



Northwood

Residents' Association

www.northwoodresidents.co.uk

Newsletter 170, Spring 2018

FLY-TIPPING IS AN ISSUE



An attractive place to live?



Strong community spirit?

Taking pride in our town?



Fly-tipping in residential areas? There's really no justification for it if you live in the London Borough of Hillingdon. Residents can request a special collection if they wish to get rid of items that are too large or too heavy for the normal household waste collection - and it's FREE!

You can book a special collection to take place on your normal collection day i.e. Monday for Northwood, via the LBH website: <https://www.hillingdon.gov.uk/specialcollections> or by phone: 01895 556000

Let's keep Northwood tidy!

**Do come to the
AGM on 19th April**
See Page 17

Meet Your Committee



Dr Amir Lakha was welcomed on to the NRA committee in November 2017. He holds the NRA Health portfolio, attending relevant meetings connected with health in Northwood including Community Voice, Hillingdon Hospital NHS Trust and Hillingdon Primary Care Trust, and reporting back to the NRA committee.

Amir has lived in Northwood for the last 31 years. He practised as a Family Physician in North London and holds a Masters Degree in Pain Management from University of Edinburgh. He retired in 2009 to devote time to charity work and has been an active member of several charities and as well as the leader of some.

Amir is the Founder and Chairman of Humanitarian and Charitable ONE Trust (HACOT), an NGO registered in England. HACOT has partners all over the world and helps all human beings irrespective of nationality, gender, race, religion or colour. HACOT is not affiliated to any religious or political organization. Amir has developed the HACOT Model for Economic

Empowerment, an innovative model which can be useful in Corporate Social Responsibility Projects.

He writes posts regularly for LinkedIn and Facebook and is the author of the Book, **"HEADS YOU WIN TAILS YOU WIN"**.

health@northwoodresidents.co.uk

Dr Amir Lakha

David Blowers has been the NRA treasurer since 2010 but has been a Northwood resident for over 30 years. Born in Norwich he spent his teenage years in Oulton Broad, in Suffolk, before moving to London to undertake his degree. After a year in Canterbury completing his post graduate studies in Statistics at the University of Kent he started work in contracts administration. He changed career direction into IT and after a while specialised in SAP (Systems, Applications, Products) prior to moving into IT management. Currently he heads the Platforms Operations Department for a PLC.

David spent many years commuting to London, the travel time usefully spent studying for his MBA. More recently, having changed jobs, his commute is now via the M25. As a result, he is well aware of the Metropolitan line and the road issues in and around Northwood. As treasurer he is responsible for paying the bills, banking most of the funds, maintaining the accounts, producing the annual accounts and proposing the level of the subs. Statistics are created and analysis completed to ensure the overall financial health of the NRA. David also arranges the insurance required for the association which recently added a need to complete risk assessments for the NRA activities.

And when he's not accounting for our cash, David enjoys sports, reading, writing and board

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David Blowers

games; he was a County Chess player whilst at school. A shoulder injury prematurely ended his tennis playing, but he still plays Badminton in Northwood every week, when not enjoying his other favourite pastime of travelling.



We need a Minutes Secretary!

The Northwood Residents' Association has an executive committee which meets each month. Up until now, NRA secretaries have included producing minutes of these meetings in their role. However, the current secretary also edits and compiles the NRA newsletter, a role which has grown considerably during her 10-year tenure.

We feel the time has come to share the workload by enlisting the help of a **Minutes Secretary**.

This is a voluntary post and would entail:

- agreeing an agenda with the chairman and emailing it out to the committee members
- attending the monthly meeting, currently held at The Oasis Lounge in Oaklands Gate, Northwood from 8pm to 10pm, 2nd Tuesday of each month
- typing up the minutes and circulating to committee members

If you would like to be involved with Northwood Residents' Association and think you could possibly take on this role, please get in touch and we can have a chat about it.

Please can
you help me?

Ros Plume

Tel: 01923 827409

editor@northwoodresidents.co.uk

From the Chairman

INTRODUCTION

The sun is shining, it's 50 degrees in old money (ie 10°C), and snowdrops and crocuses are blooming. Spring is approaching and soon I can come out of hibernation. Those of us with gardens will be looking forward to resuming our labours and waking up those long-forgotten muscles.

No doubt there are still some wintry days to come so please continue to look out for your elderly neighbours.

TRAFFIC

Traffic jams and pollution continue to cause problems for residents. What a joy it was to be around in half-term week.

The council has now signed a contract for the survey to be carried out on traffic and parking in Green Lane, Maxwell Road, Murray Road and Rickmansworth Road. The council has assured us that we will be able to have some input.

Several residents have raised petitions to the council about speeding and speed tables. The findings have all been negative and one wonders what the purpose of raising a petition is. Our councillors have helped to try to get satisfactory resolutions but seem unable to beat the intransigence of certain council officers. I have made a complaint to the Leader of the Council, Ray Puddifoot, and I will report back when he has responded.

In the meantime, do continue to air your complaints with our councillors.

STATION DEVELOPMENT

There has been no progress since the last newsletter. The following statement was received from Transport for London on 23rd January 2018:

"We are on track to select a development partner for Northwood station within the next few months. Once appointed we will work with the partner to bring forward new proposals for the station, which will be subject to local consultation and engagement. We want to thank everybody for their patience while we choose a development partner. We are looking forward to working with the local community to bring forward new proposals for the site."

Recently the Mayor for London has decreed that 35% of all developments must comprise affordable homes so this will, no doubt, impinge on the design.

ANNUAL GENERAL MEETING

As you will see elsewhere, our 2018 Annual General Meeting will be held at 8pm in Oaklands Gate Methodist Church on Thursday, 19th April. Please do make every effort to attend.

We have an excellent speaker, Oliver Green, who is to talk about the history of the Metropolitan Line and how it affected Northwood.

As no-one has volunteered to take over as Chairman, I have agreed to submit myself for re-election. Surely this, my 10th year, will be my last. All current officers and committee members have also agreed to stand for re-election.

We do need some fresh blood on the Committee, so I would love to hear from you if you wish to stand.

ALAN PRUE

Last year I reported that President, Alan Prue, had suffered a major stroke. I'm delighted to report that he is making a slow, but steady, recovery and we hope to see him up and about by the summer. I'm sure we all wish him, and his wife Pat, well.

LOCAL BUSINESSES

The continuing depressed economy and increases in rents and rates are having a considerable detrimental effect on our local businesses and quite a few have closed recently. Please do use the ones that remain as much as possible so that we can maintain a thriving local community. Later this year we will be making improvements to our website to give businesses more exposure.

CONCLUSION

Again, I am indebted to our devoted committee members, area and local road stewards who are the lifeline of the NRA. They freely give many hours to our association. A thriving residents' association is essential to the well-being of any community so please do renew your subscriptions and encourage your neighbours to join us if they are not already members. Please contact me if you have anything you wish to discuss. I need to hear from you in order to keep on the ball.

Last, but not least, a big thank-you to our ward councillors and MP, Nick Hurd, for their continued support.

Tony Ellis
chairman@northwoodresidents.co.uk
Tel: 01923 821237



Ann Bailey

27th September 1934 to 27th January 2018

OBITUARY

We remember Ann for her work as Police Liaison Officer on the NRA committee from 2002 to 2011, but her community presence reached much further and touched many people. Having studied Law in the 1950s and worked as a barrister in the fields of commerce and charities, she made good use of her training serving on various police committees as well as on Youth and Probation committees. She was a local magistrate for many years.

At her Service of Thanksgiving, Ann was described by her sons as "Independent, ladylike, indomitable, passionate, opinionated, yet generous and kind with a strong love of justice - a truly extraordinary lady."

Our sincere condolences to Ann's twin sons Mark and Jonathan, step-son Hugh, and to their families.



Traffic and Highways

NORTHWOOD TRAFFIC STUDY

We have had confirmation that LBH will carry out a transport study for the following roads:

- A404 Rickmansworth Road
- B469 Green Lane between Rickmansworth Road and Maxwell Road
- Maxwell Road

I understand that the study is likely to last for a full week, during school term, in March or April 2018. Among other things, consideration will be given to traffic speeds and parking.

GREEN LANE

About 18 months ago, it was noted that after heavy rain the pedestrian crossing near The Glen becomes flooded and unusable, with pedestrians being sprayed with water by passing traffic. Although this was reported to the council at the time, and on many occasions since, the problem hasn't been solved.

Recently a council officer spoke to the drainage contractors who said that they attended the site on 2nd February and checked the gullies between Welcote Drive and Wilford Close. The gullies and their connections were jetted. However, upon lifting a number of the manhole covers on the footway either side of the road, the drainage pipes were found to be blocked.

