

# The Hills Echo

SPRING / SUMMER 2021

NORTHWOOD HILLS  
RESIDENTS' ASSOCIATION

Schools in  
Lockdown

Plans to replace  
Health Centre  
with Flats

Sweet Quiz

How to vote  
by post

A quiet local  
walk

All our local  
businesses



**NHRA would like to congratulate Rikin Patel on winning the 2020 Pharmacy Business of the Year Award.** He received the honour in a virtual ceremony. Matt Hancock (Govt Health Secretary) praised “the community pharmacy teams for going above and beyond.”  
*Well done Rikin and team!*

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This Association is non-political and non-sectarian. The views expressed in this newsletter are those of the individual contributors and not of the committee.

**Working to protect and improve the amenities and environment of Northwood Hills.**

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*Cover: First glimpses of spring at Eastcote House Gardens, photograph courtesy of Terry Blackman Harlyn Drive.*

Facebook: Northwood Hills Residents' Association

[www.northwoodhills.co.uk](http://www.northwoodhills.co.uk)

# Welcome to the Spring/Summer 2021 edition



**I was in France last year** when President Macron announced on national television that France was to be locked-down the very next day due to Covid 19 (ahead of the UK). Cases in France had doubled within 3 days and tourists, like me, had to leave the country no later than Tuesday 16<sup>th</sup> March.

Luckily, I was booked on the very last overnight sailing from St Malo to Portsmouth. Even then, to comply with the rules, I had to arrive at the dock some 8.5 hours before the ferry was due to depart. Once aboard, we were confined to cabins, with all the restaurants, shops and bars on-board closed for the duration of the crossing. At that time, it never occurred to me that travel around the world would still be restricted some 12 months later.

*On behalf of NHRA, I would like to thank everyone who has been obeying the rules to contain this deadly virus, and to offer our sincere condolences to all families that have had the worst of outcomes.*

**During the pandemic we have lost some local shops**, but equally we have seen new businesses open in Northwood Hills. Fortunately, we have not been as adversely impacted as some other neighbouring town centres.

In December, Maxine Goswell (our Hon. Secretary) decided to step down. Undoubtedly, she will be missed. Maxine's contribution over many years has been immense. On behalf of the Committee, I'd like to take this opportunity to thank her for all the help and support she has given to the Association. I look forward to welcoming her to the next Annual 'Thank You' supper party – when we are allowed to hold one! Whilst Maxine has stepped back from the Committee, I am delighted that she will be continuing to support the NHRA Facebook page and also encourage the WhatsApp Road Groups to share important and timely information.



As a result of their WhatsApp contact, residents in Winchester Road are now also forming a Neighbourhood Watch Group; I hope other roads will consider doing the same.

**Finally, we are delighted to welcome** Linda Swan, Graeme Knights and Ed Donald onto the Committee and know they will each bring an added dimension in their roles.

Andrew Riley BEM ACIB, Chairman, Northwood Hills Residents' Association

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# What's in this edition of the Hills Echo?

In this issue we have included a few different things: a fun Sweet Quiz, a bit of nostalgia and some general interest pieces.

**The Cottage Hospital**, do read the article regarding the proposal to build two blocks of residential flats on the old Cottage Hospital and Medical Centre site. The NHRA are against this and are campaigning for alternative development. See opposite.

**What's happening at Northwood Headquarters?** Their Environmental and Biodiversity Projects were a fascinating surprise to me.

**Remember this is a magazine for you** – the Northwood Hills Residents – so please let us know what you think, which articles you liked and those you didn't. You can give us your feedback on the NHRA Facebook page.



**Facebook.** If you have yet not joined the NHRA Facebook group, we urge you to do so. It is by far the best way to keep up to date with local issues.

**We work on your behalf**, so please support the NHRA by joining. To avoid more contact than necessary, with this issue you will have received a subscription envelope. All our subscriptions go towards making Northwood Hills a better place for us and every £1 received makes a difference.

**Finally, a big thank you to our advertisers.** Whilst they benefit, the advertising revenue also plays a major part in the cost of producing this magazine.

Find out more about the NHRA, our aims and what we do on [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk)

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## 70 New Flats in Two 4-storey Blocks at The Northwood & Pinner Cottage Hospital Site. *The NHRA has strong*

*concerns...* After many years of neglect, the NHS have at long last put forward a proposal to redevelop the Northwood & Pinner Cottage Hospital site.

We know many local residents will be greatly impacted by these plans. The NHRA has strong concerns and we believe much better proposals could – and should – be put forward.

The facility is supposed to be the new Medical Hub for the whole of Northern Hillingdon, but we can see little evidence of this in the proposals, which are sketchy. Whereas great detail has been considered about the blocks of flats, for example, in terms of the landscaped outside and roof gardens.

There is a desperate need for “Step-Down” accommodation for adults discharged from hospital – with no ongoing medical need to stay in hospital, but who cannot immediately return home. Despite this having been discussed in the past, none is being provided in this proposal.

There is also a great need for “Sheltered” accommodation for people who are normally able to live quite independently, but need occasional support. Sheltered accommodation would have a Warden on site who can be called in an emergency, as well as other features such as emergency fire and personal alarm systems. Again, none is being provided in this proposal.

**If built, the two huge blocks of 70 flats which are being proposed on the existing Heath Centre site (and much of the Cottage Hospital site), would be over-dominant and impact the lives of local residents. In particular, those in Juniper Close who we know are unhappy about the proposals.**

Insufficient residents’ parking is being proposed for the new flats, and there is nothing to stop them from using the parking destined for the new health centre. Nor has any consideration been given to the additional traffic using the roundabout (for the 70 new homes).

**In addition, we understand that if planning consent is granted, the intention is for NHS Property Services to sell off the existing Health Centre site and part of the old hospital site, to a commercial developer who would then be free to submit their own different proposals. That is not acceptable. See the yellow area on the plan which will be the two new blocks of flats.**



This is a unique opportunity to provide much needed ‘state of the art’ facilities for the area which must not be lost. Both NHRA and Northwood Residents’ Association will be jointly petitioning against the current proposals with NHS, our MP, London Borough of Hillingdon directly and via the Webinar link.

*Andrew Riley*

# A look back at 2020



I never thought the saying “I wouldn’t touch him/her with a 6-foot barge-pole” would become a global policy, but here we are!

Men’s suit sales plummeted.

*I need to practice social-distancing from the fridge*



Never in a million years could I have imagined going into a bank with a mask on and ask for money!

*Who would have thought that Brexit could be over-shadowed?*

## Origin of furlough: AD 1615–25; variant of earlier Dutch furlogh

**Previously:** Stay away from negative people.

**2020:** Stay away from positive people.

Hair brushed, matching earrings, lipstick.... An outing to the supermarket.

First time in history we could help to save the human race by being a couch potato.....Zzzzz



**“What day is it?”**

*“Stop complaining and remember how lucky we are to be alive.”*



**Daily government briefings “Hands Face Space”**

**Air purity improved because of fewer cars on the road.**

*“After years of saying that I couldn’t clean my house because I didn’t have enough time, 2020 has shown that isn’t the reason.”*



The word “Zoom” took on a whole new meaning

***My car tax for the year cost more than the petrol I used***

Eating in a different room is the new “dining out”



**Being confined to quarters encouraged the nation to start walking**

Often you can still tell if people are smiling, even when you can’t see their mouths. I realised how much I lip-read - when people are wearing masks, I can’t hear them!



**The dogs’ homes and trusts ran out of dogs!**

You: “What are you doing today?” Me: “Nothing” You: “You did that yesterday” Me: “I didn’t finish”



**Standing outside clapping became a highlight in the diary!**



Jan C

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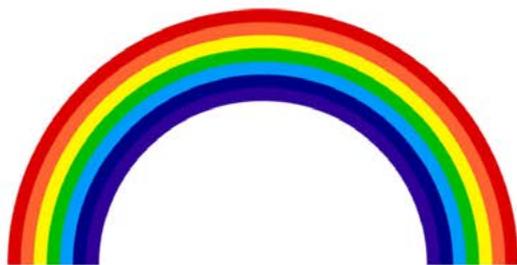
These last few months have seen us all face unprecedented challenges. Every element of our lives have changed.

I have been part of the local community for 25 years and have never been more proud of that fact as I am today.

So to those who have put themselves in harm's way to help us all, the doctors, nurses, teachers, shop workers, delivery people and volunteers. The police, the fire service, the carers and the transport workers. Those who have supported others in need and those who have done their best to keep their chin up. And to our wonderful customers who have given us their unwavering support over the last few months.

You are all amazing,

**Thank You x**



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## Year 13 Applications to Higher Education

Our Year 13 students are receiving a large number of offers from universities. So far, 173 students have made the decision to apply to university. Of these, 141 students have received offers from at least one university. This is great news and we are sure that there will be many more offers to come. We are delighted to hear that our students have received 119 offers from Russell Group universities and that one of our students has been successful in receiving an offer from University of Oxford, to read Philosophy, Politics and Economics.

## Haydon at Home Challenges

As well as live lessons, every week each of our year teams have been setting 'Haydon at Home Challenges' which are designed to get students and parents thinking creatively away from the standard curriculum. Some of the latest challenge including running a marathon, cooking and upcycling to name a few.

## Year 9 Volunteering

A few of our Year 9 students have been volunteering as part of their Duke of Edinburgh Bronze Award with a voluntary group called "Patient Care Packs" who create and deliver essential hygiene packs to local hospitals.

## Fund-raising

One of the students, Scarlett, fundraised nearly £2,000 by holding a raffle. She has been dedicated in making up hygiene packs, she was making up to 100 packs a week with short notice. One of the parents of the students said: ***"This has been a real eye opener and has taught my child a lot about the needs of others in our community"***.

***It was great to see our Year 9 students embodying our Haydon school values of community, kindness and perseverance through this amazing voluntary work.***



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**What is it?** Like the NHRA, BBP is a not-for-profit organisation focused on fighting food waste because of the misconceptions on food labelling.

According to the latest figures from government body WRAP, by weight household food waste makes up around 70% of the UK post-farm-gate total. WRAP estimates that by cutting food waste each average household could save up to £700 per year as well as making less waste.

**Education:** Their mission is to raise awareness at different levels: From consumers – to retail chains.

**In Northwood Hills,** Uparima Goonetillake runs their main food distribution warehouse at Ryfield Crescent, assisted by 20-30 volunteers. Food is distributed to individuals and charities within approximately 10 miles radius.

**Where does the food come from?** The volunteers collect from around 10 supermarkets a day – each supermarket who participates assigns them a specific day. For ease of storage, items are mostly tins and jars, and some toiletries. We have very limited storage for chilled and frozen foods so tend to pass those on asap.



**Where does it go?** BBP redistribute unwanted but still safe food to those in need. Thousands of tons have been given to individuals and charities food past its Best Before date over the years. Saving an enormous amount of energy, resources and avoiding products going to landfill, while feeding thousands of people.

### **Supporting individuals and the homeless with food and clothing.**

BBP give directly to people in need of food. At this time, there is also a great need for warm clothing for people living outdoors (Eg socks, scarves, shoes, dark-coloured coats – as the recipients often do not have access to washing facilities).

As Covid restrictions permit, BBP is hoping to open the doors again at Ryfield Crescent from mid-March on Wednesdays for the public to either bring donations or receive food (10am to 1pm).



**Get involved** People volunteer for a number of different reasons, including learning new skills, having fun, making a difference and gaining experience to put on their CVs. Some are really devoted to the cause while others simply wish to do their bit where they can. Every little or large amount of help is welcome.

