new members, who are joining either through the Road Stewards or via the website. I am pleased to advise residents of Northwood Way that Mr & Mrs Bennett have volunteered to act as Road Stewards and will be delivering this newsletter to you.

We are in urgent need of new Road Stewards and in particular for Ducks Hill Road and Links Way. If you feel this is something you could do, please contact me to find out what it entails.

I would like to thank all road stewards for distributing an invitation to our Open Forum on 4th November, which will be an opportunity for members and non-members to find out more about how we work and ask questions on topical issues. I look forward to meeting many of you there.

**Latest news:** We've just heard that the Wild Oaks Close Estate has been awarded 1st prize in the Hillingdon In Bloom competition for the "Best permanent display of shrubs, plants etc". Congratulations!

Sue Boulton  
Chief Road Steward

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Open Forum: Tues 4 Nov  
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## The NRA Committee

The NRA Committee consists of around 15 Northwood residents, from all walks of life, and we meet monthly in Northwood. Our common thread is the desire to serve the community and to try to maintain and, hopefully, improve our quality of life in Northwood. We are all volunteers and willingly give up our time - some fit it in around full-time jobs. Some members have been on the committee for many years; others may come and go, but there is always continuity and much experience to be drawn upon.

Although there are many things we would like to change, we are of course constrained by the fact that we are "just" a pressure group, and have to rely on our relationship with our elected ward councillors and the local authority, which ultimately makes the decisions. It can be very frustrating when we feel that our concerns are being ignored, but rewarding when our suggestions are acted upon, even if it takes time.

There have been some successes over the past couple of years: we have been involved in all planning stages of the regeneration scheme that is gradually taking shape in Northwood, and we are continuing to discuss ideas for future phases; we have made representations

to LBH and the police to have the 40mph speed limit reduced on the Rickmansworth Road and we are expecting that this will take place within the next year. We have helped to secure environmental improvements and pressed for more benches in the area for the benefit of our elderly population. New benches are now in place. We are very active in opposing unsuitable planning applications – with limited success due to pressure from Government for more housing.

We have lobbied very hard to have the new phone kiosks/advertising boards removed from their unsuitable location right in the middle of Northwood, and are hopeful that our efforts, along with those of local councillors/council officers, will result in their removal as part of the Northwood regeneration scheme.

These achievements could not have been made without the co-operation of our local councillors with whom the NRA has developed close working relationships.

*Lisa Maclay  
PR & Press Officer*

### Dog Control Orders



New Dog Control Orders came into effect on 1st February 2008. Penalties for committing an offence contained in these orders can be up to £1,000 so, clearly, controlling dogs is to be taken very seriously. Briefly, the orders are as follows:

1. Dog Fouling. This applies to all land where the public has access.
2. Keep dogs on leads. Dogs are to be kept on leads within three metres of any road where there is passage of vehicles.
3. Keep dogs on leads by direction. Dogs must be kept on a lead if requested by an authorised officer e.g. to prevent a nuisance.

More details can be found on the LBH web site at [www.hillingdon.gov.uk](http://www.hillingdon.gov.uk)

### CTRT Appeal

The Cancer Treatment and Research Trust has been raising money for updated chemotherapy treatment and research facilities at the Mount Vernon Cancer Centre since 2006.

So far, they have raised more than £1.3m and now the battle is on to find the last £200,000 over the next few months to enable the new unit to open mid-2009.

Donations can be sent to:  
Brian Abbott, The Clock Tower, Mount Vernon Cancer Centre, Northwood HA6 2RN

For more information, or to volunteer as a fundraiser, please phone 07758 739185 or email [abbott3@ntlworld.com](mailto:abbott3@ntlworld.com)

### Fergus Robertson

We are very sad to announce the death in July of Fergus Robertson, who was one of the Founder Members of our Association, established in 1966 by the late Sir Christopher Cowan.

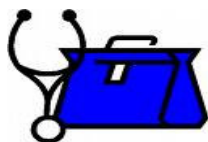
Fergus served the NRA first as Treasurer, then as Vice-Chairman and was appointed Chairman in 1981, a duty he fulfilled with eloquence and capability. He was then our President from 1989 until 1999.

