



# Northwood Residents' Association

Newsletter 162, July 2015

## From the NRA Chairman

### INTRODUCTION

This is the 19<sup>th</sup> report that I have written as your Chairman, and in some ways, the message is still the same: the NRA desperately needs more volunteers if it is to continue to be a vibrant association. Currently our priority is to recruit more Road Stewards. A significant number of roads are not covered which means we have difficulty in servicing members and potential members, delivering newsletters and collecting subscriptions. Being a Road Steward gives you a chance to get to know your neighbours and is not a particularly onerous task. More details are given on pages 4 & 8.

We also need one or two committee members to service our business members in the town centre and the Old High Street and a further committee member for ad hoc assignments. If you are interested please contact me.

### PROPOSED STATION APPROACH DEVELOPMENT

Many of you will have read the June issue of My Northwood News in which comments were made intimating that the TfL consultation process was undemocratic. MNN was being somewhat disingenuous in publishing these remarks as they have been reporting on the proposed development since it was first mooted, and are well aware of the process.

TfL and its agents, *make:good*, have involved all residents from day one. All 6,000 or so households in Northwood and Eastbury were leafleted and numerous public meetings held. The fact that fewer than 900 people responded and seven hundred of those were in favour of the larger development (about 80% of respondents) does not mean that the decision was undemocratic. Not voting is a democratic choice. In the recent General Election, 66% of the electorate voted and the Tories won 37% of the votes cast. Thus they were elected by fewer than 25% of the electorate. Such is democracy.

Save our Northwood will be closely monitoring the next stage of consultation at the end of June and making sure

that all aspects from parking to type of architecture are covered. They have stated that tenants must be protected from financial loss during the development and there must be provision for continuity of business.

### 50TH BIRTHDAY OF THE NRA

The subject was discussed at the last AGM and we are still open to suggestions as to how we should celebrate this. An initial budget of £3,500 was approved. The best suggestion so far is the provision of a clock in the town centre. **(See the editor's idea on page 14)**

### LICENSING

In the last few months, late licences have been granted to two new bar/restaurants – Black Soda in Station Approach and Hard8 in the old Blockbusters building. It is Hillingdon Council's policy to allow late licences and unless the Police object on public order grounds and/or the Council's Environmental Team object on noise grounds, licences will usually be granted. If, once the premises have been opened, you observe disorderly conduct, ring the Police on 101. Obviously if there is threatening behaviour call 999. Likewise, excessive noise or rubbish should be reported to the council at the time, telephone 01895 556000. If complaints are received the Licensing Committee can review the conditions of the licence.

### COMMUNICATION

At the AGM, members informed us that they liked the new -look full colour newsletter. I think that we should be very proud of its high standard of content and presentation. I **have received many compliments from other residents'** associations; we are very lucky to have an editor of such calibre as Ros Plume!

Committee members are in the process of updating our website with the aim of making it more user-friendly, attractive and informative. We expect to go live in **September. If you haven't yet sent us your email address so** that we can keep you informed of news and developments, please do so.



What happens to your recycling waste? Page 4

Petitions Do Work - one **resident's experience.** Page 10

Vast range of services available at your local pharmacy. Page 8

## Chairman's Report continued CONCLUSION

Thanks as usual to our councillors for their support. Congratulations to Nick Hurd on being re-elected (we'll keep you busy, Nick) and thanks to the Executive Committee and Road Stewards for their sterling efforts. Remember that we are here to serve you and to make Northwood a great place in which to live. I am always happy to receive your

emails,  
letters and  
phone calls.

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

## Northwood Futures Summer Exhibition

A huge thank you to everybody who braved the heat to visit us at St John's URC for the first pre-planning exhibition for Transport for London's site in Northwood. Your feedback at this stage will be incorporated into a second pre-planning exhibition on the 10th -15th September so please send us your thoughts and concerns so that we can make sure the design team respond to them.



catherine@make-good.com  
www.northwoodfutures.com/exhibition-summer-15

Catherine Greig, make:good

## Local Policing

CRIME STATISTICS can be both re-assuring and worrying. In Northwood we have, in general, a low crime area. We do not tend to steal from each other or have town centre brawls or serious incidents relating to drugs and drink, or **murders. So you wouldn't expect a bank robbery or a hoodie** on a bike stealing a handbag from a lady. Well think again as both those things happened in Northwood recently. This is not meant to alarm anyone or for you to feel we are not generally safe but to remind you that people from outside our area see us as potential victims. We have our guards down, we are not so heavily policed and these are compelling reasons for outsiders to come into our peaceful area.

We cannot emphasise enough the need always to consider your own safety and security. Simple actions like not leaving your car unlocked or not leaving valuables in your car even if it is locked can make all the difference. Do not assume anywhere is safe. We note vehicle crime from public car parks and fitness centres where the assumption is that you are safe. Do not leave your garage or shed open and unattended even for just a few minutes. The opportunist **thief is always on the lookout and it's easy for you to lose** valuables. If you are a victim of crime, however minor, contact the police (or me) so that it is recorded otherwise the criminal will keep returning.

We often see the laissez-faire attitude of residents and businesses being highlighted by our Safer Neighbourhoods Team who are doing a good job with limited resources. So often it is simple things that can be done that would stymie the would-be opportunistic criminal.

We have a very approachable Inspector in Rob Bryan and he encourages you to connect with him and the Northwood team. We also like to hear from you as we have the opportunity through the Northwood Police Ward Panel to monitor and challenge the police. So far the collaboration **has been good and some of our residents' ideas have been** implemented. If you live or work in Northwood and want to be part of the ward panel please let me know. You are welcome to contact us about any police issue too.

**SPEEDING:** Residents often tell me about speedsters on our local roads. The simple truth is that the vast majority of those speeding are the Northwood residents; our speeding operations show this to be the case. Driving and using a mobile is a terrible combination which now carries a heavier fine if caught.

**BE NEIGHBOURLY:** We have also the perfect demographic where con artists like to prey. Fake workmen, bogus phone or email scams can scare and trap the older generation.

**Please check on neighbours you haven't seen for a while** or who are elderly. Make sure they know they can approach you if they are worried about anything. And of course check to make sure your Neighbourhood Watch is active - if you are not sure please contact me.

**ONLINE CRIME:** Bogus calls and on-line fraud are the fastest growing crimes. It is rare that your bank or other financial institutions will send you an email. The high quality of the fraudulent email catches a lot of people out but the message content is usually flawed so be sure to read it through; if you **are not sure call your bank and ask. It's better than losing the** contents of your bank account.

**BOGUS CALLERS** are becoming more sophisticated. Never **hand money to anyone you don't know and especially to a** bogus policeman, I can assure you it is not one their duties. If you are concerned hang up and contact someone you know or call the police. But wait a few minutes as often the bogus caller waits on the line. If you have been a victim but feel embarrassed to tell anyone please make sure you contact the police otherwise the criminal will continue to devastate lives.

**CHILDREN/TEENAGERS:** As well as being robbed of their mobile phones children/young people are also victims of online crime. After all they spend more time online and on their phones than most. They can be victims of bullying, scams or computer bugs. Discuss the issues with them and **remind them that it's better to talk to you than become a** victim.

Please remember that for ongoing crime always call 999 or 101 for non-emergency situations.