This has been reported to Thames Water (TW), together with the background information from my initial enquiry, plus the photos I provided. TW has been asked to arrange for an engineer to attend the site as soon as possible, with a view to arranging a line clean – hopefully sooner rather than later.



NORTHGATE

You drive into Northgate from Ducks Hill Road at your own risk; the camera at this junction is now live.

SANDY LODGE WAY / DENE ROAD

An independent 24 hour / 7 day speed survey has been completed at three locations on these two roads. Detailed results are now available and show that the majority of vehicles were travelling between 20 and 30 mph, a few exceeding 50 mph and three were measured at 60-100 mph. LBH have commented that "These results unfortunately do not give the council sufficient evidence to justify further investigations into physical traffic calming measures in Sandy Lodge Way(sic) or Dene Road, Northwood at this time". Although I understand that in March 2013 an elderly resident was knocked down in Dene Road and subsequently died, the police apparently have no record of this.

traffichighways@northwoodresidents.co.uk

Peter Lansdown

Metropolitan Line

It was very disappointing to see that the Met Line extension (**CROXLEY LINK**) which looked to benefit many people seems to have been shelved. The original plan was that TfL would contribute about £49m to the scheme; the Government and others would fund the rest. A recent review showed there was a funding gap of £73m. However, after a series of meetings the Government agreed to fund this gap. Alas, at this stage Mayor Khan decided not to honour the agreement to put in the original TfL £49m. This looks like it could be the end of the road (track). The scheme would clearly have benefitted many commuters and residents, from Watford, South Herts and North West London. Despite this not being a political scheme (supported by many MPs across the political divide) the fact that it benefits those not in the Mayor's voting sight may, I guess, have something to do with the change of heart. Let's hope common sense prevails.

Meanwhile, we poor Met line users had a bit of a torrid time over the winter months with what felt like daily troubles on the line. The usual reasons (that signal at Finchley Road has a lot to answer for!) and the usual long lead time to fix issues with communication being somewhat shoddy given what should be possible in this day and age made for many perfect storms. Indeed, it is worth checking Twitter as many commuters tend to update you well ahead of TfL. So bad were the problems at one point that there was talk of a protest by quite a few regular commuters. This seems to have simmered down, but you do have to wonder how long this can go on for, given how many years of disruptions TfL has had to fix the issues.

Gerry represents the NRA on FOMLUC, the Federation of Metropolitan Line User Committees.

THE NEW SCHEDULING OF PLANNED

DISRUPTION is such that you cannot now get a Met train before 9.30am and after 8.30pm between Wembley Park and Aldgate on a Sunday. This is, of course, in addition to having no Met line trains from town to Wembley Park after 10pm on Mondays to Wednesdays. Night tube seems a long way away (and is!). All would be more acceptable if we saw genuine improvements on a daily basis rather than anticipation of more delays. However, there is some light at the end of the Finchley Road tunnel. In the said tunnel, 2km of new track will have been installed by the end of February 2018 with 1.2km to go. The completion is forecast for the end of 2019 – a joint plan with re-signalling the route. This, we are told, will benefit us with faster trains, a smoother ride, improved reliability, reduced maintenance cost, environmental benefits and reducing the long term need for closures. Utopia.

FURTHER MODERNISATION NEWS. A new service control centre is opening in Hammersmith. This upgrade will see all the Baker Street control teams moving to the new centre, all with the latest technology at their fingertips. Service controllers, line controllers and line information specialists will all make the move to this, the newest and largest London Underground Service Control Centre, in March. Here's hoping this move to modernisation shows

increased reliability to the paying customer. Watch this space.

Feel free to contact me at:
met@northwoodresidents.co.uk

Gerry Pimm



A Message from Nick Hurd MP

The Northwood Residents' Association, not least your Chairman Tony Ellis, has been a staunch ally in the long campaign to bring the **NORTHWOOD AND PINNER COTTAGE HOSPITAL** back into life as an asset for the community.

Things were looking bad for a while. It was clear that the NHS didn't care about the site anymore and the dilapidation of this once proud building was very depressing. Promises were made by people, now long since moved on, but nothing seemed to happen. Then the NHS declared it surplus to requirements and a decision was taken to sell it. My concern, shared by many, was that if we did nothing all we would get was more high-priced flats. So, for some time now, we have put pressure on the NHS to remember past promises that the war memorial would be respected and that any redevelopment would deliver some community health benefit.

I AM PLEASED TO REPORT SOME PROGRESS. NHS Estates have confirmed to me that their Plan A is to do a redevelopment that combines two things. First, they want to upgrade the Northwood Health Centre and physically move it into the main hospital building. In that process, the commitment is to preserve the historic facade of the main building and the war memorial. Secondly, they want to redevelop the rest of the site, including the old Health Centre site, for accommodation. I have pressed them for years to consider a mix that includes additional sheltered or extra-care accommodation, given the demographics that suggest that we will need more of that type of accommodation. They are open to this, not least as the market is increasingly wanting this and that is reflected in valuations that developers are prepared to pay.

The NHS is not just talking about it now; I am at last seeing some action. They have engaged with the Health Centre GP practices, who themselves are keen to upgrade their offer to

residents, and I hear those conversations have been constructive. Early conversations are taking place with Hillingdon Planning, who I am sure will want to feel comfortable that the accommodation is suitable in scale and quality for the area. An important issue to be resolved is the position of the Hillingdon CCG who, as local health care commissioners, need to approve the project. They have assured me that they are supportive in principle. In fact, the issue now in their mind is whether they should commission extra services on the site as part of their plans to develop a new "hub" of primary care services in the North of the Borough. Hopefully this will be resolved in the coming months, and a planning application will be forthcoming before the summer.

THE COMMUNITY RAISED THE FUNDS FOR THE ORIGINAL HOSPITAL. It is part of the local fabric and thanks to our collective efforts, the NHS is well aware that they need to get this right, or risk "unleashing hell!" We were promised that the site would continue to deliver health services to the community and that promise needs to be kept.

What do you think about the future of the Cottage Hospital site? Be sure to let Nick Hurd MP know.

To contact Northwood MP, Nick Hurd:

Email: nick.hurd.mp@parliament.uk

Post: Nick Hurd MP, House of Commons, Westminster, London, SW1A 0AA

Tel: 0207 219 1053

You can follow his work on the website: www.nickhurd.com and on Twitter: @nickhurduk

All views and opinions expressed in this newsletter are those of the individual contributors.

Members, this is your newsletter! I am always eager to receive comments, articles and suggestions for topics that you would like us to cover. There's no harm in sending me your ideas, however whacky - I can always use my "editor's decision is final" powers!

editor@northwoodresidents.co.uk

Ros Plume



But we can't leave Christmas 2017 without mentioning the excellent Christmas lights display and our splendid Christmas tree. NRA committee member, Miles Gillman, worked hard to get the council on board; we received increased funding from Hillingdon and the NRA made its contribution as usual. Robsons, the estate agents, generously sponsored the Christmas tree. Our thanks to everyone involved.

Easter is just around the corner and with it comes a new trading opportunity; new merchandise, new window displays and, hopefully, new customers whether you are a retail or service-based business.

Business News

For next Christmas, we are planning a "Best Window Display" competition in both the Green Lane and the High Street / Pinner Road areas. There will be more details in our next newsletter and on our website. We are hoping you will all join in the fun!

Remember, though, that the most spectacular window display will not make up for the lack of a friendly smile and a welcoming manner. With everyone competing to make a living, excellent customer service wins hands down.

Please do get in touch with me if you need help in the business arena. I might not be able to help you myself but I usually know someone who can!

I wish you successful trading.

business@northwoodresidents.co.uk

Hoda Lacey

From the Treasurer

ANOTHER YEAR ENDS and with it another financial year. Thank you to all members for continuing their support and thank you to the Road Stewards and Area Road Stewards who collect the subs and deliver the newsletters. The accounts have not been finalised and audited as yet, they will be prior to the AGM. The subs total is high, in part due to some late 2016 submissions that are included in 2017, but even allowing for that, a good year. If you have not paid your 2017 subs yet, there is still time to do so and they can be included in the 2017 accounts. If the accounts have been passed to our auditor, any submissions after that will appear in the 2018 accounts but be recorded in the membership database correctly for 2017.

THE YEAR IN QUESTION. We are often asked why we collect during the year of membership and not for the following year. I do not actually know, I suspect there is some historical rationale that would explain it, but as we pay the subs only once a year, it makes little difference to us individually. Legally of course, we do require a financial year and ideally all income and expenditure would be included in the year in which it occurred. That also enables year-on-year analysis to be completed.