As well as being an active NRA committee member, Fergus was also Chairman of the Special Trustees of the Royal Orthopaedic Hospital at Stanmore, Chairman of Probus, and President of the Northwood Boys' Club.

At St John's URC, he was an Elder for over 40 years and his Service of Thanksgiving held there on 10<sup>th</sup> July was very well attended by his family and many old friends.

He will certainly be very much missed by all who knew him for his devotion to his family and his readily mischievous sense of humour.

*Tony Goorn, President*



## Mount Vernon Cancer Centre (MVCC)

The future of the Cancer Centre at Mount Vernon looks more assured than it has for a long time. Nick Carver, Chief Executive of East & North Herts Hospitals NHS Trust (which manages the Centre) is certain that the Centre will remain at Mount Vernon for the foreseeable future.

The Varley Report in 2002 recommended that the Cancer Centre should move out of Mount Vernon. Considerable investment over the last couple of years has made a move from the site financially inadvisable and a press release from the Steering Group on 4<sup>th</sup> September proposed that the Varley option should be rejected. Two options remain: to create a forward-looking 'hub and spoke' model with MVCC at the centre and with one or two satellite centres further away, or merely to retain the Cancer Centre at Mount Vernon and restrict future development to the Mount Vernon hospital site. In order to reject the Varley proposal, all stakeholders must first be consulted and so until 4<sup>th</sup> November, public opinion is being sought.

The discussion document is online at [www.enherts-pct.nhs.uk/mvcc](http://www.enherts-pct.nhs.uk/mvcc) or it can be obtained by phoning 01707 369701. PLEASE DON'T MISS THIS OPPORTUNITY TO HAVE YOUR SAY.

## Health Matters

### CT 'MOT' Body Scans

Advice from the Committee on Medical Aspects of Radiation is that such scans performed on people who have no apparent symptoms could carry greater risks than any benefit. Undoubtedly, some people have had early tumours discovered in this way, but the amount of radiation in a CT scan is very high, equivalent to between 100 and 400 chest X-rays.

**Are you a Carer?** There are approximately six million carers in the UK. They are unpaid and they save the Government £87 billion per year. It appears that many carers do not claim the Attendance Allowance and other benefits to which they may be entitled. If you are a carer resident in Hillingdon, you are strongly recommended to contact 'Hillingdon Carers' at 126 High Street, Uxbridge, UB8 1JT, Telephone 01895 811206.

website: [www.hillingdoncarers.org.uk](http://www.hillingdoncarers.org.uk). Carers in North Hillingdon will receive an information sheet and will be invited by the Patients' Participation Group to a meeting at the Mountwood Surgery.

**The London Congestion Charge** can be refunded for cancer patients going into London for cancer treatment. You can claim back the charge from the transport department of the NHS hospital, clinic, or GP's surgery where you receive treatment.

*Valerie Mellor and Lesley Davis*

## Planning

On the 1st October there is to be a change in the law with regard to Planning with the introduction of the Town and Country Planning (General Permitted Development) (Amendment) (No2) (England) Order 2008. Essentially, this 'brilliantly' titled new order contains within it some changes to the development allowable and not allowable within the curtilage of a dwelling house. It will therefore need to be consulted when considering enlargement, improvement or other alterations to your house as from that date.

Planning Applications within the Northwood area have been running at a fairly high level over the past few months and in some cases our ability to review them has been somewhat hindered by a problem with the Council's Planning website. However, we are assured that these difficulties are now all resolved.

Generally speaking we are noticing an improvement in the standard of applications with individuals and developers taking more notice of the Unitary Development Plan before making applications for planning approval.

There have been several proposed developments which have caused real concern and against which the NRA has lodged objections. Prime amongst these has been the Santa Rosa/Tudor Lodge/Cornerways proposal on the corner of Green Lane, which was refused, and the recent application for two five-storey blocks of flats with some commercial space on the site of the Reindeer Public House. A current application by the London School of Theology is also causing concern.

If you have any worries about planning applications, please contact the NRA as we are always willing to provide advice, but cannot represent you at the Planning Committee meetings.



