



Northwood

Residents' Association

Newsletter 168, Summer 2017



St Matthew's Church, Hallowell Road



Pinner Road



Northwood & Pinner Liberal Synagogue, Oaklands Gate

Thank you to local businesses,
places of worship and Hillingdon
Council for making Northwood
blooming lovely this summer!



Bina Tandoori, High Street



Northwood Recreation Ground, Chestnut Avenue

Meet Your Committee: the Membership Team

Paul Barker is our Chief Road Steward, who co-ordinates 80 or so Road Stewards, via a dozen Area Road Stewards, in delivering nearly 3,000 full-colour Newsletters to NRA members three times a year, and collecting their annual subscriptions.

In this, Paul is constantly seeking more volunteers to replace those who retire or move away. As there are nearly 7,000 residences in our ward, there is a constant recruitment drive in progress, and sadly we have some roads with no coverage currently. So PLEASE VOLUNTEER to help! [See Page 9]

Paul has been a Northwood man all his teenage and adult life – he and his wife are in their 3rd Northwood house! His background, after Merchant Taylors School and London University, is as a graduate Electronics and Telecommunications Engineer. After seven years on the technical side of the BBC, he accepted an offer to take his family to work in the USA.

Moving from engineering to sales and management, three years later Paul was given the opportunity to move back and start an International Division from scratch, initially UK based, which over the next 16 years he expanded world-wide to become larger and more profitable than the North American parent.

When the USA Parent became a public company, Paul with his Mediterranean manager left to start a company in Latina, south of Rome in Italy, concentrating on the growth sector of non-contact quality control of industrial processes, using high-resolution cameras and digital artificial-intelligence algorithms, in which Paul contributed several patents.

Business travelling days over, Paul now provides consulting expertise and mentoring to many small UK companies, is passionate about Rugby Union and whilst managing to devote time to the NRA, is also an enthusiastic player at Moor Park Golf Club.



chiefroadsteward@northwoodresidents.co.uk

Paul Barker

Frances is our Membership Secretary:

My name is Marie-Françoise but everyone knows me as Frances. I have lived in Northwood for 38 years where I like the village atmosphere. I am married with three grown up children. I have worked in travel in my earlier years and am multilingual.

As a Road Steward, the NRA has given me the opportunity to get to know my neighbours and their concerns. I am also the Neighbourhood Watch coordinator.

I used to enjoy playing a lot of tennis till my knees had had enough; now I swim and I walk with my rescue dog, Roxy. I love gardening, especially raising plants from seeds and am an active member of the Hardy Plant Society, Middlesex Group.

As NRA Membership Secretary, my job entails entering details from members into the database and connecting prospective members with their Road Steward by email.



membership@northwoodresidents.co.uk

Frances Meyer

Health Matters

In the Spring newsletter and at the Annual General Meeting, I informed members that we needed to recruit a Committee Member to replace Richard Field who resigned owing to ill health. Unfortunately no-one has volunteered to step in so there is no report.

This position requires someone prepared to represent the NRA at monthly

Community Voice meetings, take a general interest in local health matters, attend NRA committee meetings and write a few words in our Newsletters.

Surely there is someone who is willing to fulfil this role?

If that someone is YOU, please contact me to discuss further.

chairman@northwoodresidents.co.uk

Tony Ellis

ALAN KLEIN

Alan Klein suffered a fatal heart attack on 27th April 2017, aged 87. For a time, Alan was a valued member of the NRA committee, taking over the Planning Officer portfolio in 2007 from Alan Prue who had held the post for the previous eight years.

An engineer by profession, Alan Klein brought to the post his extensive knowledge and good humour. Sadly, he had to retire from the NRA committee less than a year later due to the severe ill-health of his wife, Zena.

He had many interests, including bridge, politics, religion and philosophy. He was a capable handyman and Harrow U3A, where he took on an administrative role, benefited from his skills.

Alan continued to take an active interest in the work of the NRA and always attended the Annual General Meetings. He will be missed by all who knew him.

From the Chairman

INTRODUCTION

In March 2015 my opening words said that the sky was grey and the trees bare. Today, the sun shines brightly, it is very warm and the air is full of the scent of roses. All those hours of toil in the garden now seem very worthwhile.

In that same opening paragraph, I also stated that I was looking for a successor - and two years later I still am! It seems that I write the same old whinge in every newsletter. However, I cannot continue as Chairman indefinitely. Our streets are again bedecked with flowers thanks to the London Borough of Hillingdon. One can almost forget the consistent traffic jams by looking up at the hanging baskets. (When stationary of course!)

ANNUAL GENERAL MEETING

Nearly 90 residents attended our 51st AGM which was held on 6th April. The minutes can be found on our website. The speaker, Flight Lieutenant James Tenniswood from RAF Northolt, gave us a fascinating talk about the history of Northolt and its current use. He reassured us that there are no plans to change the use of the base, scotching the rumours that it was to be developed as a commercial airport or a housing estate.

The Treasurer announced that subscriptions would be maintained at £2. (over 46% of our members pay £5 or more which helps us to maintain a healthy balance).

The perennial pleas were made for members to fill vacancies on the committee and for Road Stewards but so far we have had little response. **Members should be aware that if we do not get fresh blood soon, our effectiveness will diminish.**

TfL DEVELOPMENT AND SAVE OUR NORTHWOOD

TfL will be producing a fresh set of plans for consultation during 2018. See below. We will let you know how to take part in the consultation as soon as we have that information. In March 2013, the NRA led the campaign against the original plans to build a Sainsbury's store on the station car park. As support for the campaign developed, a separate organisation, Save our Northwood (SoN), was formed to take over from the NRA. A fighting fund was organised which, to date, has not needed to be used. The current balance of the fund is

£18,876 and it will be used if SoN (and residents and businesses) decide to take any action against the new plans.

I would emphasise that the NRA is totally separate from SoN.

NORTHWOOD AND PINNER HOSPITAL

The NHS continues to move at snail's pace. Plans are still being developed to use the site for the benefit of the local community. No doubt things will move a little more quickly now the General Election is over.

PETITIONS

Petitions are a very effective way of bringing problems to the notice of the council. In particular, the best route to getting improvements to traffic management, is for local residents to raise a petition. For instance, residents of Dene Road recently petitioned the council to introduce speeding restrictions in Dene Road. A petition requires the signatures of 20 Hillingdon residents to be valid. Details of how to raise a petition can be found on this link -

<http://www.hillingdon.gov.uk/article/28779/Paper-petitions>
The NRA is very happy to advise you.

CONCLUSION

Our best wishes to Carol as the new Mayor of Hillingdon. She explains her role on page 7.

Congratulations to our MP Nick Hurd on being re-elected and on his appointment as Minister of State in the Home Office with responsibility for Police and Fire. We are grateful for the help given by our councillors and best wishes to Cllr Scott Seaman-Digby who is getting married in July.

Finally, my usual thanks to the Road Stewards and committee members who make it all happen.



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

A statement from TfL, dated 16th June 2017

We have now started the search for a joint venture partner, to work with us and the local community, to bring forward proposals for a residential development at Northwood station.

