

Northwood Residents' Association



Newsletter 156

June 2013

NORTHWOOD'S FUTURE IS THREATENED

By now, most Northwood residents will be aware that Transport for London (TfL) has plans for developing its land by the station. To recap, the outline plans involve demolishing all of the buildings along Green Lane from Coral's to Central Way (between Lee Garden Chinese takeaway and Taylor Made sandwich bar) and down Station Approach including the car repairer's premises. This involves 17 businesses losing their premises and 12 tenants losing their flats, and all without compensation or alternative premises being found. In addition about 40 people will lose their livelihoods. To replace these buildings, TfL plans to build a 47,000 sq ft Sainsbury's, 167 housing units and 3 car parks. The Sainsbury's store will have about 35,000 sq ft of sales floor which is two and a half times as big as the Northwood Waitrose.

Such a development will bring a large volume of extra traffic to Green Lane which already experiences gridlock for hours on every day of the week, apart from Sunday. It will also mean that Northwood will no longer have the rich variety of shops that it enjoys at the moment, and the opening of a supermarket will have a depressing effect on the turnover of the remaining shops. Those of you that lived here in 1987, when Waitrose opened, will remember the devastating effect it had on the existing shops with many closing within a year. We lost 2 butchers, a greengrocer, a delicatessen and a Cullens to name but a few. It has taken Northwood many years to recover. Modern large supermarkets contain cobblers, dry cleaners, pharmacies and often hairdressers so there will be new competition.

Consequently, if we don't fight these plans, Northwood will change in character. The dominance of a large supermarket will do much damage to our village atmosphere and we will lose the vitality that we now enjoy.

As yet we haven't seen detailed plans and will not do so until they are submitted to the Council under normal planning practice. This is likely to take place towards the end of the year. Nor has TfL signed a contract with the developer, Bride Hall Ltd. (as of 21st May). Therefore we do not know what visual impact the development will have on the Conservation Area in Green Lane or on the views from the houses in Hallowell Road, Murray Road and Elgin Drive which back on to the site. What we do know is that supermarkets are rarely attractive buildings.

At the Executive Committee meeting of the NRA held on 14th May, we decided unanimously to fight the development and a poster campaign and petition will be in full swing by the time you read this. Please make sure that you sign this petition. The Committee also accepted that development of the site is inevitable, but we want a development that complements Northwood and adds vitality. Our thoughts are that a development should provide a piazza with small businesses fronting onto Green Lane to replace the demolished businesses, old people's housing, and affordable and first-time buyers' homes. **A public meeting arranged in partnership with our ward councillors will be held on Monday 1st July at 8pm, in Oaklands Gate Methodist Church to discuss the way forward. Please make every effort to come.**

Our three ward councillors, many local traders and our MP, Nick Hurd, are fully committed to the cause. Nick has already expressed his opposition in writing to TfL, the Mayor of London and Sainsbury's. We have held meetings with the Council, our GLA member, Dr Onkar Sahota, and representatives of TfL. We have also written to Bride Hall Ltd, Mary Portas and the Mayor of London.

Because this development is so important to Northwood we have decided to deliver this issue of the newsletter to ALL Northwood residents. If you are not a member, please do consider joining; see Page 5 for details.

I am always ready to talk to residents.

Tony Ellis
Chairman

chairman@northwoodresidents.co.uk



President: Alan Prue Vice Presidents: Valerie Mellor, Lisa Maclay Chairman: Tony Ellis.
To contact NRA: phone the Chairman on 01923 821237 email: info@northwoodresidents.co.uk
www.northwoodresidents.co.uk

Traffic and Highways

Following the AGM in March, Harry Temmink was appointed NRA officer for Traffic and Highways. His remit is to deal with LBH and the Metropolitan police on all aspects of road safety, speeding, traffic management, traffic lights and road works.

Former NRA successes include the campaign to get the speed limit reduced on Rickmansworth Road from 40mph to 30mph. We have also campaigned to get the Metropolitan Police to enforce speed limits and to get them and LBH to enforce parking regulations.

We have campaigned tirelessly against the traffic lights at the junction of Green Lane, Station Approach and Eastbury Road both before they were installed at the end of 2009 and since that time, as we do not think they have done anything to improve road safety but have led to much frustration among pedestrians and motorists alike.

We are aware of the importance of regularly maintained highways, and we are glad that LBH has agreed to resurface some of the roads with the worst potholes. There is still much to be done, however.

You can contact Harry by emailing traffichighways@northwoodresidents.co.uk



These businesses and flats are under threat of demolition

From the Treasurer

“Money is the root of all evil” may be an old and possibly inaccurate adage, however, the profit motive can provide very real incentives for actions that may be at variance with other considerations. Development is one example. Illegal tree logging in the Amazon delta, or even legal logging, will provide short-term profits from the sale of the timber, whilst the change to cattle grazing will provide the beef required by the global fast food chains but change the carbon calculations significantly.

Developing a clothing industry in Bangladesh provides employment in a developing country but decimates established industries where building regulations and employment conditions are somewhat different. Locally, destruction of large family homes to create blocks of flats is ‘development’.

Are controls needed? The above examples all share the common aim of earning profits. That is indeed a very worthy aim and without such a reward the world would not be full of the material belongings and excellent health facilities available today. But are some controls required to prevent the profit motive being the only consideration? Global warming and ruined lives emanate from the first two examples, whilst locally, replacing houses with flats changes the character of the town.

TfL development. The replacement of local shops with a giant Sainsbury’s would be another dramatic change. TfL owns the land and will be expected to maximise the revenue from that asset. Selling it is probably essential to

that end. I have spoken to many residents who are vehemently against such a development and to a few who are keen for it to happen. It is inevitable it will be developed in some way so the important thing is to attempt to secure a development that satisfies the majority of residents. Having an alternative suggestion is thus a wise bargaining chip. When the developers suggest affordable homes will be built and jobs created, that may seem enticing. The drawback is the demise of existing businesses, traffic issues and a massive change in the look and feel of Northwood. An alternative needs to address the drawbacks, but still ensure a profitable development is achievable.

One of the NRA objectives is to protect the amenities of Northwood, other objectives are also clear in the need to be consulted on proposed developments of this nature.

So finance is embroiled in development questions and why I have commented on this subject. Planning issues are the most common the NRA faces and they can also be very difficult. An owner may be happy with a plan to replace the existing dwelling with flats to make a tidy profit, whilst the neighbours may be less so. Station Approach will no doubt have a similar conflict and it is thus important to be aware of our residents’ views so the majority preference will prevail.



David Blowers
treasurer@northwoodresidents.co.uk

Nick Hurd MP

Most people want to live in communities that have a sense of place and something distinctive about them. That is why people feel strongly when the character of a place is threatened. For many years Northwood residents have expressed concerns about the future of the town centre whether the threat comes from parking charges or unwelcome developments. The latest threat comes from two giants: Transport for London which owns a number of properties close to Northwood Station, and Sainsbury's. The plan is to build a supermarket with a 4,000 sq m car park, 167 new homes (of which 42 will be affordable housing) and improve connections around Station Approach. I have got nothing against Sainsbury's and like many residents I recognise that TfL needs to deliver best value for the taxpayer.