Please continue to contact the Northwood Safer Neighbourhoods Team on Tel: 020 8721 2545 or email: northwood.snt@met.police.uk  
web: met.police.uk/Team/Hillingdon/NorthwoodTeam

Chairman, Northwood Police Ward Panel  
nwdpolicepanel@gmail.com

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

Philip Green

*Northwood Police Station is still open to the public:  
Monday, Tuesday, Wednesday: 11.00 to 13.00 when the  
volunteers will do their best to deal with your issues.*



## Traffic and Highways

### Green Lane

Affinity Water will be laying a water pipe along Green Lane from Rickmansworth Road to Eastbury Road between 23/7/15 and 1/9/15, i.e. school holidays. I understand that the work will be done in three main sections with temporary traffic lights in Green Lane. There has been some mention of this in the local press, and if you live locally you should by now have received a leaflet giving details. The work will mean the short term closure of parts of some roads connecting with Green Lane, e.g. Maxwell Road, Dene Road and Eastbury Road.

More information can be found at <http://public.londonworks.gov.uk/roadworks/home>

### Carew Road

By the time you read this the new pedestrian crossings

should be in operation. Together with the resurfacing of a large part of the road, there should be a significant improvement in safety for children attending the local schools.

### Car Park, Green Lane

The height limiter at the entrance to this car park has been damaged and removed. I am assured by the LBH Car Parks Manager that quotations for the repair of this entrance barrier have been received and that work has started on manufacturing a new one for installation as soon as possible.

[traffichighways@northwoodresidents.co.uk](mailto:traffichighways@northwoodresidents.co.uk)

Peter Lansdown

## Metropolitan Line

It was a mixed Spring for the Met line with seemingly no issues for a number of weeks and then a spate of them – apparently the same one – for days on end. Nothing is **more frustrating than being told a problem is 'fixed' before** exactly the same problem occurs again the following day. By now – after decades of weekend disruption for engineering works – **you'd have thought they might have** got to the bottom of these issues. **Let's not get too** ambitious. It is revealing that these issues never seem to arise when there is a big Wembley crowd expected, and remember how perfectly everything ran during the **Olympics ...**

We have asked a few questions for you residents but met a bit of a brick wall. This includes requesting replacement buses to Hatch End which would be much quicker to get to and easier to get into London when engineering works are restricting our movements. **This is apparently 'not favoured'. What changes are they making to the ticket office during its 'transformation'?** No decision, which is

slightly odd given it is meant to be happening in a month! Any chance of fast trains stopping at Northwood (in Zone 6) rather than Moor Park (outside zone 6 and therefore more expensive)? **Don't be silly. Still, we will** keep pressing for a better service.

**Oddly, we may soon be hit by the annual tube drivers' strike.** I say oddly as this year the reasoning seems to be about the extra hours the new 24-hour 'service' will bring. **Slight double whammy for us as we'll be hit by a** strike about an extra service that will not be provided to us for the foreseeable future!

Finally, the matrix signs are working at Eastcote. As suggested last time, we are next in the queue - if they can find the money. Exciting stuff!

Feel free to contact me at  
[met@northwoodresidents.co.uk](mailto:met@northwoodresidents.co.uk)

Gerry Pimm



### Cattle are back on Poor's Field

A young herd of two Herefords (the ones with white faces) and eight brown Sussex cattle has recently appeared on Poor's Field, aka Ruislip Common, replacing the Old English Longhorns of a few years ago. They seem to have settled in quietly, and not a horn between them.

If you are walking or cycling in the area please remember to close gates behind you and keep dogs under control.

Peter Lansdown

## Membership

How the days and weeks flash by! As I write this I am aware we have already passed the longest day, but hopefully we have some balmy summer evenings to look forward to which offer an excellent opportunity to get to know your neighbours a bit better as you give them their NRA newsletter if you are a Road Steward (RS) – and as usual we need more volunteers to help with this task - deliveries three times a year, and the collection of annual subs.

David Blowers our Treasurer has emphasised how this works in his excellent article on Page 8 – but as usual our small army of RSs needs a steady flow of new blood, as volunteers retire, move or are no longer able to do the rounds.

We currently have 23 roads without an RS, though several of those have very few members. But there are roads with many members, to whom we may not be able to deliver in a timely fashion, or possibly not at all, unless we get more volunteers.

Can anyone please pick up the baton in particular for:-

Trinity Close?

Mallard Way?

Maxwell Road plus Falcon Close, Hawkesworth Close and Leaf Close?

Elgood Ave, Gatehill Road (north) plus Willow End, Wieland Rd, Woodgate Crescent and Shefton Rise?

I would be delighted to hear from you.

chiefroadsteward@northwoodresidents.co.uk  
Home Tel: 01923 821036 Mobile: 07946 385 474

Paul Barker

## Environment

**THE RECYCLING CYCLE.** We are fortunate to live in Hillingdon where we have a weekly collection of household waste, garden waste and textiles from outside **our property. Don't forget that the clear recycling bags** are not to be used for any food waste, often these bags are the ones targeted by foxes as they are often left out overnight for the early collection.

If your bags are not collected, please ring the council on 01895 556000 and they will send a team to remove them. This is the same number you can use to report **overflowing bins and other 'rubbish' problems.**

What happens next? After your re-cycling has been collected, do you ever wonder what happens to it? The bags are taken in bulk loads to a material recovery facility to be sorted. From there it is taken to reprocessing plants to be turned into new products. For example by recycling an aluminium drinks can, it is possible to save 95% of the energy needed to make one from raw materials. It also saves on natural resources, energy and greenhouse gas emissions.

Paper and cardboard are separated into different grades of paper before being processed with hot water and made into a pulp; ink, staples and glue are then removed. The pulp is pressed and rolled on to large reels ready to be made into magazines or books. Cardboard is recycled and used for packaging or new boxes.

Glass: Some of the old glass is sorted by colour then re-melted back into new glass bottles. The remainder of the glass is reduced down to fine sand and used for aggregate in construction projects.

Food and drink cans are sent to factories in the UK and Europe, shredded, melted down and turned into large rolls of steel. This is then used for bicycle frames, pipes, train tracks and new cans. Aluminium cans are also recycled to make parts for cars and aeroplanes.

Plastic bottles, cartons, tubs and trays  
Bottles can be recycled in the UK but other plastics such as tubs and trays are sent to Europe or China as there are not yet the right facilities in the UK. Most plastics are washed and cut into small flakes and then made into pellets which can be remoulded into new bottles, bags, car parts or even garden furniture. Some recycled plastic can be spun into a threadlike material and used to make fleece jackets or filling for duvets or sleeping bags.

Our nearest Waste and Recycling Civic Amenity Site is at New Years Green Lane, Harefield, open 8am to 6pm during British Summer Time, closes 4pm in winter. Access is strictly restricted to Hillingdon residents and you must produce your Hillingdon First card or proof of residence to use the facility. Non-residents can pay £10 to use it.

### BONFIRES

How intrusive are bonfires? Bonfires are not illegal but can cause pollution and nuisance. There should be no **need for bonfires to burn garden rubbish as the council's** weekly collection service includes garden waste. If a domestic bonfire persistently causes significant nuisance an abatement notice can be served, breach of which can result in a fine after a hearing at the Magistrates Court.

