

# Ickenham Calling .....

The Newsletter of the *Ickenham Residents' Association* Winter 2023

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

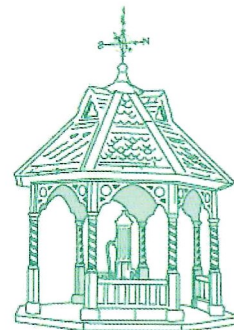
ickenhamresidents@hotmail.com

WebSite

www.ickenhamresidents.co.uk

Twitter Acc.

www.twitter.com/ickenhamRA



## CHAIRMAN'S COMMENTS

Our Council have published plans to relocate the library in Uxbridge from its central position in the High Street to the Civic Centre - where there is unused space. The plan is for an upgraded "state-of-the art" library that will include new facilities, such as study pods, dedicated laptop charging bars, hire-able meeting space and dedicated space for the popular Tovertafel (interactive tabletop projections). There will also be exhibition and event space, a learning centre, a dedicated children's library and a large book collection.

Some may feel that this will be a good opportunity to upgrade library facilities whilst others that this will be a retrograde step, moving from a great location and comparing un-favourably with the purpose built facilities of the existing library. The plans can be viewed in the library itself or on line at <https://www.hillingdon.gov.uk/uxbridge-library-relocation>. Once we have had an opportunity to review the plans, we will be writing to the Council with our observations.

We still hope to receive more of your stories and photos of the growth and development of our lovely village over the years to help celebrate our Centenary next year.

With best wishes to all villagers for peace and happiness at Christmas and for 2024.

*Jill Dalton*

## CENTENARY EXHIBITION

Do you or your parents or neighbours have any memories of Ickenham to share? We are short of photos, stories, newspaper clippings etc from the 1950's, 60's, 80's and 90's as well as the current century to display in the centenary exhibition, which is being held in June 2024. If you have anything you think may be relevant and which we may borrow then please contact either Mrs Barbara Buckle on 01895 675784 or ickenhamresidents@hotmail.com

## MEMBERSHIP SECRETARY

We are still in need of someone to take on the role of Membership Secretary. The role could easily be split so that several people could cover it and it will entail taking delivery of the newsletters 4 times a year and distributing onwards to the area stewards. Also keeping and maintaining the master copies of the road sheets and providing assistance to the area stewards where necessary. If you feel able to help, please email ickenhamresidents@hotmail.com with your contact details and we can discuss it. Thank you in advance for your help.

*June Reyner*

## INSIDE THIS ISSUE:

**CHAIRMAN'S  
COMMENTS**

**CENTENARY  
EXHIBITION**

**VOLUNTEERS  
PLEASE**

**CHRISTMAS  
GREETINGS**

**HS2**

**HEALTH  
MATTERS**

**POLICE  
MATTERS**

**THE MARSHES**

**MEDICAL  
TREATMENT**

**FOOTBALL NEWS**

**AGM**

**FESTIVE  
EVENING**

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  
Ian Phillips  
November 2023

The Officers and the Committee of the Ickenham Residents' Association take this opportunity to thank you for your continued support during the year and hope you all have a happy Christmas and would like to wish you and your families a healthy safe and peaceful New Year







## HS2

For those involved in campaigning against HS2 since 2010 a recent Sunday Times article regarding HS2's continual "cooking of the books" is no surprise. The business case(s) never stood scrutiny and sadly very few MPs ever questioned the data or the project. In 2013 Phase 1 costs were stated as £19.3bn; latest predictions are £50bn + for what now will be a Birmingham airport shuttle. Some MPs and national press have suggested these increased costs were the fault of 'nimby' communities, like ours, who forced HS2 to build tunnels etc.

In 2018 HS2 let slip that the Phase 1 route was chosen from computer maps without any ground surveys. Once their consultant engineers came on site the costs have, of course, increased dramatically as HS2 became aware of the incompetence of their plans. For example the plan was to have surface rails through Ealing and Ruislip which was totally unachievable without major infrastructure changes and the compulsory purchase of many properties. The Heathrow 'loop' was also an early casualty.