Our 4.7-acre site is capable of delivering over a hundred new homes, 35 per cent of which would intend to be affordable, as well as step-free access at the station, new shops and public space.

We have now issued the site to our Property Partnerships Framework, which is made up of 13 of the best property development companies and consortiums in London, to seek bids to partner with us to develop the site. We want to form a joint venture partnership with an experienced developer and we are confident that we can bring forward new proposals which provide a minimum of 35 per cent affordable housing.

Once selected, our joint venture partner will work closely with us and the local community to develop detailed designs for the site, ensuring that we deliver the best possible scheme for Northwood. We hope to select a preferred partner by the end of this year, with a view to start consultation on new proposals in 2018.



A Message from Nick Hurd MP



THE ELECTION IS FINALLY OVER and the people have spoken. Thank you to everyone who supported my re-election. It remains a huge honour to represent Northwood in Parliament, and not one I ever take for granted. So if you did not support me, please be assured that I will continue to work hard on your behalf. I think it is going to be a busy time, not least with TfL coming back with a new application to redevelop the Town Centre. For updates on what I am up to, please let me know if you would like to receive my e-bulletin. My contact details for all constituents are set out below.

THE PM HAS ASKED ME TO BE MINISTER FOR POLICING AND FIRE SERVICES. I am aware how big a responsibility this is, given how vital these services are to all of us. The primary responsibility of any Government is the safety of the people, and we all understand now that we are living in a different world. This is not just a comment on the shifting and escalated terrorist risk, which has appalled us all; it is also clear that the nature of crime is shifting, and with it the demands on the police. In recent years for example, my conversations with the Borough Commander have focused as

much on the risk from online fraud and cyber security as it has done on traditional issues such as burglary. In the face of this changing pattern of risk, we need to make sure that our police service is able to adapt and be fully fit for purpose.

I have to say that my experience of the Police since becoming your MP has been very positive. One of my strongest memories was sitting in the Civic Centre listening to the Borough Commander's citations ceremony. I was very moved by the stories of personal courage in the line of duty and very impressed by the diversity of officers being rewarded. I also know that over the years, Hillingdon Police have been very well supported by Hillingdon Council and good relationships with engaged Residents' Associations, such as Northwood.

However, I also know that some constituents have had some bad experiences of the police or are frustrated by the service. I also know that there are serving or retired officers who have their frustrations and opinions on how things could be better. As ever, I would be very interested to hear the view of constituents. So please contact me if you have an experience or opinion to share.

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 Twitter: @nickhurduk

Traffic and Highways



STREET LIGHTING

Over the next few months all street lights will either be replaced or refitted with LED lamps. You will notice that these are brighter and "whiter" than the old ones, but they are much more efficient and longer lasting. The council is covering the whole Borough of Hillingdon, around 25,000 lights, at a cost of over £5m.

PAINTED LINES

In the last newsletter I asked for suggestions for painted lines that needed some maintenance. As the response to this was minimal, I will not proceed with this and suggest that any requirement is handled by individuals.

GENERAL

As time goes on our roads get more and more congested and this can probably only get worse.

What can we do?

Take more care and consider others. Only use our vehicles for local journeys when really necessary.

- Drive at or below speed limits – the majority of speeding is by Northwood residents
- Don't jump "red" at traffic lights
- Cyclists – adults, don't ride on pavements
- Try not to use vehicles on the school run
- Try to park with consideration and not illegally
- Please don't use a mobile phone whilst driving

Any thoughts?

traffichighways@northwoodresidents.co.uk

Peter Lansdown

Planning

Once upon a time, to examine planning applications, one had to visit the council offices, request the files for the period under review, sit down and go through all the hard copy documents, taking notes and photocopies. With the arrival of the age of digital technology (into which I've been carried kicking and screaming), the council set up a website dedicated to planning applications. Having registered my interest, Hillingdon regularly e-mails me with links to every (in theory) residential planning application in the Northwood Ward.

On searching the website and entering the address of the target property, one is taken to the specific details page, where there are tabs for 'View Documents' and 'Enter Comment'. At one's convenience, one may then examine the filed plans, etc. and, if so motivated, vent one's spleen in the section provided.

There are several instances when, on my own initiative, I will object to proposals on behalf of NRA. I always object to applications for the removal of protected trees (TPOs), if no arboricultural report has been filed and no evidence provided that the trees are unhealthy or dangerous. Without adequate thought, the removal of trees might have a negative aesthetic, ecological and environmental impact.

Where basement development is proposed, I also automatically object if no geotechnical or hydrological surveys have been provided, on the grounds that it is not possible to determine whether the development would not have an unacceptable impact on drainage and flood risk. Underground works might affect the integrity of the subsoil and water run-off for the neighbouring properties and a wide surrounding area.

Sometimes, an objection is suggested where, for example, houses are to be demolished and replaced with a large block of flats. In such a case, there might be traffic and parking issues that the applicant appears to have ignored. Clearly, I'm not familiar with, nor have access to every residential property on every street in the ward. When it comes to complaints about excessive height, bulk, overlooking, loss of residential amenity, etc., I rely upon neighbours, who feel that they will be disadvantaged (on planning grounds) by any particular development and will usually add the support of NRA to their objections.

It is not the NRA function to support residents' planning applications; I'm not an expert and residents should always seek assistance from their own professional advisors. However, I am here to provide advice and support where necessary, whether you are an individual concerned about a neighbouring development or a local group organising to fight a planning appeal. We are not the final arbiters of planning applications, which must be inspected and decided by Hillingdon acting as the Local Planning Authority, guided by National, London and Local Plans. However, from time to time, I must confess to surprise at some of their decisions!

For all matters connected with Planning in the borough, head over to the LBH website and follow the links:

www.hillingdon.gov.uk
Residents > Planning

planning@northwoodresidents.co.uk

David Goodman

Have you discovered LBH Council meetings on You Tube?

There's no longer any need to trek over to the Civic Centre at Uxbridge to observe council meetings; the London Borough of Hillingdon streams Council, Cabinet, Planning Committees and Licensing Sub-Committee meetings LIVE. On its You Tube channel you will also find numerous archived films, not just of council meetings, but of things happening around the borough e.g. "Battle of Britain Bunker Visitor Centre - build update".



To find the channel, follow the links from the LBH website:

www.hillingdon.gov.uk > Council and democracy > Councillors and meetings > Watch meetings live / archived

From the NRA Treasurer

SUBS COME IN LATE: There are many reasons why 2016 subs continued to be received as recently as May 2017, I shall not list them here since the important thing is they have been received and the database updated to reflect the membership during 2016. Because well over £1000 of subs for 2016 was received after the 2016 accounts had been audited, the financial accounts suggest that 2016 was a poor year. When the late submissions are included, it was actually quite a good year. I am often asked, "why is the sub so low? It has not changed for an eternity, should it not just be £5?" As the accounts for last year demonstrated, our income is broadly in line with expenditure so we do not actually need to increase the subs. That is only true because the majority of our members pay more than £2, that generosity enabling the minimum to remain at that very low level. Of course, if everyone did only pay the minimum we would have no option but to raise it. I did promise some analysis once the final position was available so here are some statistics:

2016 Subs	% of members
£2	43%
> £2, < £5	11%
£5	35%
> £5, < £10	1%
£10	8%
> £10	2%

46% of members paid £5 or more, 57% paid more than £2.

