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HEALTH MATTERS

The NHS has set up a "blue print" to tackle vaccine hesitancy. The Health Service is fighting dual epidemics! Those of us who have been vaccinated should encourage others to have the jab on offer.

There is a disinformation war in progress where anti-vaxxers are promoting scare tactics to deter people from getting jabs. BBC's Panorama Programme, (BBC1 Monday15 February) illustrated who they are, and what are their motives for trying to deter people from taking up the offer of a vaccination. It was interesting to see the different reactions of a core group of people exposed to an anti-vax video. Unfortunately, people who have the most fears of vaccination have the most to lose if they reject the offer of a vaccination.

With so much information being shared about Covid-19, it is hard to know the difference between rumour and fact. It might be a good idea to look at the myths that are being talked about. "Infodemic" is a blend of "information" and "epidemic," that typically refers to a rapid and far-reaching spread of accurate and inaccurate information about something, such as a disease.

Myth 1: "The vaccines aren't safe because they were developed too quickly" Whilst it is true the vaccines have been developed quickly, this is not because corners have been cut. The virus technology used to make Covid-19 vaccines is not totally new. There is total collaboration and dedication amongst scientists, this meant that clinical trials could happen quickly.

Myth 2: "You can get Covid-19 from the vaccines" No, this is not true because the vaccines do not include live Covid-19 virus.

Myth 3: "The Covid -19 vaccines will alter your DNA" The new technology used makes that impossible.

Myth 4: "I already had Covid-19 and I have recovered, so I don't need to get a Covid-19 vaccine when it is available. Unfortunately, re-infection with Covid-19 is possible. It is recommended that you accept the offer of the vaccine. Scientists are not sure how long both natural and vaccine mediated immunity lasts.

Myth 5:"The Covid-19 vaccines cause severe symptoms in most people" Like any vaccine the Covid-19 vaccine can cause mild side effects, but most are mild and short term. You may have a painful or tender arm for a couple of days: feeling tired: having a headache: some muscle aches. A very few people may have the very rare condition called anaphylaxis. The health care professionals who give the injections know how to manage anaphylaxis.

Myth 6: "I will always test positive for Covid-19 after being vaccinated" There are two types of tests at the moment. One type of test is used to find out if you currently have the virus. The Covid-19 vaccine will not give a positive result with this type of test. The other type of test is an antibody test, and shows whether you have been infected in the past.

Myth 7: "We don't need the vaccine because the recovery rate from Covid-19 is high and natural immunity is better." We don't yet know how long you might be naturally immune, if you get sick and then recover from Covid-19. We also don't know how long you might be immune after you have had the vaccine. We need more research to fully understand this.

The safest way to get protected from Covid-19 is to have the vaccine if it is offered to you. Take care, and heed the current advice, and keep well.

David John

POLICE MATTERS

Recently I had to renew my driving licence (being an oldie). I decided to do it online and called up the relevant website. Rather to my surprise, the first three official-looking sites were not the official DVLA one but commercial ones offering to do the job for a fee. Beware, the DVLA site is about number four and is free of charge.

A recent note in the Neighbourhood Watch newsletter highlighted the need to have your house clearly marked with its number. Taking exercise in Ickenham, I am surprised at the proportion of houses that either have no visible number at all, or a small plaque that cannot be read from the road. This could cost you your life in the event of a heart attack or stroke. Ambulance crews need to be able to read numbers from the kerbside. Numbers should be at least 3 inches (8 cm) high and mounted on an unobstructed wall facing the road.

One of the more recent 'phone scams I have heard of, purports to be from a delivery company who say they have been unable to deliver a parcel and inviting you to call them to arrange a convenient time for a re-delivery – sounds very convincing, but it is yet another 'press 1 for more details' scam; if you do so you will get a large bill for a premium rate number. The fake Amazon call talking about a deduction from your Amazon Prime account and again wanting you to press 1 to rectify this has been popping up again of late. One of the warning signs is a marked pause between answering the 'phone and the start of what is obviously a recorded message, not a personal call. Oddly enough, I have noted that the number for these is not the usual 'out of area' or International call' on my caller display, but a mobile 'phone number starting with 07. Let's hope, it is costing them plenty in 'phone bills.

It is helpful if you can find the time to report any scam calls to Action Fraud on 0300 123 2040. Meanwhile, treat all unsolicited calls with suspicion, especially those offering investment opportunities. After all, if the prospect of profit is that good why are they offering it to a stranger instead of their friends?

Vic.Silk

Ickenham Calling

The Newsletter of the Ickenham Residents' Association Spring 2021

Affiliated to the Hillingdon Alliance of Residents' Associations.

Member of London, Herts. & Middx. Wildlife Trust, and London Green Belt Council.