OUR LARGEST EXPENSE is for printing. £4,101 was spent on it in 2017, the vast majority being the production of the newsletters. These are now full colour and I believe a very good product. Around 2,600 are printed three times a year. Apart from the website they are the most visible, tangible product of the NRA. Much work is not visible, the never-ending work around planning; chasing the council to fix the roads and pavements, or to clear rubbish; liaising with multiple stakeholders and organisations... The newsletters themselves consume hundreds of hours of work. The articles have to be written, Ros, our editor, has to edit the articles and piece them together to build the pages ready for the printers to print them. The delivery of many heavy boxes then has to be split amongst the ARSs and RSs for delivery to the members.

So, as I often plead, please make the life of the Stewards as easy as possible by having subs ready, either cash, ideally folding money, or cheques payable to 'Northwood Residents Association'.

treasurer@northwoodresidents.co.uk

David Blowers

OPINION

Housing, Green Belt and Skyscrapers

You will be familiar with the ongoing debate around the urgent need, nationally, for housing and, in particular, the 'affordable' variety. The perceived wisdom appears to view the problem mainly as one of inadequate supply, although there is an argument that over the past ten years population explosion and extremely low interest rates have fuelled demand. Such demand factors have political, social and economic implications that are difficult to resolve. For example, large population increases also stimulate land requirement for infrastructure (roads, schools, hospitals, etc) as well as housing. The UK population is predicted to increase by 3.6 million by mid-2026, pass 70 million by 2029 and be 72.9 million in mid-2041 (Office for National Statistics).

FROM RENTING TO HOME-OWNING AND BACK AGAIN.

At the turn of the twentieth century, we were a nation of 'renters'; just 10% of the population owned their own home. Home-ownership increased to 70.9% in 2003, but has since steadily declined to 62.9% and is still falling.

Nowadays, the main barrier to home ownership is 'affordability', especially in London and the south east. The **average** cost of a three-bedroom semi in the London Borough of Kensington & Chelsea is an eye-watering £6m+; the most expensive real estate on the planet, second only to Monaco. Fifty years ago, an average three-bedroom semi and a four-bedroom detached house in Northwood could be bought for £7,000 and £10,000 respectively. Today, we are into the realms of monopoly money, when those same properties are circa £700,000 and £1m (a multiple of 100!).

A GROUP OF PEOPLE HAS EMERGED KNOWN AS

'GENERATION RENT'; 24-35 year-olds struggling to get on to the housing ladder and prepared to spend up to 50% of their net take-home pay in rent. Many are still living with their parents at age 35. A little more than a generation ago, 24 year-olds were finding a deposit, funding the mortgage

and purchasing their first home. Today, that first rung on the ladder for, say, a one-bedroom flat in Northwood might require a deposit of £30,000 and a mortgage of £270,000; often an almost impossible equation for a young couple. Hence the phenomenon of 'the bank of mum and dad and/or grandma and grandpa' helping their offspring with the deposit and/or guaranteeing the mortgage.

The hunger for home-ownership continues unabated and part of the solution, now encouraged by Government, is the acceleration of public and private housebuilding programmes for homes to purchase or rent. Currently, both are woefully inadequate. The latest statistics show 217,000 new homes built in 2016/17, whereas 400,000 per annum are needed to have any significant impact. To some extent, our slow and ponderous planning system is guilty of delaying and frustrating this process. Although just 13% of the land area of England, the green belt is regarded as sacrosanct, by Government, Local Authorities and home-owners alike and the lobby to preserve it is very powerful indeed. Likewise, high-rise buildings generate massive local protest.

We all wish to live amongst open spaces and who wants to look out of their window at a multi-storey block of flats? Yet, logically, where is the land to build all these new homes and related infrastructure and are incursions into the Green Belt and skyscrapers inevitable if the housing needs of present and future generations are to be satisfied? In time, we might all have to get used to the idea!

planning@northwoodresidents.co.uk

David Goodman

David Goodman works hard on your behalf; in 2017 he presented the NRA committee with details of 197 Planning Applications submitted for Northwood Ward, of which he sent comments or objections to the council for 32. That represents many hours of work, peering at forms and drawings on his computer screen. Thank you, David.

Dear Local Councillors

Each newsletter usually carries an item from our councillors, the topic being suggested by the NRA committee. This time, we wrote an open letter to the councillors. Cllr Seaman-Digby advised us that in order to give "the fullest and most informative response", he will require input from council officers at a detailed level. This will take some time, so we plan to publish the full response in the Summer newsletter. In the meantime, here is the open letter:

Dear Councillors

Over the last few years, parts of Northwood have developed into a building site. We have seen houses in Ducks Hill Road demolished to make way for large blocks of flats, destruction of attractive 1930s houses in Copse Wood to be replaced by ugly mansions, conversion of houses into flats in Old Northwood and the extension or redevelopment of established houses. All of these developments bring noise, dirt, inconvenience and traffic problems for neighbours. Whilst a few contractors are considerate, the majority seem to have no respect for the local population. Some contractors work only intermittently, have no regard to safety and work out of permitted hours. The latter extend the development work far beyond what is reasonable.

For example:

- The appearance of the Copse Wood estate has been largely disfigured with bulky edifices and many mature trees have been lost. Pavements have been blocked during construction, destroyed and not replaced.
- The contractor on the development on Rickmansworth Road opposite Hills Lane leaves mud on the road and lets vehicles enter and leave without proper supervision.

- Four of the six houses between 13 and 29 Kewferry Road have been/are being totally redeveloped in the last three years, all of them taking over a year. At one time three were being worked on at the same time. Neighbours have had enjoyment of their gardens blighted by the noise of machinery and men shouting, burning rubbish in back gardens, constant movement of skip lorries and heavy vehicles and once, 13 contractors' vehicles were parked in the street at one time causing traffic chaos. All of the paving slabs have been broken.

Whilst we don't want to stop development, Northwood residents should not be subjected to such inconvenience and inconsideration. What steps can you take to ensure Hillingdon Council mitigates the effects of development, makes sure that replacement buildings are more sympathetic with their surroundings, stops the loss of trees and ensures that each development is finished in a timely manner?

Yours sincerely,
Northwood Residents' Association Executive Committee

Elected councillors for Northwood ward are:
Richard Lewis, Carol Melvin and Scott Seaman-Digby.

Tel: 01895 250316 - Civic Centre office (9am - 5pm weekdays)

Tel: 01923 822876 - Northwood Office

Email: rlewis@hillingsdon.gov.uk
cmelvin@hillingsdon.gov.uk
sseaman-digby@hillingsdon.gov.uk

OPINION

Are Petitions a Waste of our Time?

In June last year, a petition signed by a number of Kewferry Road residents was presented to Cllr Keith Burrows, cabinet member responsible for petitions. The petition requested reducing the volume of traffic in the road, in particular stopping HGVs and coaches using it as a short cut. The existing signs and humps do not deter them and residents are suffering from noise, vibration, pollution and frequent traffic jams. School traffic exacerbates the problem. The 20mph limit is ignored much of the time.

Our petition also has the support of Holy Trinity School, whose playground is next to the end of the road, where traffic has to stop and wait to turn in to Rickmansworth

Road, with their engines running and polluting the air. This pollution is detrimental to the health of pupils.

We suggested a width restriction at the Batchworth Lane end of Kewferry Road as such measures are successfully used throughout the borough.

When we left the meeting last June, we felt quite confident that our hearing went well.

We have recently received a very disappointing, very general letter, turning down our application. The council stated that as only 50 large vehicles were using Kewferry Road daily, it wasn't a significant problem. They also stated that Hertfordshire Council would not permit restricting traffic at their end of Kewferry Road. None of our other concerns were mentioned!

No attempt has been made by Hillingdon Council to consult us apart from this abrupt communication. 50 HGVs and coaches a day is 50 too many! We have now appealed to Councillor Burrows to reconsider but do not hold out much hope.

A futile exercise indeed.

Since writing this article, Angela reports that "We have now got the backing of our local police officer, who has promised to conduct a speed and traffic check."

Angela Stein
on behalf of residents of Kewferry Road,
with support from Tony Ellis



Honour for NRA Member

Congratulations to Jan Sutton who was awarded the British Empire Medal in The Queen's New Year Honours List for services to the NHS.

Jan spent her professional life working for the NHS and is now chairman of the Mount Vernon Comforts Fund, a charity whose 150 volunteers raise over £70,000 a year to improve patient comfort at the hospital.

Jan will be presented with her medal at the Tower of London by the Lord Lieutenant of London in April. Well done, Jan!

Mount Vernon Comforts Fund runs a coffee shop in the radiotherapy unit, as well as a Look-in charity shop, Bookshop, general goods shop and ward trolley, all on the hospital site. If you are visiting the site for any reason, do seek us out - all profits are for the benefit of the patients.

If you would like to get involved as a volunteer, do call the office on 01923 844629 or pop into the shop to chat to the volunteers and leave your details. You will be most welcome.

A Slippery Slope - What Banking?