**Contact us via Twitter, Facebook and Instagram**

*Jan Choopani*



# Keeping Northwood Hills Litter-free



*Volunteers from our last clean-up day back in October 2019*

**Coronavirus certainly put a stop to our Northwood Hills ‘Clean Up’ days in 2020. But, sadly, Lockdown did not put an end to the litter problem!**

The Council have kept busy with refuse, recycling collections and street cleaning through these incredibly challenging times but, unfortunately, it is still a rare sight to see completely litter-free roads throughout the ward.

**But you can do your bit...** As reported on the NHRA Facebook page and Next-Door, fortunately a few volunteers are still doing their bit to clear discarded rubbish in their own local areas. If you’d like to do the same, we would certainly be more than happy to provide you with Hillingdon bags, bag hoops, NHRA high-viz tabards (optional) and litter-pickers (though for hygiene reasons you’d need to supply your own gloves).

**Just email Graham Mann [graham1mann@yahoo.co.uk](mailto:graham1mann@yahoo.co.uk) to arrange delivery or collection.**



It is noticeable that much of the litter spread occurs on rubbish/recycling collection days and is caused by foxes and rodents who tear open bags, then remove and scatter the contents. If you can ensure your recycling is securely packed and make sure your general waste is also secure (double-bagged if needed, or preferably binned with a lid) it will help the Council Collectors and also alleviate some of our litter problems. We can all understand that the “bin men” don’t have time to pick up scattered items.

Unightly litter is also often found along our footpaths, hedges and verges so if you see areas in need of clearing why not post the details on the NHRA Facebook page to see if you can recruit some litter vigilantes to help you deal with a local problem. It is a fact that one piece of litter tends to lead to more being dropped, so this might help to break the cycle.



Finally, we all know how unpleasant dog poo encounters can be. If you are a responsible dog owner, I’m sure you do the necessary clean ups. But if you have a friend or relative walking your pet for you, please ensure they are armed with poo bags and know where bins are located.

*John Choopani*

**Also, check out Hillingdon Litter Pickers group on Facebook**



***Let’s all make Northwood Hills a cleaner place to live...***



# Meet the New Council Leader

## Ian Edwards

It is a great honour to be voted by your peers to be the Leader of the Council and to take over from Sir Ray Puddifoot who has been instrumental in establishing Hillingdon as one of the best run councils in the country.

**Council Tax** Approaching the end of financial year, the Council is stronger position than anticipated with an additional £3m in uncommitted balances. Even so, we must regrettably increase our element of council tax by 1.8% for 2021/22, within our commitment to limit rises to no more 90% of that of our neighbouring boroughs.

**Increasing Social Care Costs** Common to just about every local authority, the full social care precept of 3% is having to be levied to meet the increasing cost in care. And the third element of the council tax bill, the Mayor of London's precept, has been increased by 9.5% meaning your total increase amounts to 5.8%.

**Our Environment and HS2** We will continue to stay resolutely focused on putting residents first and will continue to invest in our roads, pavements and open spaces. Our defence of our environment will be undiminished and we will continue to oppose the expansion of Heathrow and will continue to fight for the best mitigation of the impacts of HS2.

I want our Council to be at the leading edge of innovation and the use of technology. We will introduce new technologies to speed up processes and reduce administrative costs. The savings made will be reinvested in our frontline services and helping to keep future council tax rises to a minimum.

***We will help our young people and young families to reach their full potential.***

The availability and standard of affordable housing, present a challenge that we will confront. We will work harder and faster with our police colleagues to ensure that every neighbourhood is safe and that community harms are tackled as quickly and effectively as possible.

**The residents of the borough have shown enormous capacity to come together to support each other during the pandemic. I want to build on this experience and we will work even more closely with charities and community partners to deliver the support that our residents need.**



## Colin Baldock answers your questions on Equity Release

### What is Equity Release?

An equity release plan allows homeowners aged 55+ to free up some of the equity locked in the value of their home.

### Why such interest currently?

Longer life expectancy, low pension provisions, increasing costs of living/care, and COVID-19 prompting people to rethink their options, have fuelled consumer demand.

### What are the benefits?

The equity released can be taken as a one-off lump sum or withdrawn in instalments.

How you spend the money is your choice:

- Home improvements
- Debt/loan repayments
- Major purchase (car...)
- Gifting to children/grandchildren (e.g. towards property purchase), potentially reducing inheritance tax liability
- Holidays (when we travel again!)
- Improvement of day-to-day living when retirement funds are low
- Care at home, enabling you to remain in your own home.

With over 35 years' experience advising clients, Colin is a fully accredited member of the Society of Later Life Advisers and a member of the Equity Release Council, both widely recognised as the Gold Standards in later life financial advice.

### How does it work?

**Equity release may require a lifetime mortgage or home reversion plan. Colin will explain the features and risks of each scheme and provide a personalised illustration. Equity release is not right for everyone; it may affect your entitlement to state benefits and will reduce the value of your estate. It is therefore essential to take professional advice.**

### Will I lose my house?

No. You and anyone else on the equity release plan can stay in the property for life.

### Equity Release used to have a bad name?

Indeed. It is now a highly regulated industry with safeguards in place to establish if it is right for you (from Colin's experience, an equal number of applications are rejected as are accepted), to ensure that you have understood all the implications and to secure adequate **legal representation if you go ahead.**

Feel free to contact Colin Baldock for an exploratory chat on **01923 842 282.**



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# Census or Senseless?

**By the time you read this, the 2021 Census will have taken place and the next one in 2031 will be a future dream. So why do we have a census and what is their relevance today?**

Censuses date back to biblical times! According to the 4<sup>th</sup> book of the Hebrew bible (numbers 1:2; 26.2) God requested a census of the Israelites during their journey from the wilderness.

In modern times, a Census gives a complete picture of the nation across the whole of the United Kingdom. It provides the Government with the information they need to develop policies, plan and run public services, and allocate funding for things such as schools, hospitals, Social Care, housing policies and much more. Since the 2001 census, based on the data collected, over £100 million has been allocated from central government to local authorities and the NHS Primary Care Trusts.

**The information can be broken down to local demographics.**

**Here are 2011 Census statistics for Northwood Hills:**

**Population** was 11,578. Approximately 52% female and 48% Male.

**Average Age is 40.** While the UK Average (median) is also 40.

**Where born?** 69.7% of people living in the Ward were born in England. Other top answers for place of birth were 4.4% India, 2.7% Kenya, 1.7% Sri Lanka, 1.4% Ireland, 1.2% Scotland and 0.6% Wales.

**Language:** 86% of Northwood Hills residents spoke English as a first language.

**Religion:** 49.9% are Christian, 17.9% No religion, 12.6% Hindu, 6.3% Muslim and 2.6% Jewish. *20 people described themselves as a Jedi Knight and 2 people said they believed in Heavy Metal!*

**Marital Status:** 51.3% are married, 7.6% cohabit with a member of the opposite sex and 0.6% live with a partner of the same sex. 25.2% of people are single and 7.8% are separated or divorced.

**Occupations:** The top occupations are: Professional 25.2%; Associate professional and technical 14.9%; Administrative and secretarial 13.0%; Managers, directors and senior officials 12.9%

***Whilst the personal details of everyone are recorded, that information is kept confidential for 100 years, after which future generations will be able to find out more about the personal lives of everyone.***



# Eastcote Cricket Club (ECC)



**As regular readers on the Echo will be aware, ECC was founded over 150 years ago. Yet, as for so many, the last 12 months have been unprecedented. The pandemic has produced difficult challenges for sports clubs and at ECC we have coped well during that period.**

In the latter part of last year last we managed to get started with a half season of enjoyable activity. The matches were played in restricted conditions that demanded compliance with virus hygiene and social distancing requirements. Nonetheless the hunger for sport meant that our player availability was excellent and, on a few occasions, we fielded six sides on a Saturday and more than usual on a Sunday.

**Results were mixed, but enjoyment was high.** The 1<sup>st</sup> XI in particular took the opportunity to build team spirit and explore the potential of many young players who impressed immensely and demonstrated that the future is full of promise.

**The young players also achieved a remarkable double, by winning two Middlesex transition competitions.** The Middlesex Development League was won in the final by a comfortable victory over Harrow at Richmond's ground. Not long afterwards the Middlesex U19 T20 trophy was also secured after a remarkable performance to beat a very strong Ealing team.

**No club had won both trophies in the same season before.**

Our Colts section continues to thrive and it is good to see the girls' section growing rapidly and enjoying our wonderful sport.

The photograph features the T20 team and coach Jason Travers, with tournament organizer Raj Nath and the former Middlesex and England player Clive Radley.



Overall, the time is absolutely perfect to look forward now. With the current Covid outlook becoming more optimistic, we are cautiously planning ahead for a full playing season that is needed so much both physically and mentally.

**Finally, the club's committee wishes to thank all our enthusiastic and loyal members for their remarkable support during this difficult time and also the London Borough of Hillingdon for its financial backing.**



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Tom says: "My clinical interest in treating sports injuries continues, but I am also keen to help people as they age, relieving aching joints and sore muscles".



An Osteopath specialising in sports injuries and remedial massage therapy, Nick Aston Most DO ND LSSM Dip. graduated from the London School of Sports Massage and The British College of Osteopathic Medicine.

Nick works with Northwood Football Club and also the Women's Super-Premier League players. He also has vast experience of treating patients in older age.

### **Musicians' injuries:**

Nick is a keen musician and is able to use his knowledge for the treatment of position and repetition conditions.

Both Nick and Tom are senior lecturers at the British College of Osteopathic Medicine.

*We have the experience so, don't suffer needlessly!*

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For more information [www.ohhclinic.com](http://www.ohhclinic.com) or [www.osteopathnorthwood.org](http://www.osteopathnorthwood.org)



# Harlyn Primary School

Tolcarne Drive, Pinner, Middlesex, HA5 2DR Tel: 020 8866 1290  
Headteacher: Mr S Jones BA (Hons) NPQH

## Harlyn and the Coronavirus

Since March 2020 we have successfully ‘reinvented’ the school a number of times. This has included early and enhanced remote learning systems, two versions of key worker/vulnerable child provision, partial reopening for certain Year Groups and also a full reopening in September.

*It has certainly been a busy and flexible period for ours and all schools.*

We have developed our remote learning provision to include **Google Classroom**. This is an online platform where children log in to view their tasks, complete them and virtually hand them back in. It also provides a secure chat facility, so that children can stay in touch with their teachers and discuss their work.

We have also been providing ‘in school’ education to a large number of children during lockdown times. These have mainly been the children of key worker parents, but have also included some of those deemed as being vulnerable for certain reasons.

School staff have adapted fantastically to the various changes throughout the Covid-19 period.

At the time of writing, we have been fortunate to have had very few Covid 19 cases connected with the school, following a small number of initial cases in early October 2020.

**The community spirit in Northwood Hills has been tremendous and our ‘thanks’ go to the businesses and individuals who have donated unused laptop equipment for our children to borrow in order to enable their remote learning to continue.**

*We look forward to a return to ‘normal’ times and our usual suite of curriculum enhancements.*

e-mail: [office@harlynprimaryschool.co.uk](mailto:office@harlynprimaryschool.co.uk)  
[www.harlyn.hillingdon.sch.uk](http://www.harlyn.hillingdon.sch.uk)



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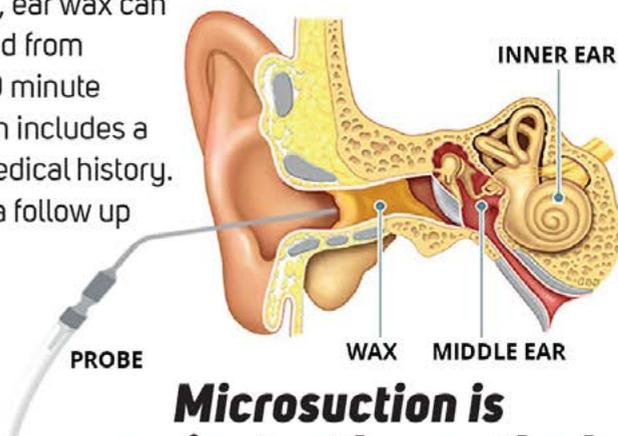
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# ST JOHN'S

Ishaan, a pupil at St John's School in Northwood, has been helping the Healthcare Workers Foundation at weekends and during his breaks and lunch times.