Ickenham Residents' Association:

E-Mail Address WebSite Twitter Acc. ickenhamresidents@hotmail.com www.ickenhamresidents.co.uk www.twitter.com/lckenhamRA

CHAIRMAN'S COMMENTS

The committee continue to meet each month on Zoom and are in regular contact by telephone on all other pressing matters.

One of those urgent matters is the proposed Master Brewer development, which is causing our emails and phone lines to buzz. We are exploring all avenues to try to curb the London Mayor's enthusiasm for these tall buildings to be built in the wrong place, in the hope that we could have something more appropriate at that site. The Secretary of State for Housing announced a strengthening of the policy on tall buildings in the days before the Mayor's decision, so that decisions on their location should be decided locally.

We are hoping that the LBH will enforce the re-instatement of the style of the initial windows that were a feature originally of the Pelican Café and then the Birothi Restaurant, which have recently been changed to a double glazed single glass panel (without approval). We feel traditional shop front features in our Conservation Area are important and should be maintained, and think most residents would like to see them preserved.

Following our objection, the LBH has recently turned down an application from the Tichenham Inn to enclose their outside seating area by way of a glass structure. The management at the pub have been helpful, but we are always aware of the need to keep the pedestrian access at the front and back of the seating area clear and sufficiently wide for pushchairs and wheelchairs.

Our "green spaces team" are also working hard on keeping Swakeleys Park in good order and trying to arrange for the path around Swakeleys House to be maintained.

Lastly, I would like to add my own tribute to David Crane who worked so diligently and with such dedication to the protection of our village. *Jill Dalton*



For those of us who participated in the petitioning at the Houses of Parliament in 2015 you may remember, when we voiced our concerns over the impact of construction and the sites in our communities, we were 'assured' that the code of construction practices laid down by HS2 would be best of breed and HS2 would be a good neighbour. Hollow words. This has not been our experience

- HS2 has not enforced good practice by the contractors and has failed to be a good neighbour.

It is us, in the community, who have to complain about road closures, poor communications, noise, mud on the road, footpath issues etc and with the excellent support of our local authority get changes in contractor behaviour. We are not alone – at the Transport Select Committee session in January similar issues and worse were reported by communities all along the line. The HS2 CEO acknowledged to the committee that there were issues and HS2 senior managers would be appointed all along the line to oversee contractor behaviour.

Meanwhile we experience yet another HS2 act of 'good' neighbourliness. HS2 and Thames Water have realised their plans to move a large sewer away from the West Ruislip tunnel portal would not be viable and now want to take over allotments and use Ickenham Green as an access for the site, thereby upsetting another part of our community. There has been an outcry from those affected, and this, with the support of our residents' group, our MP and the local councillors, has caused the parties to revisit the plans and reduce the impact; but there will still be loss of amenity and disturbance to households. It should be noted the taking of this land is not in the HS2 Act and the parties have used the Water Act for their proposed actions.



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Any questions you may want to raise, or if you have comments on any article in the Newsletter, we would be pleased to hear your views, and you could write to our General Secretary 6 The Chase, Ickenham, Uxbridge,

UB10 8SR

You can also send your comments to our e-mail address: ickenhamresidents @hotmail.com

This issue edited by Hanne Raeder March 2021



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It should be remembered that in our petitioning in past years we recognised the environmental damage and construction site issue that would ensue, and therefore campaigned for the tunnel to be extended beyond West Ruislip to reach as far as the Chilterns.. This would have avoided the relocation of the sewer, the loss of West Ruislip golf course, a saving of £2.5 million to redesign a 9 hole golf course, the building of new bridges for the River Pinn, Breakspear Road South and Harvil Road, the loss of HOAC and the £25 million to relocate HOAC and a 3.75KM viaduct over the lakes in the Colne Valley. HS2 came up with all spurious costs and problems to reject the proposal but we believe at the time they wished to leave open the option to locate a spur to Heathrow between Harvil and Breakspear Road South which would not be possible in a high speed tunnel. The contractor is now proposing a green tunnel for this stretch, so hopefully this future construction nightmare will not take place.

Brian Adams

DAVID CRANE

It is with great sadness that we include this obituary to David, a friend and respected colleague, who died on 16th January 2021.

For many years David and his wife Sue have been valuable colleagues in the campaign to save Ickenham from the destruction of our environment by HS2. Along with other residents they submitted petitions and appeared before the Select Committees of the Houses of Commons and Lords.

David has been a valuable member of the IRA Committee and part of a group of residents representing the wider community of Ickenham, Ruislip and Harefield, in a bid to get the best possible outcome from this devastating project. On our behalf he attended regular meetings with HS2's Community Engagement Team; his input was always balanced and logical and he fully supported all reasoned arguments for extending the tunnels out beyond the M25.

He so loved and cared about Ickenham and he will be greatly missed by us all.