*Alan Prue*

## Streets Ahead is coming to Northwood - Thursday 27th November

This Council-led initiative will be a day when council officers and local partners engage with the community to make the area safer, cleaner and greener. It is effectively a sweep of key hotspots and can include, for example, truancy sweeps, graffiti removal, litter picks and bulky waste removal. Residents can make their concerns known to the Streets Ahead team via their local councillors by calling 01985 250316 or email to [rlewis@hillingdon.gov.uk](mailto:rlewis@hillingdon.gov.uk) or [sseaman-digby@hillingdon.gov.uk](mailto:sseaman-digby@hillingdon.gov.uk) For more details of the programme call 01895 556247.

# Environment

## Eastbury Road

NRA has met with two members of the LBH Parks & Open Spaces Team to discuss the failure of the planting on the bank opposite Eastbury Road Surgery. An Eastbury Road resident was also in attendance. The original planting took place in springtime and was followed by a prolonged period of dry weather which did not allow the shrubs to establish themselves. Whilst the area is a lot tidier than before, it has not achieved the intentions originally envisaged.

It was agreed that the holly bushes along the border with the pavement were inappropriate. These holly bushes will be moved up the bank to be close to the St Helens fence. After some discussion on various options it was decided that the best approach would be to plant flowering shrubs in amongst the existing trees. This would give a touch of colour to the area. Species such as rhododendron, buddleia, broom etc. would be considered. LBH officers stated that they would take soil samples for testing and then come up with a suitable planting scheme. The new planting would be carried out in the autumn. They also stated that the new planting would be adequately maintained until fully established, and at regular intervals thereafter.

## Noisy 'Planes



Residents disturbed by aircraft noise can write or telephone BAA Heathrow giving details of the time and date of the incident.  
Email: [noise\\_complaints@baa.com](mailto:noise_complaints@baa.com)  
Tel: 0800 344 844

Post: BAA Operations Communications, 234 Bath Rd, Middlesex, UB3 5AP.

## Estate Agents' Boards

Clusters of estate agents' advertising boards still seem to appear in inappropriate places, reinforcing the theory that they are placed there purely to advertise the estate agents' practices themselves and not to advertise specific properties.

London Borough of Hillingdon is aware of these practices and have told us that they are working on the issue of Fixed Penalty Notices to offenders, but we have yet to see this put into practice.

## Garden Bonfires

NRA has received complaints from Northwood residents regarding the nuisance caused by garden bonfires. Whilst garden bonfires are technically permitted, under the Environmental Protection Act 1990 they are not allowed to cause nuisance, e.g. from smoke or airborne ashes. If bonfires are causing a nuisance, LBH can issue an abatement order under the aforementioned Act. If this order is ignored, prosecution can follow. If you are experiencing nuisance from a bonfire, and the persons causing the nuisance refuse to remedy the situation, telephone LBH Public Sector Housing on 01895 277437 whilst the fire is in progress.

Please be considerate to your neighbours by disposing of your garden waste in the recycling bags, or by taking it to the local tip. Please do not burn it!

*(Better still, compost it - see Page 5. Ed)*

## Ducks Hill Road Traffic Lights

LBH is to be congratulated on the way it and its contractor (Enterprise Mouchel) completed the road widening works at the junction of Rickmansworth Road and Ducks Hill Road. The work was completed on time without causing too much inconvenience to motorists. Unfortunately, Transport for London (TfL) was unable to fulfil its obligations of installing the new traffic lights on schedule. Hopefully, by the time you read this, we will be seeing the benefit of the new layout. Motorists travelling in the direction of Rickmansworth are reminded that the left lane is a left turn lane only.

## Rickmansworth Road

Consultants have started work on the survey and design stage of the scheme allowing the introduction of a 30mph limit on Rickmansworth Road. This will include improvements to the junction with Copewood Way. LBH hopes to have the works completed by early spring next year.

## BT Phone Kiosks

There is a good chance that the two BT advertising/ phone kiosks, located near the War Memorial, will be removed or relocated to a more appropriate location under the Improving Northwood works. We await details of the final scheme to see if this will be the case.