WE CAN CONTINUE AS WE ARE, stressing the minimum is £2 but hoping to collect more, or we can increase the minimum. The latter is likely to increase income, but it could lose some members. We wish to maintain the highest membership levels so that we have a greater voice. 10 members paying £1000 would secure more residential subs income than we have today, but given such a small number there is no way that could be deemed representative. Hence the more members we have the better.

SO HOW DOES THE NRA REPRESENT THE MEMBERS?

Views can be expressed to the Road Stewards who can pass those views to the committee, or you can email the committee directly. We do wish to be proactive in communications so have the three notice boards but also would like to email members. At present we have 584 email

addresses listed on the database. Not every member will have an email address or be willing to provide it, but such a small ratio of email addresses to members cannot be explained by that in 2017! The likely explanation is many members have not provided the address. I can stress that we will only use the address to send emails relating to our organisation and will not share these addresses with any other organisations. If you have not provided an email address please do email membership@northwoodresidents.co.uk so your address can be added. Should the need arise, we can seek residents' views quickly via email enabling us to represent the members more appropriately. The obvious candidate being the Station Approach redevelopment should new plans ever be submitted. Other planning issues, traffic, litter and poor pavement maintenance tend to be the most common items of discussion raised by members, but please do raise items of concern, or indeed items of praise. If the council does something well, please let us know.

One FAQ is, "**What do we use the subs for?**" The accounts showed that the largest expenditure is the newsletter production. As always, we look to members for suggestions as to what we could spend money on that would benefit Northwood. We would not undertake items that the council should be doing, so fixing potholes or pavements is out of scope but please do forward any ideas.

RSS DO A GREAT JOB. Once again I wish to thank the Road Stewards for their unceasing work in collecting subs, delivering newsletters and providing a communications conduit. Please do make their lives easier by having the subs ready, cheques made payable to Northwood Residents Association or cash available, or by prompt return of the envelopes if used. The largest grumble I hear from them is collecting subs is difficult. Please put yourselves in their shoes. When can you knock on doors? Too early and residents may be having dinner, too late and residents will wonder who on earth it is at that hour. During the day many will be at work. Repeated visits are very time consuming and not the best for the resident or the steward. The easiest is one successful visit with ideally a £5 or more sub provided. The Road Stewards put a lot of effort into the organisation, the committee a lot of effort into all of the activities, all members need to do is hand over some cash so please do not make that difficult.

Please remember our financial year end is the calendar year end, ideally I would like 2017 subs to be received in 2017!

treasurer@northwoodresidents.co.uk

David Blowers

Time to review your ICE numbers?

ICE stands for 'In Case of Emergency'. The idea is that you enter a phone number in your mobile phone's memory using the ID 'ICE'. Then, if you were unfortunate enough to be rendered unconscious in an accident, the emergency services would know that you wished your ICE contact to be informed of the situation.

I use ICE1, ICE2 and ICE3, just in case my ICE happens to be involved in the same accident

editor@northwoodresidents.co.uk

Ros Plume

My first 30 days as Mayor of the London Borough of Hillingdon

On Thursday 11th May at the full Council Meeting in the Civic Centre, I was elected as the Mayor of Hillingdon; it was the most wonderful evening. The Mayor of the Borough has precedence within their borough as First Citizen, except when her Majesty's Lord Lieutenant or his/her Deputy is attending in their capacity representing the Sovereign. It is therefore a great honour to be elected as the Mayor.

When my fellow Northwood Councillors stood to nominate me and then proceeded to say some complimentary things about me, I became quite embarrassed and I'm told that my face was as red as the robe I was wearing. It was the most humbling experience to know that all my colleagues felt that I was able to take on this amazing responsibility, and I feel so privileged to be doing so.

Starting the very next day, 12th May at 9am, Andrew (now addressed as my consort) and I attended three engagements during the day so you might say we hit the ground running. During these last 30 days, we will have attended 30 engagements, including: presenting certificates to those who have become British Citizens; opening new shops, restaurants and a fantastic new Care Home with its own cinema and bar; opening a new foodbank in Yiewsley; presenting awards to children at an Academy for a Maths challenge, and to Air Force Cadets for excellence. We have attended the Volunteers' Awards at Brunel University; welcomed Exchange Students from Europe, and attended the 70th Anniversary of the Harlington Locomotive Society. We've also attended some great concerts and musicals from different Societies within the borough.

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

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

01923 822876 - Northwood Office

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

All the engagements are wonderfully diverse, and I could, of course, write much more about what we've been doing, as it has been amazing visiting all these places and meeting many lovely people. Andrew and I have really enjoyed these last 30 days and we are looking forward to more of the same over the next year; it will I know be very busy, but we will enjoy every minute of it and feel extremely blessed and thankful to have been given this amazing opportunity.

My chosen charities for the year are:

THE 1ST NORTHWOOD SCOUT GROUP, New Scouting Centre Appeal

THE LINDA JACKSON MACMILLAN CENTRE, a Cancer support and information service

THE HALO FOUNDATION, a Children's Bereavement Charity

If you would like to donate please send a cheque made payable to "The Mayor's Charitable Trust", to the Mayor's Office, Civic Centre, High Street, Uxbridge, UB8 1UW



Cllr. Carol Melvin BSc (Hons)
The Worshipful the Mayor of Hillingdon 2017/2018

All of us at 1st Northwood Scout Group would like to thank Northwood Residents' Association for the very generous donation of £5,000, which was approved at the recent AGM. This has made a very substantial difference to our fund-raising appeal for £100,000 to build a new 1st Northwood Scouting Centre in Northwood Way.

We would also like to thank the Northwood Lions for their generous donation of £2,000 towards our appeal; we know they work very hard at the Lions' Den every week to raise the money which they give to good causes such as ourselves.

We launched our appeal in March this year, and progress is very encouraging; we have raised over £24,000 so far in just over three months. We still have a long way to go, but we are very encouraged by the huge support we have had from local organisations, companies and individuals.



Tony Ellis presents the NRA cheque for £5,000 to Mike Bennett of 1st Northwood Scout Group

If you would like to keep track of our progress, and see details of our fundraising events and activities, please visit <https://www.1stnorthwoodscouts.org.uk>

Richard Plume
Scouting Centre Project Manager
1st Northwood Scout Group

OUR GARDENS & GREEN SPACES

After the cold, quite dry winter and early spring, recent rain and warmth has caused tremendous growth in our gardens. It is quite a battle to keep up with it all. Whether you are a gardener or you use or engage a garden maintenance firm, cutting back and trimming work never seems to keep pace with the growth.

Do please remember to look outside your property and to check if tree foliage is over-growing nearby pavements and alleyways, and be a good neighbour by trimming back foliage, bushes and hedges that could cause pedestrians difficulty passing by. We have many beautiful trees planted in verges and by the edge of pavements, and if these develop low growing leaves and small branches do help the council and do your bit to make others enjoy easier progress walking on Northwood pavements.