So, I am not against development per se as long as existing traders are treated fairly. However, I would prefer to see that development go with the grain of what the community actually needs. With this in mind I have written to the Chief Executive of Sainsbury's, the head of TfL and the Mayor asking all to consider a pause in order to allow a proper discussion with the Northwood community. I have also written to the Council to ask how this all fits with the Hillingdon and London plans which talk about wanting to preserve vibrancy of town centres. Bottom line is that I don't think Northwood needs two large supermarkets and I worry what it will do for the character of the town centre and the traffic, which is already complicated.

I am keen to hear what residents think of the plans; please do get in touch by contacting me on **nick.hurd.mp@parliament.uk** or by writing to Nick Hurd MP, House of Commons, London, SW1A 0AA. You will be able to see copies of any replies I receive on my website **www.nickhurd.com**.

The area under threat of redevelopment stretches from Northwood Coachworks in Station Approach to Coral Bookmakers on the corner of Green Lane and along to Taylor Made café.



Councillors' Corner

Residents have heard already about the threat to Northwood posed by the proposal for a huge Sainsbury's supermarket on the land at Station Approach. With over 160 housing units with a 47,000 sq ft supermarket, the centre of Northwood will become swamped by traffic and isolated from the rest of Green Lane. We would lose 17 small businesses including the coach works by the station car park that employs 10 local people alone. Transport for London (TfL) are the landowners and the Mayor of London will have the final say on any proposal of this magnitude under an act passed in 2008 that brings proposals of strategic importance directly to the Mayor's office.

Your Councillors and Hillingdon Council oppose inappropriate development anywhere in the borough and will stand alongside residents to enforce the local development plans rigorously in order to ensure that where development is to occur, it is done in a holistic and community focused way, embracing the localism agenda that the Government has enshrined in legislation.

There is much as a community that we can do and many things have already been started. Local residents have contacted your councillors and asked them to help bring together the community and to inform residents of what the process is and how we can oppose development that will have a negative impact on the heart of Northwood.

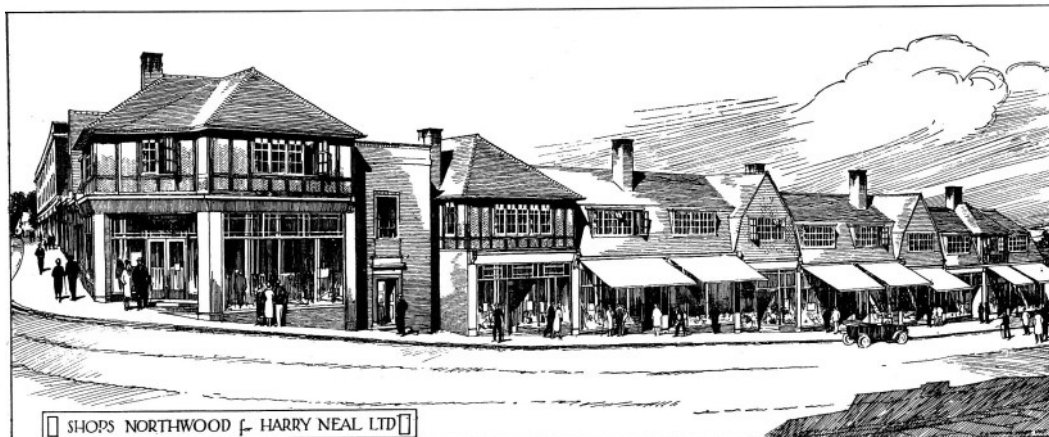
We will work with the NRA and all groups and individuals in the ward who want to play a role in ensuring that any development is done in a manner that fits the needs of Northwood and protects local employment, brings housing benefits and enhances the local economy. We will be holding a public meeting, set up at the request of local residents and working with the NRA, on Monday 1st July at 8pm in Oaklands Gate Methodist Church, and Cllr Seaman-Digby has commissioned a website to help bring the strands of the campaign together. The website **www.saveournorthwood.com** will be live by the time you read this and will give an overview of the proposed development, details of the planning process, information on the public meeting and actions people can take to help make TfL and Sainsbury's aware of our views.

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

To contact your councillors:

Tel: 01895 250316 (Civic Centre Office) or
01923 822876 (Northwood Ward Office)
Email all at: **cllrs@northwoodconservatives.org**

Northwood Shops Through the Ages



Station Approach.

Artist's impression of the proposed development by Harry Neal Ltd. c.1925

Shopping in Northwood

The first shops in Northwood were on Rickmansworth Road. By 1810 a general store had opened there, which later became the Ripple Tea Rooms and is now the Belair Restaurant. There was also a forge and, by the end of 19th century, the dairy shop of M A Nichols, based at Park Farm (where the Riverside Club now stands), advertising: "milk from our own cows twice daily".

The coming of the railway

The cause of the shift of focus to Green Lane was the coming of the Metropolitan Railway in 1887. Six months before this opened, the grandly-named Frank Murray Maxwell Hallowell Carew had spotted the opportunity and purchased almost all the farmland in Northwood, some 762 acres. He laid out much of the road system of Northwood and provided plots specifically for shop premises in Green Lane and Maxwell Road.

But shops need customers, and it was the growth of the population of Northwood (caused largely by the railway) that enabled the number of shops to burgeon. In 1881 there were 61 houses and the population was 257. In 1891 there were 115 houses and 711 people. By 1903 this had risen to 2700 people in 530 houses, the population having increased 10-fold in twenty years.

The Pavement

Of the Green Lane Maxwell Road area, the first shops to be built in the early 1890s were those still standing on the south side of Green Lane opposite the Misty Moon pub. These were known as "The Pavement", presumably because the paved area in front of them was the first such high standard footway in Northwood. "The Pavement, Northwood" was the address: there was no mention of Green Lane. The following businesses were trading there by 1898, of which the name Sharman will be familiar to Northwood shoppers today, having moved around the corner to Clive Parade:

Northwood Joinery Works (A E Wilson & Son) with workshops behind, William Goy (Grocer & Provision Merchant), The Misses Doré (Costumiers & Fancy Draper), Marks Bros. (Family Butchers), A Norris (Fruiterer & florist), HB Sharman (Chemist), WH Dane (Tobacconist & Dealer in Fancy Hardware), Marshman (later Rawlinson) (stationers), Marks (butcher) and Bennett (greengrocer).

Other retail areas

The developments near the station did not preclude smaller groups of shops appearing elsewhere. There were businesses operating from Hilliard Road and The Parade in Hallowell Road, a group of 5 shops that included Hall's ironmongers, which moved in 1907 to 21 Maxwell Road and is still in the same business today as Jackdaw. Of more significance was the parallel development of shops in what was then Church Road (now High Street), which is still mainly commercial on its east side today.

20th century developments

Further shops soon appeared on the south side of Green Lane and east side of Maxwell Road, including by 1897 R. Raymont's bakers on the corner of Murray Road that doubled as Northwood's first Post Office. The north side of Green Lane and area to the east of the station had to wait until the 20th century for retail use to occur. The block in Station Approach and Green Lane that is now in danger of redevelopment was built by Harry Neal Ltd. in 1925. The only major change to the architect's proposal, was to the building on the corner (now Coral Bookmakers) that was built as an impressive Georgian style brick structure, doubtless on the instructions of its first occupants, the National Provincial Bank, as befitting their status as an institution of substance and permanence.