*Barry Crowe and Tony Ellis*

**Want to know what's going on in Northwood?** The NRA Newsletter brings you reports of events and activities over the previous few months, and is inevitably slightly dated by the time you get to read it. If you would like to read NRA breaking news, I recommend that you log on to our web site at [www.northwoodresidents.co.uk](http://www.northwoodresidents.co.uk)

Our webmaster and PR Officer work hard to keep the site up-to-date. If you would like to be notified whenever updates take place, just drop a line to the webmaster at [webmaster@northwoodresidents.co.uk](mailto:webmaster@northwoodresidents.co.uk) Your address will be used only for that purpose and will not be disclosed to anyone else.

*Ros Plume, Editor*

## Improving Northwood

### Northwood town centre improvements include a mini-roundabout and possibly traffic lights!

Plans illustrating the proposed Northwood Town Centre Improvements can now be viewed on the NRA website.

In addition to general aesthetic improvements, such as new kerbing and reducing the extent of the guard rails, the main changes will include the widening of footpaths adjacent to existing zebra crossings, a new pedestrian crossing on Rowland Place, a filter lane for traffic turning right off Green Lane into Hallowell Road and works to the junction at the eastern end of Rowland Place.



*Mini-roundabout coming here soon*

However, the most noticeable change will be a mini-roundabout at the junction of Green Lane and Maxwell Road.

Furthermore, there are proposals either to create two pelican crossings on Green Lane either side of the junction with Eastbury Road/Station Approach or the provision of traffic lights at that junction. Either option is subject to Transport for London funding. The recent fatality at the bottom of Eastbury Road has of course evidenced the need to improve safety at this junction.

The Council should be distributing leaflets detailing the works to Northwood households in the near future; in addition there will be a display at Oaklands Gate Library. We are told the Council's contractors will also be visiting businesses in Green Lane to explain the works personally.

*Gareth Hunt*

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## Autumn Leaves are falling

A reminder to residents and their gardeners – please do not blow or sweep fallen leaves on to the road. The best place for them is on your compost heap or in the LBH garden waste recycling bags. If you would like a compost bin, the council still has stocks available for Hillingdon residents. To order a free compost bin call 01895 556000.

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## Pond Clearing in the Woods

As Autumn approaches the Park Rangers are tackling the problem of the ponds in our woods becoming silted-up. Already the large pond in the Ruislip Nature Reserve has been dug out, increasing its depth by one foot.

Next in line is the pond by the Links Way entrance to Poors Fields. This will be dug out at both ends so water can flow in and out unhindered. The silt will be piled up on the banks temporarily until it has dried out, before being taken away. This will hopefully make the area more passable after heavy rainfall.

In case you were wondering what the small fences were doing round some of the trees; it is to stop the cows having a party and getting drunk on the fermenting crab apples. They may think we are being spoilsports, but it's for their own good.



*Miles Gillman*

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### Garden Waste Recycling in Dec/Jan

There will be no LBH garden waste collections from 22nd December 2008 to 2nd January 2009.

This means that the last collection from Northwood properties before Christmas will be on **Monday 8th December**. Collections will resume on **Monday 5th January 2009**.

Let's work together to keep our streets tidy by NOT leaving garden waste bags out on the pavement for weeks on end over the Christmas period — I'm sure a tactful word to neighbours who are not aware of the schedule would be well-received.



### Gardener Needed

Could you turn this weed-ridden flower bed into a thing of beauty?

We are looking for a volunteer to plant and

maintain the flower beds on Northwood Underground Station platforms. The beds have been neglected for some time, but with a little effort could be revived to provide some welcome colour for commuters to enjoy.

The station manager has agreed to provide funding if NRA can provide the labour.

Please contact Colin Harris on 01923 823897 if you are interested in helping.

## Police



**Community Policing.** I was glad that Sgt Ratcliffe emphasised in our last Newsletter that Community Policing involves us all.

In Northwood we are particularly blessed to have our Safer Neighbourhoods Team working from our Police Station located strategically in the centre of Northwood. Failure to report crime is a borough-wide problem, but here residents do usually report their suspicions and our Team is eager to follow them up. Crime in the North of the borough is very low, with burglary being of concern, but well under control, although nobody should be complacent about securing their homes and property.