Would the council mind a little trimming work by residents on these trees? I doubt it; just use some good old common sense! However, if the matter is too large for you to handle please remember you can contact the council and invite their response.

For all information about local environmental issues, visit the council website, www.hillingdon.gov.uk and follow the links: Residents > Environmental Issues.
Email: contactcentre1@hillingdon.gov.uk
Tel: 01895 556000



Our leafy suburb, but not much room for pedestrians

Leaf blowers and noisy mowers can be anti-social if used without consideration for others, so please avoid their use too early in the morning and on the most beautiful spring and summer days when others might prefer to enjoy their gardens or have a meal outside, without that noise.

Be a good and considerate neighbour – that is the message.

environment@northwoodresidents.co.uk

Andrew Egan

Leaf Blowers - Blessing or Curse?

CONS

- Noise pollution
- Air pollution
- Waste natural resources
- Destroy natural habitats, fewer insects for garden birds
- Do not produce a neat pile of leaves, just redistribute them

PROS

- Good for removing Autumn leaves from gravel

No contest, is there? If your gardener is fit enough to use a leaf blower, I'm sure they could use a broom or rake instead. What do you think?

editor@northwoodresidents.co.uk

Ros Plume



New Christmas lights for Northwood

The Association have been in negotiations with both the council and a new contractor for a new look display in the centre of Northwood and the High Street. We wait to hear the result of an application that has been submitted to the council to increase our grant for a new display. This will include an illuminated Christmas Tree on the corner of Dene Road and Green Lane as well as new Bracket Lights for the lamp posts and Chain Lights along Rowland Place.

What's happening at Northwood Library?

SUMMER READING CHALLENGE 2017 launches on 8th July and this year's theme is "Animal Agents". Children aged 4-11 years are invited to visit Northwood Library to join the challenge and collect their detective folder. Prizes, stickers and Starborg cards can be collected each time a child visits the library to borrow a book and if they manage six visits they will receive a medal and certificate. We also have lots of events planned for children. Please visit our website or ask at the library for more details.



Elmer Day! Northwood children created masks inspired by David McKee's patchwork elephant.

STORYTIME - every Wednesday and Thursday during term-time at 10am. Stories, rhymes and simple crafts for babies, toddlers and pre-school children. Lots of fun and a great place to meet other parents and carers.

THE LIBRARY THAT NEVER CLOSES! Did you know that you can download e-books from our online library? Just visit the Hillingdon Libraries website and click on 'online resources' or ask at the library for further information. As well as a selection of fiction and non-fiction books, you can also access Driving Theory Test Pro, Transparent Language (80 languages available to learn online), Ancestry, Universal Class (over 500 courses in many subjects such as digital photography, cookery and yoga), newspapers, magazines and comics, British Citizenship Test, Which?, academic research, encyclopaedias and lots more. All this is available free to Hillingdon library members. (Please note some resources can only be accessed via the computers in the library).

READING GROUPS - our reading group is currently full, but we are taking names for our waiting list and will set up a second group when we have sufficient interest. Did you know that we also provide reading group sets for other local reading groups, with longer loan periods? If you would like to set up a reading group of your own please speak to a member of staff and we will be happy to assist you.

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

Email: northwood-library@hillington.gov.uk

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

Twitter: www.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

NRA Membership

As warned in the past, Newsletter deliveries had to cease a while ago for Cygnet Close, Glenshee Court, Mallard Way, Vantage Mews and Wilford Close because nobody was prepared to volunteer to distribute them.

We have members in several roads where we are currently missing Road Stewards. At some stage, unless we can find volunteers, **Newsletter deliveries will have to cease.** These include:

Brookdene Drive
Carew Road
Foxfield Close
Hill Road
Manor House Drive
Oaklands Gate



Do you live in one of these roads?

If so, this could be your last newsletter ever!!

also:

Copsewood Way (middle part),
Green Lane (low end from Ricky Road to the car Park)
Green Lane (top end - above St Helens)

Distribution is only three times a year and subscriptions can now be collected by envelopes included with the Newsletters, and can be deposited via Sharmans or Carters Chemists – so volunteers, please contact me or any committee member to offer to help out.

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

Home Tel: 01923 821036 Mobile: 07946 385 474

Paul I. F. Barker



There have been some recent changes to the Northwood Police Safer Neighbourhood Team with Sergeant Samantha Quinn taking over from Sergeant Ben Phipps. Pc David Bell, Pc Nathan Martin and PCSO John Usher are still part of your local team. Inspector Paul Trice continues to oversee the whole team's activities. Your local policing team has been active recently with some notable achievements to pass on to Northwood residents.



One happy motorcycle owner

Two stolen motorcycles were recently located, one in the vicinity of Dene Road, Northwood and one in Eastbury Road. However, the owner of one of the bikes had not reported it stolen. Further enquiries were conducted including a round trip to the owner's address in North London where it was confirmed by the owner that the motorcycle had been stolen a few days earlier. The owner stated he failed to report the theft because of previous adverse dealings with his local police. The

owner quickly made his way to the location and retrieved the motorcycle, thanking officers for restoring his faith in the police. The other motorcycle was also successfully returned to its owner who was happily re-united with his brand-new motorcycle.

Officers attended a recent fraud awareness day at Santander bank in Green Lane, Northwood. Advice was given to local residents attending the bank on tactics to avoid or deal with fraudulent phone calls and visits and when online. Officers also recently conducted a business engagement visit with the Northwood business community with the assistance of George Perdios from Beyond Kitchens, a member of the Northwood police ward panel. Local businesses were visited and provided with crime prevention advice and reassurance advice about the current terrorism threat level. This was very well received by staff coming a day after the recent terrorist atrocity in Manchester.

Your local policing team continues to conduct regular traffic operations focussing on speeding motorists in Copsewood Way and Rickmansworth Road. We have also focussed on motorists contravening the No Right Turn and No Left Turn signs leading into Northgate from Ducks Hill Road. Many motorists have been reported for these offences resulting in penalty point licence endorsements and fines. Your local team continues to attend crime prevention stalls at the Waitrose store in Green Lane in Northwood. Whilst out doing your shopping please come to say 'hello', you will find the dates listed at the local library and on the notice board at Waitrose or on Twitter @ MPSNorthwood.

[And on the NRA website: Editor]

HAVE YOUR SAY!

There is to be a new Virtual Ward Panel set up consisting of residents all over the Northwood ward. This will give members an opportunity to complete a questionnaire and have their say about what issues are affecting their ward. This will not replace the current ward panel but if you would like to join then please contact us for more information.

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

Inspector: Paul.Trice@met.police.uk
or on 07500 817970

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 session:

Monday 17th July, 12 noon to 1pm
outside Costa Coffee in Green Lane

Northwood Police Station is open to the public:
Monday, Tuesday, Wednesday: 11.00 to 13.00

Neighbourhood Watch:

www.hillingdonnhw.co.uk
email all@hillingdonnhw.co.uk
or call **0208 246 1869**.

The office at Ruislip Police Station is manned every Friday between 1000 and 1300 – a telephone call beforehand would be welcome, if a personal visit for information is preferable.