To report a bonfire that you consider to be a nuisance, call the Anti-Social Behaviour Team on 01985 556000  
Mon-Fri: 0800-1800 and out of hours service:

Thurs: 2000-0200; Fri: 2100-0300

Sat: 2100-0300; Sun: 1900-0100

For all information about local environmental issues, visit the council website, [www.hillingdon.gov.uk](http://www.hillingdon.gov.uk) and follow the links: Residents > More Services > Environmental Issues.

environment@northwoodresidents.co.uk

Fiona Blackwell

## A Message from Nick Hurd MP ...

It is now a few months since the General Election. As the dust settles on a national result that wrong-footed the experts, I would just like to thank those of you who trusted me with your vote. There were more of you than last time and I will do everything I can to repay your faith. To those of you who voted for someone else, I work for everyone - whatever their political affiliations - and forgiveness is possible!

My short term priority is to work alongside residents and Hillingdon Council to make a convincing petition to the special committee of MPs set up to look at HS2. This does not affect Northwood directly but as things stand it will make getting to Uxbridge and the A40 even harder than it is already. I also know from many conversations that there is a lot of empathy with the residents of West Ruislip, Ickenham and Harefield who face years of disruption and damage to their quality of life. We are arguing for an extension of the proposed tunnel to protect the area and will be making our case this month. Any letters of support from Northwood residents would be welcome.

Closer to Northwood, it looks as if TfL will be making their planning application for Northwood Town Centre in October. I have made it crystal clear to TfL that

Northwood residents would like to see their favourite local shops treated fairly and given the chance to continue serving the community. Elsewhere, the conversations with the NHS about the future of the Northwood and Pinner Cottage Hospital seem to be moving in the right direction. It has been left rotting for too long and it is time for it to be redeveloped in a way that benefits the community. There seems to be community support for a development that would give the area more sheltered housing and an upgrade of the existing Northwood Health Centre. I am doing what I can to get the NHS to give that priority over just selling the site for expensive flats.

It is a great privilege to continue serving the area. If I can help you, please do not hesitate to get in touch.



To contact Northwood MP, Nick Hurd:  
Email: [nick.hurd.mp@parliament.uk](mailto:nick.hurd.mp@parliament.uk)  
Post: Nick Hurd MP, House of Commons, Westminster, London, SW1A 0AA.

## ... and from our Police Safer Neighbourhoods Inspector

This newsletter is an excellent resource for me to communicate with residents in Northwood. But there are other ways that I would like to encourage you all to join up to. Did you know that I send out an e-mail circular each month which is forwarded on to many people? I cover a variety of subjects from crime prevention to good work being undertaken by your local officers. If you want to be included just send me your e-mail address and I will add you to my list. Did you also know that we have a localised crime prevention register where regular messages are distributed via e-mail, either about crime prevention advice, or local information from your Safer Neighbourhoods sergeant? At present only 184 people are registered in Northwood. Follow this link if you want to register: <http://www.smartsurvey.co.uk/s/45444OIID>

We measure our performance in crime reduction from April to April. The performance is also measured against a 20% reduction target set by the Mayor of London in 2011/12, a target that we aim to achieve by 2015/16. In the last year Northwood's crime figures were as follows: Burglary 80 offences, down from 119 in 2011/12, a reduction of 33%; Criminal Damage 32 offences, down from 61, a reduction of 48%; Robbery 8, down from 10, a reduction of 20%; Theft from motor vehicles 65, down from 163, a reduction of 60%; Theft of motor vehicles 8, down from 19 and a reduction of 58%; Theft from a person 5 offences, down from 7 and a reduction of 29%; Violence involving injury was at 32, down from 33 offences, a reduction of 3%.

In total, crime in Northwood is down from 412 offences in 2011/12 to 230 offences in 2014/15. One crime is too many, but I have to be realistic about what I can achieve and I honestly feel that those figures are a good news story for Northwood. In relation to violence, the area is not becoming more violent. We are now recording violence in a different way, which means those figures are more accurate hence the reason we are not near the 20% reduction target. We have looked at ambulance calls and hospital figures and there is no evidence of an increase in violence. Nevertheless, we were recording it incorrectly before, and now we have a true understanding of the level of violence, we will ensure the correct resources are used to combat it.

Our priorities for this year in your area will be reducing burglary, reducing violence and combating motor vehicle crime. Your local officers will also continue to focus on anti-social behaviour in the area.

Contact me at [rob.bryan@met.police.uk](mailto:rob.bryan@met.police.uk) or on 07500 097182

Inspector Rob Bryan





## On Working With the NRA

The People With the Eyes and Ears Across the Ward That Help Me Make the People Who Pull the Levers Listen. A fair description of our illustrious NRA I think! The NRA is an organisation that offers a filter for issues and a regular channel both directly to LBH and to your councillors.

How best to work with a residents' association is a matter I've heard debated by colleagues, not always positively. Where there is discord between councillors and an association I really feel it will be residents that suffer. With the best will in the world and despite the immense amount of work (most) councillors do, we cannot be everywhere at once. With LBH offering over 500 different services that touch the lives of over 250,000 people, there will always be more to do than can be achieved by a handful of councillors, however dedicated.

That's where an effective association comes into its own and I feel can play a really vital role in our civic life. That's not to say that the NRA committee and the Northwood councillors have the perfect relationship, but it's pretty good and delivers 'joined up' approaches to local issues. It's not complicated though; it's based on honesty and communication, even where our views differ.

It starts with communication. Our email addresses are public knowledge and we have offices both in Northwood and Uxbridge but the mobile phone is the key weapon and armed with emails on a device we can be reached anywhere, anytime. Not just by the NRA committee but by residents too. At a talk at the synagogue recently I littered the ladies with business cards giving my mobile and email details; why wouldn't we want to be contacted?

Residents need to believe that even if they feel something is trivial it's really no problem for us to be told and asked to feed it into the Member Enquiry service. No-one is too busy to respond to an email and we usually reply within minutes or at worst an hour or two.

More formally I meet with NRA committee members on a regular basis and with the chairman more frequently to feed in and be fed any local issues and news. With the internet I can type up questions and concerns at the meeting and have them sent off to the Civic Centre for answers before I leave the meeting.

It's a pretty healthy relationship and when we differ in opinion **it's still the councillor's job to represent the NRA's views** if not supporting those views. Being honest with each other makes the relationship stronger, even best friends don't always see eye to eye.

Your three councillors wish to build on their relationship with the NRA and encourage more local groups to open a direct dialogue, maybe scheduling an annual meeting with their committee to hear how we can help. The phone is always on and the emails are read straight away; if you'd like to engage with us drop us a line (or speak to the NRA!). Oh, we're on Twitter now too @NorthwoodTories so feel free to tweet us!



There is a range of ways in which to contact us, email or phone, or you can even write a letter and get it delivered free of charge via Oaklands Gate library (just address it to us at the Civic Centre):

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

01923 822876 - Northwood Office

07810 543808 - Cllr Scott Seaman-Digby's mobile

Email: [councillors@northwoodconservatives.org](mailto:councillors@northwoodconservatives.org)

[scott@northwoodconservatives.org](mailto:scott@northwoodconservatives.org)

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

## Friends of Michael Sobell Hospice



Michael Sobell Hospice has recently opened a new charity shop in Eastcote. We are urgently looking for local volunteers of all ages to come and help out in the shop a few hours a week. No previous experience is necessary and full training will be

given. The role will involve sorting donated goods, pricing items for sale, serving customers and helping with displays. Volunteering is a great way to learn new skills, meet people and give something back to the community. If you can spare a few hours a week, please call Victoria on 01923 844606.