**Poor driving** is a problem, particularly speeding primarily on Rickmansworth Road and Ducks Hill Road. The speed limit on Rickmansworth Road will hopefully soon be reduced to 30mph; many speeding tickets have been issued on these roads in recent weeks.

**Don't tempt thieves.** Unfortunately, many residents are leaving items on the seats of their parked cars and, sadly, there is always a risk of returning to find items stolen and cars damaged. Be constantly aware that anything can attract interest – not only laptops and Sat Navs, so BE AWARE.

**BMW car wheels** are very attractive to thieves. If you are able to garage your BMW you would be wise to do so.

**Green Lane Car Park problem solved.** Much Police time has been spent preventing criminal activity and anti-social behaviour in the Green Lane car park and I am glad to report that there no longer seems to be a problem. Thank you to our Team, but always remember that everyone has a part to play in reporting any further nuisance. Be vigilant – report anti-social behaviour and suspicions, but do try to be specific on detail and write down car registration numbers, time, date etc when you see things that alarm you.

We now have our Response Car back in the ward which has encouraged our Team. We expect a new PCSO will join us before too long.

I am always happy to try to help if problems are brought to my attention. It is important not only for Sgt Ratcliffe but for the Ward Panel to know your views and understand your priorities regarding policing in Northwood. Phone me on 01923 825364.

*Ann Bailey*

**Neighbourhood Watch Coordinators: Don't forget you can collect your monthly newsletters from Northwood Police Station, Mon - Fri 11am to 1pm**

## Independent Custody Visitors

Independent Custody Visitors (ICVs) are local volunteers who make unannounced visits to police stations to check on the treatment of people detained by the police. They observe and report on conditions in police cells. Full training is provided and expenses paid. We need more volunteers to fulfil this vital role. If you are over 18, living, working or studying in Hillingdon and interested in becoming an ICV, call 0808 100 1036 (freephone) or log onto [www.mpa.gov.uk/issues](http://www.mpa.gov.uk/issues) to find out more.

## Do you know the Highway Code?

Like all busy suburbs, Northwood has its fair share of traffic accidents, many of which are caused by drivers' impatient or inconsiderate acts. With the advent of dark mornings and evenings, we make no excuses for reminding all Northwood drivers that they have a responsibility to adhere to the Highway Code

For example

- Do not park on yellow lines; they are there for a reason. Provided that you are not a Blue Badge holder, walking those few extra yards from a designated parking place is actually good for you – and free for the first 30 minutes.
- Walk your children to school. If you have to use your car, show consideration for local residents and other road users; don't block residents' drives or park on corners.
- Remember that the amber light before red means stop – it is not an invitation to speed up. And the red does actually mean stop; those extra seconds gained by jumping the red light could mean you end up in real trouble.
- Speed limits are not an invitation to go 5-10 mph faster than the posted limit. They are the maximum speed at which you can drive if the conditions are safe to warrant it.

Be safe this Autumn and Winter by being considerate to others.



*Tony Ellis*

tellis@home8.fsnet.co.uk

## Northwood Safer Neighbourhood Team

The Northwood Safer Neighbourhood Team continues to work alongside the Residents' Association and many other groups and organisations to improve the safety and standard of living in Northwood.

### Crime reduced at Mount Vernon

Of particular interest is the massive reduction in crime on the Mount Vernon Hospital Site; two years ago the car parks were suffering from at least one crime a week. Since the start of April only one car has been broken into and nothing was stolen. This has been achieved through the greatly improved security and the very close working relationship between Police and the Trust Management, although it should be recognised that staff and users of the site are fighting back by making greater use of crime prevention measures. If there is nothing to steal then thieves go elsewhere and things are no longer easy for them at the hospital.

Having a local dedicated Police Team allows this sort of progress to be made. Northwood is a safe place to live but our intention is to make it even safer. Probably the most recognisable Police face in Northwood is that of Ricky Soler. Ricky came to

Northwood almost five years ago and as a Police Community Support Officer he is the eyes and ears of the Service. He has seen many other staff members come and go and has been instrumental in developing and training several other Community Officers. You will see him and his partners around the streets and I urge you to pass on any information you have to them, never think you are wasting our time – we want to hear from you. He is also available to conduct Crime Prevention surveys, this is a free service offering practical common sense advice about improving security without infringing upon your freedom to enjoy your life.