It was with sadness that we heard about the intended closure of the NatWest Branch in Northwood (also in Pinner and Hatch End) now scheduled over June and July 2018.

Many banks have been publicising their branch closure plans, usually in the light of protestations about saving money whilst also mentioning how easy it might be for residents and businesses to go to the next nearest town to seek out their branch of the bank, or alternatively, to use their local post office for basic banking activities.

In the case of NatWest Northwood, branch banking facilities will continue to be offered in Eastcote. Maybe some Northwood residents might prefer to use Harrow, Watford or Ruislip branches, or even Rickmansworth. I very much doubt that users of NatWest Northwood would find it convenient to use any branch that is not in their own town, but then not all retail banks are necessarily considered a service to and for their local community. Given that the Northwood branch of NatWest is frequently busy with people interested in using their services, it is somewhat confounding to understand the rationale behind such closure decisions. Perhaps it has more to do with premises lease renewal or national retail banking profits?

For all information about local environmental issues, visit the council website, www.hillingdon.gov.uk and follow the links: Residents > Environmental Issues.

Email: contactcentre1@hillington.gov.uk

Tel: 01895 556000

But never mind, you can always change your bank to Nationwide or Santander who seem to want more domestic and small business customers. The choice can also include Barclays and Lloyds but both banking groups have branch closure programmes in operation.

Back to NatWest and Northwood – in fairness, it was pointed out that some of the more basic services such as paying in cheques or cash could be undertaken at the local post office. You may feel that this branch closure is an outrage or simply inconvenient.

HOW TO PROTEST. Just send an email to local NatWest manager, Luke Renker at luke.renker@natwest.com or text him on phone: **07789 651 880**.

If you want to get to the top, the RBS Group CEO is Mr Ross McEwan at 135 Bishopsgate, London EC2M 3UR or email: ross.mcewan@rbs.co.uk

Some people might think that banking branch closure is, “like a disease, something that can be catching and other bank branches might follow”.

Have a go, try to keep it open, protest, or sign the petition at <http://keepnatwestnorthwoodopen.simplesite.com/> You never know you might be the person that changes minds! Make no mistake, our town centre is under threat as other closures may occur, in which case do premises remain empty or do we find yet another bookmaker, coffee shop or estate agent arrives?

environment@northwoodresidents.co.uk

Andrew Egan

Ruislip Lido

Many of you will already know that there have recently been major changes to the parking arrangements at the Lido. The “new” car park, within the Lido area, is for Hillingdon residents only and is free, but you will need your **HillingdonFirst** card and you must take a ticket from one of the machines and display it in the vehicle. The main car park at the end of Reservoir Road, opposite the Water’s Edge pub, can also be used by residents as above, but there is a charge for non-residents. Please use the links below for further details.

<https://www.hillingdon.gov.uk/article/32416/Parking>
<http://www.ruislip.co.uk/carparkruisliplido/index.htm>



Peter Lansdown
traffichighways@northwoodresidents.co.uk

Northwood Nostalgia, Part 2

During Winter-time in the 1950s I used to get to Merchant Taylors school by Met line train to Moor Park and Sandy Lodge Halt station – shortly to be renamed simply Moor Park. There were then only two tracks, which accommodated both electric Met Line and longer-distance steam-engined trains.

The two platforms were wooden, gas-lit, one either side of the tracks, with a footbridge across to the Sandy Lodge and booking hall side, from whence a muddy track led down towards the gates, and the nearly one mile trek up the drive to school. No car park for Senior boys to drive themselves to school in those days, though this was a privilege allowed to the Head Monitor, who also was allowed to have a moustache and beard if he so wished!

The Met Line trains were not as today; they were brown carriages, either diesel or steam-engine drawn, without a connecting corridor between individual compartments. Each compartment had a door which could only be opened from inside on reaching the station by lowering the window on a huge leather strap and reaching down to the single external brass handle.

There were two particular long-distance steam trains – the Master Cutler and the South Yorkshireman. A key duty of the station staff was to evacuate both platforms of passengers well before these trains thundered through in either direction, shaking the wooden platforms to their foundations.

A bit more nostalgia next time.

Paul Barker

NRA Health

I am delighted to take on the portfolio of Health and thank all the members of the committee for the appointment. I shall endeavor to keep you all in touch with health-related matters in Northwood.

THE CONFEDERATION OF GP PRACTICES IN

HILLINGDON. A confederation of 46 GP Practices will now serve the residents of Hillingdon by combining facilities and resources to provide more comprehensive services:

- **Extended Access Hubs** will be provided at Eastcote, Uxbridge and HESA (Hayes) so that GPs can be seen, additionally, between 6:30pm-8:00pm. Appointments need to be booked.
- **Integrated Paediatric Clinic.** Paediatricians can be consulted in GP Practices, avoiding the need to go to hospital.
- **Care Home Pilot Service** will support residents in care homes and sheltered housing.
- Plans are in the pipeline to have **Pharmacists in GP Surgeries** for consultation as well as home visits.

RESIDENTS OF HILLINGDON, in the main, attend Hillingdon Hospital, Mount Vernon Hospital, Watford Hospital and Northwick Park Hospital. 90% of residents go to Hillingdon Hospital when needed. Problems occasionally arise in the delay in discharge letters reaching the GP thus causing a discrepancy in the patient's current and previous medication. On discharge from hospital patients should take a copy of the discharge medication to their GP surgery as soon as possible and ensure that amendments to their medication are logged on their records.

CARE CONNECTION TEAMS at GP Practices connect health and social needs and provide standard support in the community. In Hillingdon the system is quite advanced compared with other boroughs. Some of the social care is not free and has to be paid for.

ONLINE CONNECTION with your GP Practice. You can register with your own practice for on-line facilities, which makes life a lot easier, saves time and stress. Patients can:

- Book appointments
- See their own blood test results
- Request REPEAT MEDICATION which can be delivered to their homes if requested.

JOINT STRATEGIC NEEDS ASSESSMENT conducted by Hillingdon Health and Wellbeing Board, published in December 2015, found the following for Hillingdon residents:

- Overall the health of Hillingdon residents is good compared to England on average
- Life expectancy is higher
- Hospital stays related to alcohol and self-harm are lower
- There are higher levels of breast-feeding and less smoking at time of baby delivery
- Fewer people killed or seriously injured on roads
- Lower long-term unemployment
- Less homelessness

BUT there are challenges too

- Higher levels of violent crime
- Higher rates of sexually transmitted infections, tuberculosis and diabetes
- Fewer physically active adults
- More Year 6 children are obese
- The biggest causes of death are heart disease and stroke, cancer, respiratory diseases and diabetes.
- PREVENTION IS BETTER THAN CURE
- EARLY DETECTION HELPS

health@northwoodresidents.co.uk

Dr Amir Lakha

Minor Injuries Unit, Mount Vernon Hospital

Open: 9am - 8pm daily
Telephone: 01923 844201

Need a blood test?

Mount Vernon Hospital's Phlebotomy dept. is open:
Monday to Friday, 7am - 4.45pm
Telephone: 01923 844732

The department's doors normally close at 4.30pm so that staff can process any patients who are already there. No blood tests are performed after 5pm.

NRA Membership

Road Steward vacancies continue to arise, so I repeat my plea for new RS volunteers – particularly for **Green Lane** with its three RS sections. Also, if you are willing to take on RS duties for a road not necessarily where you live, and are able / prepared to travel to them, please let me know. Duties are not onerous – distributing newsletters three times a year, and either collecting or organising membership subscriptions for your patch via envelopes to Sharman's Chemist.

Do watch our NRA notice boards where additional vacancies are displayed as they crop up.

And, finally, hopefully by the time you read this we will have completed trialling and gone live with distributing important announcements by email to those members who desire this service. Each email will have a future opt-out option. Any such emails will ALWAYS be a brief message, with a link to our website for more detail or information if appropriate.

If you haven't yet received any such NRA emails, perhaps we don't have a current or correct email address for you, so PLEASE email me and I will ensure that our membership database is updated.

chiefroadsteward@northwoodresidents.co.uk
or direct email: Paul.barker@bbmc.uk.com

Home Tel: 01923 821036 Mobile: 07946 385 474

Paul I. F. Barker



Hello again everyone. In the last newsletter I wrote about the changes taking place in local policing. Those changes have rumbled on and there are still more to tell you about, a lot of it positive. To begin with, your sergeant for Northwood remains Sam Quinn which is great for continuity - I am sure you have seen many sergeants and inspectors come and go over the years. All of our officers now have laptops or tablets which means that the walk or drive back to a police station to write up reports is no longer necessary. This in turn keeps them out in the community for longer.