Here are some of our forthcoming events:

The Nuts Challenge Assault Course

Saturday 5th September – Dorking, Surrey

Take on this 7k (4 mile) military style assault course. We have 35 charity places for this event and the deadline for entry is mid-August.

MSH Talent Show: Friday 2nd October at 7.30pm.

£12 Adults, £6 Children

Watersmeet, High Street, Rickmansworth

We are looking for 12 local amateur acts of individuals or groups to take part in our Talent Show. If you have a flair for singing, dancing, magic, music or comedy, sign up by Friday 21st August for a chance to show off your talent in front of a live theatre audience and a judging panel: email [cweston519@hotmail.co.uk](mailto:cweston519@hotmail.co.uk) or see our website for details.

Jail and Bail

Friday 2nd October at Ruislip Police Station

Get arrested and locked up in a police cell for Hospice Care Week. We are looking for respectable members of the community to take part in this crazy event in aid of patient care. Participants will be asked to raise £500 in order to be let out of jail.

For more details on Michael Sobell Hospice and any of our fundraising events visit [www.michaelsobellhospice.co.uk](http://www.michaelsobellhospice.co.uk) or call the Fundraising Office on 01923 844730.

## Community Noticeboards

Community noticeboards have been a feature of the British village and town landscape for the past two centuries. Their forerunner was the town crier who would announce the various decisions and proclamations from the Town and Parish councils – the original newscaster. After reading out the **'notice'** it would be fixed at a prominent location such as the door of an inn or a large roadside tree for all to read. With the growth of literacy the noticeboards took over and the crier became a ceremonial figure with his decorative greatcoat and hand bell. Generally propped on two legs sunk into the ground and with a distinctive header, noticeboards began to be used by the community to display not only formal notices but also news about local events.

Here in Northwood, the NRA maintains two community noticeboards. The first was installed in the lower lift lobby in Waitrose in 2009 and initially carried the contact details for the NRA and its Executive Committee members as well as any items of general local interest. A more structured arrangement was put in place last year with a committee



member dedicated to looking after this noticeboard in keeping with the new guidelines.

The second noticeboard is sited on the pavement in Green Lane near the steps leading up to the entrance of Waitrose. This location provides the greatest visibility for people shopping in or passing through the area. Unlike the first, the new one has a lockable, shatterproof screen which ensures the notices cannot be removed, defaced or damaged by the weather.

During the SaveOurNorthwood campaign last year it became a useful source of news about the progress of the Station Approach development and public meetings.

Both noticeboards are available for advertising local activities and general information so long as the notices are from a non-profit making body based in or having links with Northwood. There is no charge for using this facility. So if you, or any friends or family members, belong to such an organisation and wish to publicise a forthcoming event, get in touch with me for further details.

[comms@northwoodresidents.co.uk](mailto:comms@northwoodresidents.co.uk)

Mithu Chelleram

## There's a lot going on at Northwood Library!

### SUMMER READING CHALLENGE 2015

This year's challenge will be on the theme of **RECORD BREAKERS!** It launches on Saturday 11<sup>th</sup> July and runs until mid-September and is for children aged 4 -11yrs. The aim is for children to make six visits to the library over the summer where there will be gifts, stickers and Starborgs cards\* to collect. If you complete all six visits you will be awarded a certificate and medal.



library staff getting our world's tallest man

There will also be lots of free, fun events including crafts, creative writing, storytimes and record breaking challenges, such as the Paper Doll Challenge (making the longest paper doll chain in the world), the chopstick challenge (who can break the record for transferring the most marbles from one

place to another using chopsticks) and many more. Why not come and take a selfie next to our life-size cardboard cut-out of the world's tallest man!

### READING GROUP

Do you love reading? Would you like to meet new people and chat about books over a coffee? Come along to Northwood Library Reading Group, the last Thursday of every month 2-3pm. July's book is *Brooklyn*, by the highly acclaimed Colm Toibin, described as a moving story of love and loss and the choice between personal freedom and duty - lots to talk about! Pick up a copy from the library.

### INTERNET AND COMPUTER ACCESS

Free computer and web access and free WiFi hot-spots are available at Northwood Library. Free one hour taster sessions for beginners and those requiring help with email, internet and basic ICT queries.

### BIZZY BEES STORYTIME

Wednesdays at 10am during term-time. Stories, songs and simple crafts for under 5s. A friendly and welcoming group and a great place to meet other parents, grandparents and carers.

### SPANISH CONVERSATION Fridays 1.30 – 3pm.

Brush up your Spanish in time for your holidays!

\*Starborgs cards are available only in Hillingdon Libraries.

### Northwood Library

Oaklands Gate, Green Lane, Northwood, HA6 3AA

Tel: 01895 558262

Email: [northwood-library@hillingdon.gov.uk](mailto:northwood-library@hillingdon.gov.uk)

### Opening hours:

Monday, Wednesday, Thursday, Friday 9am-6pm,  
Tuesday 9am-7pm, Saturday 9am-4pm.

Janet Clements

## From the Treasurer

The AGM confirms our subscription fees and can also approve any larger items of expenditure proposed. This year those subs remained as a minimum of £2 for households and £10 for businesses. Many of our members kindly pay in excess of that minimum so we have sufficient income to cover expenditure. The higher our membership the greater our collective voice so ideally the subscription fee should not deter membership.

Our financial year is the calendar year so the subs should be paid during that year. Each Road Steward will have his or her preferred collection time so that could be any time during the year. I have been asked what happens if someone moves into Northwood in, say September. If that happened this year, they can pay the subs and will be members for 2015. It is not feasible for individual households to have individual membership years and to pro-rata such a small subscription is hardly worth the effort. The RS can apply common sense and reach agreement with the new member. If they moved in during December it would make more sense to suggest the subs are for 2016.

What do we do with the money received?

The audited accounts are ratified at the AGM and detail our income and expenses. The largest item of expenditure is usually the production of the newsletters, in 2014 that totalled £2,755. The new notice board cost £1,163. The committee is always looking for suggestions for what we can do to improve Northwood. We would not spend money on things the council should be doing but items such as the bench around the tree in Green Lane was NRA funded as were musical instruments for two primary schools. We do have some reserves and they are necessary to ensure we can act should the need arise. If you do have ideas on what NRA could fund to benefit Northwood residents do please let the committee know.

How else can we collect subs?

This question is often asked, frequently by Road Stewards who bear the brunt of the labour-intensive hand collection method employed today. There are benefits in this approach; it facilitates communication with members and aids in

developing the community in that road, or block. The issue is the time it takes. Members will be out during the day so an evening is wise, but too early and members may be having dinner, too late and the interruption is unwelcome. Then when the door is answered do the members have the cash or cheque ready and available? The RSs put in a lot of effort collecting subs, please do make it easy for them. If an envelope has been left, please return it promptly so the RS does not need to keep revisiting.

There are on-line membership solutions, but they can be costly to operate and I would rather not spend 20% or so of the subs in actually collecting them.

Direct debits have been suggested. That would generate very long bank statements and require the name and address on the reference field so we knew from where the subs originated. This would reduce the face to face interaction with the Road Stewards.

Mobile phone payments such as Pingit or Paym. Same **difficulties as DD's identification of members and not all members would trust such a method.**

Life Memberships. Would introduce some accounting issues since such funds would need to be kept separate for future years. How would the fee be calculated, a sliding scale based on age? What happens if a member moves, would refunds be allowed since membership cannot continue?