Mount Vernon Cancer Centre



THE NATIONAL VOLUNTEERS WEEK CELEBRATIONS AT MOUNT VERNON CANCER CENTRE

It's so important to celebrate the contribution that volunteers make at a centre such as ours, as they really do help to improve the patients' experience and support the staff teams. Many of

the services we provide to our patients could literally not be done without them. During National Volunteers Week, all departments were encouraged to show their thanks and a wide variety of activities occurred demonstrating exactly how we feel about all of our wonderful volunteers.

On 6th June, the Volunteers Coordinators hosted their 3rd annual Volunteers Day and we think it was the best one yet! We were joined by 40 volunteers from across the Centre for a morning of interesting updates, an informative feedback session and a very sociable lunch with staff members joining us as well.



When asked "What does your volunteering mean to you?" one of our volunteers replied, "I really enjoy supporting patients and relatives, working as a team with staff, it is very rewarding, and you feel you make a difference".

If you would like to find out more about volunteering at Mount Vernon Cancer Centre please contact Lynne or Vickie on 0203 8262515 email: volunteeringmvcc.enh-tr@nhs.net

Local Policing from the NRA Police Liaison Officer

We sadly say a quick farewell to Sgt Ben Phipps who spent a few months with us before moving on. We wish him well. He is replaced, hopefully for a longer period, by **Sgt Sam Quinn**. Sam has had a variety of roles within the Police and therefore comes with a wealth of knowledge and 13 years experience.

NORTHWOOD POLICE WARD PANEL

I would like to thank Cllr Carol Melvin, who is now Mayor of Hillingdon, for her time and effort on the ward panel. She has served for a number of years offering advice and taking our issues seriously. Having a councillor on the panel who will listen and act on the community's concerns is vital and we welcome Cllr Scott Seaman-Digby as Carol's able replacement.

During troubled times, it is important that we all have the ability to feed our concerns about security to the Police. Whilst many of our local organisations and places of worship are connected already, if you or your small community want to feed into or join the ward panel please feel free to contact me. We are keen to increase our numbers so if you can give some time to the panel it would be very helpful. I thank all panel members who provide an invaluable unseen community service. Minutes of our meetings are held at Northwood Library.

FLY TIPPING is in the news and is an issue in some parts of Northwood. If you see anything suspicious please let the Police know as soon as possible using 101.

SUMMER is a great time to reconsider the security of your property and person. Whether you intend to enjoy our British summer or travel overseas security must be an important element of your plans. There is a huge amount of safety information on the Police website and our local officers are happy to discuss security with you; they can even make an

appointment to visit you. Or see PC David Bell and PCSO John Usher at our Police surgeries.

GET CONNECTED

By joining our joint database Police issues affecting you and the community can be addressed quickly and efficiently. This is the easiest and quickest way to know what is happening in Northwood and our local Safer Neighbourhood Team (SNT) is keen to keep you informed about current issues directly to your inbox. And whilst we know that a significant number of you may not be online there are opportunities to meet the Police at either Waitrose or outside Costa Coffee on Green Lane. Our website and information boards give details of dates and times.

HILLINGDON NEIGHBOURHOOD WATCH

The Police, in collaboration with HNW, have been securing some new Watches but Northwood is still not covered sufficiently. The process of setting up or reviving a watch is not complicated. Contact details are opposite.

NORTHWOOD POLICE STATION DOES EXIST! It's on the corner of Maxwell Road and Murray Road. Volunteers man the front desk at time shown opposite. Again, the volunteers have reduced in number so please think about helping out. For details contact Reepu Ubi, Uxbridge Police Station, 1 Warwick Place, Uxbridge UB8 1PG Mobile 07769 643504

Chairman, Northwood Police Ward Panel
nwdpolicepanel@gmail.com

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

Philip Green

Trials and tribulations of an open garden *by Marietta Richardson*

A year ago, just after I had retired from work, my sister visited and was very enthusiastic about my garden, suggesting that I open for the National Garden Scheme. I decided to give it a go and contacted the NGS. Gardens must be approved by August for opening the following year as this is when the 'Yellow Book' starts to be pulled together.

I wanted to make some improvements to the garden prior to opening; with an October holiday looming, I had to start moving plants around in the middle of Summer so that they could be watered in for a good few weeks before I went away. Being on heavy clay it is not easy to work in the garden in late Autumn or Winter.

WHAT A LOAD OF MANURE! On return from holiday I ordered in some manure for my newish vegetable beds. A farmer friend kindly delivered a trailer-load in late November and I enlisted the help of my sons to barrow it from the front to the back of the garden. It didn't look that much when it was on the trailer but seemed to multiply as we barrowed and piled two veg beds 2 to 3 feet high!

When the weather permitted I spread some around the garden but most of it sat there through Winter until the end of February. Time was now of the essence as I could not sow or plant the early vegetables until I got the manure off the beds. I worked hard piling it up elsewhere and by the end of March I managed to get some vegetables in the ground.

Because I spent so much time moving manure from one place to another I was not able to complete the changes I had wanted to make to the borders and the planned pond remained a project for the future.

THEN THERE WAS THE FRONT GARDEN. I hadn't planned to do much to the front garden other than a tidy up but 6 weeks before Open Day I was galvanised into action to fence a section off from the pavement and put in a new border following a couple of weeks of an animal fouling on the path to the front door!

Yet again I under-estimated the task at hand. I removed block paving without thinking of its disposal and so ended up spending a precious 3 days using them to pave my greenhouse floor. The hardcore had to be removed to a spits depth and this required numerous trips to the council refuse centre to dispose of it. I then had to get in top soil and needed more than estimated so another cube was ordered to complete the



job. The border was finally planted up just 3 weeks before Open Day.

THE WEATHER now turned very warm and we still had not had any significant rain. Watering became a chore and despite best efforts a glorious clematis wilted and died so I had to cut it down and move a large pot with a hydrangea in it to mask the gap. Other losses followed leaving gaps that had to be filled quickly.

Rain finally came with a vengeance together with high winds.

Different problems presented themselves to be dealt with as well as possible.

By this time, I just wanted the day to be over so that I could relax and enjoy the usual routine gardening jobs without the pressure of the garden looking good to visitors' eyes.

ONE WEEK TO GO. A massive tidy up took place. The pressure hose was out, gravel topped up and weeding done. Dead-heading was constant and the watering continued. I quite liked working in a tidy garden; I vowed to keep this up.

JUNE 11TH, OPEN DAY came and went really well. We had 73 visitors and raised £469. I met some lovely people and had lots of garden related conversations. I learnt from some and was able to pass on some of my experience to others.

Would I do it again? Yes, but in a couple of years' time as I want to do the jobs I had planned and the plants will need time to settle in.

Please support other gardeners who open their gardens for charity as a lot of work goes in to prepare for the day.



Of course it was worth the effort!

Northwood & District Community Association

WE'LL BE 70 YEARS OLD! At our AGM in April it was agreed to go ahead with a celebratory lunch in August 2018 for our 70 years of being. It is hoped to hold it in the marquee at The Grange in Rickmansworth Road.