Simon Morgan
Ruislip, Northwood and Eastcote Local History Society

The Ruislip, Northwood and Eastcote Local History Society aims to promote the conservation of the heritage of ancient parish of Ruislip (which included Northwood and Eastcote) and to bring its history to life. Join us today and help conserve our heritage for tomorrow!

We meet from September to April for speaker meetings. In the summer we organise coach trips, guided walks and other outings. We have an active Research Group that works to further our knowledge and understanding of the history of the area, published in our annual journal. We welcome new members including corresponding members who may not be able to attend meetings regularly - you will receive all journals and newsletters by post.

There's lots of information about the society and its activities on the website: www.rnelhs.org.uk Please address membership and other enquiries to: Mrs Susan Toms, Secretary RNELHS, 3 Elmbridge Close, Ruislip, Middlesex HA4 7XA

Why are you receiving this newsletter?

This issue of the NRA newsletter is being delivered to every household in Northwood. We hope you enjoy reading it, and if you are not already a member will decide to join us – just send us your details using one of the methods described below. As a member of the NRA you will receive a newsletter three times a year and have access to the executive committee members working on your behalf, and all for an annual subscription of £2 per household.

Many of us enjoy living and working in Northwood, a thriving community with a strong local identity and situated close to both countryside and city. The purpose of the Northwood Residents' Association (NRA), established in 1966, is to maintain and develop a high standard of amenities and community spirit.

Half the households in Northwood are already members of the NRA, as are most businesses in Northwood, and we would like this to be 100%.

The Association is run on strictly non-political lines and is open to all residents and businesses. An executive committee, elected at the Annual General Meeting, meets once a month, and each road has its own Road Steward. The executive committee conveys information to members in regular newsletters, at the Annual General Meeting, and with the wider community via the website and the local press.

Action taken by the Association can often be more effective than that taken by an individual acting independently as evidenced by our influence in the Green Lane improvements in 2009. This will be particularly important currently in the mooted redevelopment of the TfL Station Approach site. The greater our membership, the stronger our voice in local affairs. You can learn more about the work of the association by accessing our website at

www.northwoodresidents.co.uk

We are taking the opportunity with this Newsletter to increase awareness of the proposed development and its potential effects upon all Northwood residents, and to urge you to participate in protecting our identity by joining the Association, if you are not already a member.

The aims and objectives of the Association include, to:

- protect the amenities of Northwood
- prevent erosion of the local Green Belt
- improve communication between the London Borough of Hillingdon and other relevant local authorities and the members of the Association
- provide regular information to all members of the Association and consult with them as appropriate
- identify under-represented groups and try to involve them in the Association's activities
- stimulate the interest of residents and businesses in the welfare of Northwood
- provide a medium through which members may express their views on matters of local interest

To join the Northwood Residents' Association, please use the application form on our website at

www.northwoodresidents.co.uk

or complete the slip below and send it with your subscription to the Chief Road Steward:

Mr Paul Barker, 2 Elgin Drive, Northwood, Middx. HA6 2YR

The annual household subscription is a minimum of £2 per year; additional donations are always welcome and appreciated.

Please do join us, and advise us of your email address if you have one, as, in addition to the website, this will be an increasingly important means by which the NRA will be able to communicate to you topics of urgent interest.

✂

I/ We wish to join the Northwood Residents' Association

Name:

Address:

Post Code: HA6

email:

Telephone number:

I enclose £

(Cheques should be made payable to "Northwood Residents' Association")

Environment

New Environment officer

My Name is Fiona Blackwell and I am the new NRA Environment officer. I have lived in Northwood for 11 years and am passionate about keeping Northwood a special place to live and work.

Since taking office, my job has literally been rubbish.

On being contacted by residents I have been round to a number of sites to see the problems for myself; some of the sites seem to be a regular problem e.g. the Reindeer site. I have made contact with the relevant council departments and have been assured that in all cases action is being taken.

If you feel there is an issue associated with keeping Northwood clean and tidy, please let the council know and e-mail me so that I can support you in resolving the matter.

Fiona Blackwell

environment@northwoodresidents.co.uk

Contacts:

Telephone: Hillingdon Council: 01895 250111

Anti-Social Behaviour team: 0800 6940240

Contact centre for Refuse, Trees and Street Cleaning: 01895 556000

Email: Go to www.hillingdon.gov.uk and follow the links for 'Rubbish and Recycling' where you can then report incidents.

Alternatively, email contact@hillingdon.gov.uk to report Refuse, Trees and Street Cleaning incidents.

Business Membership

New business members representative

Northwood is probably one of few towns of its size that has two distinct shopping centres. With over 150 shops and firms based around Green Lane and the High Street I have been pleasantly surprised at the range of goods and services that can be found amongst these businesses. Now having become the newly appointed Business Members representative in the Northwood Residents' Association I am looking forward to working with you all – whether you are independent traders or branches of major organizations – to foster a community spirit with the residents.

My predecessors in this role, Mr Jayesh Patel and Mrs Valerie Mellor, made great strides in increasing the business membership. I have already had the opportunity to meet a number of you whilst visiting with Valerie to distribute the advertisement applications for this newsletter. Over the next few weeks I hope to meet all of you to introduce

myself and hear your views on how NRA can support your business. In this way I hope to build on previous achievements.

In an effort to bring more shoppers into Northwood and to make their visit more pleasurable, a number of initiatives are being discussed with the NRA executive committee and I will pass on the details when the plans are more advanced.

I'm sure you are aware of the proposal to redevelop the Station Approach area. The scheme being considered by TfL will change the environment for businesses in Northwood radically and the intention is to resist the plan. More details of the scheme and the petition being raised to oppose it are provided elsewhere in this Newsletter. If you have any thoughts on this or any other business related matter I will be pleased to hear from you.

Mithu Chellaram

business@northwoodresidents.co.uk

Ruislip Lido Redevelopments

Progress is being made with the redevelopments at the Lido; over on the beach side the new café, Woodland Centre and upstairs classroom are due for completion in mid June. Also the Lido Railway has a new Ticket Office and Mess Room.

The overflow car park area to the north of the pub is currently undergoing a statutory 30 day newt-trapping period for their protection. Once the area is clear, a twelve week build period will start for the new car park and public toilets.

A permanent site manager is being appointed to be on duty during the week and also at weekends in the summer.

Miles Gillman

woods@northwoodresidents.co.uk



New café (on left) with Woodlands Centre and classroom above



Health Matters

Changes in NHS Organisation.

31st March and 1st April 2013 were important dates in the Health Calendar.

Not only did our clocks go forward on

Sunday 31st March, but at midnight Primary Care Trusts (PCTs), Strategic Health Authorities (SHAs) and Local Involvement Networks (LINKs) ceased to exist. On 1st April we awoke to new organisations called Clinical Commissioning Groups (CCGs) which would henceforth control much of our health care. On that date, HealthWatch England and local HealthWatch groups replaced LINKs with the additional responsibility for children and social care.

Local authorities will be kept busy with responsibility for NHS strategy via Health and Wellbeing Boards, school nurses and public health. They will take over health visiting next year.