This charity was set up during the first lockdown to provide support services such as food drops, counselling, childcare grants and transport facilities for healthcare workers in hospital settings. The healthcare workers can range from doctors and nurses, to porters and cleaning staff who have been struggling during the pandemic.



The Healthcare Workers Foundation produces stickers with QR codes so that when each worker takes an item of food, he/she can scan the code, which takes them straight to the charity website. Ishaan wanted to help the NHS in some way and thought that the QR coded stickers were an excellent idea!

He has been busy applying the stickers to each and every item donated, to maximise awareness when the food is dropped off to Northwick Park, Harefield and The Royal Brompton hospitals this week.

*Ishaan said, "It was a time-consuming task but very rewarding to know that by scanning the QR code, a healthcare worker may be able to get the help they need during this awful time".*

**Well done Ishaan for taking time out to help others in need.**

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# Mayor of Hillingdon

## Councillor Teji Barnes



*Hello, I do hope you are all well.*

As I write this article in early January, with a crisp, cold day outside, we are in the third lockdown.

At home, I have dutifully participated in my daily online exercise class and have settled down in front of my laptop to work.

**My year as the Worshipful the Mayor of Hillingdon can be described in one word: “unpredictable!”**

I started my fresh and thrilling role during the first lockdown in May 2020, which meant I did not have the usual pomp and pageantry, as the meeting was online.

The wonderful thing about the ceremony was that I was the first Mayor to hold an online Full Council meeting – breaking all traditions. That has set the tone of my term.

**Virtual interactions are the new norms.**

**I have thoroughly enjoyed talking to residents, charities, care homes, churches etc via those mediums. I have been able to showcase the great work and commitment of volunteers, businesses, hospitals, schools on my YouTube channel Mayor of Hillingdon 2020. Yet another first!**

I believe that when things change, even though we can feel daunted, change is good. We are still living in a pandemic-fuelled existence, with the vaccine being rolled out, and still all suffering from not having our normal life back.

I will admit that, at times, my unpredictable term as Mayor has left me forlorn due to the restrictions. Yet it has made me think out of the box. I only have one year to be the First Citizen of the borough and I am going to make sure I give it my all – by whatever means I can.

*I believe that what does not break us makes us stronger; if unpredictability is the name of the game, then bring it on!*



## MHA Communities West London (formerly Northwood Live at Home)

Northwood Live at Home has been renamed to encompass a wider area, but is still the same charity, existing to support older people in the community who may be feeling isolated and can't get out as they used to.

We are now combined with Ealing, but each area organises its own activities. These have obviously been severely curtailed due to Covid19, but the staff and volunteers are keeping in touch with members through telephone befriending, COOK meal deliveries, shopping and online exercise classes.

***In addition, our umbrella organisation MHA has developed Digital Communities with a wide variety of activities which can be accessed online by members. The iPad training offered in previous years has paid off immensely!***

Some outdoor befriending visits were possible in early autumn and members were so pleased to have a face-to-face conversation. In October a number of members received Harvest Festival gifts thanks to Frithwood School; and at Christmas others were grateful recipients of hampers donated by the Fassnidge Trust.

Scheme Manager Angela, with team members Laura and Yvonne, are looking forward to when activities can resume, as soon as it is safe to do so.

**In the meantime, if you know of anyone who might benefit from joining the charity, either as a member or volunteer, please contact the office on 01923 842494.**

Or email [WestLondon@mha.org.uk](mailto:WestLondon@mha.org.uk)

*Jo Wild, Volunteer*

<https://www.mha.org.uk/communities/near-me/west-london/> & also on Facebook



A member and volunteer enjoying an outdoor chat



Delivering a Christmas hamper

# Friends of Northwood Recreation Ground

The value of well-maintained green spaces for communities to enjoy has been highlighted by the coronavirus pandemic. For many in Northwood Hills, a daily walk in Northwood Recreation Ground and its adjacent meadow has provided a ray of sunshine amidst the ongoing gloom.

However, there's a growing swell of opinion that the area is in urgent need of improvement. Long gone are the days of a dedicated park-keeper, so a number of Highland Road residents have started a 'Friends of Northwood Recreation Ground' action group.

Their aim is for residents to work together and with Hillingdon Council to address persistent problems such as the deteriorating drainage and pursue a range of exciting projects and funding

opportunities to enhance enjoyment of the park. Short and long term ideas so far include wild flower meadows, a community-driven park café and a network of sponsored benches around the perimeter.

*After a year in which we've experienced so much isolation, turning the park into a collective source of pride could prove to be a great way of bringing the community together.*

If you wish to find out more about Friends of Northwood Recreation Ground, please email [northwoodrecfriends@gmail.com](mailto:northwoodrecfriends@gmail.com) or search for the group on Facebook.

Ben Rawson-Jones



Northwood Recreation Ground from the air circa Summer 2017.

The rec has been plagued with drainage problems now for many years.

## David Simmonds CBE MP

We are fortunate to live in a community where residents feel safe and secure, and where serious crime is rare. However, from my regular conversations with local police, I am aware that there has been some cause for concern about increased incidents of crime and anti-social behaviour in Northwood Hills, borne out by local business owners. Much of this relates to drug dealing, by criminals who are aware that this is a low crime community and who take advantage of this to carry out their business without being seen.



I very much welcome that the Police have increased activity around the area despite the pressures of the pandemic. With additional officers being recruited, the strength of our Met Police teams is growing, and I have every confidence that they will do all they can to respond to any local issues we face.

### Councillors

I also applaud the excellent work of the local councillor team in Northwood Hills, who have been proactive in addressing these issues when they arise.

### OWL Neighbourhood Watch

More broadly on this topic, I am supporting OWL, our successful Neighbourhood Watch network, to secure funding and have facilitated conversations between the team and Ian

Edwards, new leader of Hillingdon Council. Ian has raised this with London Councils who are now making representations to the Mayor's Office of Policing and Crime (MOPAC), to secure suitable funding that will enable OWL to continue.

It has been an established network in Hillingdon Borough for quite some time and I am pleased to see that other boroughs have woken up to its value and are joining Hillingdon in pressuring the Mayor to secure future access to the service. I will do whatever I can to ensure that the network is able to continue on a more secure and permanent footing.

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# Joel Street Allotments

Well, quite a year!

The good news is that the allotments are flourishing.

As an outdoor site, working on our allotment is actively encouraged for exercise. It is a haven of fresh air. Aware of the restrictions, we all work many metres apart.

**We have not had a single reported case of Covid among our 100-plus members. And we are growing - and cooking - our own fruit and vegetables, which is amazingly satisfying.**

As a totally independent site, we do all the site maintenance; working parties with the Site Team are fun, even with 2m distancing, masks and gloves! Suddenly new and established members had plenty of spare time and the weather was good. When I was finally allowed to let plots, the newcomers cleared weeds, built raised-beds and planted crops! Who needs a stuffy gym?



We have found that, with smaller gardens and flat-dwelling on the increase, gardening is no longer a skill learned at our parents' knee; those with little or no experience who took on a full plot felt quickly discouraged. So, last year we restarted a beginner's course.



## Weekend Beginners' Courses:

Five Starter Plot members joined in May and we ran a course on allotment gardening. Each weekend session built on the previous one and a goal was set for what to achieve before the next. **It was important to keep the group progressing together. They all got on extremely well and shared problems and solutions.** In fact, those without any previous experience at all made the greatest progress! They have all moved on to full-size plots and cleared them before Winter!

So, when we can start letting plots again, we can cater for both beginners and the more experienced. Open air and healthy exercise, with the added bonus of fresh food!



Trevor Dixon (Secretary)

[www.joelstreetallotments.weebly.com](http://www.joelstreetallotments.weebly.com)





# Friends of Eastcote House Gardens



Throughout these very difficult times, Eastcote House Gardens has remained open. Although the volunteer group have not been able to hold their usual group sessions, they have worked individually to keep the gardens in tip-top condition. (We all miss the coffee and gossip). Whilst most events were cancelled, two took place with a scaled-back programme and our thanks go to Alex Perrin who kept the “take-away” café open.



“Open House” in conjunction with Hillingdon Council, a video was produced with a tour of the Gardens. The virtual tour can be found on this link. <https://www.hillingdon.gov.uk/open-house#Eastcote%20House%20Gardens>

“Tree Dressing” all were invited to add a decoration to a designated tree, including many excited children.

*In 2021 we hope at some point to resume normal gardening sessions and events. So, look out for the adverts!*

Crocus & Dovecote



Orchard



Topiary



In the meantime, please visit the gardens and try this quiz:

- 1 Which one of these plants contain cyanide?  
A) Forsythia. B) Cherry Laurel. C) Camellia.
- 2 One of these trees is native to the British Isles, which one?  
A) Liquid amber. B) Hazel. C) Laburnum.
- 3 Which flower is also the Goddess of the Rainbow?
- 4 What has the varieties, Beefsteak, Plum, Cherry?
- 5 What is the longest living native tree?
- 6 Who claims to have brought the potato to England?
- 7 What is a Pomme d’Amour?
- 8 True or False? Tulip bulbs were once so valuable in Holland and worth more than gold.
- 9 Which of the following is a member of the Brassica family?  
A) Helianthemum. B) Chrysanthemum. C) Crambe.
- 10 What garden ornament is banned from the Chelsea Flower Show?

For answers, please go to NHRA website: [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk)

# *Back to Yoga in the Bedroom again!*



In lockdown, sadly we could not hold our usual recreation activities that are held in church halls, as they were, of course, closed. Instead, our lovely Yoga teacher, Yvonne, sent us weekly programmes of exercises to keep us motivated and fit.

Luckily, out of lockdown and in Tiers that allowed it, our Tennis (outdoors) and Yoga (indoors) were permitted, carefully following government guidelines of sanitising and distancing. We were delighted that these activities even attracted new members to the Association.

Despite efforts by our Monday Bowls representative and our Keep Fit teacher, Georgia, these sections could not be active, as the church involved could not accommodate us with adequate restrictions in place.

*Members have still been able to keep in touch by phone, with socially-distanced single walking, by exchanging jigsaws and books, and having the occasional newsletters.*

All committee meetings and our last AGM have been “virtual”, distributed by e-mail. However, we are hoping that our April AGM can be held normally; a chance to meet and discuss setting up *all* our activities again. Also, to enjoy some refreshments and have a chat afterwards.

**Of course, any new members would always be very welcome to join and enjoy our amateur sport, leisure and recreational activities.**

For further information contact:

Pat Dunhill      01923 836346

**Northwood & District Community Association**

Our Aims: To promote for the benefit of its membership without distinction of sex, political or religious opinions and provide facilities for recreational and leisure time occupation in the interest of social welfare.



# Hillingdon Neighbourhood Watch

Hillingdon Neighbourhood Watch (HNW) is run by a small committee of volunteers, and in 2018 we were fortunate enough to win funding for a joint communications system between NHW and the Police, known as **Online Watch Link** or, as most people know it, “**OWL**”.



As well as being the only system that carries the police “Secured By Design” accreditation, it had already been proved successful across Herts in getting crime information to residents by means of targeted messages sent by officers and senior NHW Coordinators, who in return received vital evidence leads. Across London there are now 15 Boroughs using OWL, and hopefully London will secure funding for 2021-22 and will expand the use of OWL by NHW across all of 32 Boroughs.