MEMBERSHIP remains stable at around 290, as people leave new ones join as they discover some activity they would like to try. Our four Short Mat bowls sections hold an inter-association competition each year for the Constable Cup; this year the cup was presented to the Tuesday section after well-fought matches.

SOMETHING FOR EVERYONE. For maintaining physical fitness we hold Yoga, Keep Fit, Table Tennis, Tennis, Rambling, Walking for Pleasure, Badminton and Line Dancing; to keep the brain going we have Bridge, Card and Board Games, German Conversation, Whist and to gather together for a chat and nourishment we hold three Ploughman Lunches and a Quiz Supper.

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

Pat Dunhill

The Sobell Bridge Club celebrates its Silver Jubilee

DONATIONS OF OVER £750,000 FOR THE HOSPICE

Since its foundation in 1992, the Sobell Bridge Club has donated a total of £755,000 in support of the Hospice. It is now donating about £40,000 a year. The bulk of this money comes from table money and subscriptions. The Club has about 300 members and is the 24th largest club in England. In a year the Club collects over 10,000 individual table fees. Recently members raised the table fee with the sole aim of boosting the donation to the Hospice. Other income comes from parties, raffles, and weekend bridge events.

The Club has two objectives: it aims to provide a venue where people can play duplicate bridge in a friendly atmosphere and to support the work of the Hospice.

The club meets every Monday, Tuesday, Thursday and Sunday evening at its clubhouse within the Mount Vernon Hospital grounds. It also plays on a Friday afternoon at Croxley Green. The club is anxious to reach others who support its objectives; you don't have to be an expert to join us.

The Chairman presents the club President, George Howlett with the Club Person of the Year award.



Further information can be obtained through the club's website:

<http://www.sobell-bridge.org.uk>.

Or call the Chairman, Doug Edmonds on Tel. 01923 829845.

We plan to start a beginner's course in the autumn; Jacquie North, Tel. 01923 774496, can provide further information.

NRA Member runs London Marathon for MS Research 23rd April 2017



I have just completed my first, and last, London Marathon and I am so proud of myself. As a Line-dance teacher I thought I was fit, but I was nowhere near fit enough for pounding 26.2 miles of London streets. In between teaching I trained for the event every moment I could, and I even went to the gym twice a week.

The Marathon itself was more fun than I could ever have imagined although the start was terrifying. Just before the gun I looked around at a sea of faces, all in their 20s, 30s and 40s; I shall be 70 in a few weeks, and I thought to myself, "What on earth are you doing?!" After the gun people walked slowly toward the start and it was all great until I reached the actual start line at which point I thought I was going to be trampled to death by an entire body of people hell bent on getting going as quickly as they possibly could.

My strategy was to power walk the entire route as I am not a runner and I thought it safer for the old joints. I had my name on my vest and on my arms, I wore my stetson so that my family and dancers en route would be able to spot me easily, I didn't realise it would be something the crowd would joke about too. Hearing my name called out with encouraging words almost every step of the way gave me such pleasure. 'Come on Stef', 'Keep going Stephanie', 'You can do it Stephanie' were just some of the encouraging calls. As it was St George's Day all the pubs

en route had bands in the street and I must admit, I did have a little dance on the way past.

When we reached the Cutty Sark it was the most incredible sight. Crossing London Bridge was an experience I don't think I will ever forget. It was lined with people 4 or 5 deep all shouting and calling encouragement, the noise was deafening. As I reached The Houses of Parliament the sun was glinting on the gold parts of the roof and I thought - what a beautiful city.

I did find that my face hurt from smiling all the time and someone asked me why I looked so fresh. It was probably because I was enjoying the fact that I was actually IN the London Marathon, something I have dreamt about for many years.

It really was a tortoise and hare situation. My time was consistent throughout the race at each checkpoint, but on the way, there were runners sitting on the kerb rubbing their sore muscles and feet and I just power walked past them finishing 36,000 out of 41,000.

My finish time was 7 hours 20 minutes. I could probably have done it more quickly if I hadn't stopped to talk to the children on the way, and also to my family and friends, but that was, I think, why I enjoyed it so much. My only aim was to finish in time to get a medal.

So far I have raised £5,567 for the MS Society so all the blisters and toe nails that dropped off (5 in total) have been worthwhile. I am still accepting donations, even £1 would help please.

I would really love to know what my time would have been if I hadn't kept stopping, but that's something I'll never know as I am not ever putting myself or my family through that again.

JustGiving: <http://www.justgiving.com/Stephanie-Lindley>
or call 07958 643307 if you would like to give a cheque or cash

THANK YOU!

Stephanie Lindley

Another Successful Ladies in the Night Walk



Since the first Night Walk which took place in June 2010, this event has grown steadily. This year there was an 80s Disco theme and 846 walkers took part. A really fun night out raising funds for Michael Sobell Hospice - the photo says it all!



PHOTO: Derek Pelling



Waitrose Coordinators with a number of volunteers, members and Scheme staff

Northwood Live at Home Scheme

receives a large cheque from Waitrose Community Matters.

NLAH chairman, Jo Wild, reports, "Thanks to Anna-Maria Morris from our local Northwood Branch we were chosen as Waitrose' Charity of the Year over five local branches. The year started last June and has just ended, hence the presentation. Monies were raised over the five branches with tin collection days in each branch and our inclusion in their 'Community Matters' green token scheme twice over the year in each branch."

Northwood's Local Independent Pharmacies

The independent community pharmacies of Northwood continue to care with passion about the health and welfare of the town. Sharmans, Ross and Carters are celebrating over 260 combined years of service and are looking forward to the next 260!

Your local pharmacies do more than just dispense prescriptions. Each pharmacy has a full and qualified team that can advise on all areas of healthcare and offer advice and help in the privacy of a separate consultation area. All patients can be assured that they will be welcomed with a smile and that they are a priority each and every time they walk through the door.

Each pharmacy has been adapted to ensure that the residents of Northwood have access to a huge range of health services. These include:

Travel vaccinations
Osteopath
Podiatry

Mobility Aids
Stop Smoking Service
Health Checks

Blood Pressure testing
Weight loss
Flu vaccinations

The pharmacies are immensely proud of their staff. The teams are all highly skilled and share the same excellent customer and patient focus that is at the heart of what the pharmacies strive to deliver.

Keeping prescriptions local ensures that your pharmacy, and the services it offers, remains local. Remember that you can place your repeat prescription request at the pharmacy over the phone, online, by email and, of course, when you pop in! Ensure you nominate your pharmacy to receive electronic prescriptions for you too.

Your local independent pharmacists and their teams are your first port of call for all your health needs and look forward to seeing you soon.



SHARMANS
PHARMACY



ROSS
PHARMACY



CARTER
CHEMIST & ABILITY

Northwood Lions Club



Northwood Lions Club is having another busy year. In June we had a stall at Eastcote House Summer Picnic which was a very well supported event, with brilliant weather. Then in July, we will be at Uxbridge Auto Show, which is always a lot of fun. This is organised by the Rotary Club of Uxbridge, and we're all keeping our fingers crossed that it doesn't rain on the day!