NHS England will be responsible for special commissioning, including GP services, infection control in primary care, immunisation and screening.

Unfortunately, Hillingdon PCT bequeathed a debt of £15m to the infant Hillingdon CCG and this will have to be repaid over the next three years, meaning inevitable cuts in our health services. If possible, we need to stay healthy!

HealthWatch Hillingdon (HH) will be based in the Pavilion Mall, Uxbridge, shop premises previously acquired by Hillingdon LINKs. Volunteers will be used to complement the small number of staff.

HH will monitor local health and social services for adults and children and will help those services to meet the needs of the public. Care in the community must be efficient if the new systems are to work well, and domiciliary care is one area that HH will be monitoring closely. They will take over the function of PALS in directing the public to relevant services in both the public and voluntary sectors.

One thing HH will NOT do is deal with public complaints which should be addressed to the Commissioning Board, where one officer will handle complaints from the eight boroughs of North West London. Hopefully, complaints will be few and far between!

HealthWatch England will provide a national voice and general support for local HealthWatch groups. Any local HealthWatch concerns will be channelled via HealthWatch England to the Care Quality Commission.

Graham Hawkes, Chief Executive Officer of HealthWatch Hillingdon is eager to engage with local groups - especially 'hard to reach' groups such as blind people and immigrants - who may like to learn more about the organisation.

There is a website:

www.healthwatchhillingdon.org.uk and a telephone number: 01895 272997.

Fortunately, both Hillingdon Hospital and Northwick Park Hospital will be designated Acute General Hospitals. As such, they will receive considerable investment. According to 'Shaping A Healthier Future', out-of-hospital care will also receive monies to ensure a good service.

If you are interested in local health services, do consider joining Community Voice, an umbrella group that monitors local NHS services and which will have close links with HealthWatch Hillingdon. The Chairman would be delighted to welcome you, and you can find information on the website **www.communityvoicehealth.org.uk** or telephone 01895 636095.

Telephone 111: Forget NHS Direct. If you, or someone you know, is unwell and needs urgent medical advice or care but your GP surgery is closed, what should you do?

Of course, if it is a **real emergency, you should dial 999 for an ambulance**. If the problem cannot wait until the surgery opens, dial 111 – and this is much easier to remember than the phone number for NHS Direct! Using a computer programme, trained staff will be able to advise you what to do or where to go for help. They will be able to refer you to an A & E department if necessary.

Hillingdon & Mount Vernon Hospitals: Please note that new automatic payment machines for prescriptions and hire of some equipment are in operation and most car park charges have increased at these two hospitals.

Valerie Mellor (for Jo Hunter)
health@northwoodresidents.co.uk

Need a Blood Test?

The opening times for the Blood Test (Phlebotomy) Service at Mount Vernon Hospital have changed. Blood Tests are now available Monday to Friday from 7.30am to 4.45pm with the doors closing at 4.30pm.

Mount Vernon Hospital Car Parking. Recently revised charges are:

0 - 30 minutes	» No charge
30 minutes - 2 hours	» £3.50
2 - 12 hours	» £5.10
12 - 24 hours	» £10.30
Each extra 24 hour period	» £20.50
Disabled spaces	» No charge - Spaces at Minor Injuries Unit, Main Entrance and opposite Cancer Centre.
20 minute drop off points	» No charge

Focus on Northwood Town Centre Businesses



Sharmans Pharmacy
3-4 Clive Parade
Northwood HA6 2QF
01923 825288
info@sharmanspharmacy.com
www.sharmanspharmacy.com

Prescriptions-Private and NHS
Free Prescription Collection Service
Free Delivery Service
Chiropody Service
Instant Passport Picture Service
Free Gift Wrapping

OPEN SUNDAYS
10am-2pm

Located at the heart of Northwood's shopping area, Sharmans Pharmacy has been providing pharmacy services in Northwood for over 100 years.

As well as providing pharmacy services, our award winning pharmacy has the largest range of luxury cosmetics and fine fragrance in Northwood. We stock Lancome, Clarins, Chanel, Arden and many other brands. Our trained staff are always on hand to advise and recommend the best product for each individual.

We also have a Chiropody Clinic for all your foot care needs.

Please come in and discuss any needs you have with us. Our friendly and approachable team look forward to seeing you soon.

GREEN LANE DENTAL PRACTICE

Geoffrey FR Bernays BDS(Lond)
27 Green Lane, Northwood HA6 2PX
Tel : 01923 822481

www.greenlanedentalpractice.co.uk

Free Initial Consultation for New Patients
Bringing This Advert

Green Lane Dental was established in 1988 and brings high quality West End Dentistry to the area at reasonable suburban prices.

We have a Dental Hygienist and also a Private Medical General Practitioner.

Two new innovations are **DRILL FREE DENTISTRY** using fluid abrasion for small fillings and repairs without the need for injections.

Also we have a range of **WRINKLE REDUCTION TREATMENTS** to improve facial aesthetics. With Tooth Whitening and the use of Tooth-coloured Fillings we are a one stop shop for dental and medical care.

LOMITO

THE ULTIMATE STEAK FROM ARGENTINA

41 Green Lane, Northwood

T: 01923 829 499

W: www.lomito.co.uk

E: lomitonorthwood@lomito.co.uk

At **Lomito** all senses are awakened with each blissful bite of Argentine steak. Our beef is sourced from Aberdeen Angus cattle that have been naturally reared along the lush Argentine Pampas.

After being aged for between 28-35 days, the steaks are cut to order and cooked on our bespoke 'V-Bar' grill. The minimum contact design ensures an even heat is distributed along the steak, searing the outside, whilst retaining the essential juices.

Following rigorous years of training, our skilled grillers have mastered the techniques of cleaning, cutting and grilling required to match our exacting standards. The end result: a nutritious, succulent, flavoursome and perfectly grilled steak.

Northwood KIOSK

Newsagent and home paper delivery service
Our home deliveries are made before 8am every morning
We offer a friendly and reliable service
We offer a competitive delivery charge

Mon-Fri: 5am-5:30pm
Sat: 5am-3pm
Sun: 5am-1pm

Northwood Kiosk,
Northwood Station
HA6 2XL



Northwood Kiosk is a family run business in the heart of Northwood. **You'll find us at the entrance to Northwood Underground Station.** Northwood Kiosk is perfect for people on the go! We sell confectionery, cold beverages, crisps, newspapers and magazines. We also offer a friendly and reliable newspaper and magazine home delivery service. Get a Free Trial* for a week on production of this advert.

*Free Trial for a week applies to the home delivery charge only.

PARKER & HAMMOND

Opticians

Established 1934

www.parkerandhammond.co.uk

34 Green Lane, Northwood HA6 8EE
01923 836343

Parker & Hammond Opticians has been providing specialist eye care services since 1934, first in Harrow and now in Northwood from 2011.

We pride ourselves in offering our patients the highest level of optical care by investing in the latest technology and professional development for all our staff.