I personally believe the current method remains the best. It does allow communication and because the Road Stewards are volunteers, the cost of collection is small. Membership of NRA brings the assistance of the committee in many forms – advice on environment, planning and police. Perhaps the most visible aspect, the website is full of a wide range of useful information and newsletters are issued thrice yearly.

One last figure from the annual accounts is that the subs received in 2014 totalled less than the subs received in 2013.

**Let's ensure that drop was a temporary aberration so we enjoy a record year in 2015.**

[treasurer@northwoodresidents.co.uk](mailto:treasurer@northwoodresidents.co.uk)

David Blowers

## Your Local Community Pharmacy

**Northwood's local pharmacies do a lot more than just dispense prescriptions. Although dispensing prescriptions is an important part of a pharmacy's work, pharmacies now provide a full range of clinical services.**

Did you know that you can now get your annual flu jab at **your local pharmacy? If you are over 65 or in an 'at risk group' and entitled to a free NHS flu jab you will not be charged** otherwise a small fee may apply. Flu vaccinations will commence in September this year. Other vaccinations provided may include Hepatitis A, Hepatitis B, Typhoid, Diphtheria-Tetanus-Polio, Yellow Fever and all other travel vaccines. Also available are prescription strength Malaria prophylaxis medications. If you are travelling abroad, go and see your local community pharmacist for advice and any vaccinations you may need.

Other services provided include Smoking Cessation Clinics, Weight loss Clinics, Health Checks, Sexual Health Services, and many more.

Your local pharmacist is also on hand to advise you on minor ailments such as coughs, colds, hayfever, eye **infections, stomach upsets, pain etc. You don't need an appointment** and you can pop in at any time for advice and treatment. If you have a long term condition such as Asthma or Diabetes your pharmacist can help you manage your condition with advice on your medications and lifestyle.

All your local Northwood pharmacies now offer a special discussion of your medicines called a Medicines Use Review (MUR). If you regularly collect medicines from your local pharmacy, the pharmacist may ask you how you've been getting on with them. If you're having problems, they can offer advice or, if necessary, advise you to see your GP.

The MUR is a detailed chat with your pharmacist about the medicines you take, you may discuss what you're

*(Continued on page 9)*





## MISSED DOCTORS' APPOINTMENTS

This is a major and largely unrecognised problem. One large surgery in Hillingdon has reported that over a seven-month period from September 2014 to March 2015, 956 doctors' appointments and 647 Nurse appointments were missed without any prior message from the patient. This is a great waste of resources but is particularly difficult to tackle for a service free at the point of demand. Clearly it aggravates the problem of long waits for appointments at many surgeries.

## DEVELOPMENTS AT MOUNT VERNON HOSPITAL

Despite repeated meetings there has still been no agreement between East & North Herts. Hospitals NHS Trust and its Hillingdon Hospitals landlord, regarding future plans for the Mount Vernon Cancer Centre site. East & North Herts. Hospitals NHS Trust now has over 500 staff at this Cancer Centre, treating patients from a local catchment population of almost 2 million plus some patients referred from across the country. It has over 5,000 new patients each year. It prides itself on being at the forefront of latest technology and many patients being offered clinical trials for both chemotherapy and radiotherapy treatments. It has the latest pumps for chemotherapy and the most up to date linear accelerators for radiotherapy.

Meanwhile to celebrate its 30<sup>th</sup> anniversary the Paul Strickland Cancer Centre has launched an appeal to

replace its eight-year-old CT scanner. It is organizing a series of events to raise funds for this appeal but donations can also be made by 'phoning 01923 844290 or by visiting its website [www.stricklandscanner.org.uk](http://www.stricklandscanner.org.uk)

## ANGLO-SAXON POTION KILLS MRSA (From The Week 11.4.15)

A potion used to treat eye infections a millennium ago has been found to wipe out almost completely the antibiotic-resistant "superbug" MRSA. The tenth century remedy, which combines garlic, onions, wine and bile from a cow's stomach, was discovered in Bald's Leechbook, a leather-bound medieval manuscript held by the British Library, and translated from Old English. Assuming the "eye salve" was used on bacterial infections, scientists at Nottingham University recreated it as faithfully as possible, tested it on MRSA and were "astonished" to discover that it wiped out 90% of the bacteria. Having conducted further tests, they believe that it is the combination of ingredients, rather than a single one, that gives the salve its power. "We were blown away by how effective the combination was", said Dr. Freya Harrison. "We tested it in difficult conditions too," she told the International Business Times. "We let our artificial 'infections' grow into dense mature populations, where the individual cells bunch together and make a sticky coating that makes it hard for antibiotics to reach them. But unlike many modern antibiotics, Bald's eye salve has the power to breach these defences."

[health@northwoodresidents.co.uk](mailto:health@northwoodresidents.co.uk)

Richard Field

**Pharmacies ctd** taking, when you should be taking it, and any side effects you might be concerned about. It is to make sure that you are getting the most out of your medications. It's especially useful for people who take a number of medicines. You can ask for an MUR, or your pharmacist or GP might recommend one. They take place in a private consultation room in the pharmacy and you don't have to pay, it is a free NHS service.

**The 'Electronic Prescription Service', EPS enables** prescribers such as GPs and practice nurses to send prescriptions electronically to a pharmacy of the patient's choice. This makes the prescribing and dispensing process more efficient and convenient for patients and staff at your pharmacy and GP practice.

- No need to collect your repeat prescription from the surgery.

- The prescription is an electronic message so there is no paper prescription to lose.
- If the prescription needs to be cancelled the GP can electronically cancel and issue a new prescription without you having to return to the practice.
- You may not have to wait as long at the pharmacy as your repeat prescriptions can be made ready before you arrive.

All Northwood GPs and Pharmacies are now using this service; if you have not already nominated your local pharmacy to receive your prescription please speak to your pharmacist for more information.

Make your Local Pharmacy your first port of call for your health needs; they have trained staff to provide you with advice without an appointment.

Rikin Patel, NRA Local Business Rep

## Petitions Do Work! One local resident's positive experience.

As a parent, one of the memories you cherish most is when your child takes his/her first step and learns how to walk. My first daughter took her first proper steps at the Northwood Recreation Ground in Chestnut Avenue; this is our local park where we used to spend most of our afternoons together. Very often we were the only ones at the park and would **often see young teenagers drinking or misusing the children's swings.** The park was a special place for us, but I could not **help looking at it and wondering, 'How many years has this park been left like this?' 'Is anyone ever going to bring in some colour and life to rejuvenate it again?'** I used to worry so much whenever my little girls fell while running around, as the surface was full of cracks and small pieces of glass from the bottles used by the teenagers.

One day, I started researching ways in which I could possibly ask the council to look at it, as it seemed to be the park that nobody loved, cared about or felt motivated to visit. By luck, **the father of one of my daughter's school friends works for the council and told me about the petition process.** Initially I **didn't want to start a process which could be time-consuming** but I realised I needed to do something for my daughters and for all the other children who might visit the park.