We of course continue to suffer the consequences of the bad decisions; the dumping of tunnel spoil on the fields between Breakspear Road South and Harvil Road - seen here - has changed the landscape and, as we predicted, required major costs to safeguard Breakspear Road South from flooding. It has required spoil treatment, installation of attenuation ponds, special filtering machines to remove particles before collected water is released to the River Pinn, generators, special layering systems to prevent spoil slippage and 24/7 coverage by contractors.

If this project and HS2 Ltd survive, then the first trains might be running some time between 2030 and 2033.

*Brian Adams*

## HEALTH MATTERS



"Deliveroo lifestyle will make Britain the fattest country in Europe within a decade", warns the World Health Organization. (WHO). Meal delivery apps are fuelling an obesity crisis by encouraging over-eating and physical inactivity, according to health officials. It is said a diet of takeaways and ready meals means those in their 50's are now the generation most likely to have high cholesterol.

A national research programme, "Our Future Health" has been launched, which aims to transform the prevention, detection & treatment of conditions such as dementia, cancer, heart disease & stroke. Partnerships with the likes of high street Boots stores and through mobile clinics will aim to improve detection and prevention of diseases. The scheme will hopefully bring together up to 5 million people to help people to deliver healthier lifestyles. At the moment the research programme has recruited one million volunteers, and offers free blood pressure and cholesterol checks, with participants giving permission for their DNA and blood samples to be used in research.

Overall, half of participants in the first wave of testing were found to have high cholesterol, while one quarter had high blood pressure. Women were more likely than men to have high cholesterol, with 62 per cent compared to 46 per cent of men. Researchers hope to recruit five million people over the age of 18 to take part in the study, using mass data to better predict who is at higher risk of diseases such as cancer, diabetes, heart disease, dementia and stroke. You can volunteer by signing up on line, complete an online health questionnaire and book a clinic appointment. If you wish to take part then visit the Our Future Health Web Site: <https://ourfuturehealth.org.uk> for more information.

High cholesterol is thought to lead to 7% of deaths in England. Modifying our lifestyles and taking statins will reduce the level of risk for heart disease. Earlier this year the National Institute of Health and Care Excellence, changed its guidance to encourage even higher take-up of the drugs, saying they should be made available to anyone who thought they could benefit from them. Finally why not purchase a blood pressure monitor, with digital display and high accuracy. They are easy to use and can help you check your "cardiac health".

*David John*





## POLICE MATTERS



Whenever there is a major disaster we can be sure of one thing; it won't be long before e-mails and text messages will be popping up inviting us to subscribe cash for the relief of suffering. This is a fertile field of endeavour for scammers, with their fake charities, so if you feel obliged to send donations to help in these events, make sure the recipient is a well-known charity, such as the Red Cross, Disasters Emergency Committee etc.

Another happy hunting ground for scammers is dating websites. The victims here tend to be lonely and middle-aged, often widows or widowers. The crooks carefully build up an on-line relationship, until the victim feels that he or she has met a true friend. Then the financial requests start, to help with a business, to pay for medical treatment etc. A recently reported case involved a well-off lonely widow, looking for companionship, who, even though she had never met her contact in person, was progressively robbed of a total of £310,000, in spite of her bank raising queries on the payments! There was, in this case, a happy ending. With the help of a national newspaper, her bank was persuaded to reimburse her the full sum. This case illustrates the need to be very careful about relationships on-line. As soon as a request for cash comes in, break it off!

At the time of writing the annual ritual of 'putting the clocks back' has taken place; meaning that, suddenly, it is getting dark an hour earlier. If taking a day out, it is easy to forget this and arrive home to a house in darkness. An unlit house is an open invitation to burglars, so make sure, before going out, that you have either left a couple of lights on or fitted a time switch (easily and cheaply obtained from any hardware retailer) to do the same service.

*Vic. Silk*

## ICKENHAM MARSHES



Hot on the heels of neighbouring Ealing, who made national headlines in October with a beaver release, a "rewilding" project is now being planned on one of Ickenham's rivers! Firstly the beavers - these have been transported from Scotland and released in Greenford, near the bottom of Horsenden Hill. You know Horsenden Hill - it's that big hill you see from the train - no, not Harrow Hill, the other one. It's quite close to Greenford Station. When I first heard about the proposal, I was quite tickled because, as far as I knew, the main watercourse in that area is the Grand Union Canal. Now I'm a fan of beavers generally, with their dam building and tree feeling skills, but surely releasing them there would be a recipe for disaster. But that wasn't the plan. There are lots of little streams apparently, and the beavers have been accommodated in a secure compound safely away from the barges and boats on the canal.