We offer eye examinations for adults and children of all ages and a comprehensive selection of spectacles to suit all budgets. We specialise in contact lenses as well as children's vision and visual problems associated with dyslexia. Take a look at our website for more information:

www.parkerandhammond.co.uk

Shandy's convenience store

Great value for money

Confectionery * Pound line items * Grocery essentials
Health & beauty products * Snacks & Beverages

Pop in to see just how you can make
your money go further

Mon-Fri: 6am-5:30pm

Sat: 7am-4:30pm

Sun: Closed

64B Green Lane, Northwood, HA6 2XW
01923 821550



Shandy's Convenience Store is a family run business located against the busy and bustling backdrop of Green Lane. We strive to offer our customers great value for money and fantastic deals on a wide range of products. Our products include an array of confectionery, essential grocery items, health and beauty products, snacks and beverages to name a few. We have also introduced a great and popular selection of pound line items.

We would love you to pop in to see just how you could make your money go further!

LAMERTONS

Family opticians

THREE
great
offers

1. **FREE**
Transitions lens
upgrade

2. Designer
prescription
eyewear from £99

3. **FREE**
retinal
photography

Unrivalled personal eye care for everyone

Please pop in and see us or call for an appointment.

65A Green Lane, Northwood HA6 3AD Tel: 01923 822066
www.lamertons.com

Lamertons has been serving Northwood for over 80 years.

Following last year's refurbishment we have invested in new state-of-the-art test room equipment, we test six days a week, and all age groups are welcome.

Did you know that we take in all old spectacles for Vision Aid Overseas and we sell Michael Sobell hand-made charity cards?

Feel free to pop in anytime or visit **lamertons.com**
or our Rickmansworth branch: **forrestopopticians.com**.

Senses

Thai Massage • Wellbeing Therapy • Beauty

Open 7 Days a week, Mon - Thurs 11am to 8pm
Fri - Sun 10am to 8pm

9 Station Approach, Northwood, HA6 2XN
From Northwood Station look towards the car park!

Parking Free when available

Book online at **www.sensesnorthwood.com**
01923 841222

**£5 off wellbeing treatments Mon to Thurs 10am-3pm with this advert
plus
free eyebrow threading with any beauty treatment booked**

Wellbeing Treatments

Thai Oil & Traditional Massage

Swedish Massage

Thai Foot Massage * Head Massage

Reflexology * Cupping

Quick Fix Neck & Shoulders, 15mins

Beauty Treatments

Threading all areas

Waxing all areas, inc Hollywood, Brazilian

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Gels, Shellacs and Nail Design

Tinting, eyelash extensions

"Have been telling everyone that I see about your wonderful 'wellbeing and beauty' centre, fantastic! Will book myself in again shortly"

ESTAMIRA JEWELS

68A Green Lane, Northwood HA6 2XS
Tel: 01923 826328

**Anji and Amir Katz welcome old and new
customers for our range of services:**

Jewellery, watches and gifts, sales and repairs
engraving, pearl stringing, clock repairs
Probate and Insurance valuations

68a Green Lane has been the premises for a Jewellery shop for over fifty years. We have thoroughly enjoyed helping and serving the residents of Northwood and surroundings since we took over in 1997. As many of you know, we try and help with a variety of services as listed opposite.

Anji also makes up beaded necklaces in colours of your choice, does glass engraving and also paints children's personalised wooden door signs, money boxes and jewellery boxes.

We have a range of interesting vintage and second hand items for sale which come in regularly.

ROBSONS

Lettings office: 3 Maxwell Road, Tel: 01923 822211
Sales office: 53 Green Lane, Tel: 01923 835355

robsonweb.com

Robsons is an established independent estate agency, with six branches with a proven track record of being market leaders selling and letting properties along the popular commuter stretch surrounding London's Metropolitan Underground from North Middlesex to Buckinghamshire.

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Bowley's Fine Shoes, "Up to a standard, not down to a price".

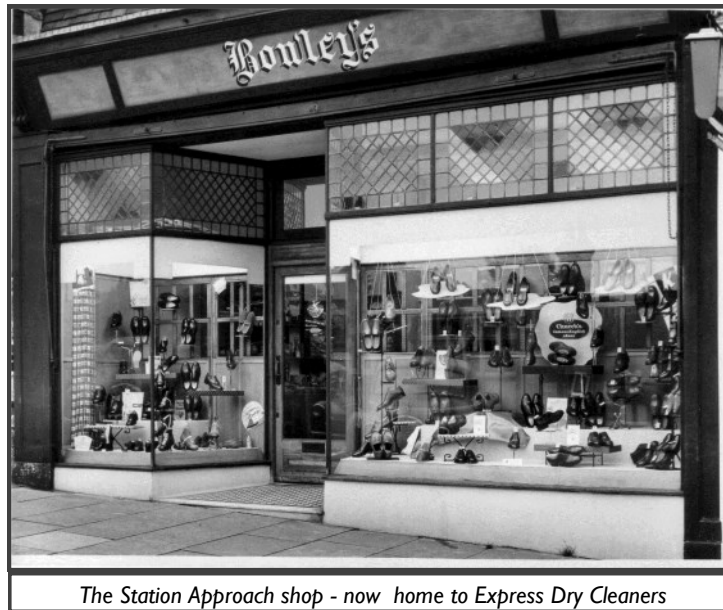
Of the early shops in Northwood's town centre, the names of two still remain – Sharman's and Bowley's. Mr H. B. Sharman first opened his chemist shop at 28 Green Lane (now home to Northwood Piazza), or 6 The Pavement as it was called in those days. Sharman's has moved several times and is now located in Clive Parade.

Three generations of Bowleys went by the name of Bill. The present Bill, son of the founder, still lives in Northwood and I recently had the pleasure of spending an afternoon reminiscing with him about the business and how life has changed over the years.

As so often seems to happen with successful businesses, it all began by chance. In 1916 Bill Junior had had surgery to remove his knee joint (no replacements in those days) and was convalescing at St Vincent's Hospital. Here he had the choice of learning basket-weaving or shoe-repairing; of course he chose the latter and never looked back. His first business premises was the shed in his garden in Hilliard Road where he took in shoes for repair.

By 1918 he had opened a small shop on the bridge in Green Lane, and shoe collections and deliveries were made by bicycle. In 1922 Bowley's introduced the retail side of the trade to its shop which necessitated better premises. They occupied various locations; at one stage there was 65 Green Lane selling ladies' and children's shoes with repairs being done in the basement while men's shoes were sold at 8 Station Approach. The move to the present site by the War memorial took place in April 1962.

In the 1950s it was accepted that sons would follow their fathers into the family business; present-day Bill did just that, but not before he had trained at Clarks in Somerset and also spent time at Peter Lords in Watford to learn about the retail side. In 1955 he joined his father to help run the shop on the bridge in Green Lane.



The Station Approach shop - now home to Express Dry Cleaners

Other branches opened: Ruislip and Rickmansworth in the late 1950s, Beaconsfield in 1966, Stanmore in the late 1970s and Solihull in 1979. They sold the Rickmansworth branch to the owner of Fran's – remember that shop down the bottom of Green Lane?

One market day as cattle were being driven up Green Lane one of the animals found its way into Bowley's shop on the bridge much to the horror of the staff who promptly shut themselves in the cellar.