**On Hillingdon we have pioneered the use of CCTV Watch on OWL, whereby residents can register that they have a domestic CCTV system on their property, and would be willing to search it upon**

**request by the police in the event of a crime taking place nearby.** Officers can log in to OWL and see the whole of Hillingdon on a map, and the location of residents on CCTV Watch. This speeds up the process of identifying early CCTV opportunities, and gives the contact details of the resident, thus saving officers’ time. If you have a CCTV system that you’ve not registered on OWL, then simply email our CCTV Watch administrator at [hillingdoncctv@gmail.com](mailto:hillingdoncctv@gmail.com)

We have achieved many success stories across Hillingdon in the two years that we have been using OWL, such as: recovered property identified by the rightful owner; prevention of a keyless car theft through a resident following advice to use a Faraday bag; up-to-date information on the latest scams and frauds.

***The most significant achievement of 2020 being the arrest and charge of a male following a crossbow shooting – the arrest was made within 22hrs of the incident, and we were advised that without information from members on OWL CCTV Watch this would not have been the case.***



Thank you for your continued support of Hillingdon Neighbourhood Watch and the Metropolitan Police, and remember, please register on OWL at [www.owl.co.uk](http://www.owl.co.uk) and ask all of your friends and neighbours to join us too. OWL supports the traditional Watch system, and anyone wishing to start up a new Watch in their road should still contact the HNW Office at [all@hillingdonnhw.co.uk](mailto:all@hillingdonnhw.co.uk)

**Dave Ludlow – OWL Community Coordinator – Hillingdon Neighbourhood Watch**

# Amazing Community Spirit

It's great to hear how the Community of Northwood Hills has been pulling together during these most difficult of times. Whilst I am sure there are many other good news stories, below are just 3 that we are aware of.



## Laptops and Tech for Schools

Nirav Patel (who lives in Fore St) has been taking in old laptops, refurbishing them and donating them to junior schools to help those families who may be in need of laptops, or other tech equipment for home-schooling. Hillside Infant and Junior Schools have welcomed around 20 laptops.



*"My first idea was to buy a single laptop to give to a school. But I didn't think one person would make a difference."*

"So, in January via Instagram and WhatsApp I asked friends to help and I set up crowdfunding via GoFundMe, so far raising over £9,100. We have received donations from as far as Bristol, Portugal and even Los Angeles. Nirav's employer (Cargill) have offered to double the funding, so he expects to raise £30,000.

*"Anyone can give from as little as £1 – it all adds up!"*

The money is used to buy new laptops and at the time of going to print Nirav has delivered over 100 laptops to schools.

He said "I am in the process of setting up a charity. *This is like a second job, so if anyone has time to help me, I'd really appreciate it. It's great to be doing something to help others at this time.*" If you have any equipment to donate, Nirav will ensure the hard-drives are wiped. Please email [technologyforhomeschooling@gmail.com](mailto:technologyforhomeschooling@gmail.com)



## Toiletries for Local Hospital Patients

Since Covid hit in April 2020, local Katherine Miles has been organising the collection of toiletries to make up Patient Care Packs for local hospitals. Initial set-up was with Brownies/Guides and now continues with student volunteers from Haydon School, who Katherine says are amazing.

*"We have provided nearly 4,500 packs now and we are still going!!"*



Most of the major supermarkets are generously supporting Katherine by giving her items as needed (toothbrushes etc). She particularly mentioned Morrisons.

**Katherine explained why this is needed.** *“Patients were arriving at hospital without basic hygiene products. Because of Covid, relatives were unable to visit and provide these essentials, so patients were going without brushing their teeth, having a shower etc. for days/weeks on end. Even without Covid overloading our local hospitals, there is still a need to support the vulnerable, elderly, single parents and homeless, who have no-one to help them”*

**The packs contain:** Toothbrush, toothpaste, deodorant, shower gel, shampoo and lotion, cereal bar and a Get Well note hand-made by the students.

*“Doing this has made me realise what a strong community we have”*



**People can donate on our [JustGiving Patient Care Packs](#) page or join our [Facebook](#) page where we have a list of items needed. All donations will be gratefully received.**



## Litter Picker Champion

[\(see also our article on page 13\)](#)

A huge thank you to John Inman (who lives in Cranbourne Rd) has been clearing the rubbish from the footpath that runs from the junction of Joel Street and Norwich Road through to Harlyn Drive. He has made such a difference.

*“I have collected over 30 sacks of rubbish which had accumulated”. I’m expecting the final count will be 40-50 sacks”*

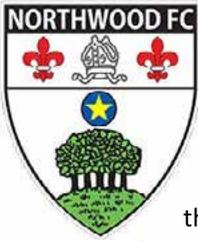
As a dog-walker, each time I have met someone else walking along this path, they have commented how much nicer it is. With rubbish bins now provided by the council at both ends, hopefully people will use those to keep it clear.

I am sure John would be grateful for help from other like-minded residents, especially once lockdown is over. (We also know that John is a keen amateur photographer and has been sharing some wonderful photos on the NHRA Facebook pages)

John was inspired by the Hillingdon Litter Pickers which has been a very successful campaign on Facebook, growing to almost 500 members since October 2020. Through them, he has been in touch with others who are also doing their bit for Northwood Hills. Of particular note is Simon Hill for his work on the foot path along the railway behind Tolcarne Drive and Richard Stiles who has cleared several local paths. **If you want to be involved, see HLP Facebook. And it’s good exercise too!**

*They all deserve a round of applause!*

**If you know anyone who you think should be featured in these pages of the next edition, please let me know. Email: [janchoopani@gmail.com](mailto:janchoopani@gmail.com).**



## Northwood Football Club

has been in limbo since lockdown in October. While the prospect of any senior Isthmian League football before this summer has been quashed with FA's Alliance and Leagues Committee decision to curtail the current season with no more league games taking place, the resumption of youth football may be possible as restrictions are hopefully eased over the next few months.

**Someone needing help or contact?** The club has always been at the heart of the local community and appreciates that many people may be struggling in these unprecedented times, especially without the contact and camaraderie that football can offer.

If you are someone or know anyone who needs help right now, then please let us know, in confidence, and we will do what we can to help; whether that be just a phone call, picking up household supplies, prescriptions or something else, then please get in touch. You can call or text Chairman **Ian Barry on 07956 121300** or if you prefer email at: **[NFC.enquiries@gmail.com](mailto:NFC.enquiries@gmail.com)**

### Matchday Stewards Needed

Hopefully, senior football will resume at the Fenton Civil Engineering Stadium in August. However, matches can only happen if there are enough volunteers to run things, especially in a post-Covid world where everyone's safety is paramount.

We are keen to add to our team of matchday stewards and if you would like to help the club and your community then please contact **John Joyce on 07766 135243**. **You would be made most welcome!**

You can keep up to date with everything Northwood FC via [www.northwoodfc.com](http://www.northwoodfc.com) or Facebook and follow us on Twitter.

*Stay safe everyone  
and we look forward  
to being able to  
welcome you back.*

*"Up the Woods!"*





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# Sweet Treats Quiz

The answers to all the clues are chocolates or sweets  
Eg Caramel Crunch = Toffee Crisp



	Clue	Answer		Clue	Answer
1	Sly giggles		26	Orchard gems	
2	High Class thoroughfare		27	They were black and white	
3	Clever chaps		28	Belly dancers	
4	Royal Herb		29	Shhh...	
5	Pirate's loot		30	Parties for instance	
6	Snow portion		31	Mother's local	
7	Nutty sadomasochist		32	In a spin	
8	Gardener's delight		33	Edible fasteners	
9	Capital granite		34	Snack for the lorry driver	
10	Pig's tail		35	Ten cent pub	
11	Pernod banquets		36	100% precious	
12	Cold showers		37	Alley pins	
13	Sweet cereal		38	Al fresco dining	
14	Big cat watering hole		39	Don't blow one	
15	Toothless drink		40	Masticating tooth holder	
16	Impetus		41	Toxic fall-outs	
17	From a Mediterranean Island		42	Lunar glow	
18	Before Tinder		43	9, 10, 11 etc	
19	Bus		44	Dark occult	
20	All sorts of girls		45	DIY Pussy	
21	You can eat this colour		46	Wanderer	
22	Baked in Yorkshire		47	Essential for a horse drawn vehicle	
23	Sport for Princes		48	What a man does in a motorless boat	
24	Infants that wobble		49	A long run but no longer	
25	Server for dairy products		50	Portable raincoat	

John Choopani

Visit [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk) for the answers



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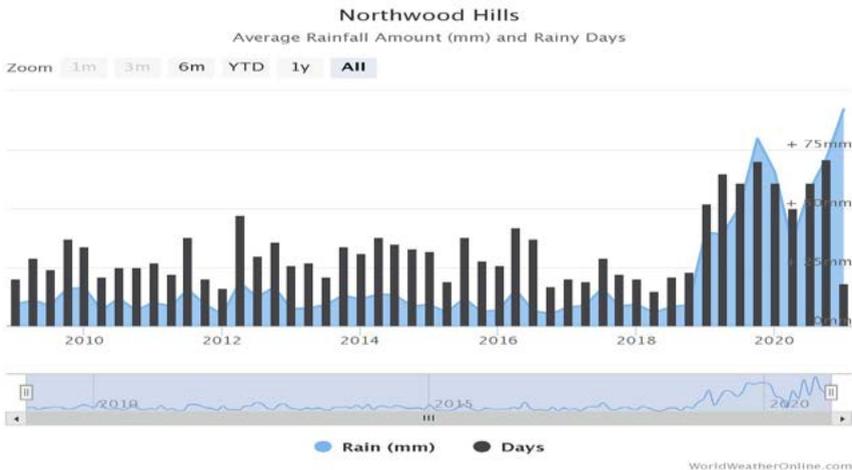
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## Rain, Rain, Go away.....

### Why has Northwood Hills been so squelchy?



**Snapshot:** Many of us have noticed how soggy our gardens and open spaces have become. Without going into any environmental reasons *why* it is, this Average Rainfall graph at least shows the basics of how vastly increased our rainfall has been over the last two years.

**.....Come again another day (in a dry summer, when we need you!)**

Jan Choopani

# Northwood Headquarters launches Environmental and Biodiversity Projects



Northwood Headquarters is a familiar landmark to many living in the area. The military headquarters is set in the grounds of what was once Eastbury Park. In 1938 the Royal Air Force took over the site for the use of RAF Coastal Command before it became a Naval unit in 1963, called 'HMS Warrior', a name by which local residents sometimes still refer to the site.



The site is now home to a number of military headquarters, representing all three services of the armed forces and international partners. However, a less well-known fact is that staff on site are working to improve biodiversity and sustainability to minimise their impact on the environment.

Collaborative working ensures that every care is taken to reduce consumption and recycle waste where possible. Energy saving measures such as transitioning to LED lighting and powering down appliances at key times are in place across the site.

*The compact site, which is highly developed and surrounded by suburban London, has a surprising amount of biodiversity potential. Projects last year included working with a local charity to introduce hedgehogs and installing hedgehog houses around the site perimeter.*

An 'Environmental and Sustainability Committee' has been established and installed additional insect habitats and birdboxes. Working with the contract partner Skanska, the pond area has been dramatically renovated and is now a thriving habitat for fish, birds, small mammals and insects! The gardens and grounds have been revamped and are a haven of vibrant perennial and wild flowers which attract pollinating insects and other wildlife in the spring.

The next exciting project will see bees introduced this year, given the vital contribution they make to the ecosystem. The projects have been met with enthusiasm from staff and an unintended consequence of this has been that many are reporting an increase in their mental well-being as a result of this work.



## My Favourite Lockdown Walk

During lockdown, this quiet route certainly became my favourite social-distancing walk, with or without a dog! It can easily be extended to include the Lido, Park Wood, or Copse Wood.