WHICH POLICE BUILDINGS WE KEEP has also been confirmed and it is better news than expected. Hayes will continue to be the main patrol base for our response officers and the 24/7 front counter has been moved to there. Ruislip Police Station is being kept which was a welcome surprise. Our excellent volunteers open it most days and we have also added weekly contact points at the station when you can see a police officer should you need to report anything. The contact point times are Wednesday 5pm-6pm and Saturday 2pm-3pm. Uxbridge Police Station is still scheduled to be sold in the next few years but is currently subject to some discussion with Hillingdon Council over whether they will purchase it for continued use as a station. Watch this space. Northwood Police Station will, unfortunately, still go in the next few years.

CHANGES TO OUR MANAGEMENT AND SUPERVISION STRUCTURE are next on the cards. We have to reduce our spending whilst trying to maintain officer numbers and this will be done by reducing bosses. This will have little impact on what you see locally but the managers who are left will have to do things differently. Currently, I manage the nine wards in Hillingdon north of the A40 and two other inspectors look after the other 13 wards. From June, this will reduce to one inspector covering the whole of Hillingdon. **I am happy to report that the one inspector will be me**, but as a result of the increased workload the little things will change and the most obvious will be that these local newsletter pieces will be written by your sergeant in the future. I promise not to withdraw to an ivory tower, but our sergeants will take over that local engagement task.

If you have a moped, please keep reading. In Hillingdon stealing mopeds and motorbikes is on the increase. Please do everything you can to make your bike a less appealing target. Use a cover to mask the type of bike you have. Use a disc lock to stop your bike being wheeled away. Lock your back wheel to street furniture. Don't let your locks rest on the ground - this makes them susceptible to an angle grinder.

Thanks for reading,
Inspector Rob Bryan

Northwood Ward Team can be contacted on
Telephone: 0208 721 2545 or 0208 246 1823
Email: Northwood.snt@met.police.uk
Twitter: @MPSNorthwood

Inspector: robert.bryan@met.police.uk
Mobile: 07500 097 182

Address: Ruislip Police Station, The Oaks, HA4 7LF

Sergeant: samantha.quinn@met.police.uk

ACCIDENTS AWAITED AT ZEBRA CROSSINGS!

At school we were taught how to use zebra crossings. Remember the Green Cross Code? However, there is research that indicates many if not most people have forgotten the rules. In a survey on the subject undertaken elsewhere in the UK nearly 20% of the respondents reported near misses at these crossings and 50% of respondents incorrectly stated that vehicles must stop when a pedestrian is waiting at a crossing.

Just 19% knew that it is only once a pedestrian has stepped onto a crossing that a vehicle is obliged legally to stop. Where there is an island waiting area in the middle then the pedestrian should wait there and treat the second half of the road crossing as a separate zebra crossing.

All too frequently some adults, teenagers, even children walk towards a crossing or turn from the pavement directly to the crossing and then cross without either looking or waiting for motorists to slow down and stop safely. Some of the worst offenders are those that saunter across a zebra crossing engrossed in conversation or using a mobile phone. This is simply dangerous.

The correct procedure is to reach the zebra crossing, then to stop on the pavement by its edge and look right then left very obviously, so that oncoming drivers and riders can see

you and stop safely. The pedestrian should wait for vehicles to stop before using the crossing.

I have seen several near misses, but two incidents are of particular note: first, a sauntering pedestrian pushing a pram suddenly turns and starts to use the crossing without regard to approaching vehicles. The pram and assumed on-board baby were almost hit. Second, school aged youngsters sauntering slowly over a crossing chattering, the first vehicle stopped but the youngsters forgot that a second lane of traffic was normal at that particular crossing and there was almost an accident. This inattention to oncoming traffic is a recipe for disaster, an accident waiting to happen, all because stopping at the pavement edge, using eyes and waiting until vehicles have stopped seems to have been forgotten.

Northwood is not exempt from this creeping malaise. So everyone, it is time to wake-up. Whatever your age, young or old, using a pedestrian crossing correctly helps to save lives and limbs!

environment@northwoodresidents.co.uk

Andrew Egan
with some statistical data and material
extracted from a national newspaper

Hillingdon Neighbourhood Watch

The Hillingdon Neighbourhood Watch (HNW)'s small band of volunteers is very proud to have received Hillingdon's award as "**VOLUNTEER TEAM OF THE YEAR 2017**".



Although HNW continues to register new watches in Northwood, (and, sadly, to lose a few where long-standing co-ordinators have retired or moved away), there remain significant areas within the ward without watch coverage. So why start or belong to a watch? Besides providing members with the wherewithal to protect themselves, their belongings and properties against criminal acts via the bi-monthly newsletter and occasional emailed alerts, there are additional benefits, to which watch members may avail themselves:

SMARTWATER forensic property marking kits allow residents to mark their valuables such as jewellery, mobile phones, computers, bikes, etc. with a code unique to each individual purchaser. If the property is stolen and recovered by the police, the owner can be easily identified and the property returned. Members of HNW registered watches can purchase this product for £25, which represents a saving of £50 on the RRP of £75. More details are available on our website. Residents in Northwood are currently unable to receive the product free of charge via the MetTrace Scheme, so this offer does represent good value.

CCTV is proving to be invaluable both in deterring would-be criminals and in bringing law breakers to justice. All members of registered watches are now eligible for a 20% discount on the cost of cameras installed by CAM-SEC. See website for details.

If YOU are interested in becoming a co-ordinator, there is a wealth of useful information at www.hillingdonnhw.co.uk. Alternatively, contact the office at Ruislip Police Station by email all@hillingdonnhw.co.uk or by telephone on 0208 246 1869. Personal callers are very welcome on Fridays from 1000 to 1230 – a telephone call beforehand would be welcome, to ensure you are seen promptly.

Lynette Bridger
Secretary, HNW Steering Group

Drop-in Surgeries, with the SNT

Friday 16th March, 12noon - 1pm

Monday 19th March, 12noon - 1pm

Friday 23rd March, 12noon - 1pm

Monday 26th March, 3pm - 4pm

at **Northwood Police Station, Murray Road HA6 2YN**

Coffee with a Copper

Tuesday 20th March, 1pm - 2pm

Tuesday 27th March, 4pm - 5pm

at **Costa Coffee in Green Lane**

Crime Prevention Stalls

The Safer Neighbourhood Team will be on hand to offer you a one-to-one consultation session in conjunction with crime prevention advice. The next scheduled sessions:

Wednesday 21st March, 12pm - 1pm

Saturday 7th April, 4pm - 5pm

Waitrose, Murray Road entrance

Northwood Police Station is open to the public,
manned by volunteers

Monday, Tuesday, Wednesday: 11.00 to 13.00

Local Policing from the NRA Police Liaison Officer

As Insp Rob Bryan has advised in his article, the upheaval at the top end of the Police should not have any real effect on our local service. That said we are moving to a Tri Borough system very shortly and resources could be stretched. It will take some time for the new system to bed in and it is hoped that performance and functionality will be reviewed constantly to ensure best practice for residents. I will try to keep you updated as these changes take effect.

Locally, crime remains low but we should not be complacent. We must all do our best to be vigilant. I am still surprised when residents contact me to say they were burgled but didn't report it to the police. In fact, we must report everything that happens locally to safeguard local police resources; therefore, please ensure you report anything suspicious. For example, people or vehicles that are unfamiliar or do not fit in with your usual traffic. Don't assume workmen are genuinely working nearby. Thefts from work vans are also a concern so ensure you advise your workmen of this.

Our local police are always happy to meet and discuss personal and home security and there are a myriad of opportunities to seek help and advice. They hold crime prevention sessions at Waitrose and Costa Coffee.

Additionally, we now have two one-hour weekly contact sessions at Northwood Police station. Please check our noticeboards, website or ask the Police for dates and times. They can be found on Twitter too.

As Spring and Summer approach now is a good time to look at your sheds, outbuildings and garages to ensure they are secure and also time to think about bicycle security as well as for motor bikes.

Our volunteers continue to offer a limited but useful service at Northwood police station although this will depend on their availability.

LATEST CRIME STATS

The most up to date crime figures can now be found on the website <https://beta.met.police.uk/>

Chairman, Northwood Police Ward Panel
nwdpolicepanel@gmail.com

and NRA Police Liaison
police@northwoodresidents.co.uk
H: 01923 450497 M: 07831 116570

Philip Green

What's happening at Northwood Library?

CHATTERBOOKS is our new reading club for children aged 5 and above, which takes place every Friday during term-time 4 to 4:45pm. During the club, we read aloud to each other and talk about our favourite fiction and non-fiction books.

The club is founded on the premise that reading for pleasure is vitally important to children's cognitive development. Chatterbooks therefore encourages children to explore reading and build a lifetime reading habit.