The Winter of 1961/62 was a severe one, stocks of wellingtons ran out, but Bill was not going to be beaten by the weather – he fitted snow chains to his car so that he could drive to and from London buying supplies of wellingtons. Bowley's sold over 1,000 pairs in a week! Demand had been satisfied but people were still snowed in and business was slow so Bill started phoning his regular customers offering to visit them in their homes to show them the new season's stock. This kept the business ticking over through a difficult time.

The present site is part of the development which replaced the Northwood Hotel. The hotel was demolished but the cellar was left intact to become the shop's basement. During the week before the shop was due to open, the carpet fitters announced that they could not continue as the floor was soaking wet. All of the new fittings had to be removed to enable the floor and walls to be coated thickly with bitumen. Once that had been done Bill was able to transfer the stock from the Green Lane and Station Approach shops by hand. Nothing was going to delay the opening, and open on time they did!

Bill sold the business to Johnsons Shoes in 1987 who have retained the Bowley's name for their branches at Northwood, Beaconsfield, Stanmore, Richmond and Farnham. Bill Bowley and Graham Parkin of Johnsons Shoes remain good friends.

Ros Plume

NRA Website: www.northwoodresidents.co.uk

If you have never visited the NRA website, please do take a look. Here you will find all sorts of useful information about local organisations and services and how to contact them plus archived committee minutes and newsletters. We post news of events taking place in Northwood as well as up to the minute news items. We try to keep the site fresh and relevant, but this could be helped enormously by you, the members - do please send us any items that you think might be of interest to others. In particular, more photographs would be very welcome.

Northwood and District U3A – University of the Third Age

Our membership has continued to grow and is rapidly approaching the 500 mark.



topic was Catherine d'Medici and we are working through a list of subjects that members have requested.

Jill Besant, our chairman, has obtained details of a Memory Course which has sparked a great deal of interest. This will be held over four weeks and will be for 1½ hours per session. On Monday June 17th we will hold a Pre-Course Seminar from 2 - 4 pm at Fairfield Church Hall to explain details and to take application forms. In these days with constant talk in the media of an ageing population and its attendant problems, I should think that this course will be very important and there will be a high demand for places.

Our Architectural Buildings and Places Group continues to expand and now has, at last count, 110 members. There has been a varied list of talks, including one by Bob Redmond who spoke about the History of Elstree Studios. More recently the Conservation Officer for Hillingdon came to let us know more about the conservation of buildings in Hillingdon. This group has certainly made us more aware of the effect that the built environment has on us all and the changes that buildings have made to the way we live, work and shop.

The History Group continues to meet on the 1st Friday of the month and recently we have learned about two very different men, Keir Hardie and Thomas More. Our May

Creative Writing meets every two weeks and is a small but very lively group. Howard Hershon is a very tolerant Group Leader and is always supportive of our various efforts. The standard of some contributors is surprisingly high and we have recently recruited a talented poet to our group. More members are very welcome.

I cannot list all the groups that we offer but there should be something to suit most tastes. Our groups co-ordinator, Ann Smith is always open to any suggestions from members and tries her best to accommodate them.

In March we held some special meetings; one was to welcome members who had joined in the last year to enable them to meet group leaders and get to know what and where they offered. In the rush and crush of the monthly meetings some people join but do not get a chance to see what is available. There will always be somebody waiting to meet you at the door, so please do not be daunted to come along on the first Wednesday of each month at 10.30 am at Fairfield Hall in Northwood Hills.

Maureen Crimmins

Northwood Carers' Café

Come and take a break, meet other carers in a friendly, relaxed atmosphere. You may bring the person you care for, as long as you are able to support their needs.

2.00 – 3.30 pm at Emmanuel Church, High Street, Northwood

11th June, 9th July, 13th August, 10th September, 8th October, 12th November, 3rd December 2013.

We offer light refreshments & we often have guest speakers.

For more information contact the office on 01895 811206

Hillingdon Carers Health and Wellbeing Service

Northwood Community Arts

Heritage Lottery award for Northwood Community Arts!

Northwood Community Arts Group, established at St John's URC in 2006, has been awarded £10,000 by Heritage Lottery Fund to research and tell the story of the use of St John's Church in Hallowell Road, Northwood as a Voluntary Aided Detached (VAD), Military Auxiliary Hospital during and after World War I from 1914-1919.



The story of the Northwood VAD Hospital will be collated through photographic images, newspaper reports, first- and second-hand accounts, records of personal involvement and through key stories of the lives of those involved including soldiers injured at the Battle of the Somme. Stories will be recorded, research will be interpreted and the material will be presented to the community through a temporary exhibition curated by local volunteers. Material will also be interpreted by participants to create visual artwork and dramatised scenes, role play and recital, for community celebration events to mark 100 years of the church building and 100 years since the commencement of World War I.

Northwood Community Arts is seeking volunteers to help develop the stories by assisting with research into the histories or by getting involved with collecting reminiscences from people who may have had family or family friends connected with the VAD hospital. Contributions are also welcome from anyone with information, artefacts or photographs relating to this pivotal time in the history of Northwood.

Call Joy Tracy, the Northwood Community Arts Project Manager on 01628 675800 or local call 08435 079473, email northwoodarts@artreach.biz to find out more or visit www.northwoodcommunityarts.co.uk

Planning



Following the AGM in March Jeffrey Bailey was appointed NRA Planning Officer, assisted by David Goodman. Their remit is:

- To review all planning applications logged with the council relevant to Northwood and its surrounding area.
- To ensure that all applications conform to the requirements laid down in the borough Unitary Development Plan (UDP).
- To ensure that no incursion is made into the green belt.
- Where planning applications fail to meet the UDP, to

ensure that adequate written formal objection is placed with the relevant section of the borough planning department.

- To attend the relevant borough planning meetings.
- To provide advice and support where necessary to local groups organising to fight planning appeals.

You may contact Jeffrey by emailing planning@northwoodresidents.co.uk

Northwood Safer Neighbourhoods Team



No Police report this time as the Metropolitan Police service is in a state of organisational flux. According to its website, Northwood is covered by Pc Sarah Fordham and PCSO John Usher.

To contact the Team: Tel: 020 8721 2545 or email: northwood.snt@met.police.uk

At the time of writing 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.

Ten Years Ago

On Monday 19th May 2003, Northwood Police Station re-opened its doors to the public having been closed for more than five years, and several of the original volunteers are still working at the station. The re-opening was brought about by pressure from a group of local residents as well as the NRA. At the time Inspector David Bergum was quoted in the Uxbridge Gazette, *"Ten officers are based there who will respond to emergency calls and three community officers. It is not just crime that people are concerned about, it is also the fear of crime, and re-opening Northwood provides reassurance to local residents that the police are at hand should they need help."* My, how times change!

We Say 'Thank you' to the Road Stewards

I am pleased to report that this year's Road Stewards' reception held on 23rd April at the Kate Fassnidge Community Hall was very well attended – of the 60+ present, several were "new" faces who had not attended in previous years, with only a handful of "no-shows". Adding in the 38 written, telephoned or emailed apologies, this was a fantastic response to the invitations.

Special thanks to my wife, Averil, for her assistance with the refreshments, stepping in when our regular caterer rendered herself unavailable while training for the London Marathon!

The timing of the reception was fortuitous in that it coincided with the launch of the NRA working party whose purpose is to plan the campaign to oppose the TfL development of Station Approach. A short introduction by Tony was followed by a 30 minute debate!