Mike Bennett from 1st Northwood Scout Group receives a Lions donation from Olive Fairclough

A couple of weeks ago we were delighted to be able to give cheques to Michael Sobell Hospice, Herts Inclusive Theatre, and Hillingdon Samaritans. We also donated £2,000 to 1st Northwood Scouts, who are planning to build a new scout hut on their site in Northwood Way, next to the Hogs Back.

Like Lions Clubs all over the world, Northwood Lions exists to raise money (and have fun doing it), which we then give away to local good causes. Our main source of income is our Saturday Market at 195 Pinner Road, (near the Iron Bridge) which is as much a regular social occasion as a weekly sale - do pay us a visit on any Saturday morning.

We're always in need of goods to sell; membership enquiries are always welcome.

Robert can be contacted on **07860 324395**

Visit

www.northwoodlions.org.uk

Robert Green

Northwood Live at Home Scheme

NEW EXERCISE CLASS

Following the popularity of our Thursday morning "Extend" exercise class, a chair-based activity specifically designed to maintain flexibility, strength and balance in the older person, the Scheme has started a second class on Wednesday mornings. This is held at Sevenoaks Court in Copsewood Way, 10-11.30am and costs just £3 for the one hour session followed by tea or coffee. If this interests you or you know someone who might benefit, please contact the NLAH office on the number below. Our exercise classes are highly regarded and we receive referrals from health professionals. *"The opportunities for exercises offered by Northwood Live at Home Scheme are great as we can only offer support for six weeks so it is good to have a place to refer people to"* (NHS Physiotherapist Falls Prevention Clinic). A complete list of current activities is available on our webpage.

Our **AGM** held at the end of March was possibly our most interesting to date. Our guest speaker was **Professor Heinz Wolff**, who was interviewed by children from Yeading Junior School about his life and career. He spoke of his "Give and Take Care" initiative for supporting the elderly. The schoolchildren entertained those present, including many members, volunteers and staff, with their song "Shine bright like a diamond". The Scheme was also presented with a generous cheque by Hilary Porter of the Donald Forrester Trust.



Our second holiday to Eastbourne was a great success, with 23 members enjoying a seaside break, many for the first time in years.

As a local charity, we need to raise approximately £50,000 each year towards subsidising our activities and contributing to running costs. If you have any contacts with local businesses or corporate sponsors who could help us to achieve this please contact the NLAH office.

Enquiries from potential members are very welcome. Anyone living in the Northwood area aged 60+ is eligible. Membership is free, but a small charge is made for activities to help cover costs. If you are interested in joining either as a member or volunteer (drivers and befrienders are particularly needed), our staff would love to hear from you.



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

Ruislip Woods Festival 2017

20 YEARS AS NNR. This year the Festival was celebrating the 20th Anniversary of Ruislip Woods becoming London's first National Nature Reserve. For the second year running the Ruislip Woods Festival fell on a beautiful spring Sunday in May. Last year's event attracted such large crowds that we were obliged to move this year's Festival to the camp site on Breakspear Road North, opposite Bayhurst Wood car park. It was so successful that we want to retain the camp site for future Festivals especially as it provides enormous car parking capacity.

LOTS TO SEE AND DO. There was much to entertain the crowds and the favourite highlight was the flying display of birds of prey. With an improved flying area, the sight of a harrier hawk swooping down towards the watching crowd at a speed well over 150mph – at head height – was spectacular. Amongst our usual exhibitors was local artist, Martin Gibbons, who gave children special insights into how to draw birds. He was also keen to share advice with would be artists.

Ferret racing proved very popular as did the Axe Men from Wales, who were up to their usual daring tricks. The chainsaw carver produced an outstanding owl which was auctioned off. There was a ramble to join and a family dog show to enter, organised by The Dogs Trust. Musical entertainment was courtesy of the Morris Men. Visitors also enjoyed some old footage of local films that brought back memories.



No-one went hungry or thirsty as the Scouts provided their traditional range of refreshments.

BAT WALKS AS WELL. On the two Saturday evenings prior to the Festival, Louise Sleeman led successful bat walks for the Trust. The bats have been very helpful, coming out in good numbers to give us a good display at each of the events.

www.ruislipwoodstrust.org.uk

David Duncan
Chairman Ruislip Woods Trust

Northwood Craft Market and Plant Stall *First Saturday of the month*

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

FORTHCOMING DATES: Saturdays 5th August, 2nd Sept, 7th October

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

At our 1st July Market, we celebrated 10 years of the Northwood Craft Market. Over those 10 years we have seen an amazing variety of beautiful handmade crafts and I never fail to marvel at the diverse skills shown by our crafters, whether it is in painting, dressmaking, woodwork, photography, or any of the other crafts on show. Some crafters attend on a regular basis (in fact four have been coming since our very first market) and others come from time to time. We are always pleased to welcome new crafters.

Visitors are always most complimentary about the crafters' work and often express surprise when they realise that all the crafts are handmade by the stallholders. There's so much creativity in Northwood!

The Plant Stall is very popular and the ladies who run it are not only raising cuttings and seedlings for sale but also enjoy answering your questions and discussing all things garden related. We are keen to encourage children in crafting and always have some hands-on crafts for them to make something to take home. Some have become regular visitors to the Market and come straight to the craft tables to see what we have for them to make.



Hands-on crafts are always popular

If you've visited the Market before, we look forward to seeing you again, and if you haven't, then do call in and see us.

www.northwoodcraftmarket.co.uk

Like us on Facebook

Follow us on Twitter @CraftNorthwood

Email: northwoodcraftmarket@hotmail.co.uk

Telephone Susan on **07780 601842**

News from St John's URC & Northwood Community Arts

It's been a busy start to the year with art exhibitions by local artists Petra Geggie and Rachel Haywood, and a production of 'Jack and the Beans Talk' all taking place at St John's in addition to all the usual activity.

While the gardens undergo a radical change and are still being developed, it is lovely to see the number of people making use of the quiet spot under the willow to catch up with friends or just take a breather.

The remainder of the year is promising to be just as busy as the year so far:

- ⇒ **CIRCUS SKILLS.** The first week of August sees Albert and Friends back for Circus Skills. Book your place at www.kidsorted.com/seller/partner/2175/albert-friends-instant-circus
- ⇒ Saturday October 28th is St John's **OPEN HOUSE** day with many activities and discussions on the big questions in life. Our celebration of 500 years of the Reformation will end with a talk about the Reformed tradition and what it means today on Tuesday 31st October by United Reformed Church General Secretary, John Proctor at 7.30pm.
- ⇒ October also sees the final of the **ART EXHIBITIONS** for the year supporting St John's annual fundraising for refugees and the homeless.
- ⇒ Regular events continue, in particular the **TUESDAY MORNING CONCERTS** - every third Tuesday at 11.30am with coffee/tea available from 10.30am.
- ⇒ Monday afternoon **POETRY APPRECIATION GROUP** meets the first Monday of each month between 2pm and 3.30pm.
- ⇒ Every Tuesday sees the **SEW AND SEW GROUP** gather to do needlework between 1pm and 3pm.
- ⇒ And every six weeks the **READING GROUP** at St John's meets to discuss a book and have a chat.