PCSO Ricky Soler

Sgt Paul Ratcliffe  
Northwood SNT

### To contact the Team

Phone: 020 8721 2545

or 07909 872377

Email: Northwood.snt@met.police.uk

## A Day at the Seaside



**Northwood Live at Home Scheme** took 25 people, including 18 members to Eastbourne in July. They took advantage of the fine weather to walk on the promenade and pier. Then Harry Ramsden's Fish & Chip restaurant provided a perfect setting for a seaside meal much enjoyed by all. This seaside outing was a first for the Scheme, which supports elderly members living in their own homes. The verdict was 'let's do it again!'

**To join the Scheme as a member or volunteer contact: 01923 842494.**

*This scheme is part of the nationwide initiative run by Methodist Homes for the Aged Registered as charity number 1083995 Part of MHA Care Group*

## Volunteers needed at Northwood Craft Market

We would like to appeal to Northwood residents: can you spare some time to help with advertising for the market? Become a part of this growing community project and make a difference. Please call 01923 450740 or email [northwoodcraftmarket@hotmail.co.uk](mailto:northwoodcraftmarket@hotmail.co.uk) if you can help.

Northwood Craft Market is a non-profit making community project, supporting local artists and crafters as well as local charities and organisations, for example the Paul Strickland Scanner Centre and the Northwood Live at Home Scheme.

Markets are held monthly at the Northwood Methodist Church Hall, Oaklands Gate from 10am to 1pm Admission is free.

You can visit [www.northwoodcraftmarket.co.uk](http://www.northwoodcraftmarket.co.uk) to view some of the wonderful crafts available and check future market dates.

Next markets: Sat 25<sup>th</sup> October and the larger Christmas Market is on Sat 29<sup>th</sup> November - see you there!

**Déjà Vu?** An extract from the NRA Newsletter dated February 1989.

*"The Association reported to the Council that a number of road signs in the district had become obscured by trees and bushes, and could therefore result in accidents." .....*

### Uxbridge Trains

It really makes me quite insane  
To see another Uxbridge train  
They always come along in fives  
Before a Watford train arrives  
I blame it on the Chiltern Flyer  
They wiz along our local lines  
Their priorities it seems are higher  
So we fit in to suit their times

DW

*Yes, we've all been there! - Ed*

## Manches Moor Park 10K Run for the Lynda Jackson Macmillan Centre

When my father-in-law, David, passed away following a fight with lung cancer I wanted to thank the many people who had helped and cared for him and the family. I was working as the NRA Editor at the time and when the LJMC submitted the information for their annual 10K run I thought it would be a perfect way to raise money for this worthy charity. The Macmillan nurses were a great support to David and my mother-in-law and the date even fell almost exactly on what would have been his 68<sup>th</sup> birthday. The only trouble was ...I couldn't run!!! After a running lesson with my boss I set about my first run. I managed a mile! I then joined my friend, who is a regular runner, and soon I was pounding the Northwood streets.

That was in 2007. I decided to do it again this year with the aim of beating my time of 60.33 mins.

I haven't run in any other events (yet) but this was the perfect start. The people are all friendly and there are serious athletes taking part as well as a vast number of people who are there simply to raise money, but all seemed to enjoy themselves. The 10K is the last event following several fun runs for children, one of which my 9 year old son ran and there is a wonderful family atmosphere within the grounds of Merchant Taylors School.

The route starts by lapping the vast playing fields, then ventures into the Moor Park Estate. The roads are closed and many residents line the route to cheer you on. The toughest part is the hills through Moor Park Golf Course, dodging balls and golf buggies but my



*Well done number 21!*

mental aid at this point is a picture of David, club in hand, teeing off and somehow I get up without walking.

It is then mainly downhill and South Approach seems to go on forever knowing that once you have reached the bottom you can turn back towards the school and run your final, but thankfully shorter, lap of the field to head towards the finish line. Somehow

your legs keep you going and when you turn the final corner you have a final burst of energy in front of a great cheering crowd. It is a very tired but elated runner who gratefully receives their medal, water and banana from the welcoming committee!