**Summary:** Northwood Recreation Ground, Haste Hill, Park Woods, Poor's Field and Northwood Golf Course.  
4 Km (2 ½ miles). One hour approx. Can be very muddy in winter.

*The walk starts at Northwood Recreation Ground (Chestnut Drive), there is a small car park at the pavilion (avoid match and event days). Or access can be made from Highland Road, Rochester Road (at the top of Haste Hill), Wiltshire Lane (by St Vincent's Hospital), Hills Lane, or The Drive (by Haste Hill Golf Club).*

- 1) From the Pavilion walk towards the Highland Road entrance and turn right through central gap in hedge and follow the wide diagonal path up through the meadow (cemetery on your right and good views behind), leaving via the top right-hand corner. Go straight ahead on the uphill path (behind houses on left) which offers beautiful views from the top of Haste Hill.



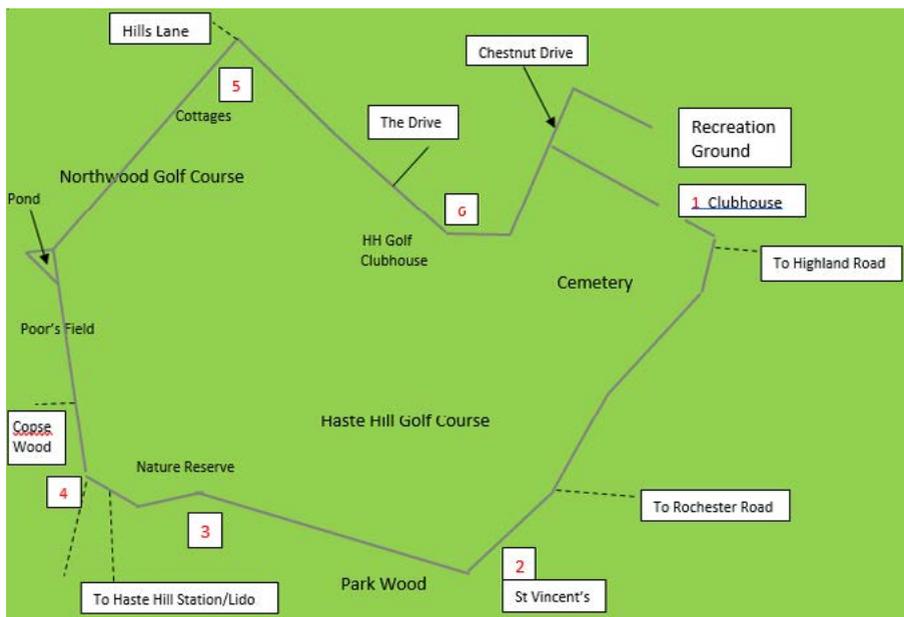
- 2) At path cross-roads (path on the left gives access to Rochester Road) carry on straight on towards St. Vincent's Nursing Home (200m) to the metal gate and enter Park Wood. Take the wide path downhill to the right with the golf course to your right and follow to the bottom where you come to the Lido perimeter fence.

- 3) Bear right between the fence and golf course and then, shortly after, turn left over a small bridge to an enclosed footpath beside a bridleway. Ruislip nature reserve is on your right and Haste Hill miniature railway station is on your left. Ignore turning on left which leads across the railway to the Lido.

- 4) Next enter Poor's Field (SSSI) via a gap in the fence and turn right. There are several tracks to follow, but keep between the nature reserve to the right and Copse Wood to the left. After 600m you can bear right in front of a pond and then over a stile and onto Northwood Golf course (left of pond is a gate without a stile). Follow straight ahead on the signed path through the golf course (beware of golf balls and keep dogs on leads). 200 metres after passing two cottages on right, the track brings you to Hills Lane, a residential road.



- 5) Do not enter the road but turn sharp-right through a copse to the golf course. Then through a second smaller copse, leaving the golf course at a metal gate. Go straight along the hedged path (behind houses on left). Pass the car park and Haste Hill GC clubhouse and then straight on down to a stream.
- 6) By the stream, take the track to the left. At the golf maintenance sheds, turn left again to bring you out into Chestnut Drive at the cemetery entrance. Follow the road and then after 50m or 100m turn right to bring you back to the Pavilion either passing by the allotments, or through the flower gardens and children's playground.



**We are incredibly lucky to have this on our doorstep. Enjoy!**





## What does the Residents' Association do?

### *Everything we can to make Northwood Hills a better and safer place to live*

- Local crime - and working with the police to set priorities.
- Liaising with the Council on planning, parking and environmental issues
- Challenging and Petitioning the Council on matters important to residents
- Contesting the NHS plans to replace the Health Centre with 70 flats

### *Activities that bring the community together*

- Twice yearly production of The Echo magazine
- Christmas Lights Switch-On attended by upwards of 1,000 people
- Annual Big Lunch with Fairfield, open to all with free entertainment
- Special events such as the Queen's Jubilee Picnic planned for 2022
- Annual Supper to bring Road Stewards and community groups together
- Community Clean-up days – litter picking can be fun!

## *Annual membership is only £3.00, and you can pay your subscription in several ways:*

1. Pay your Road Steward by putting £3 in the envelope provided with this issue and putting it in their letterbox (don't forget to add your name, address and email please).
2. On-line by direct debit as a single payment or standing order at HSBC Bank Sort code 40-36-21, A/c no. 71531417 and please reference your name, road and house number.
3. Visit [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk) click "Join" on the home page and fill in your details.
4. Simply put your Name, address and (email optional) on a piece of paper and enclose in an envelope with a £3.00 cheque or cash. Put a bold NHRA on the front and drop off at one of the following places:

**Northwood Hills Service Station at the Joel Street Roundabout  
Sharmans Pharmacy, Maxwell Road, Northwood  
Carters Pharmacy, 41 Salisbury Road, Eastcote  
Mini Steps Nursery at the junction of Norwich Road and Joel Street**



## Do You Hate Food Waste? Remember the difference between “Best Before” and “Use By” dates?

**Best Before** dates are about quality, not safety. Items can still be perfectly edible after their Best Before date, though the texture or flavour might be slightly affected. The item remains perfectly safe to sell and eat.

**Tips to ensure that you're eating your food at its freshest and which avoid waste at the supermarkets too:**

**Plan your meals** so that you don't over-buy food which might not get used and think about how you can use any leftovers (eg part of the next day's meals).

**Make a shopping list. Try taking a 'shelfie'** – a photo of your fridge and cupboards to remind you of what's there.



**Buy wonky veg and ugly fruit (this carrot amused me last night when I was preparing dinner). Doing this will encourage supermarkets to stock them, instead of those foods being wasted and unsold. Up to 20-40% fruit and vegetables are thrown away before even leaving the farm!**

**Remember to select the longest Best Before and Use By dates**, of course, when you shop. Avoid foods that expire soon.

**Use the “LOOK – SMELL – TASTE” method.**

Don't throw away fruit and veg just because they're past the Best Before date. They often last *much* longer, unlike other fresh products such as meat and milk.



**Make smoothies, juice or soup** from fruit or veggies that are past their best.

**Get creative with left-overs.** You might discover a new “family favourite” by experimenting with different ingredients.

**Freeze suitable items** if you won't be using them by the “use by” date.

**Freeze leftover sauces** in containers and use them to flavour future dishes!

**Mix leftover yogurt** with fruit and condensed milk for a simple frozen yoghurt.

**Frozen fruit, vegetables and fish**, are usually frozen within a few hours of being gathered and are usually cheaper, but just as nutritious as fresh. They remain fresh and you only remove the amount you need to use.

**Measure out portions** of rice, potatoes and pasta so you cook the right amount.

**Don't throw away potato peelings!** Just sprinkle with pepper, chili or other spices and crisp them in the oven. Yum! Many foods (carrots, potatoes etc) don't need peeling at all - often the maximum goodness is in the skins.



**Bread that's a little** stale can be baked in a moderate oven for a few minutes to refresh (with garlic and butter maybe?) or microwaved for seconds.

**Bread crusts** that are too small to use, can make crumbs for burgers and meatballs, thicken soup, or use for treacle tart.

**Handle foods gently** so they don't get bruised.

**Canned foods are great** for reducing food waste as they can be stored for longer. Like frozen items, fruit and veg are usually packed immediately after harvesting to preserve vitamins. But avoid cans which are dented as the contents may have perished.

**Take a cooler bag shopping** on warm days so that chilled food stays cool.

**Immediately store perishable foods** in the fridge or freezer as soon as you get home from shopping. Make sure cold air can circulate easily around the food to keep it safe.

**Use the "First In, First Out" rule** for storage, so the oldest items are always used first.



**Using our common sense (and our senses), we can all do our bit to reduce food waste, both whilst shopping and at home!**

*Jan Choopani*

# Northwood Bowling Club

Looking for a new interest for the summer months?



**Plenty of fresh air and gentle exercise. The Northwood Bowling Club is here for you.**

We were founded in 1935 and our beautiful green and club house is in Chestnut Avenue adjacent to the Recreation Ground.

We are open seven days a week and if you would like to make new friends and learn this wonderful game, you will be made most welcome. We have qualified coaches to show you all aspects of this terrific sport.

**Join our Annual Open Day in early May** We provide the bowls and give you a free taster session; all you need are flat-soled shoes. Date to be advised.

Last season in the middle of the Covid crisis, we still kept going – under strict government and Bowls England guidelines. We organised competitions, leagues and casual roll-ups, everyone carefully spaced apart and nobody got Covid. We even ran a coaching course for the new bowlers.

*We pride ourselves on being a very friendly club, so if you are an absolute beginner or an experienced bowler wanting a change to a new club, please contact us on our website.*

*You won't be disappointed!*

The season starts on  
24th April.

[www.northwoodbowling.co.uk](http://www.northwoodbowling.co.uk)



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**Let's start with a date - Wednesday 2<sup>nd</sup> June 2021**  
**What's special about that day?**

June 2<sup>nd</sup> this year is u3a day, when u3a groups right across the UK will host a series of events to raise awareness about who we are and what we can offer to our members.

*If you are retired, or nearing retirement, we could be the answer you are looking for, and we look forward to meeting you.*

**Overview** - u3a is an international organisation which provides opportunities for older people to continue an active lifestyle after retirement. In the UK there are over 1,000 local u3a groups, with over 40 in London alone. Each u3a is an independent charity run by volunteers from within its membership. There is national body – the Third Age Trust – which provides resources and guidance in support of each local u3a.

**Learn, Laugh, Live.** Each u3a forms interest groups, led by volunteer members, using their experience, knowledge and skills, while other members attend and participate, in line with the slogan Learn, Laugh, Live. If any member finds a need for a new group, they are encouraged and assisted to form one to meet their needs.

**Interests.** In Northwood and District, u3a has close to 800 members, with over 60 interest groups covering a broad range of activities. Where possible, some groups are continuing to meet for fun and friendship through Zoom sessions, with others poised to resume as soon as restrictions allow.

**So, what about u3a day?** Right now, in February, it's impossible to determine what format each individual u3a will use to publicise its activities. But here in Northwood we hope that there will be performances from our ukulele group and the singing group; demonstrations from the country dancing group, and exhibitions from our art and photography groups.



Full details will be publicised as soon as we are able to put them in place, and meanwhile please take a look at our website, to see what is available to you.

<https://u3asites.org.uk/northwood/home>

Alan Lester  
 Vice Chairman  
 Northwood & District u3a

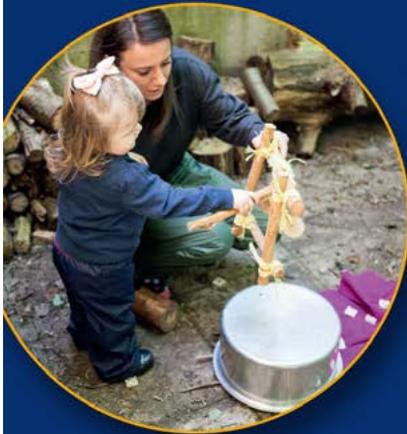
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**[www.happytreeacademy.co.uk](http://www.happytreeacademy.co.uk)**

# The good old days. Remember?

Back in the days of tanners and bobs  
When mothers had patience and fathers had jobs  
When football team families wore hand-me-down shoes  
And TV gave only two channels to choose.