All are welcome to attend any of these events. Keep an eye on our website and noticeboards for more information. We look forward to seeing you around.



The gardens are establishing well.

Telephone: 01923 829166
Website: www.urcnorthwood.org
Email: stjohnsnorthwood@btconnect.com



The NPLS Bike Collection

Are you buying a new bike? Do you have a bike sitting in your garage that is no longer used or needed? **NORTHWOOD AND PINNER LIBERAL SYNAGOGUE** is now an official bike hub, collecting all bikes in any size or condition for The Bike Project.

The Bike Project collects second-hand bikes, refurbishes them and donates them to refugees and asylum seekers. We all know that riding a bike is a great form of exercise and for many cycling enthusiasts provides a therapeutic release from the sometimes hectic pace of life! However, for a refugee or asylum seeker a bike is an essential item providing cost-effective transport to vital meetings and appointments.

For more information on The Bike Project please see their website <http://thebikeproject.co.uk/>
If you have a bike that you would like to donate, please contact NPLS on 01923 822592 so we can arrange a convenient time for you to visit.

For more information about Northwood and Pinner Liberal Synagogue please visit our website www.npls.org.uk

Friends of Michael Sobell Hospice - Events

CAR TREASURE HUNT AND SUMMER FAMILY FUN DAY Sunday 23rd July, 10am – 3pm

Join us for a great family day out. In the morning, take part in a 40-mile car treasure hunt and on your return enjoy plenty of food, drink, live music, stalls and activities for all the family. There will be a kiddie's craft area, a Pimm's and Prosecco Tent, Tea Rooms, and competitions for the best pimped car on the day, the best dressed dog and a cake fit for a 40th Anniversary competition! Entry is £20 per car for the Treasure Hunt. Or £2 entry for Family Fun Day only.

FEEL GOOD, LOOK GOOD

Sunday 24th September, 10am – 5pm

Our FEEL GOOD, LOOK GOOD day is back! Book yourself in for a spot of pampering and ME-TIME, with a range of complementary therapies and beauty treatments available to buy on the day from our fully qualified therapists. Then simply sit back and enjoy!

FEEL GOOD: with a massage, aromatherapy, reflexology or try a taster session of Reiki Indian Head Massage, Thai foot massage & hypnotherapy.

LOOK GOOD: with a facial or how about a manicure? Light refreshments will be available and there'll be a number of stalls selling lots of goodies. So, why not plan a leisurely

mother and daughter Sunday, or even a father and son day? Entry is free. *Treatments to be booked in advance* see website for details.

40TH ANNIVERSARY WALK

Sunday 8th October, 9am set off

Walk and help raise vital funds for the Hospice in its very special 40th Anniversary Year on the final day of Hospice Care Week. Choose from a 3 or 7-mile walking challenge, which will take you through the beautiful countryside around the Grand Union Canal. Doggies are welcome too! Bring all your friends and family for a super Sunday morning stroll.



For more details on Michael Sobell Hospice and any of our fundraising events visit www.michaelsobellhospice.co.uk or call the Fundraising Office on 0203 826 2367.

Facebook: [michaelsobellhospice](https://www.facebook.com/michaelsobellhospice)

Twitter: [@MSobellHospice](https://twitter.com/MSobellHospice)

Michael Sobell Hospice,
Gate 3 Mount Vernon Hospital,
Northwood, HA6 2RN



Northwood Methodist Church

Northwood Methodist Church, at the end of Oaklands Gate, near the library, welcomes everybody for worship at 10.30am on Sundays. The first Sunday of each month is usually Holy Communion and the third Sunday all-age worship. We also have a crèche and junior church.

During the week, our Oasis coffee lounge is open from Wednesdays to Saturdays 10am to 12noon for tea, coffee and homemade cake.

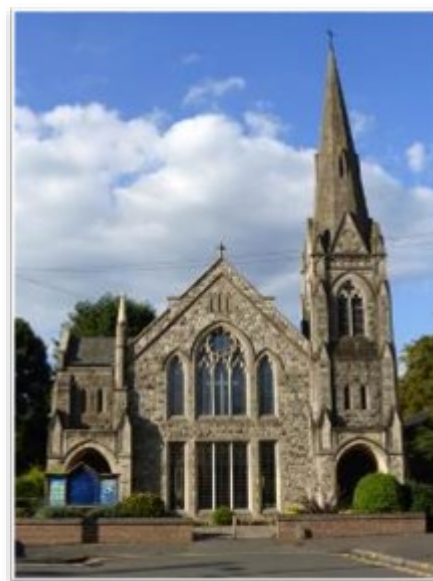
In term time "Little Acorns" carers and toddlers group meets on Monday mornings from 9.30am to 11.30am. We also have "Messy Church" for children aged 2-11 years with an adult, for fun, a short service and food. Our next sessions are on Saturdays September 30th and December 2nd from 5pm to 7pm. Family film afternoons, suitable for all ages will be held on Saturdays July 29th and October 28th from 3pm.

Our Harvest festival is on Sunday September 17th at 10.30am and an "In Loving Memory" service, for those who have been bereaved will be held on Sunday November 5th at 4pm.

Our halls are available for hire; please contact the church office on 01923 840633

www.northwoodmethodistchurch.org

We would love to see you at any of our services or events or just pop in to Oasis for a cuppa.



Want to know what's on in Northwood? Just head to the NRA website:

www.northwoodresidents.co.uk

Eastbury Horticultural Society

Our Annual Show will take place

on Saturday 16th September

at Eastbury Farm School, Bishops Ave, Northwood HA6 3DG

Open to the public from 3pm to 4.30pm

For info about EHS, contact our Membership Secretary on 01923 822162 or ellisontwg@yahoo.co.uk



Ruislip, Northwood & Eastcote Local History Society

18 Sept : **Henry Smith - 17th C businessman, moneylender and philanthropist;** Lucy Lethbridge

16 Oct: **AGM & The Lord Chancellor's Wallpaper;** Graham Goode

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



Kate Fassnidge Community Hall

The hall in the High Street is available for hire by local residents and organisations. Enquiries should be addressed to Andrew Retter:

kfcommunityhall@gmail.com

Tel: 020 8426 1806 or 07956 129046

Lynda Jackson Macmillan Centre

... supporting people affected by cancer ...

Stewarts Law Moor Park 10k & Junior Fun Runs

Sunday 1st October 2017 at Merchant Taylors' School

Plans are already well under way for this year's event, the sixteenth time that hundreds of runners will pound the local streets to raise money for the Lynda Jackson Macmillan Centre at Mount Vernon Cancer Centre.

Interest by local schools is already at an all-time high and a record turnout is expected for this popular annual event for runners of all ages and speeds.

The junior events start at 11.45am with fun runs held within the school grounds. The main event of the day, the Moor Park 10k, starts at 3.00pm.

Everyone is welcome at this family-friendly fundraiser. If you'd like to help, we'd love to hear from you; there's always lots to do from marshalling to giving out medals and water at the finish line.

Further information and details of how to enter can be found at www.moorpark10k.org.uk.



10k Run 2016

Contact Fiona on 020 3826 2550
or email: fiona.hussey@nhs.net
For more information visit www.ljmc.org

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