Anyway, we aren't getting beavers. The project I'm talking about is planning to release water voles on the River Crane, which we Ickenhammers call the Yeading Brook. Now we already have water voles in Ickenham. There is, apparently, a well-established colony in the wild west of the village - down the hill in the Colne valley, around the River Frays. The release is planned way downstream, but before the plump furry rodents are released, we need to make sure that there aren't any mink about, because if there are, they'll eat the voles. So there are going to be some "mink rafts" stationed along the river, including on the Ickenham Marshes. So as the cows leave, the mink rafts arrive. I don't think the rafts trap the mink, they just help us understand if the mink are about - they are designed to record footprints (pawprints?) to show if they are present.

More mink and vole news when I have it!

*Chris Mountain*





### URGENT MEDICAL TREATMENT

If you need medical help, the first step is to call NHS 111 and they will direct you to the appropriate service as needed. There are a wide range of options in terms of local healthcare services available. These include visiting your local pharmacist, bookable GP services and GP out-of-hours service.

Also available is the Hillingdon Hospital Urgent Treatment Centre. This is equipped to diagnose and deal with many of the more common injuries and ailments that people have. The adjacent Emergency Department is intended for those with major or life-threatening conditions.

Mount Vernon Hospital has an Urgent Care Nurse Practitioner Service for patients with minor injuries e.g. cuts, bruising, minor burns, animal bites and simple broken bones. This service is not a 'walk-in' clinic; patients are triaged and appointments, if required, are booked by calling NHS 111, or booking online, or by telephoning the unit directly on 01923 844263. The lines are open 8 a.m. - 7 p.m., seven days a week.

Please see <https://thh.nhs.uk/urgent-treatment-centre/> or <https://thh.nhs.uk/urgent-care-nurse-practitioner-service/> for more information. Anyone with serious injuries or possibly life-threatening medical emergency should dial 999.

### WEALDSTONE FOOTBALL CLUB STADIUM

Wealdstone F.C. lost their historic ground in Harrow in the early 1990's and has had various temporary arrangements since then. It is currently seeking a new home. Hillingdon Council has identified Freezeland Covert as a possible site to develop the plans for a new stadium. The site in question is immediately east of the Master Brewer site; a green space within the green belt mostly in public ownership. This land falls within the Association's Ickenham boundary, which is marked by the original (pre 1993 re-alignment) A40.

LBH say that: "At present, no plans have been finalised and any proposals for a new stadium would be subject to the club being able to find funding for the project, developing an acceptable plan and demonstrating a robust case that the project has significant benefits for the local community that goes beyond the core football function." Your association will continue to monitor the matter.

*Chris Mountain*

### The next AGM will be held at Ickenham Village Hall on Friday, 26th April 2024 at 8 p.m.

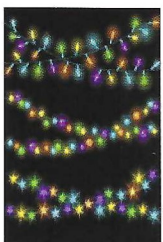
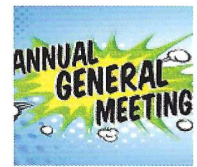
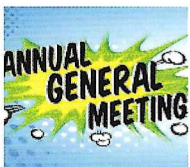
In accordance with Rule 15 of the constitution, members are reminded that any item they wish to be considered for inclusion in the Agenda, should be submitted in writing, with the names and addresses of the proposer and seconder to the General Secretary,

Mrs. June Reyner, 6 The Chase, Ickenham, Uxbridge UB10 8SR,

by Friday 1st March 2024. More details of the evening

and the full Agenda of the meeting will be included

in the Spring newsletter, due in March 2024



### Ickenham Festive Community Night on Friday 8th December 2023 from 6 p.m. to 9 p.m.

Once again, Ickenham will have its own special Christmas celebrations featuring a wide range of music, activities, food and shopping. We will have a table in the village hall and look forward to seeing you there!