Back in the days of three-penny bits  
When schools employed nurses to search for our nits  
When snowballs were harmless and ice-slides permitted  
And all of your jumpers were warm and hand-knitted.

Back in the days of hot ginger beers  
When children remained so for more than six years  
When children respected what older folks said  
And a pot was a thing you kept under your bed.



A "G's-under"

Back in the days of "Listen with Mother"  
When neighbours were friendly and talked to each other  
When cars were so rare you could play in the street  
When Doctors made house-calls and Police walked the beat.



Back in the days of Milligan's Goons  
When butter was butter and songs all had tunes  
It was dumplings for dinner and trifle for tea  
And your annual break was a day by the sea.

Back in the days of Dixon's Dock Green  
Crackerjack pens and Lyons ice-cream  
When children could freely wear National Health glasses  
And teachers all stood at the front of their classes.

Back in the days of rocking and reeling  
When mobiles were things that you hung from the ceiling  
When woodwork and pottery got taught in schools  
And everyone dreamed of a win on the pools.

Back in the days when I was a lad  
I can't help but smile for the fun that I had  
Hopscotch and roller-skates; snowballs to lob  
Back in the days of tanners and bobs....



Anon.



**ROBERT LEATHERBY**  
YOUR LOCAL INDEPENDENT WILL WRITER  
FOR THE RIGHT ADVICE AT THE RIGHT PRICE



**WILLS**

Since being a will writer established in 2007, I have gained a vast amount of knowledge about what people like to put in their wills and have learned through various courses and legal seminars the correct way to draft their wills for them.

The majority of my industry relies on computer software and simply put into the computer the client's details and the computer prints out a will. I have access to this software, but find a lot of the wording that is in these draft wills is not necessary. Also, there are often clauses that my clients would like incorporated in their wills which the software does not have.

As such, I like to ensure the wills I draft are tailor-made for my client's needs including, if required, protection for their property when they die and all manner of other clauses that could be included to protect their inheritance.

But I have only one top price no matter how many extra clauses my clients require, that is £160 for a couple and £120 for a single person. These prices can be reduced to £100 if the couples' wills are simple and only £60 for a single person's simple will.

My service includes an initial free home visit, the taking of the client's instructions, drafting their will as many times as necessary and, once approved, printing off and binding their wills and returning to see them to ensure they are signed, dated and witnessed correctly.

**LASTING POWER OF ATTORNEY**

I can also help you if you want to make a lasting power of attorney, which is a document giving the authority to someone you trust to make decisions for you should you become incapable later in life.

I visit the person giving the authority, to explain exactly what is involved. I then prepare and register all relevant documents.

For this service I charge £70 per Lasting Power of Attorney.

There are two types: one for a person's Property and Financial Affairs and one for their Health and Welfare.

**ASSET ALLOCATION TRUSTS**

Everyone who owns a property, which most people have spent many years paying for, would like the sale profits on their death to go to their chosen beneficiaries, usually their children.

Unfortunately, as more and more people are having to go into care later in life, the sale profits can end up with the government to fund the care fees, leaving nothing of the property sale profits for the children.

Transferring the legal title of the family home into a lifetime asset allocation trust, for a multitude of valid reasons, protects the property from having to be used to fund the care fees. The total cost for this solution is £890.

SHOULD YOU REQUIRE ANY FURTHER INFORMATION, OR A FREE HOME VISIT TO DISCUSS ANY OF THESE SUBJECTS, DO NOT HESITATE TO CONTACT ME AT ANYTIME.

**ROBERT LEATHERBY**

Mobile: 07946 379781

Email: r.leatherby@sky.com

48 Sussex Crescent, Northolt, UB5 4DR

# WRAP

WATFORD RECYCLING ARTS PROJECT

## HOW TO MAKE AN EGG BOX EASTER WREATH

At WRAP we're always looking for ways to make art out of recycling. Why not try making this Easter Wreath at home?

1. You will need: 2 egg boxes. A dinner plate sized circle of card, centre removed to make a band. Scissors, glue, paint or pens.
2. Cut leaf shapes and 1cm wide strips to coil into flower centres from the flat half of the egg box. Use the egg cup part to make various flower shapes.
3. Make roses by gluing a small flower inside a larger one, daisies by cutting thinner petal shapes. Glue in centre coils. Colour flower edges & leaf tips, arrange on the band and glue in place.



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Northwood Hills HA6 1LT  
T: 01923 517540 Please ring for opening hours info.  
WRAPwatfordscrap@gmail.com  
www.facebook.com/yourWRAP

Registered charity no 1155251



## THE ARTS SOCIETY MOOR PARK

### MORNING LECTURES VIA ZOOM

**Wednesday 21 April** at 10:45. 'Mad Tracey from Margate: The work of Tracey Emin' by Rosalind Whyte



**Wednesday 19 May** at 10:45. 'Bodies in Balance: Asian Medicine in Art' by Zara Fleming

**Wednesday 16 June** at 10:45.

'Beethoven: Love and the Moon' by Graham Griffiths

### EVENING LECTURES VIA ZOOM

**Thursday 27 May** at 19:15. 'Imperial Calcutta: Art and Architecture' by Dr John Stevens

**Thursday 22 July** at 19:15. 'Art of the Philippines: Jesuits, The Salon and Uncle Sam' by Vivienne Lawes



### VIRTUAL TOURS VIA ZOOM

**Thursday 15 April** at 10:15. '16<sup>th</sup> Century Historic Thames from Hampton Court to Greenwich' by Kevin Flude

**Thursday 7 May** at 10:15. 'Art in the Shadow of St Paul's' by Ian Swankie

FULL DETAILS: [www.moorparkdfas.com](http://www.moorparkdfas.com)

Lectures are free to all. To register email [moorparkdfas@gmail.com](mailto:moorparkdfas@gmail.com)

# Want to vote, but not visit a Polling Station? Here's how to set up postal voting

If you have concerns about attending your nominated Polling Station due to Coronavirus, then you may want to consider voting by post. Over 28,000 Hillingdon residents already do so.

At the time of going to press, the **Mayor of London election** is due to go ahead on 6th May, having been delayed 12 months due to the pandemic.



## Who is eligible?

Postal votes are available to anyone, provided they are on the Electoral Register and are aged over 18 by 6<sup>th</sup> May 2021.

## When can they be set up?

You can apply at any time, and either on a temporary or permanent basis. E.g. for one specific election; for a student away at university for a period; or ongoing.

Download an Application Form by visiting Hillingdon Council website page "Your Vote Matters". The completed Applications should be sent **no later than 5pm on Tuesday 20<sup>th</sup> May 2021** to:

The Electoral Registration Office  
Hillingdon Council  
Phase II  
Civic Centre  
High Street  
Uxbridge  
UB8 1UW



## Spring has sprung at Northwood Hills Station Platforms!



Well done and thanks to the volunteers

# Northwood Hills Ward



What a year it has been!

I am sure everyone is looking forward to the gradual easing of restrictions as vaccinations continue and Covid rates continue to fall and the hope of a return to a degree of normality.

A combination of this and the better Spring/Summer weather will mean the streets will look a lot busier.

## Anti-Social Behaviour

We are aware that prior to lockdown there were issues with anti-social behaviour in Joel Street around the shops and the underground station. We will increase patrols to prevent this and we have on occasion last autumn gained the use of cross borough and even London-wide resources to assist in tackling ASB.

**Local schools** We are also working closely with the local schools and schools police officers in the area to prevent some of the issues that occurred last year at the end of the school day.

**Residents' reporting** I am grateful to those residents providing information that has come to us recently regarding drug use and possible dealing in the area. The individuals responsible for this are being targeted.



Covid Patrols – PC Targoni

Overall Northwood Hills is one of the safest wards in Hillingdon and indeed in London and we want to keep it that way!

## Our N.H. Hills team

who work out of Ruislip Police Station:

**Sergeant James Bishop,**

**PC Gosia Targoni,**

**PC Happiness Mukusa**

(who we hope to welcome back soon after being ill with Covid-19 himself),

**PC Archie Thompson**

(who is on a six month attachment to the team until September) and

**PCSO Ricky Soler de los Rios.**

***If you see us out on patrol, please stop and say hello!***

Sergeant James Bishop

**Residents can contact us using any of the following methods:**

**In an emergency always call 999!**

**Email:** Northwoodhills.snt@met.police.uk

**Twitter:** @MPSNorthwoodH for regular updates.

**Telephone** 020 8721 2546

**Post:** Northwood Hills Safer Neighbourhood Team, Hillingdon Borough Police Ruislip Police Station, The Oaks, Ruislip HA4 7LE



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## 2021 Choral Society Provisional Plans

In March 2020 we were concert-ready to perform **Handel's Messiah** with the Hertfordshire Chamber Orchestra and four professional soloists, under the baton of our own Robert Jones.

### **Messiah in October this year:**

We now hope to brush up our performance in time to perform it in October this year, at the church of St. Edmund the King, Northwood Hills.

### **Christmas Concert in December:**

We also hope to have a traditional Christmas show at the same venue.

### **Why not join the choir?**

If you like the classical choral repertoire, songs from musicals and lighter works, if you can sing in tune and, preferably, can read a bit of music. We will announce the date that rehearsals can resume, as soon as we know.

Look out for details on our website: [www.eastcote-ruislip-choral.org](http://www.eastcote-ruislip-choral.org)



**PLEASED TO SUPPORT THE**

**NORTHWOOD HILLS RESIDENTS' ASSOCIATION**

*Every little helps*



## The United Reformed Church – Joel Street

Following the first instruction to “lockdown” issued by the government in March 2020, the church and its halls have remained closed, with only the Foodbank continuing to operate, as usual, on Tuesday mornings.

We are very conscious that much has changed for everyone. Some people may be grieving, others may have had financial difficulties and for others they may not be able to see their loved ones and are lonely. We offer our prayers. We also look to a return to a different kind of norm. We have missed seeing people from the local community mingling in the church and the sound of activity.

### Joint Virtual Sunday Services – all are welcome!

Undeterred, the members at Northwood Hills and St John’s church in Northwood, hold a joint service every Sunday morning on “Zoom”! Details of how to join are available on the church’s website at [urceastcote-nwhills.org.uk](http://urceastcote-nwhills.org.uk)

### Redevelopment Plans for Joel Street Church

Plans for this “community project” were re-submitted in December and we are awaiting the council’s decision as to whether not they have been approved. Of course, plans (as set out in previous issues of the Echo) are reliant for success upon lockdown restrictions being lifted. It may be a while yet before people feel comfortable again mixing together in groups.

### Tuesday Foodbank 10 am to 12 noon



*The foodbank remained open over the Christmas and New Year period and the church would like to thank the pupils, their parents and staff at Harlyn Primary School and Haydon School, for their generous donations of food for those in need.*

The picture shows the Hillingdon Foodbank van collecting food from the church in the week before Christmas.

### Prayer Tree

In September 2020, our Minister, Revd Liz Shaw retired after 15 years of ministry at Eastcote & Northwood Hills. She left us with very many pleasant memories, and we wish her a very well-deserved retirement.

One of the things we treasure of her time here is the introduction of a prayer tree. It was purchased by a member of the church and has served as a visual symbol of prayers offered. When we reopen, we would love to see as many people as are able to enter the church and leave their own prayers.