Our **POETRY APPRECIATION GROUP** is a relaxed, informal and welcoming discussion group for anyone who would like to share their favourite poems or discover something new. Together we explore poems from a wide variety of poets, places, cultures and eras - sometimes funny, sometimes serious. The group meets on the third Thursday of every month 2 to 3pm. No knowledge or experience of poetry necessary!



Our popular **STORYTIME** sessions for young children take place every Wednesday and Friday during term-time at 10am. The sessions include stories, rhymes and simple crafts for babies, toddlers and pre-school children. Always fun, they are also a great place to meet other parents and carers.

Don't forget... Northwood Library provides free access to computers and WiFi, as well as printing and photocopying facilities, a selection of newspapers and magazines and Starbucks hot drinks and biscuits.

You can also borrow and download eBooks and eAudiobooks straight to your mobile devices with the BorrowBox app.

Lastly, is your social group looking for a place to meet? Do you have a skill or interest you would like to share with others? We can support you to set up and run your group at Northwood Library. Please speak to a member of staff for details.

Northwood Library, Oaklands Gate, Northwood, HA6 3AA
Tel: 01895 558262

Email: northwood-library@hillingdon.gov.uk

Web: <http://hillingdon.gov.uk/libraries>

Twitter: [www.twitter.com/Hill_Libraries](https://twitter.com/Hill_Libraries)

Facebook: www.facebook.com/HillingdonLibraries

Opening hours:

Monday, Wednesday, Thursday, Friday 9am-6pm,

Tuesday 9am-7pm, Saturday 9am-4pm.

Janet Clements

SOUTH OXHEY CHOIR

of BBC TV fame is celebrating its TENTH year in 2018 with many events along the way and a very special 10th Anniversary Gala Night on 7th July, 7pm at St Matthews Church, Oxhey - do save the date.

Are you interested in singing? All voices are welcome, especially basses and tenors. No audition needed, so no excuses; come along to one of our rehearsals on Tuesday nights, 7 to 8.30pm, Oxhey Wood School, Oxhey Drive, in term time. Do not be shy, come and meet us; singing gives you a great lift and a way of expanding your social circle.

For more details call Ann Cox on 07852 369 935
Email: southoxheychoirs@gmail.com
<https://sochoirs.wordpress.com/>



Sobell Bridge Club Northwood

Although we have over 300 members we are keen to introduce even more people to the pleasure of playing bridge through our new "Bridge for Beginners Course" which starts in June.

Our course is for absolute beginners or those "rusty returners" who have played bridge a long time ago and wish to learn again. The course consists of ten two-hour lessons, each with direct teaching followed by a session playing hands to put what you have learned into practice.

The course is run by our friendly English Bridge Union qualified tutor, Theresa Murray-Bates, and is based on the English Bridge Union's book "Beginning Bridge", which is included in the course price of £120.

We run a free taster lesson to check out whether you feel that the course is right for you.

Regular club sessions run four nights a week where you will meet and play with friendly people and support the Michael Sobell Hospice as virtually all table monies are donated to this charity.

For more details, please contact Theresa
email: theresa.murraybates@gmail.com
The Michael Sobell Centre,
Mount Vernon Hospital, Northwood, HA6 2RN
www.sobell-bridge.org.uk



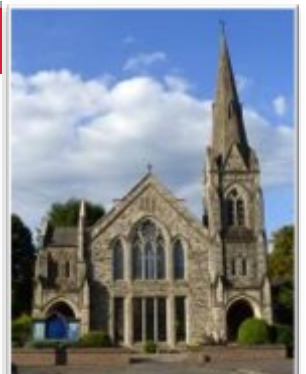
Northwood Methodist Church

At the beginning of November, we held our much appreciated annual "In Loving Memory" service to remember those loved ones who are no longer with us. About 90 people attended.

Our next Messy Church is on **Saturday 28th April** at 5pm for children from 3 - 11 years, accompanied by an adult. Each session has crafts, a short service and refreshments. All children are welcome.

On **Saturday March 24th** at 3pm we will be showing another family film, everyone is invited.

If you would like to know more about any of these events or for hiring any of the halls, please phone the church office and leave a message if necessary. Otherwise you are very welcome to pop into our Oasis coffee lounge, Wednesday to Saturday mornings for a chat over a "cuppa".



A DATE FOR YOUR DIARIES: from 1pm on **Saturday 16th June** we are holding a fund-raising fair featuring stalls, a magic show, hog roast and chicken fest, cream teas and more. Please come and support us.

Oaklands Gate, Northwood HA6 3AA
Tel: 01923 840633
www.northwoodmethodistchurch.org

Northwood & District Community Association is 70 Years Old!



Yes, we have been in existence for 70 years and I have been ferreting through old paperwork. In 1948 we had 186 members paying an annual membership fee of 2/6d (about £7.50 in today's money). Now our 270 members pay an annual fee of £5 so we are still good value for money. Activities included: whist drives, sewing, gramophone, discussion, drama, table tennis, modern dancing, tennis, old time dancing, young people and women's sections. Some

have stood the test of time and although we did have a play reading group and a music and jazz appreciation in the last 20 years, the table tennis, tennis and whist are the sole survivors of the original cast!

The main aim at that time was to raise funds to build or buy a building to house these activities, i.e. a community centre, but then, as now, finding land and a suitable building was both difficult and beyond funds, so this ambition was never attained. We did have a part of the Frithwood School offered to us in 1979, and we were there until the 1990s when we had to vacate the premises due to the demand for more classrooms as the pupil population expanded. So now we hold all of our 16 different sections in our four local churches. Most sections we have now are doing well, but we would welcome more people in the Monday Keep fit, Tennis, Bridge (plus other card and board games) afternoon, Whist, German Conversation and Sunday Ramblers.

Want to know more? Contact me on **01923 836346**

Pat Dunhill

Michael Sobell Hospice - FUNd-raising Events

PLANT SALE. Saturday 12th May 10am – 12.30pm

Join us for the MSH BLOOMING marvellous plant sale – a wonderful opportunity to browse and buy a variety of plants, flowers, bulbs, gardening accessories and much more in the grounds of Michael Sobell Hospice. FREE ENTRY. Parking available on site.

ON YOUR BIKE, Sunday 20th May 8am

Take on a 40-mile sponsored cycle challenge through the scenic countryside of Denham, The Chalfonts, Chesham, Bovingdon and Chipperfield. The event starts and ends at Michael Sobell Hospice. Entry £25 per adult before 20th April and £10 per child (11-16 years old).

LADIES IN THE NIGHT WALK. Friday 15th June 10pm

Join us for a sizzling night of summertime fun, laughter and walking as the Ladies in the Night Walk challenge returns with a CARNIVAL twist! Pound the streets for one amazing night

in aid of Michael Sobell Hospice.

Choose from a NEW 10-mile or 5.5-mile route. Ladies, men, children and four-legged friends are invited! Entry is £25 per adult or £10 per child (under 16).



For more details on MSH and our fundraising events visit **www.michaelsobellhospice.co.uk**

or call the Fundraising Office on **0203 826 2367**

Email: **mshevents@michaelsobellhospice.co.uk**

Facebook: **\michaelsobellhospice**

Twitter: **@MSobellHospice**

Michael Sobell Hospice,

Gate 3 Mount Vernon Hospital,

Northwood, HA6 2RN; SATNAV: WD3 1PZ

Lynda Jackson
Macmillan Centre



This year the Lynda Jackson Macmillan Centre (LJMC) will celebrate its 25th anniversary.

The centre was opened at Mount Vernon Cancer Centre by HRH The Prince of Wales on 4 June 1993, the first centre of its kind to offer a holistic approach to supporting people affected by cancer.

At the heart of the LJMC is a Drop-in centre which is staffed by healthcare professionals and specially trained volunteers.

Dropping in to the centre, visitors receive a warm welcome, a cup of tea or coffee and the opportunity to talk and ask questions about any aspect of cancer and its treatments.

The centre's pioneering approach has led to many awards for its innovative work and it has been the inspiration for many other similar services throughout the country and internationally.

The LJMC forms an integral part of Mount Vernon Cancer Centre and its 100+ staff, most of whom are volunteers, now respond to more than 40,000 requests for help each year. There is no charge for the LJMC's services with the majority of the centre's funding coming from generous donors and supporters.

Thank you to everyone who has contributed to the LJMC's success over the years. We acknowledge with gratitude the many ways in which our local community has supported our work, enabling the LJMC to reach this special milestone and ensuring the centre will continue to be at the heart of local cancer care in the years to come.

Thank you so much.

If you would like more information about the Lynda Jackson Macmillan Centre, particularly opportunities for volunteering or fundraising, visit our website: **www.ljmc.org**

We have continued to grow and our membership is now almost 800. Hopefully the hall at Fairfield will continue to contain us.