Road stewards enjoy animated discussion at their annual get-together

Demand for receipt books, leaflets and particularly subscription envelopes was such that supply on the evening was exhausted - all outstanding requests will be satisfied.

Thanks to Stephen Plume for his demonstration of the membership database - many reports were printed on the evening; more email addresses were gathered and entered, and two new prospective Road Stewards volunteered their services.

Paul Barker
Chief Road Steward
chiefroadsteward@northwoodresidents.co.uk

Northwood Residents' Association's 47th AGM

The AGM held on Tuesday 19th March 2013 at Oaklands Gate Methodist Church was attended by about 105 members plus ten committee members and guests Cllr Seaman-Digby, Cllr Richard Lewis and Cllr Carol Melvin and speakers Roger Shipton, Inspector David George and Sgt Alison Jeffery.

The first guest speaker. Roger Shipton, the Lead Public Governor of the Hillingdon Hospitals Foundation Trust spoke about the role of governors.

Chairman Tony Ellis gave his report on the previous year's activities.

Treasurer David Blowers presented the accounts for 2012 reporting that subscriptions were lower than in 2011, probably due to the loss of some road stewards. Balances are still healthy and he recommended that subscriptions remain at a minimum of £2 per household per year. This was agreed by those present.

The Election of Officers was conducted by Alan Prue:
Chairman – Tony Ellis
Vice-Chairman – Miles Gillman
Treasurer – David Blowers
Hon Auditor – Chris Rogers FCA

Election of the Executive Committee. Tony Ellis introduced each committee member standing for re-election. They were elected unanimously by a show of hands: Marie-Françoise Meyer plus Jeffrey Bailey, Paul Barker, Jo Hunter and Harry Temmink who had been co-opted to the committee during the last year; they were elected by a show of hands.

Also standing for election: Fiona Blackwell, Mithu Chellaram, David Goodman and Stan Ribton were elected by a show of hands.

Re-appointment of President and Vice Presidents. Alan Prue was re-appointed unopposed as President and similarly Lisa Maclay and Valerie Mellor as Vice Presidents.

Second Guest Speaker. The chairman introduced Police Inspector David George from the Hillingdon Division who spoke about the forthcoming changes being made to local policing.

The Future of the NRA. The chairman led a discussion on how the NRA should represent its members and how to attract younger residents. A number of ideas were suggested which the executive committee will explore further and report back to the members through the usual channels - newsletter, website and notice board in Waitrose.

Funding community projects. As the NRA has healthy reserves, the Chairman proposed that it gives back something to the community. He proposed that NRA should provide musical instruments for Holy Trinity and Frithwood Primary schools, spending £2,000 for each school. In addition he proposed we pay for a circular bench and appropriate hard-standing to be installed around the tree at the corner of Green Lane and Eastbury Road near to the Green Man carving, up to an amount of £3,000. Both proposals were agreed by a show of hands.

Festive Lights. Miles Gillman explained that we have to apply for a grant from the local council to fund the lights. As we have two shopping areas the lights tend to be spread rather thinly; we have 27 lampposts compared with Northwood Hills's 11. In the absence of a Chamber of Trade, the NRA would like to help the businesses to organise a Christmas evening in December, probably around the war memorial area with stalls, bands and choirs. Miles has asked that anyone who has any appropriate ideas to contact the NRA.

Questions and comments from the floor ranged from reporting potholes, to the threat of TfL developing Station Approach, to accidents on Rickmansworth Road and the town centre traffic lights.

Councillors' Forum. Cllrs Seaman-Digby, Lewis and Melvin answered a number of questions put by residents including such topics as parking near to Northwood Golf Club, Mount Vernon hospital workers parking on local roads, misleading road sign in Frithwood Avenue, Highfield Road bridge and safety issues relating to the Montessori school parking.

Ros Plume

It's not all paperwork and meetings!

Did you know that NRA is responsible for adding a bit of natural colour to Northwood's landscape? The flower beds on the Tube station platforms are tended by member Tina Williams who keeps them looking lovely throughout the year. The idea of revitalising the flower beds came from NRA committee members who obtained co-operation from station staff and funding from the ward budget.

Then, a little way from the town centre, the old horse trough at the corner of Rickmansworth Road and Copse Wood Way is planted up by NRA members. In the spring it is full of tulips and usually Begonias or Busy Lizzies in the summer, though these do suffer from lack of light under the trees and lack of drainage in the trough itself.

We hope you enjoy the results of our labours.



Northwood Library Update @ Hillingdon Libraries

The library has celebrated several national initiatives since the beginning of the year: Heart Month in February, World Book Night and City Read London in April, Adult Learners Week in May and also World Book Day for children, all with themed events and displays of relevant books and literature.



can collect a bag of books suitable for that age and children from 3-4 years can collect a Treasure Bag of books.

Feedback after a recent talk on the history of the Circle Line, to tie in with this year's City Read, highlighted that many of our readers would like more group events or activities to be hosted in the library. We currently have a brief questionnaire to discover what kind of events would be welcomed. Please fill one in for us when you come in. Or if you would be interested in giving a short talk or taking part in an activity such as a Knit'n'Natter group, please let us know.

National Bookstart Week runs from Monday 24th to Sunday 30th June and this year's theme is Fairy Tales. Pre-school children can also join the Bookstart Bear Club and collect certificates and stamps, with their very own Bookstart Bear if they collect all ten. Babies up to 1 year

The Summer Reading Challenge will be running again over the summer holiday, for children aged 4-11 years. This year's theme is 'Creepy House' and children can discover the secrets of the Creepy House and meet some of the hair-raising residents! Just read at least six books over the summer, collect the stickers and gifts, and take your certificate back into school after the holiday.

In October, we will be celebrating the library's 40th birthday! More details nearer the time.

Opening hours:

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

Catherine Livingston, Branch Manager
Green Lane, Northwood, HA6 3AB
Tel: 01895 558262



Northwood Live at Home Scheme

We are here to support older people in our community who wish to continue living independently but are finding this less easy as time goes on. We offer a variety of activities which provide opportunities for socialising and stimulation. We also provide befrienders for those who would like regular home visits and assisted shopping. The Scheme is open to anyone in Northwood or Northwood Hills over the age of sixty.

In addition to our weekly lunch club, weekly Friendship Group, monthly breakfast club and regular outings, we have introduced two new activities. These are a fortnightly Soup, Sandwich & Socialising session with speakers at Oaklands Gate Methodist Church at Tuesday lunchtime and a coffee morning with an optional exercise class at St. John's Court in Murray Road on a Thursday morning.

For more details of these and all our activities please phone **01923 842494**. We are also always in need of new volunteers to serve refreshments at our activities, become befrienders or drive our members to events. If you are interested in volunteering please contact one of our management team on **01923 842494**. They are very busy so don't be put off if you get our answer phone; one of them will get back to you soon.

For anyone who would like to support our work in the community financially we have now registered online with www.localgiving.com/northwoodliveathomescheme which also tells you a bit more about us.