**Nigel Newlyn**  
For URC of Eastcote & Northwood Hills

**Shree Morrissey**  
Church Secretary



# Let it snow...



**Northwood Hills had plenty of snow in January and, as is usual, our gardens and hills were a popular venue for some snow fun...**

Although there were far fewer people out than usual, I'm pleased to say that I felt the rules of staying in family groups and social distancing were being observed.

The chance for fresh air and something different to do for exercise, meant there was a sudden influx of snow-people too, also socially distanced. And many were even properly attired with masks and gloves – a sign of the times!

However, these two dogs comparing outfits need to have the rules explained!



We even had some snow angels keeping an eye on things.

The thrill-seekers were using toboggans, kitchen trays and even plastic bags to see how far and how fast they could descend the slopes. Some youngsters were even using their dogs "husky-style". Though what they showed in enthusiasm wasn't necessarily matched by their training! Try again next time.



Back to normal a couple of days later and the only "evidence" remaining was a carrot or stick here or there.

*John Choopani*

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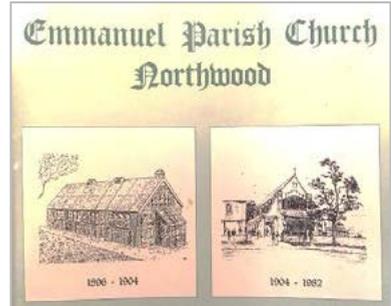
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As seen on BBC1's Cowboy Trap... as the Good Guys!

## This Easter, Emmanuel Parish Church Northwood celebrates 125 years of serving the local community.

In 1896 at the top of Half Mile Lane (now known as High Street), a wooden building covered with corrugated iron sheeting dubbed “**The Tin Church**” opened it’s doors for the first time.

From the very beginning, this little building not only hosted services and prayer meetings, but was also used throughout the week in a whole variety of ways to serve the local community. From classes for children, to technical education for adults (including tuition in nursing); dressmaking and woodcarving.



The Tin Church was also used as a Reading Room. In addition, early on a nurse was appointed to visit the sick and be a friend and sister to young women.

125 years on and Emmanuel Church continues to serve the community even amidst a pandemic. The Foodbank has never shut its doors; home-cooked meals have been given out (with generous donations from local schools and pubs) and we have continued to care for new Mums through our weekly support group.



Emmanuel remains a worshipping and praying presence in the community, committed to serving Northwood, so that all may know: God is with us.

# HILLSIDE JUNIOR SCHOOL

The last 12 months have certainly been unprecedented for education and society as a whole. We have had to adapt to a new way of living and working.



*Despite the constant reporting that schools have been closed, Hillside Junior like many other schools have been open for key worker and vulnerable children.*

**Local community support** We pride ourselves on the relationship we have with our local community and we are very grateful for all the support we have received. This has included the kind donation of laptops.

**The Sound of Music** During the Autumn Term, we welcomed the Hillingdon Music Service into our school. In a safe and socially distanced environment, every child has had the opportunity to learn an instrument.



**Diversity** This is also a central focus of our approach. Through our planning and class assemblies, we have identified opportunities to celebrate lives of inspirational individuals who have made a significant difference.



**Walk a Daily Mile** We look forward to welcoming everyone back to school. Our field is now in full use with the addition of a “Daily Mile” track installed in November. This has already had a huge impact on the physical wellbeing of our community. We are making further improvements to the playground with the purchase of additional equipment. This will help to improve the social well-being of our children after so many months at home.

In partnership with our hot lunch provider HCL, an exciting lunch area has been created in our school hall. This has made lunchtimes an enjoyable experience.

**As the school returns to a greater degree of normality, we hope to extend an invitation to families to visit the site and enjoy a tour of our facilities.**



Headteacher Mr. A. Davies E-mail: [office@hillsidejunior.org](mailto:office@hillsidejunior.org) Website: [www.hillsidejunior.org](http://www.hillsidejunior.org)



## Our local Rex Cinema

Pinner Road, Northwood Hills



Built for Oscar Deutsch's chain of Odeon Theatres. In September 1936, the architect (A. Douglas Clare) unfortunately died just before the proposed opening date. Almost

everything was ready, even the Odeon name was installed on the façade.

So, in mid-November 1936 the building was sold to the small independent Shipman & King. The Rex sign was mounted over the Odeon name and on 28th December 1936 the first films shown were *"All In"* with Ralph Lynn and *"Border Flight"* with Frances Farmer.

**The single-screen auditorium of stalls and balcony levels had a massive 1,000 seats.**

The decorative scheme was Art Deco, with a deeply banded central plaster cove fixtures in the main ceiling and foyer and decorative plaster wall panels typical of the time.

The Rex Cinema played concurrent to either the Astoria Cinema or Rivoli Cinema in Ruislip, which were also operated by Shipman & King.

Last film: 22nd September 1973 with Roger Moore in *"Live and Let Die"*.

The cinema was then demolished and a Somerfield supermarket built on the site.

This too has been replaced, with a block of flats and shops.



March 2020

*Have you got any old photos of Northwood Hills in days gone by? If so, we'd love to see them and may be able to use them in a feature!*

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*Gone but not forgotten  
although we are apart  
your spirit lives within me  
forever in my heart*



## New Pastor

2021 is a year of change for Fairfield Church as Chris Reveley retires as Pastor this summer.

We are delighted to welcome Paul Tanner as our new Pastor. In April, Paul with Tania and their three young children, are moving to Northwood Hills from the New Forest and before that from Botswana – we wonder quite what they will make of Joel Street and Ruislip Lido!

While Fairfield Church never closed during the pandemic (services continue online – see our website [www.fairfield-church.org.uk](http://www.fairfield-church.org.uk)), our building in Windsor Close just off Joel Street was closed for many months. So, we really look forward to welcoming people back to the lovely building we are blessed with, and seeing the community meeting together in so many different ways.

**Our Busy Facilities** *If the coming out of lock-down plan works, we look forward to seeing many people coming through the front door again for this wide range of activities:*

Coffee Shop (Friday mornings); U3A; WEA; Pinner Camera Club; Pinner Writers' club; Tiddlywinks; Keep Fit; Gardening for all; Joel Street Allotment Society; Easy Street Big Band; Hillingdon Carer; Come Together; Launchpad and TFT community youth clubs and many others.

## THE ARK SYNAGOGUE



**When we entered the first lockdown, our Rabbis and Board were determined to approach the situation positively.**

One thing that stood out is that we had become much more than a synagogue in a physical building rooted in a single location. Into the future, we will be a hybrid community, in the Synagogue *and* online.

So why the Ark Synagogue? There are two 'arks' in the Torah: Noah's Ark and the Ark, which contained the two tablets of stone with the Ten Commandments written on them.

**Noah's Ark**, is called in Hebrew '*teiva*.' The only other use of this word in the Torah is for the 'wicker basket' in which the baby Moses was placed by his mother to save his life from Pharaoh's decree. It is a life-sustainer."

**The 'Ark' of our Sanctuary** is not only our visual focus point during services but holds particular meaning for our congregation, as it houses our most sacred treasure – our Torah scrolls, and linked to them, our rich history of engagement and commitment to our Czech and Slovak heritage. Our [arksynagogue.org](http://arksynagogue.org) has become a vessel, a platform of potentiality, an opportunity to imbue life with meaning and purpose, hope and joy.

# Golf - the year that wasn't

The joy of seeing in the 2020 New Year was met with such great expectations for local golfers: Would they be able to reduce their handicap? Prospects abounded of birdie and eagle scores on their favourite course... Or even get a hole in one!

All hopes were soon to be dashed with a combination of COVID19 restrictions and one of the wettest years we have suffered. *Your scribe estimates that we lost more than half the golfing calendar and the ramifications were plentiful.*

*Estimates say that golfers walk about 5 miles and burn up to 2,000 calories during a round. To the average golfer playing twice a week, half a calendar lost can mean 260 miles not walked and 104,000 calories not burnt.*

So, if you are strolling around Northwood and see someone who has put on a bit of weight, he or she is probably a golfer!!!!

It could be argued that there were also benefits to the human body by not propping up the bar at the 19<sup>th</sup> hole and having a tasty snack, but I venture our golfing fraternity are unlikely to have forsaken those pleasures at home.

So, here's to 2021 and the community exercising all due care with COVID19 and getting their jabs. And yes, please let's see an improvement to the weather, at least enough to let us get out in our gardens once more, or even play again at our lovely local courses.

*Peter Atkinson*



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# Fun Facts for Us and the Kids about Hedgehogs

Hedgehogs are wonderful creatures that inhabit our gardens, but sadly their numbers are dwindling. *We appear to have lost over half our hedgehogs from our countryside since the millennium alone and have lost a third from our towns and cities. The British hedgehog is now officially listed as vulnerable to extinction.*



**Why are they called hedgehogs?** The 'Hedge' part of their name comes from where they build their nests: under hedges, bushes and shrubs. The 'hog' part comes from the small snorting/grunting sound they make which is similar to a pig/warthog. Before this they were called 'Hedgepigs' and 'Urchins' (which led to the naming of Sea Urchins).



**How many spines do they have?** Hedgehogs have around 5000 to 7000 spines on their back. These can be raised and lowered to respond to threatening situations.



The hedgehog has a vulnerable stomach, so it curls up into a spiky ball when it is frightened. For example, when predators such as badgers are around. Each quill/spine lasts about a year before dropping out and being replaced.

**What are baby hedgehogs called?** Hoglets may be found in May, June or July, when the first litters are generally born, and in August to September, when the second litters are born. The average size of a litter is four to five hoglets.

**How long do they live?** They can live up to 6 years.

**Why do hedgehogs hibernate?** Hedgehogs have the ability to slow down their metabolism into a dormant state for winter, especially if it's particularly cold and their food is scarce. So, they don't always do so.

**They are nocturnal:** When we're in bed, they are out and about. As its name suggests they spend the daytime sleeping in hedgerows, or under shrubs.



**What's on the menu?** Slugs, snails, caterpillars, beetles, earthworms, birds' eggs; sometimes frogs, snakes and carrion. They are lactose intolerant, so milk should never be left for them. Water is perfect! Some people like to feed them dog or cat food.

## **Their long nose is useful, especially as they do not use their eyes to hunt.**

Hedgehogs have a really long snout to help them hunt. It is even ahead of their mouths as it makes it easier to forage for their food. They hunt primarily using their hearing and smell because their eyesight is not very good, (though it is better than ours in the dark!)

**Where do hedgehogs live?** The best way to provide a nesting option for hedgehogs is by creating a natural feature, such as a compost heap or log pile, as this has the added benefit of encouraging insect prey too. But preferably make it a dry little home. Artificial hedgehog houses (or hibernacula) are also used by hedgehogs and can be really fun to make. There are lots of ideas on the internet, check out the websites for wildlife trusts.



**They live alone.** Hedgehogs start out on their own after only four to seven weeks of feeding from their mother. They usually then spend their entire lives alone with the exception of pairing up to mate with another hedgehog.

**Collective Noun for a group is an “array”.** It is rare that you will see multiple hedgehogs together in one place other than when mating, but if you do it is called an array.

**Little legs need to walk far.** When hedgehogs are out to forage for food in the evening, they can travel for up to 2 miles, that’s a long way for little legs!

**What do hedgehog tracks look like?** Hedgehogs can be difficult to detect, but searching for their footprints is a good way of discovering if they are around.

Both the front and back feet have five toes, though often only four toes show up on the tracks. The front feet are wider, and they look like little hands. The back feet are slimmer and longer and leave correspondingly narrower prints.

These hedgehog tracks are from a footprint tunnel. Footprint tunnel kits can be bought or made. And here’s another little clue you can look out for...



**Make your road a Hedgehog Street by talking to your neighbours.** For hedgehogs one garden just isn’t enough. So, try to ensure that your garden links to your neighbours’ gardens with a little 13cm square or arched opening through any fence. Try to convince your all neighbours to care about hedgehogs as much as you

do so that you can make a Hedgehog Highway! Even the Ministry of Defence are doing their bit – see their article on page 38.