I got lots of signatures very quickly from parents at my **daughter's school. I was pleasantly surprised when I got a** very fast response from Hillingdon Council saying that they had received my petition. Soon after that I was contacted by Andrew Boeckstaens, Green Spaces Area Officer, who offered to meet me at the park and help with my petition. I was so excited by the idea that people were actually reading the petition and offering their help. Andrew was extremely helpful and introduced me to the Chrysalis programme under which Hillingdon Council has allocated funding for projects suggested by residents in order to improve the borough. It was literally a five minute online application resulting in the wonderful news that the renovations were going to go ahead just two months later.

For information about Chrysalis funding, please visit:  
[www.hillingdon.gov.uk/chrysalis](http://www.hillingdon.gov.uk/chrysalis)

Another helpful member of the council, Carys Walker, got in touch and updated me regularly about when the works were going to be carried out and completed. She also took our feedback on board while liaising with the architects and recently invited us to the official opening, where we met Cllr Cooper, the Mayor of Hillingdon.



All of this seemed like a dream to me and my girls, as when we started the process we thought it would take years for something to be done. We now have a beautiful, safe, colourful and happy-looking park nearby, but moreover, the park is now a place where many more families feel like coming and we are no longer the only ones there.

I would like to take this opportunity to thank the Mayor and Hillingdon Council for making such projects accessible to residents in order for all of us to feel heard and proud to be Hillingdon residents. Thank you very much to everyone who has been involved in making this park a place that many children will use and cherish for years to come.

Neetu Sadhwani

## Northwood Lions Club



Cllr Catherine Dann & Club Secretary, Martin Woodley

Northwood Lions Club recently held a Presentation Evening attended by six Local Charities and the then Mayor of Hillingdon, Cllr Catherine Dann. We gave away more than £12,000 to: Coppermill Care Centre of Harefield; ORCHYD of Ruislip (Holidays for Disabled Children); Willow Tree Centre, Harefield (Outdoor Centre for Guides & all youth organisations); Michael Sobell Hospice (the Mayor's chosen charity); Radio Mount Vernon and Hillingdon Hospital Radio.

Northwood Lions hold these events twice a year, and have given away more than £140,000 to dozens of charities over the past seven years. The money is raised through the Saturday Market in Northwood, known as the "Lions Den" (formerly the Red Cross), which is staffed entirely by volunteers so that 100% of the money can go to charity.

The market, which is on the Pinner Road near the Iron Bridge, is open every Saturday morning from 9.45 until 11.45 and is well worth a visit for bargains and for its warm and friendly atmosphere. There are refreshments and

delicious home-made cakes. The market also sells (and welcome donations of) clothing, toys, books, craft supplies, bric-a-brac, small furniture etc - so DO pop in!

Robert can be contacted on 07860 324395  
Visit [www.northwoodlions.org.uk](http://www.northwoodlions.org.uk)

Robert Green

## NRA Business Members

We would like to welcome these local businesses who have joined the NRA.

- ◆ Buckingham & Co, Accountants, 27a Maxwell Road HA6 2XY
- ◆ Santander, 42-44 Green Lane, HA6 2QB

A full list of Business Members can be found on our website.

Do support ALL local businesses!

[business@northwoodresidents.co.uk](mailto:business@northwoodresidents.co.uk)

*Vacancy - it could be YOU!*

## Mount Vernon Cancer Centre Volunteers

Spare time? Spare some time.

Come and join us on the 1<sup>st</sup> of the month for our Volunteer Open Day at Mount Vernon Cancer Centre.

Mount Vernon Cancer Centre (MVCC) is recruiting more volunteers to join its busy team at the specialist centre in Northwood. An Open Day is being held on Saturday 1<sup>st</sup> August when people can come along to find out more about the opportunities that exist to support the excellent care offered at the centre.

*"The Cancer Centre thrives on the contribution of our volunteers who are able to support patients and visitors with time, care and sensitivity," said MVCC Community Engagement Lead, Ginnie Abubakar. "Undergoing treatment for cancer is a stressful and anxious time and we are extremely grateful to the team of volunteers who help our patients, going that extra mile to put them at their ease, whether it's with a smile, a cup of tea or helpful information."*

**We are keen to recruit volunteers to meet and greet patients on arrival at the Cancer Centre, as well as the 'outreach' team that visits the wards and waiting areas ensuring visitors have all the information they require. We're looking for volunteer drivers, help with administrative tasks, drop-in centre volunteers and a whole range of other jobs and have an active training programme to help our volunteers become familiar with the site and their roles.**

The opportunities for volunteers are extremely diverse and anyone who is interested is encouraged to come along to an Open Day to find out more. For those unable to make the Open Day on 1<sup>st</sup> August, further sessions will be organised on the first of each month; please contact us for details.

Mount Vernon Cancer Centre  
Northwood, Middlesex HA6 2RN

To confirm attendance at the Open Day please call the Community Engagement team on 01923 844416 or email [lynne.pritchard3@nhs.uk](mailto:lynne.pritchard3@nhs.uk) or [Victoria.hussey@nhs.net](mailto:Victoria.hussey@nhs.net).

## Come and sing with the Northwood Choral Society!



January 2015. Rehearsing for the Spring Concert (Photo: George Morris)

We are an amateur choir of about thirty singers from around Hillingdon - Northwood, Ruislip & Ickenham, Harefield, Pinner & Harrow - and warmly welcome new members! Each season we rehearse and perform a variety of mainly classical choral music in Northwood. We give two major concerts in winter and spring, and a summer concert in lighter vein. Throughout the year we hold enjoyable fund-raising and social events, **including a very popular summer barbeque on Black Jack's Island in Harefield.**

In January 2015 we were delighted to welcome local conductor and cellist, Theo Vinden, as our new Musical Director. Under his baton at our spring concert this year, we **performed the glorious music of Dvorak's *Te Deum* and the Pergolesi *Stabat Mater*.**

Our summer concert included songs and choruses by Frank Bridge, Gilbert and Sullivan, and from popular Broadway

shows. We are currently planning an exciting project to join **with the choir of St Martin's School in Northwood, together with the Ruislip Sinfonia to perform Benjamin Britten's dramatic cantata *St Nicholas* on 12th December 2015.**

We are a very friendly group and welcome all voices. We don't hold auditions, but only ask for commitment, enthusiasm and that you sing in tune. Some sight reading ability also helps. We meet on Sundays at 7.15pm in Northwood. We are currently on our summer break, but if you are interested, please come to a rehearsal (first rehearsal of our 2015/16 season is on Sunday 4th October at 7.15pm at Holy Trinity Church Hall, Gateway Close, HA6 2RP). We look forward to seeing you!

See our website at  
[www.northwoodchoralsociety.org.uk](http://www.northwoodchoralsociety.org.uk)



## Northwood & District Community Association

I am pleased to report that as well as people responding from the NRA newsletter, people are enquiring about our activities through details posted in the libraries in Ruislip, Northwood and Northwood Hills, resulting in new members finding something they would like to do and joining us. The Yoga section which was struggling for membership has attracted several new members, as have the Keep Fit sections. We have a couple of men attending Yoga so do not be put off thinking it is all ladies! I do believe that there was one husband and wife team attending the Keep Fit last year as well. The Walking sections have also seen some new people, but we have lots more to offer. The Line Dancing and Scrabble groups would welcome more people - so do try us out. Having combined the Bridge and Cards & Board sections to the 2nd and 4th Wednesday, that is proving to be a lovely social

afternoon with tea and cakes midway - so give that some thought too!