Our charity for 2017 was Harefield Hospital and at the December Meeting we handed over a cheque to their representative. We also had our Christmas concert with performances from our Ukulele and Singing for Fun Groups. Most of the songs were well known to our audience especially the carols so most people joined in. A happy and festive end to the year!

This year our charity is Great Ormond Street Hospital. We had a speaker from the hospital last year whose talk was both moving and informative.

In January we had a return visit from Tom Way, a wildlife photographer who talked about his love of Africa and showed some amazing photographs. We were also made aware of how much we need to consider the sad changes to our planet.

Ann Smith has been working very hard to find a venue for Ballroom Dancing. We will need use of a wooden floor and this is proving a little difficult, so much carpet everywhere! Any ideas?

Our Groups are thriving. We will soon be starting our 3rd Current Affairs Group; always a very lively two hours and a good opportunity to air our views without too much rancour.

Our committee under the Chairmanship of Fred Butterworth continues to work very hard to benefit our members. It is not always appreciated how much work goes in to keeping us afloat so a big 'Thank You' to all of them.

There is a Government Initiative to look into loneliness. This is not only aimed at the elderly, but we can reach out to others and tell them about our U3A. It is a wonderful way of learning, having fun and meeting new friends.

u3asites.org.uk/northwood

Maureen Crimmins

Northwood Craft Market and Plant Stall

VENUE: Methodist Church Hall, Oaklands Gate, Northwood HA6 3AA

TIME: 10am-2pm **FREE ADMISSION**

DATES: Saturdays 7th April, 5th May, 9th June, 7th July

After our winter break, the Northwood Craft Market has started its monthly markets once again. All crafts for sale are handmade by local craftspeople and we're looking forward to welcoming more new crafters alongside our regular stallholders. It is a perfect place to find beautiful, original gifts, or even a treat for yourself. Crafts for sale vary each month and range from jewellery, decoupage, fabric bags and artwork, to greetings cards, knitted items, crocheted toys, children's clothing, household accessories and much more.

Our very popular **Plant Stall** is back once again. There'll be a variety of cuttings and seedlings all at very reasonable prices

www.northwoodcraftmarket.co.uk

Like us on Facebook

Follow us on Twitter @CraftNorthwood

Email: northwoodcraftmarket@hotmail.co.uk

Telephone Susan on 07780 601842



and the ladies who run the stall are always happy to chat about all things garden-related.

Children can try some hands-on crafts to make something to take home, and you can stop for a break with tea, coffee and delicious homemade cakes in the church coffee shop during the morning.

For more information about the market, take a look at our website. Do call in and see us – we look forward to welcoming you.

Scouting Centre Update

Progress with the new 1st Northwood Scouting Centre and the fundraising for it are going very well. The new 25-year lease with the council was signed in February, and negotiations with our two short-listed contractors are continuing. Plans for clearing all our equipment off site are in hand, and we plan to start work to demolish the old hut after our Jumble Sale, which this year is on Saturday 12th May. We would have preferred a week later but someone else rather famous bagged that date for their event!

Funds raised so far have now reached over £86,000, against our original target of £100,000. Our estimate of cost to complete the project has increased somewhat, mainly caused by the cost of foundations; however, we have an expectation of a contribution from the Mayor's Charity Appeal as we are

one of her chosen charities for the year. We are also talking to the local council about financial support from them. We still have a way to go!

If anyone has an empty or even half-empty garage that we can use for up to 12 months for storage of equipment, please get in touch with me – the cost of commercial storage is painfully high.

Finally, if you would like to help us reach our £100,000 target, you can make an online donation by visiting: <https://www.1stnorthwoodscouts.org.uk/>

Richard Plume
Scouting Centre Project Manager
1st Northwood Scout Group
richard.plume@bronzesilvergold.co.uk

20 Years of Northwood Live at Home Scheme

As we continue to celebrate 20 years of the **NORTHWOOD LIVE AT HOME SCHEME**, we are delighted that our membership is nudging the 200 mark. The Scheme exists to support older people in our community who

remain in their own homes but who may feel isolated. A varied range of regular activities enables our members to make new friends, exercise, learn new skills, enjoy meals and outings together and generally enhance their quality of life. For those unable to get out easily, we offer befriending. A complete list of current activities is available from our office at St John's URC Church in Hallowell Road – details below.

This winter members enjoyed outings to pantomimes performed by Hillside Infants and Yeading Junior Schools, a Christmas party with a Dean Martin tribute act, New Year's Lunch at the Fairway Inn and a traditional Burns Night Supper at St John's Court, as well as our usual Christmas Lunch at St John's URC. The popular annual seaside holiday to Eastbourne is booked for March and provides an opportunity for many to experience a change of scene they would not otherwise have.



Volunteers enjoying mince pies and the chance to meet!

Volunteers had the opportunity to meet each other and be thanked by our Manager, Angela, at a pre-Christmas mince pie event.

As membership increases so do our costs. If you are part of a local organisation that enjoys raising

funds for charity, please do consider us.

We are very happy to receive enquiries from both new volunteers and potential members. **We desperately need more drivers and befrienders**, but all volunteers are welcome. Anyone in the Northwood area aged 60+ is eligible to become a member. Membership is free, but a small charge is made for activities to help cover costs. We aim to provide free transport for those who need it. If you are interested in joining either as a member or volunteer, please get in touch.

To find out more about us, please contact the office on **01923 842494** and visit **www.mha.org.uk/community-support/live-home/northwood**

Jo Wild, Chairman

Northwood Lions Club

2017 was good for Northwood Lions Club. Our fundraising efforts included participating in four local fetes, and we held a couple of fun Quiz evenings - one at The Gate pub where the MC was Carl James, who also agreed to help us with a quiz at David Lloyd Club, Northwood. At this latter quiz we raised over £400, thanks to the very generous support of the management and staff at David Lloyd.



Olive Fairclough presents a cheque to Leo Mindel of 1st Northwood Scouts

Lions Clubs are an international network - the world's largest service organisation. We exist to help our local community and to raise money which we donate to good causes, mostly within the borough of Hillingdon. Unlike some other charities, every penny we raise goes to our chosen beneficiaries. Lions Club membership consists of ordinary people, of all ages, who want to help their local community.

Northwood Lions currently has fifteen members, and our main regular income is from our Saturday Market (known as 'The Lions Den'), open every **Saturday morning from 9.45 till 11.45**. The Market has been operating for more than fifty years, and since 2008, when it joined forces with Northwood Lions, has been able to give away nearly a quarter of a million pounds! The Market, run by Olive Fairclough and her band of volunteers, is well worth a visit - its unique and friendly atmosphere, tea, coffee, home-made cakes and great prices needs to be seen to be believed. We also welcome all donations of saleable goods.



Robert can be contacted on **07860 324395**
Visit **www.northwoodlions.org.uk**

Robert Green

Ruislip-Northwood Masters Swimming Club

Fun, fitness and friendship at Ruislip-Northwood Masters Swimming Club; that is what has kept me turning up each week for the past 25+ years! Formed in 1989, it has established itself as a prominent and successful masters swimming club.



Swimming is great for improving fitness generally and this is the goal of many of our members; others wish to develop their stroke technique and speed in order to compete at regular Masters Meets or triathlons. For example our most recent event was at the Isle of Wight International Masters

Meet in February 2018 where a team of seven swimmers from our Club won 58 medals between them, achieved second place for the top team trophy, and Roy Wilson won the top male swimmer award.

We train four times a week on Tuesday, Thursday & Sunday evenings at St Margaret's School, Bushey and on Saturday mornings at Merchant Taylors School, Northwood. Most sessions last one hour but on Sunday evenings we swim for up to 1.5 hours to help build endurance.

Currently we are open to new members aged 18+. Perhaps you used to compete as a youngster and want to get back into swimming or are someone who would enjoy the discipline of training to schedules with like-minded individuals? You are very welcome to "come and try it" at up to three of our sessions free of charge.

If you would like to arrange a taster session or find out more about your local masters swimming club, do visit our website at www.rnscmasters.org or contact me via email at enquiries@rnscmasters.org. We would love to hear from you.

Jill Kirner
Membership Secretary, RNSC Masters

News from St John's URC

Since the last newsletter we had a very successful Burns Supper raising nearly £400 for ScotsCare and have introduced simple fellowship fundraising lunches on the last Sunday of each month after service.