Thank you to everyone who makes this event such a fun day. I will certainly be entering again next year to see if I can beat my time of 57.56 minutes. Here's to you David and everyone else who has received the wonderful care from LJMC staff.

*Wendy Jordan*

### **Cards for Lynda Jackson Centre**

The LJMC is looking for volunteers to help sell their Christmas cards, either within the main Cancer Centre, or perhaps you would like to take some on a 'sale or return' basis to your place of work or to an event? LJMC will be happy to provide you with stock. There is also a personalised overprinting service with a specially selected range of cards.

Please contact Sue Hordy (01923 844589) for further information. The range of cards can be viewed at [www.ljmc.org](http://www.ljmc.org)

## Northwood & District Community Association

On the 19th August, 2008, Northwood and District Community Association reached its 60th anniversary and to mark the occasion 123 members celebrated by attending a luncheon held in a lovely marquee in the grounds of The Grange, Rickmansworth Road, Northwood. It was a chance for members from the different sections to meet and mingle - and in some cases to renew old acquaintances and make new friendships.



Originally the Association was mainly a Ladies' Section of educational and recreational activities meeting in local halls or churches. As night schools came into being, these activities were not needed as much, so dwindled and began to be replaced by more recreational, sport and social pursuits. It is now an association of mixed gender and ages.

A building fund was started in the hope that one day we would be able to build or buy a building to house our Association. There never seemed to be one available or suitable or affordable. Luckily, in the 1980s, we were leased our own space in Frithwood School, Carew Road, Northwood. This housed our smaller groups, and we hired the main school hall for badminton, dances, quizzes etc. Unfortunately, in the 1990s, the school required these rooms for classrooms to meet the increase in school-aged children in the area, and we had to leave.

So now we are a nomadic association again. But membership has risen and we are fortunate to be able to house our activities in three local churches; United Reformed Church, Joel Street; Emmanuel in High Street and the Methodist Church in Oaklands Gate, with each of whom we have happy relationships.

So - here's to the next 60 years!

Anyone interested in joining - please contact the secretary on 01923 836346.



## Councillors' Corner

Each edition of the newsletter now carries our Councillors' response to questions put by members of the NRA committee.

**According to the latest edition of Hillingdon People Cllr Ray Puddifoot is now the Older People's Champion. How will the elderly in Northwood benefit from this appointment?**

### Reply:

The Council Leader has been the older person's champion for over four years now. Over 16% of the borough's population is aged over 60 and the Leader took this role personally to demonstrate the importance that we attach to it.

**Council Tax Discount.** The older residents of Northwood have already enjoyed the UK's first discount on Council Tax for retired residents. Now the further 2-year freeze on all Council Tax is helping older residents to cope with some of the pressures the global economic situation is placing upon their household costs. Already 944 people in Northwood benefited from the older peoples zero tax increase last year.

**Brown Badge Scheme for Green Lane?** Another first is the older people's parking scheme; the brown badge scheme for over 65s. We are considering making some dedicated spaces in the new Green Lane Improvement Scheme 'brown badge' spaces to allow local residents over 65 to stop and shop closer to the heart of the retail area.

The Leader has also recently increased the council grant to the Ruislip Northwood Old Folks Club from £41,600 per year to £80,000 per year to help them sustain and improve the service.

**Support in the home.** The council is also actively promoting sheltered housing and extra care to help people who need support to remain living in their own homes. Other help available to people to support them in their homes includes the Careline Community Alarm Service. More than 300 people from Northwood are registered for this service. During 2007/08, the Careline Service received 3727 calls from older people who required assistance.

The council is working with partner agencies to provide assistance to residents in Northwood who need small repairs around their home. This includes plumbing work, easing of windows and doors, fence repairs, fitting or repairs of curtain and grab rails as well as security work. This scheme is called the 'Home Handyperson Scheme'. During 2007/08, 40 people in Northwood benefited from this scheme.

**Parking in The Glen.** The Leader has also worked with Councillors Seaman-Digby and Lewis to implement a special residents' parking scheme in The Glen which has a high population of older residents.