We held our AGM in April where we always present the Constable Cup to the winners of the inter-association Short Mat Bowls competition - this year won by the Tuesday Group, so the Monday, Wednesday and Thursday groups will be making a strong challenge next season. The Tuesday and Thursday groups are held in the evening and could do with some more players.

We also held a Ploughman's Lunch in May and have booked another one in October and a Quiz in November.

I am just at the end of a phone and look forward to hearing from you.

For more information please call 01923 836346

Pat Dunhill

## Northwood Live at Home Scheme

*Supporting Older People in our Community*

Have you ever considered Befriending? The Northwood Live at Home Scheme exists to support older people in our community who are still living independently, but cannot get out and about as easily as before and are possibly feeling isolated. In addition to a range of regular activities, we offer a befriending service where trained volunteers visit people in their own homes to provide some welcome company. We are currently desperately short of befriending volunteers, with

a waiting list of eight older people who would love someone to pop in for a chat. **It needn't be weekly, but it does help if it's regular.**

One of our befriending volunteers said this about her role: ***"I have been friends with x for almost 4 years now; she is physically disabled and has difficulty in getting around. I did not expect to be a 'befriender' for this long but she is now part of my life.***

***"I visit most weeks, except when away or too busy and look forward to our chats and games. We have many common interests, including travel, books and the outdoors. We have been to many of the same places. Since she is always interested in my travels I take more photos than I used to, taking some just so that I can show them to her and explain where I have been. I also like to hear about places she went to in the past, as well as her family and what they get up to. We also play games, including card games and quizzes, which make us both think and sometimes learn new things."***

One of our members when asked what having a befriender has meant to her said, ***"Over the 3 years I have had my Befriender we have grown very close and she is one of the kindest, sweetest, most helpful people I have ever known. She goes out of her way to help and the 3 weeks coming up when she is on holiday are going to be really hard for me because I will really miss her – I am lost without her.***

***"My Befriender has helped me feel in touch with the world again, has brought me out of myself and made me feel more alive in lots of ways – like encouraging me to wear brighter clothes again. My Befriender has literally changed my life."***

**If you feel you could change someone's life in this way, please get in touch. We also need drivers to transport our members to and from activities. If you would like to help in either of these ways, do contact our office; our staff will be very pleased to hear from you. All our volunteers are given full training and find the job extremely rewarding.**

New members are also always welcome. We are open to anyone in Northwood and Northwood Hills age 60+; our oldest member is 99 this year! Membership is free, but we do make a small charge for activities to cover some of our costs. Transport is currently provided free of charge.

**SAVE THE DATE:** Our popular annual fundraising Dinner Dance featuring Stardust Big Band is booked for Saturday 21st November in Holy Trinity Church Hall.

To find out more about us, please contact the office on 01923 842494. And visit [www.mha.org.uk/community-support/live-home/northwood](http://www.mha.org.uk/community-support/live-home/northwood)

Jo Wild, Chairman

## St Matthew's Catholic Church



St Matthew's Church Hall was opened in 1971 on land once occupied by the temporary church (the "Tin Tabernacle") of the Wesleyan Methodists. When the Methodists moved to Oaklands Gate the site was snapped up by a far-sighted parish priest for the princely sum of £450. For nearly 50 years it was used as a parish garden, but the

need to provide faith education for children unable to attend a Catholic school, led eventually to the construction of the present hall with space for parish social events, and three classrooms on the upper floor to accommodate Sunday School classes. These classrooms are still used on Sunday mornings in term time - and we manage to squeeze another four classes of children into other areas of the hall.

With a fully fitted kitchen, the hall is an ideal venue for staging social events to bring our parish community together. A couple of years ago, for example, we enjoyed some wonderful celebrations to mark the 25th anniversary of my own Ordination to the Priesthood – at one event the catering team provided a meal for over 130 people (yes it was a bit crowded). During the last twelve months we have also held a Portuguese family barbecue, Italian Party evening, Nigerian cultural occasion and Polish Valentine's Day Dinner to name but a few events - an indication too of the culturally diverse background of our

parishioners. Incidentally, we are always very happy to welcome non-parishioners to our ticketed events as well as to the occasional fairs and sales of goods.

Of course many Northwood residents are already familiar with the hall from attending one of the range of classes held here. The Parent and Toddler Group held on Friday mornings in term time is open to everyone. We were also very pleased to host a Q & A session with the Metropolitan police recently. The hall and other rooms are available for private hire when not in use by the parish; no point in asking about Sunday mornings! We were delighted that the Northwood Residents' Association chose to hold its Road Stewards' reception here recently and that by all accounts the space lent itself most admirably to the occasion.

At St Matthew's we are very excited about our plans for refurbishing the hall premises in the near future. Once fully implemented, St Matthew's Church Hall will offer even more attractive facilities to be enjoyed both by St Matthew's parishioners and by the wider Northwood community for many more years to come.

Our administrative assistant, Cheryl, is in the office Mondays to Fridays 9.15 - 11.15 (just ring the presbytery doorbell) and will always be glad to help with enquiries about tickets for events or hiring the hall.

[timothyhutton@rcdow.org.uk](mailto:timothyhutton@rcdow.org.uk)

*Fr Timothy Hutton, Parish Priest*

## Northwood Craft Market

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

FORTHCOMING DATES: Saturdays 1<sup>st</sup> August, 5<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup> November

TIME: 10am-2pm FREE ADMISSION

The Craft Market is continuing with markets on the first Saturday of each month throughout the rest of the year. A very popular addition to the market has been a plant stall. Two of our crafters are also keen gardeners and they have been selling cuttings and seedlings, both flowers and vegetables, which they have been busy growing and potting up.

There is always a variety of beautiful crafts for sale, all handmade by local crafters – the ideal place to find an original gift, or a treat for yourself! Crafts vary each month and range **from jewellery, children's clothing, knitting and crochet, to** soaps, candles, decoupage, fabric bags and much more. You can find photos of some of the crafts on our website as well as other information about the market.

For children there are hands-on crafts for them to make something to take home and we have also had a local author **at the market with her newly published story book. Don't** forget you can also take a break in the church coffee shop during the morning to enjoy tea or coffee and be tempted by some delicious homemade cakes.

The market is run by volunteers and we are looking for help particularly with setting up the evening beforehand and with packing away after the market, and also with advertising, for example distributing posters or finding new places or ways to spread the word about the market.



[www.northwoodcraftmarket.co.uk](http://www.northwoodcraftmarket.co.uk)  
Like us on Facebook  
Follow us on Twitter @CraftNorthwood  
Email: [northwoodcraftmarket@hotmail.co.uk](mailto:northwoodcraftmarket@hotmail.co.uk)  
Telephone Susan on 07780 601842



## Lynda Jackson Macmillan Centre

... supporting people affected by cancer ...



Stewarts Law Moor Park 10k & Junior Fun Runs

Sunday 27th September 2015 at Merchant Taylors' School

This popular local event has a reputation for being well organised with a great family atmosphere and many runners return each year to take part. The junior events are now so popular that this year **we've added an under 7 age category.**

As well as the races, there are also bouncy castles, a small funfair and activities for children. Everyone

who finishes will receive a medal. The school that enters the most pupils in the junior races will be awarded the 2012 Shield.

Since it was first organised in 2002, the event has raised more than £480,000 for the Lynda Jackson Macmillan Centre.