TUESDAY CONCERTS continue to bring music and fellowship to Hallowell Road every third Tuesday of the month, 11.30am to 12noon. Come along at 10am to enjoy a coffee or tea and chat beforehand. The line up to June is as follows:

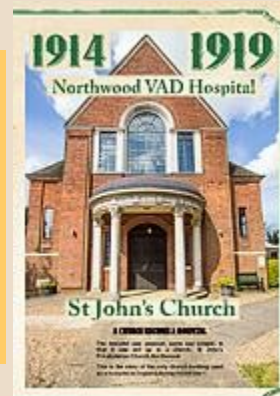
20th March : David Banbury - baritone
17th April : Peter Ladd - organ
15th May : Peter Allanson - baritone
19th June : Adrienne Walters - soprano

Over the next few months, why not pop into St John's – there are various activities which you can drop in on:

- Poetry Appreciation: first Monday of the month, 2pm-3.30pm
- Tuesday Concert: third Thursday of the month, 10am-12pm
- Sew & Sew: every Tuesday afternoon, 1pm-3pm
- Art for Everyone: first and third Wednesday of the month, 9.30am-11am
- Reading Group: 6-weekly on Friday afternoons between 2.15pm and 3.30pm

Circus Skills will be back at St John's the first week in August. We look forward to seeing you at one of the events.

During World War I, St John's URC was a VAD Hospital. As part of a community project overseen by Northwood Community Arts, a portable display was constructed. If you would like to display the history of the hospital through seven boards, please get in touch with Anne.



For further information about any of the above:
Telephone: 01923 829166
Website: www.urcnorthwood.org
Email: stjohnsnorthwood@btconnect.com
or email Anne: thesamsensed@outlook.com

Art and Craft Activity Club

Mother toddler club
Ages 1-4yrs

After-school club
Ages 5-11 yrs

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Pinner (Term-time and holidays)

Northwood Methodist Church
Northwood (Term-time and holidays)

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Northwood Residents' Association 52nd Annual General Meeting Thursday 19th April 2018

at Northwood Methodist Church, Oaklands Gate, Northwood

Tea & coffee served from 7.30 pm; meeting starts at 8.00 pm

AGENDA


- 1) Welcome and introduction from Tony Ellis, Chairman.
- 2) To receive the Chairman's Report for 2017.
- 3) **Guest speaker.** Oliver Green, a research fellow at the London Transport Museum, will talk about "The Development of the Metropolitan Line".
- 4) To receive the Annual Accounts for the year ending 31st December 2017.
- 5) To set the rate of subscription for the year 2018 (currently set at a minimum of £2 per household and £10 per business).
- 6) To elect the Officers: Chairman, Vice-Chairman, Treasurer and Hon Auditor; currently Messrs Tony Ellis, Miles Gillman, David Blowers and Chris Rogers respectively, all of whom are willing to stand again.
- 7) To elect an Executive Committee:
Members standing for re-election: Mr Paul Barker, Mr Avinash Doshi, Mr Andrew Egan, Mr David Goodman, Mr Philip Green, Ms Hoda Lacey, Mrs Marie-Françoise Meyer, and Mr Peter Lansdown.
Co-opted member seeking election: Dr Amir Lakha
- 8) To elect the President, currently Mr Alan Prue; and Vice President, currently Mrs Valerie Mellor.
- 9) Any Other Business.
 - a) Fund-raising for New 1st Northwood Scouting Centre - progress report from Richard Plume
- 10) Open Forum with our local councillors and representatives from the police present. Nick Hurd MP will attend if his ministerial duties permit.

Note: There are vacancies for membership of the Executive Committee. Do consider joining us.

NOMINATIONS in writing for Officers and Members of the Executive Committee, with the written consent of the candidate, must reach the Chairman by 22nd March 2018.

All Northwood residents and businesses are invited to attend.

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Ruislip Woods Trust - events for 2018

GUIDED BAT WALKS, Saturdays 12th and 19th May, 8:30pm,
Woodland Centre at Ruislip Lido

RUISLIP WOODS FESTIVAL, Sunday 13th May, 12noon - 4.30pm
FREE ENTRY AND CAR PARK

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- ♦ Birds of Prey
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Moor Park Decorative & Fine Arts Society - forthcoming talks, open to all

Wednesday 21st March
Wednesday 18th April

Wednesday 16th May
Wednesday 20th June

THE ART OF THE PREHISTORIC POTTER by Julian Richards
**FOREIGNERS IN LONDON 1520-1677 - ARTISTS WHO
CHANGED THE COURSE OF BRITISH ART** by Lesley Primo
THE HORSE & MODERN ART FROM STUBBS TO WALLINGER by Nicholas Wilkins
**AS GOOD AS GOLD - A SPECIAL LECTURE IN CELEBRATION OF THE 50th YEAR
OF NADFAS** by Alexander Epps, preceded by AGM



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All morning talks at Winston Churchill Theatre, Ruislip, HA4 7QL at 10:50am; complimentary coffee/tea available from 10:15am
Free car parking available
Cost: donation on the door of £5.00 each is invited; Contact: moorparkdfas.com

Eastbury Horticultural Society



EHS is a thriving society that invites all local gardening enthusiasts to join. There is a full calendar of events, visits and winter talks. The AGM is on **23rd April** at Eastbury Farm

Spring Plant Sale is on 19th May.

DAY VISITS 2018

Wednesday 30th May, Mottisfont in Hampshire and Longstock Park Nursery.
Saturday 4th August, Sissinghurst Castle Garden
Wednesday 22nd August, Anglesey Abbey Gardens and Lode Mill.

For more information about the Society, please contact our Membership Secretary:
Tel: 01923 822162
email: ehs.members@gmail.com



Tim Ellison

News from Harrow Choral Society

This spring sees a new initiative from Harrow Choral Society with its *Singing for Improvers* course. "As a choir we are constantly challenging ourselves to sing and perform better," said Peter Miller, "and this structured course is free for any member, however experienced, who may want to improve their skills."

Anyone wishing to join either Harrow Choral Society or *Singing for Starters* is welcome to come to St Alban's Church Hall, Norwood Drive, North Harrow HA2 7PF on Monday evenings at 7.45 pm.

Visit www.harrowchoral.org.uk

Membership Secretary Jill Mans: Tel 020 8248 7625

Email: membership@harrowchoral.org.uk

Membership is free for full-time students.

HCS also boasts a training choir, *Singing for Starters*, which for 20 years has provided a confidence-boosting stepping-stone into the main choir for beginners and those wishing to brush up rusty choral skills. Professional singing coach Julie Bale recently took over the leadership of *Singing for Starters* which, like the main choir, meets at St Alban's Church.

DIARY DATE: Harrow Choral Society is preparing for a very special Spring Concert at the Elliot Hall, Harrow Arts Centre, on 24th March when the 100-strong choir will perform two contrasting works: Mozart's *Requiem* and Vaughan Williams's dramatic cantata, *Dona Nobis Pacem*.

The choir will be conducted by Music Director Simon Williams and accompanied by the Aeolian Sinfonia with Julie Bale as soprano soloist. Tickets may be purchased online at www.harrowarts.com, by telephone on 020 3773 716 or in person from the box office at Harrow Arts Centre, HA5 5EA.

THE MYSTERIES OF LIFE

When I was a child, we didn't have ambience. If I'd heard the word, I'd have thought it was French for the third emergency service. So our sitting-room wasn't mood-lit with lamps, but had a single bulb dangling from the middle of the ceiling. And I was fixated by the fear that if you put the switch on when there was no bulb in the socket, electricity would leak out in big blue drops and form a puddle on the floor, which, if you trod in it, would frazzle you up like a sausage.

I did leccy at school, and got my physics O level and everything, but I still don't understand it. Something about electrons charging... I'm afraid it always makes me think of the US cavalry in Westerns. What exactly is it that gallops up those wires and performs such diverse functions as boiling a kettle and operating a power drill? What is it doing in there when the kettle is switched off? Why doesn't it leak out when there's no plug in the wall-socket? Most of all, how the *heck* do you catch it and squash it into one of those tiny batteries? Think about it when next you push an AA into your ladyshave or toothbrush. There's a million little horsemen in there, chasing Apaches.

Life is full of mysteries. Take calories: how do they extract a calorie from food in order to count it? What does it look like? If you gave me a jam sandwich and the best-equipped laboratory in the world, I wouldn't know how to begin.

Actually, I've long suspected that it's all a con, and that calories are just numbers made up by a Government-sponsored killjoy on the basis of what it thinks we should be eating. Broccoli = zero calories; chocolate éclair = two million or so. Simply for our own good, you understand...

More questions that have exercised me since childhood: where does the flame go when you blow it off the candle?


Why is there an 's' in the word 'lisp'?

And how come a cat can sleep for twenty-three hours a day, and still have the muscle tone to jump from the ground to the top of my garden fence? And balance when it gets there?

Cynthia Ellis



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Ruislip, Northwood & Eastcote Local History Society

19 March: **History of Pinner Hill Estate**; Jo Crocker
 16 April: **Architecture of London Underground**; Oliver Green

Meetings are held on Mondays in St Martin's Church Hall, High Street, Ruislip at 8.15pm.
 For more information, please contact **The Programme Secretary** on **01895 673299**.
rnelhs.org.uk



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