Ickenham Marshes
Partnership

ICKENHAM MARSHES

Last summer was the fifth year of conservation grazing on the northern compound of the Ickenham Marsh Nature Reserve and the grazing, along with significant manual scrub clearance, has transformed the area. Gnarled willows and squat oak trees remain, as do several large patches of bramble (good for blackberries) and blackthorn

(good for butterfly eggs). But the field is now much more open and it is clear that wildflowers are starting to re-colonise. Buttercups seem to be the pioneers, with vetches and the other wildflowers seen in surrounding meadows hopefully soon to follow.

A decision on 2021 grazing is yet to be made. It might be good for the field to have a rest; too much manure won't be good for wildflowers as they thrive on nutrient-poor land. There are costs and logistics too. Maybe the cows or the funding could be better deployed at a different local nature reserve. Either way, from a nature conservation perspective, the area is much improved and the process has provided a fascinating insight into modern nature conservation techniques.

Colne Valley

The mighty River Colne has been out of its banks for a fair chunk of February. Lakes have merged and floodplains have flooded. These conditions and lockdown restrictions have curtailed recent nature reserve management activities, but I'm confident that there will be volunteering opportunities this summer and, hopefully, a glow worm walk! Chris Mountain

PLANNING UPDATE

Between 16.11.20 and 25.02.21 we have looked at a total of 128 planning applications for Ickenham and written 23 letters of observation or objection to the LBH.

Hanne Raeder

COULD YOU HELP GLEBE SCHOOL?

Glebe Primary School are collecting "hard to recycle" items that can be recycled by a specialist company, raising money for their Gardening Club. You can drop off empty ink cartridges, original laser toners, toothpaste tubes and their boxes, hand wash pumps, plastic tubes (e.g. moisturisers or face wash), facial and cleaning wipe packets, flexible dishwasher tablet packs, contact lens cases and packaging and make-up containers. Our collection point is the Terracycle box outside the school entrance, meaning that you do not need to enter the school building. Thank you for your support! June Revner

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AGM

Regrettably, given the current situation we will have to postpone our 2021 AGM scheduled for April. We will keep monitoring the situation and as soon as we are able to do so, will arrange a new date for the AGM

NEWSLETTER

Sadly, we are still unable to deliver this latest edition of Ickenham Calling. It will be available on our website as before. We are very grateful indeed to the team at ICN who have graciously allowed us to put copies of Ickenham Calling in their plastic dispensers throughout the village. A true example of the village working together.

COMMITTEE

We are very pleased to be able to tell you that we now have a new Membership Secretary. He is Julian Ingram and has been a road steward for Warren Road for the past few years. We are sure you will all welcome him and hopefully he will have a little more to do in a few months' time.

MAUREEN PEMBERTON

We would like to thank Maureen Pemberton for all her hard work over the last few years as Membership Secretary. Maureen will continue as Area Steward for N. West and also as a co-opted committee member.

June Revner

CENSUS 2021 IS COMING - Census Day is Sunday 21 March 2021 in England and Wales.

Information taken from the census 2021 website https://census.gov.uk/

The importance of the census in 2021:

The census gives us information about households across England and Wales. At the Office for National Statistics (ONS), we've used past census information to help us understand how the coronavirus (COVID-19) pandemic has affected people in different ways.

Census 2021 will give us fresh information to improve our understanding of the pandemic. It will also help to make sure that the services you use meet the needs of our changing society. This could include hospitals, schools, universities and job centres.

Keeping the public and census staff safe:

At the ONS, our main concern is the safety of the public and our staff. We want everyone to be safely counted during the census. To do this, we are making sure that our plans are always in line with the latest government safety guidelines.

Census 2021 is a digital-first census, which means that we will be encouraging people to respond online if they can. You will be able to complete the census using any device, including your mobile phone or tablet. If you need help, we have got it covered. We will have an online help area on our website and offer help by phone, web chat, email, social media or text message.

We are also encouraging people to get help from friends and family to complete their census. If it is safe and within government guidelines, we will also be opening Census Support Centres to help people fill in their online questionnaire.

What to expect from our census field officers

After Census Day, at the end of March and into April, our census field officers will be visiting households from which we have not received a completed census form. They will encourage people to complete the census and help you to access further help if you need it. Our field officers will never need to enter your house. Our field officers will be working in the same way as a postal or food delivery visit. They will be wearing Personal Protective Equipment (PPE) and working in line with government guidance. To find out more about how we will be making sure Census 2021 is completed safely during the coronavirus pandemic, please visit the ONS website.

Residents without computer access and those who need additional support can visit one of the Council's four Census Support Centres (based at three of our adult learning centres: Brookfield, Harlington and South Ruislip, and the Civic Centre, Uxbridge). June Revner