Jo Wild, Chairman

Northwood Craft Market

Our Craft Markets are continuing on the **first Saturday of each month**, 10am-3pm at the Methodist Church Hall, Oaklands Gate, Northwood. The next few dates are: **6th July, 3rd August and 7th September.**

In addition to the many 'regulars' amongst our stallholders, we have also been pleased to welcome new crafters over the past few months. It is always nice to see new and varied crafts at the Market. Each month we also have hands-on craft activities for children to make and take something home and these are always very popular.

Following our plea for help in the last issue of the Newsletter, we are pleased to say we have one more volunteer who is helping us at the Market, but we are still looking for more! We particularly need help with distribution of publicity, setting up and packing away tables before and after the market. If you, or anyone you know, would be interested in getting involved with the Market in any way, do get in touch, either by phone to Susan on 07780 601842, or by e-mail to northwoodcraftmarket@hotmail.co.uk. You can find further information about the market on our website www.northwoodcraftmarket.co.uk, on our Facebook page, or follow us on Twitter @CraftNorthwood.



Lynda Jackson Macmillan Centre

...supporting people affected by cancer...

The Lynda Jackson Macmillan Centre (LJMC) is situated in the grounds of Mount Vernon Hospital and is part of the Mount Vernon Cancer Centre. Opened in 1993, the LJMC was the first centre of its kind to provide a holistic service that supports cancer patients and their families, helping them cope with all aspects of the disease from diagnosis, through treatment and beyond. Services include a drop-in centre and telephone helpline, counselling service, benefits advice and complementary therapies.

The LJMC is partially funded by the NHS and relies heavily on fundraising and voluntary donations, so why not do your bit and take part in the **Stewarts Law Moor Park 10k & Junior Fun Runs?**

Sunday 29 September 2013 at Merchant Taylors' School.

Runners of all ages and speeds are welcome to join in the fun and help raise money to support people affected by cancer at Mount Vernon Cancer Centre.

Junior events will take place from 12 noon with the 10k starting at 3.00pm.

Enter online at www.moorpark10k.org.uk

Volunteers are also sought to help with a variety of aspects of the day including marshalling, manning water stations and helping with fundraising activities. Please call the race director, John Hambleton, on 07779 458285 if you'd like to help.

Northwood Lions Club



By now all of the local chemists and doctors' surgeries should have received fresh supplies of the Lions-sponsored Message in a Bottle. This scheme provides the emergency services with quickly accessed personal and medical information kept inside a plastic bottle and usually stored in your fridge. The scheme is primarily targeted at those considered vulnerable, but anyone can make use of it and it's free.

Northwood Lions Club has recently held two successful quiz nights and a third is planned for Saturday 29th June at Haste Hill Golf Club. Tickets cost just £5 and we provide a few nibbles to keep you going. There is a bar and plenty of free parking.

The Den Saturday market continues to flourish thanks to the hard-working volunteers there. It is an amazing Aladdin's Cave and we firmly believe that anything you could possibly want will eventually turn up there if you wait long enough. The address is 195 Pinner Road, next to the Sorting Office, and is open from 9.45 am to 11.45 am every Saturday.

For further information about Northwood Lions Club or any of the topics mentioned in this article, please contact Robert on 07860 324395.



Gyl Webb

Northwood & District Community Association

Are you over 50 and wanting to have more exercise to get toned and fit?

We'll look no further! We have several sections that would be of interest and benefit to anyone. Just choose from these activities:

Saturdays - social tennis held each week 2 to 4pm. **Sundays** - first Sunday of each month a morning ramble of 3 – 4 miles, pub lunch, followed by an afternoon ramble of 1 – 2 miles, incorporating lovely scenery and good company.

Mondays - Two keep fit sessions, 9.45 to 10.45am, then another 11 – 12 noon and **Tuesdays** - another keep fit session 10 to 11.15am weekly. We have a new Keep Fit teacher, Jayne, who is keeping everyone on their toes. **Wednesdays** - Line Dancing every Wednesday morning and a monthly short ramble of 3 – 4 miles on every 3rd Wednesday afternoon.

Thursdays - Evening badminton 7.30 to 9.30pm each week and **Fridays** - Yoga 11.15am to 12.15 each week

All activities are reasonably priced and anyone new is always made to feel welcome - so do contact me to find out more. I look forward to hearing from you.

Pat Dunhill, Secretary
01923 836346

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mmsinclair@btinternet.com
www.sinclairbb.com

Northwood Golf Club

Rickmansworth Rd, Northwood HA6 2QW

Aged 10 - 16? Why not come to one of
our Golf Coaching Sessions?

23rd June, 21st July, 10th August

Call 01923 821384 (option 4) for further details.
www.northwoodgolf.co.uk



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Council of Christians & Jews

Past, Present & Future

Presented & discussed by
Rev Dr Marcus Braybrooke
President of the
World Congress of Faiths

Thurs 9th July at 8pm

Ruislip & District Affiliated
Synagogue
9 - 17 Shenley Ave, Ruislip Manor,
HA4 6BP

Entry £3 ALL ARE WELCOME
www.ccj-hillingdon.org.uk

The Plant Sale

Saturday 13 July, 2 pm to 6 pm

Sunday 14 July, 10 am to 4 pm

**Scout Hut
87 Northwood Way
Northwood**

For Northwood Live at Home Scheme
& District Explorer Scouts

Annuals, perennials & gardening paraphernalia.

Friends of Michael Sobell House



Sunday 14th July. Come and
visit our Vintage Affair event,
where there will be something
for all vintage connoisseurs, including a
selection of vintage stalls and classic vintage
cars. Join us from 10am to 12noon for our
coffee morning. At 2pm there will be full
afternoon tea on offer including a glass of
bubbly with jazz band entertaining. Joy of
Vintage Fashion Show, Rock Chorus and more.

Tickets for the afternoon tea event in the
Michael Sobell Centre Vintage Tea Rooms are
£14.99 per person and must be purchased in
advance from the fundraising office;
call 01923 844730 to order.

www.michaelsobellhospice.co.uk

NRA EXECUTIVE COMMITTEE

President	Alan Prue	
Vice Presidents	Valerie Mellor	
	Lisa Maclay	
Chairman	Tony Ellis	821237
Vice Chairman	Miles Gillman	825599
Treasurer	David Blowers	
Secretary	Ros Plume	827409
Chief Road Steward	Paul Barker	821036
Membership Secretary	Frances Meyer	
Business Members	Mithu Chellaram	
Environment	Fiona Blackwell	
Health	Jo Hunter	
Planning	Jeffrey Bailey	
	David Goodman	
Traffic & Highways	Harry Temmink	
Committee Member:	Trevor Paes	

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

www.northwoodresidents.co.uk

Ruislip-Northwood Flower Arrangement Society

Tues 2 July, Demonstrator - Annette Parshotan,
Subject - "Blooming Marvellous"

Venue: St John's Church Hall, Hallowell Road, Northwood

Time: Doors open at 7pm for a 7.30pm start

Cost: Visitor's Tickets can be purchased on the door for £4.00

Contact: Jean Joseph on 01923 829621

Kate Fassnidge Community Hall

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

aretter@hillingdon.gov.uk

Tel: 020 8426 1806 or 07956 129046

Andrew will be pleased to show the facilities to any
prospective hirer.

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For all enquiries, call 01923 242128
or email sales@gpsprintworks.co.uk