To enter, visit [www.moorpark10k.org.uk](http://www.moorpark10k.org.uk) **If you don't run but would like to be involved please call Fiona Hussey on 01923 844589.**

For more information visit [www.ljmc.org](http://www.ljmc.org)

### A Phab time was had by all .....

On Monday 6th April a nervous Merchant Taylors' and St. Helen's sixth form Phab team awaited the arrival of the twenty disabled teenagers that they would be looking after for the week. The culmination of two terms' hard work fundraising the £12,000 needed to run the week and the preparations for looking after the guests was finally at an end, and the school had been transformed into a haven for guests and hosts alike. Within minutes of the arrival of the guests, all doubts and uncertainties were instantly dispelled, and the inevitably happy and exhilarating aura of Phab swelled within the school. We wasted no time getting to know **our guests before the evening entertainment.** The first night's treat was a petting zoo with the opportunity to get up close and personal with a variety of exotic animals; including bats, owls and even a snake!

**"Across the entire week, whether we were tunnelling through the ball pond, or setting off in our minibuses, I don't think anyone could deny that everyone had the greatest time of it,"** said Rohan Gupta, one of the Lower Sixth hosts. One day that stood out the most was Wednesday, when Electric Umbrella came to School and transformed MTS into a place filled with laughter, music and smiles. The incredibly talented and



enthusiastic Tom Billington led the dynamic and eccentric quartet that allowed MTS to become a treasure hunt of musical instruments culminating in a huge showcase of what the guests had learnt throughout the day. By the end of the week, as Louis Rose, Upper Sixth Phab member, said, **"Saying goodbye to the guests at the end of the week makes you realise how strong a bond you've developed with them."**

**Merchant Taylors' and St. Helen's Phab** (<http://www.mtsn.org.uk/activities/community-support/phab/>) runs under the national umbrella of Phab UK ([www.phab.org.uk](http://www.phab.org.uk)). Twenty sixth formers from Merchant Taylors' School and twenty sixth formers from St. Helen's School work together in order to raise £12,000 to run Phab Week, a residential holiday camp for disabled teenagers. The money raised goes towards ensuring the best possible week for these disabled teens, from trips to Safari parks and bowling to more practical equipment such as minibuses.

Electric Umbrella (<https://electricumbrella.wordpress.com/>) is an all-encompassing music project for adults with learning difficulties.

Melissa Marsh, Development Officer  
Merchant Taylors' School

### From The Editor.

I would like to offer my sincere thanks to Howard White who volunteered to take on the role of NRA Advertising Manager following our appeal at the AGM. He has brought a calm approach to the task allowing me to spend even more time fiddling with the newsletter itself. Thank you, Howard!



Well, someone did suggest we fund a clock for the town centre .....

Did you spot the new NRA logo on the cover? We are gradually bringing our visual image up to date; it began with introducing full colour to the newsletter, the website is undergoing a substantial overhaul, so the next logical step was to come up with a new logo. I hope you see the similarity between the logo and the Green Man carving, but also the focal point of the town centre is a large oak tree.

Ros Plume



We are now approaching our 4th anniversary and will be holding an Anniversary Lunch on August 14th 2015 at the same venue as last year, The Old Merchant Taylors.

In February we had our largest attendance when David Burnell gave us a very enjoyable and informative talk on The Metropolitan Line. Where would we all be without it? Especially those of us who are lucky enough to live within the Freedom Pass area.

Two other talks were especially well received: one entitled "40mph Couch Potatoes" which was about Greyhound Rescue with three beautifully behaved dogs in attendance. The other was entitled "Fraud, Scams and How to Avoid Them". Very useful, but Martin Robinson who gave the talk hastened to add that as fast as the scams are discovered the scammers find new and better ways to con us out of our money. Back to the sock under the mattress perhaps!!

Our Charity for this year has been The London Air Ambulance and so far we have donated £500 towards this very worthwhile cause.

Groups continue to thrive and this year we have added a Chess Group with Poetry and Cookery Groups to come.

We were sorry to hear that John Evans who organised our Outings Group was moving to pastures new with his wife Beryl; they will be missed. This will not be the end of our Outings however as Sue Kiltie has taken on the task of planning and Rob Thomasson will handle the bookings.

Our U3A holiday will be to Yorkshire from 11th to 16th September and there is a full itinerary planned for every day. London Walks, organised by Jean Marks, continue to be fully booked and in August there will be a walk to discover more about The Bloomsbury Set - a very unusual group of friends and artists from the 20th Century.

The Ukulele Group had its first "gig" in St Albans to which other U3A Groups came along, 12 in total. Well, we were not the worst and as usual our heartfelt thanks go to Roger our ever patient and cheerful teacher.

At U3A you do not have to join any of the groups, just dip your toe in the water and you may be surprised what you find. Just start by meeting some new people and take it all at your own pace. Come along on the 1st Wednesday of the month to Fairfield Hall where a very warm welcome will await you.

[u3asites.org.uk/northwood](http://u3asites.org.uk/northwood)

Maureen Crimmins

Discover your inner acrobat at Northwood Community Arts *Summer Circus Skills* programme!

**Come along and celebrate Albert & Friends Instant Circus' 10<sup>th</sup>** anniversary of *Summer Circus Skills* in Northwood with a delightful week long programme from Monday 3<sup>rd</sup> to Friday 7<sup>th</sup> August. Hosted in St John's Church, Hallowell Road, the daily workshops (10.30am - 3.30pm) will captivate and challenge children aged 6-12yrs to learn a myriad of creative and physical skills – which will be demonstrated on the final day! The whole 5-day workshop costs only £95 - spaces are limited, so book yours now!

Participants can expect a unique experience of testing out and improving talents such as juggling, tightrope-walking, uni-cycling, stilt-walking. The varied and fun programme is designed to cater for all whatever ability, whether shy or outgoing. Northwood Community Arts makes one guarantee to all *Circus Skills* participants ... **that they will leave with a huge smile on their faces at the end of the week!**

*Albert & Friends Instant Circus* has been running for over three decades and is renowned for its truly global, innovative acclaim in working with young people; they have performed, taught and entertained as far away as Adelaide! The organisation prides itself on its reputation for teaching an understanding in self-belief and teamwork to every young person who gets involved.

Please contact Northwood Community Arts via the ArtReach box-office on 01628 675800 or email [northwoodarts@artreach.biz](mailto:northwoodarts@artreach.biz) to book your place. [www.northwoodcommunityarts.co.uk](http://www.northwoodcommunityarts.co.uk)



### Will there be a Midsummer Gardens 2016?

Following their successful open gardens event in 2013, Hugh, Carole and Warren are considering a comeback for 2016 but it's up to YOU! In order to refresh the event they would like some new gardens to add to their list. If you have a garden that you would consider opening to the public over a summer weekend, large or small, floriferous or full of veggies, please do contact the team at [midsummergardens@gmail.com](mailto:midsummergardens@gmail.com) and they will arrange to visit you. Visit <http://midsummergardens.com> to see reports from the 2013 event.

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Ruislip, Northwood & Eastcote Local History Society

**21 Sep: From Shillibeer to Boris Master: The Story of the London Bus**

John Wagstaff - Historical Association Member

**19 Oct: Elizabeth Rogers of Eastcote House**

Eileen Bowlt - RNELHS Chairman

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

For further information, please contact The Programme Secretary on 01895 673299.



## 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

Website: webmaster@northwoodresidents.co.uk  
Editor: editor@northwoodresidents.co.uk  
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