LBH provides personal care to over 3,000 older people, so that despite their frailty they are able to live in their own homes. We also deliver meals to 600 older people who are unable to prepare a meal for themselves.

On a practical basis we have improved and refurbished public toilets across the borough including the new toilet in Oaklands Gate.

### To contact your councillors:

Tel: 01895 2502316 (Civic Centre Office)  
or 01923 822876 (Northwood Ward Office)

Email us all at [northwoodward@hillingdon.gov.uk](mailto:northwoodward@hillingdon.gov.uk)



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## Recycling/Reusing

As we are all becoming more conscious of the need to conserve the world's resources and reuse or recycle as much as we can, I was wondering what tips other residents might have for alternative recycling i.e. finding means of disposal other than in general waste bags or the LBH recycling bags. Perhaps, between us, we could compile a list to publish in future editions of this newsletter and on the NRA website?

Here are a few of my own favourites to start the list:

- Shoes can be deposited in the charity bin outside the shoe repair shop in Station Approach
- Printer cartridges (inkjet, laser, photocopier) and used greetings cards (**not** Christmas cards) are welcomed at the Michael Sobell House Fundraising office on the Mount Vernon site. Tel: 01923 844606
- Used postage stamps can be sent to Save the Albatross Appeal, RSPB, The Lodge, Sandy, Beds SG19 2DL

I look forward to receiving your suggestions.

Ros Plume, Editor

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### NRA EXECUTIVE COMMITTEE

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	Valerie Mellor	
	Jayesh Patel	
	Alan Prue (Temp)	821541
	Malcolm Ruddock	

Website: [webmaster@northwoodresidents.co.uk](mailto:webmaster@northwoodresidents.co.uk)

Editor: [nraeditor@blueyonder.co.uk](mailto:nraeditor@blueyonder.co.uk)

### Open Forum

**Tuesday 4th November 2008**

**7.30 pm**

### St. John's Church Hall, Hallowell Road

Come along and find out what the Residents' Association does, what it has achieved in recent years and how it can help you.

Time constraints at our AGM mean that there is limited time for questions and answers, so we have arranged this additional meeting to allow residents more time to give their views, share their concerns and ask questions of committee members.

The timetable will be as follows:

**7.30 pm** Tea/coffee will be served and you will have a chance to meet individual committee members

**8.00 - 8.30 pm** Introduction and short presentation by NRA sub-committee chairmen

**8.30 - 9.30 pm** Open forum/question time

### Ruislip, Northwood & Eastcote Local History Society

- 17 Nov** History of London's Water Supply & Kew Bridge Steam Museum  
Ron Howes (Volunteer Guide to KBSM)
- 15 Dec** Fingerprints and Before  
Ken Butler (Former Scotland Yard Expert)

Meetings are held in St Martin's Church Hall, High Street, Ruislip at 8.15pm.

For information, please call 01895 673299 or go to [www.rnelhs.flyer.co.uk](http://www.rnelhs.flyer.co.uk)



### Ruislip/Northwood Flower Arrangement Society

**Tues 4 Nov:** Demonstration by Jacky Eyre; "Christmas Delights"  
St John's URC, Hallowell Rd, Northwood  
7pm for 7.30pm start.

**All are welcome. Contact: 01923-826266**



**holy trinity northwood**

*Visit us this Christmas!*

**Carol Service – Sun 21 Dec – 6pm**  
**Midnight Communion – Christmas Eve – 10.30pm**  
**Family Parish Communion – Christmas Day – 10am**

For details go to [www.htnorthwood.co.uk](http://www.htnorthwood.co.uk) or call 01923 822990

### Michael Sobell House

**Sat 15 Nov** Christmas Gift Fayre. MSH Centre, Mount Vernon Hospital via Gate 3 off White Hill. 10am to 2.30pm  
Entry £2, refreshments available

**Thur 4 Dec** Glitzy Glamour Evening. Fashion show at Elstree Film Studios, Borehamwood. Selected lines for sale, canapés, licensed bar. 7.30 for 8pm start. Tickets £20

Call Ophelia on 01923 844829 for an information pack.

More MSH news at [www.michaelsobellhouse.co.uk](http://www.michaelsobellhouse.co.uk)