*Jan Choopani*

**See further information from British Hedgehog Preservation Society and other sources**



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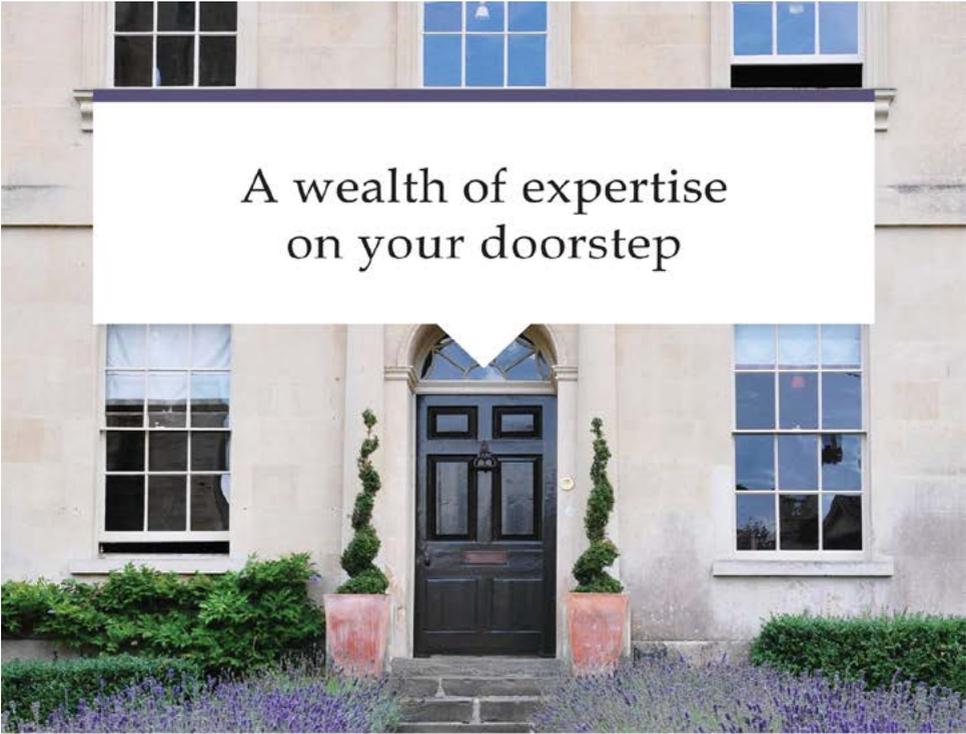
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H2SJP33064 09/19



## NORTHWOOD TOWN CRICKET CLUB

As your local Cricket Club based in Northwood Recreation Park, we are pleased to announce that this year we will be fielding four Saturday senior teams in the Saracens Hertfordshire League, commencing in early May, as well as two teams on Sundays.

### Restarting fixtures in April

Because of the current Government restrictions, the first opportunity we will have for commencing COVID-compliant outdoor weekend/mid-week training sessions will be April.

### Age 5+ Youth sessions, girls and boys

Our thriving Youth section have sessions and games for ages all abilities, always following extensive safety measures. AllStars Sessions (ages 5-8) Fridays, 45 mins from 5pm & Dynamos (ages 8-11) 6-7pm. Ages 11+ Tuesday evening from 5pm onwards.

*"We have a diverse range of players and welcome every valued young person who wants to train or play. Whether it be their first session, or their hundredth, we try to keep them as fun and inclusive as possible."*

If you are interested in joining us, please use the following contact detail to get in touch. Or, pop down to meet us at our clubhouse any Saturday in the season.



**Senior cricket:** Akshay Loomba (Club Captain) 07877 526 217 akshayloomba@hotmail.com

**Junior cricket:** Jack Daly (Junior Manager) (tel (07791 864 319). jackdaly92@msn.com)

Gather more information via our web site on <https://ntcc.hitscricket.co.uk/>

## Copy Date for Editorial and Advertising Autumn/Winter Issue

Please send us your articles and advertisements  
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To make sure they are considered for inclusion, send  
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## A-Z: We are lucky to have so many businesses in our ward

Like many other areas during lockdown, our local businesses have struggled. Given the service-type nature of many, short-term the area has perhaps suffered more than most.

We have compiled below a list of all the businesses we know of in the Ward, plus companies who have recently supported the Echo with advertising. However, we suspect it is not complete.

So, if you run a business in the area and you are not listed please let us know by emailing [johnchoopani@gmail.com](mailto:johnchoopani@gmail.com) and we will try to include you if we publish a similar list in a future edition of the Hills Echo. You could give a brief description of your business (max 8 words).

Although the NHRA cannot endorse any company, nor our advertisers, we would like to encourage residents to try our local suppliers of goods and services wherever possible (and please mention The Echo when doing so). The businesses are the life-blood of the area, and we'd all like that to be as vibrant and successful as possible.

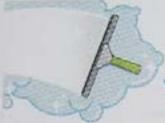
<b>Aastha</b> Argyle House 020 3751 0000. <a href="http://www.aastha.co.uk">www.aastha.co.uk</a> Business to Business ICT provider
<b>Acuwellness</b> 01923 828286. <a href="http://www.acuwellnessnorthwood.co.uk">www.acuwellnessnorthwood.co.uk</a> Traditional Chinese therapies
<b>Agape</b> 5 Joel Street 01923 825182. Hairdressers
<b>Alan Ross &amp; Partners</b> 41b Joel Street 01923 845820. Solicitors
<b>Alfie's</b> 65 Joel Street 01923 827771. Shoe repair & key cutting
<b>AMT Sports</b> 01923 827637 <a href="http://www.tennisnuts.com">www.tennisnuts.com</a> Retail specialising Tennis, Badminton & Squash
<b>Andrew Brooks Wealth Planning</b> 020 8207 4000. <a href="http://www.andrewbrooks.co.uk">www.andrewbrooks.co.uk</a> Financial advice
<b>Auburn Roe Media</b> 07894 521127 <a href="http://www.auburnroe.com">www.auburnroe.com</a> Photography, web design and graphics
<b>Avendra Pearl</b> 01923 827787. Sri Lankan Seafood Restaurant. Being refurbished
<b>Back Pain Free Life</b> 07951 146778. <a href="http://www.backpainfree.life">www.backpainfree.life</a> Specialist for back and neck pain
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<b>Cake Box</b> 17 Joel Street 01923 822000. <a href="http://www.eggfreecake.co.uk">www.eggfreecake.co.uk</a> Egg free Cake shop
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<b>Kaushik Bathia Photography</b>	01923 828999. <a href="http://www.kaushikbathiaphotography.co.uk">www.kaushikbathiaphotography.co.uk</a> Weddings etc

<b>KFC</b>	01923 826083. <a href="http://www.kfc.co.uk/restaurants/northwood-hills">www.kfc.co.uk/restaurants/northwood-hills</a> Chicken eat-in & take-away
<b>Kids Kingdom Day Care</b>	01923 829 620. <a href="http://www.kidskingdomdaycare.co.uk">www.kidskingdomdaycare.co.uk</a> Childcare provider
<b>Kings Solicitors</b>	01923 273000. <a href="http://www.thekingsolicitors.co.uk">www.thekingsolicitors.co.uk</a> Full civil and criminal legal services
<b>Kitchen Consultancy</b>	07738 067671. <a href="http://www.thekitchenconsultancy.com">www.thekitchenconsultancy.com</a> Kitchen design/installer
<b>Krave</b>	23 Joel Street 01923 751752. <a href="http://www.kravecafe.co.uk">www.kravecafe.co.uk</a> Dessert Café
<b>Lamertons Opticians</b>	01923 822066. <a href="http://www.lamertons.com">www.lamertons.com</a> Opticians
<b>Little &amp; Lampert Pianos</b>	01923 820470. <a href="http://www.llpianos.com">www.llpianos.com</a> Specialist piano retailer
<b>Little Pooch Lodge</b>	07984 902086. <a href="http://www.littlepoochlodge.co.uk">www.littlepoochlodge.co.uk</a> Small breed boarding/day care
<b>Locker Room</b>	29 – 31 Joel Street 01923 751753. Sports Bar
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# ANNUAL GENERAL “VIRTUAL” MEETING

Notice is hereby given that the 82<sup>nd</sup> Annual General Meeting of the **Northwood Hills Residents’ Association** will be held on **Wednesday 19 May 2021 at 7:30 pm.**

As the possibility of holding a live meeting during the Covid-19 pandemic has faded, it has been decided to call a virtual meeting, in order to demonstrate the proper conduct of the Residents’ Association.

The meeting covers:

- Formal approval of accounts
- Subscriptions rate
- Election of Officers and Committee Members
- Plus any other business, such as Residents questions raised at the meeting

**The meeting is open to all residents, but due to on-line number restrictions, if you wish to join the meeting please register your interest with our Meeting’s Secretary no later than Friday 14<sup>th</sup> May.**

Please include your name and address and then joining instructions will be issued.

Register your interest to join the meeting: e-mail [wardrobertaj@gmail.com](mailto:wardrobertaj@gmail.com)



A registered charity based in Northwood Hills.

## **CMSS are currently recruiting for Trustee members.**

As a trustee of CMSS, you would be a Director of the company under company law and also a trustee of a charity. These are challenging and rewarding roles. We call our board of trustees the Executive Committee. We hold meetings at Wiltshire Lane in the evenings on the fourth Monday of each calendar month from 6.30pm and will usually finish before 8.30pm. All participation is on a voluntary basis, so there is no remuneration.

If you want to know more, please visit the Charity Commission’s website. We would very much welcome hearing from anyone who is interested in becoming a trustee, who will be invited to find out more at an informal meeting with some of the current trustees and senior staff. From there, individual meetings will be arranged.

Please contact Betty Morris Chief Exec on 07966 134670 / [betty.morris@cmss.org.uk](mailto:betty.morris@cmss.org.uk)

CMSS Skills Development Centre

Tel :0208 866 3711

Wiltshire Lane

[www.cmss.org.uk](http://www.cmss.org.uk)

Northwood Hills

Registered Charity: 1402217

HA5 2NB

Charity no: 277128





# Current Committee Members

Prof. Tony Lane	President	Christine Sennington	Facebook Co-ordinator
Alan Lester	Vice President	Lesley Crowcroft	Environment Advisor
Trevor Dixon	Vice President	Joan Butfield	Health Coordinator
Andrew Riley BEM ACIB	Chairman aandmriley@sky.com	John Choopani	Echo Advertising Johnchoopani@gmail.com
Leo Mindel	Vice Chair	Graeme Knights	Ecology and Environment
Linda Swan	Hon Secretary	Lynne Halse	Events Coordinator
Fiona Morgan FCCA	Hon Treasurer	Keith Blunden	Events Coordinator
Bobbie Ward	Minutes Secretary	Sjur Berven	Planning
Graham Mann	Police Liaison	Shabbar Sachedina	Equipment Quartermaster
Roxana Peters	Senior Road Steward	Ed Donald	Young People Coordinator
Alan Shipman	D/base & Charity Co-ord.	Jo Crockford	General
Lois Goswell	Web Site	Paul Akers	General
Jan Choopani	Echo Editor temporary		

In addition, Maxine Goswell assists with the coordination of the Northwood Hills' Residents Facebook page. *Please also visit the Northwood Hills Residents' Association Web site.*

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## Have you enjoyed feeding your garden birds this winter? If so – don't stop now that spring has arrived.

This is an important time to continue stocking up the feeders and tables. Your birds will be nesting and need the extra nourishment to supplement their natural food, so that they can rear their chicks successfully. You will then be rewarded with the sight of the newly fledged birds coming to your garden with their parents for many weeks to come.



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