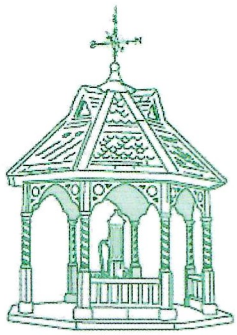
Ickenham Calling .....

The Newsletter of the *Ickenham Residents' Association* **Spring 2024**

Affiliated to the Hillingdon Alliance of Residents' Associations.
Member of London,Herts. & Middx. Wildlife Trust, and London Green Belt Council.



Ickenham Residents' Association:

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CHAIRMAN'S COMMENTS

Well done to the Ickenham Festival team on another successful Festival Community Evening in December and thanks to everyone who attended another enjoyable event. It's a great opportunity for us to re-connect with members and swell the Association's numbers too.

Despite the protests by Hillingdon residents, it appears the Council have given themselves approval to relocate Uxbridge library to the Civic Centre - not everyone will be happy as it feels like another service will be diminished, but I guess it's a price residents will have to pay to maintain other services for the Borough, and keep council tax increases within limits.

Jill Dalton

AGM of the ICKENHAM RESIDENTS' ASSOCIATION
Please make a note in your diary for Friday, 26 April, at 8 p.m.
Ickenham Village Hall, Swakeleys Road, Ickenham.
The AGM Agenda is on page 5 of this newsletter. Please bring it with you.

CENTENARY EXHIBITION.
We are celebrating our Centenary this year 2024 and are holding an exhibition in the Village Hall on the first Saturday of Festival Week.
Sat 8th June from 10:00 to 16:00
Come along and find out how the village has changed over the years
ALL ARE WELCOME - WE HOPE TO SEE YOU

MEMBERSHIP SECRETARY

We are pleased to say that we have had two offers of help so have decided to share the role – we will therefore have joint membership secretaries. Janice Tranter will be responsible for those delivering north of Swakeleys Rd and East of Long Lane and Patricia Ingram for those delivering south of Swakeleys Rd and West of Long Lane. We are very grateful to both of them for volunteering to help.

ROAD STEWARDS

We could not function without the volunteers who distribute our newsletters on behalf of the Association and new volunteers are always very welcome. At the moment help would be very much appreciated in the Thornhill Road area. So if you can spend an hour or two of your time for the benefit of your neighbours and community do please get in touch. Please email ickenhamresidents@hotmail.com.

June Reyner

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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 Ian Phillips February 2024

FESTIVE COMMUNITY EVENING 2023



It was good to see so many of you in the village hall on Friday 8th December and a big thank you to the festival team for their usual great effort. The winner of the guess the sweets competition got it spot on and the prize was delivered on Monday 11th and gratefully received.

The main talking point seemed to be the possibility of Wealdstone FC building a stadium on Freezeland way. There was generally a misunderstanding as a lot of people thought it was the Master Brewer site, when it is in fact the adjacent site closer to the slip road entrance from the A40 The club still have several months to come up with a proposal and to raise sufficient funds.

We managed to get over 10 more additions to our mailing list which keeps subscribers up to date with events between newsletters. If you would like to be added please email us on ickenhamresidents@hotmail.com and we will add you to the circulation.

June Reyner



CONSERVATION

Trees and other landscape features contribute to the special character and appearance of Ickenham. Working together we can preserve our greenery and benefit from it.

Nature has a calming effect on our mind and promotes mental health. Nature has a way of harmonising the environment and supporting all living creatures. From our school days we may remember our biology lesson on photosynthesis, transpiration, and water cycle. Leaves help in removing carbon dioxide from the air (reducing global warming) and replace it with equal amount of oxygen (photosynthesis). Transpiration plays a vital role in the water cycle by drawing ground water to a tree's leaves and putting it back into the atmosphere as water vapour for cloud formation and rain. The woody trunk and branches store energy, used as fuel. Fruit and vegetables produce promote good health. So, let's try to find ways of living in harmony with our environment.

Modern working life has new pressures of targets and accountability. People are working longer hours under pressure and thus have less time to sit and enjoy their garden. There is greater need for work life balance to improve the quality of life and mental health. Unfortunately, more and more front gardens are being paved for parking and back gardens paved for easy maintenance. This does have a negative impact on our environment, and we need to think of smart solutions. One of these solutions (counter measures) is to create borders, use any patch of land to grow shrubs with thick foliage. Grow a hedge, keep some grass patches or lawns. Also, you can use plants like herbs and bay leaf, which grow easily with minimum maintenance and are very useful to have in the garden.

Above are just a few ideas, I am sure you have many more. I would love to hear from you so that collectively we can promote the well-being of our residents. Please email me your comments, ideas and thoughts via the association email ickenhamresidents@hotmail.com

Neena Bedi

GOLF COURSE SALE



We learned via an advert in a local newspaper that the council are planning to sell the Uxbridge golf course in Ickenham.

We met with local Councillor Eddie Lavery to discuss this matter and he made it clear that the council intends to maintain the area as a golf course and that the sale relates to a decision that has been taken to stop spending public money on operating golf courses in the borough. The land will be sold on a long lease so in theory will remain in public ownership.

It is unclear whether any legal agreement the authority make with a golf course operator would include provisions relating to the restoration of the parts of the golf course, which have laid fallow since their closure around 10 years ago. Councillor Lavery did stress that any legal agreement would include specific provisions to avoid a repeat of the "Mac Trading debacle", which saw the operators of the golf course win permission, against the wishes of the council, to import significant quantities of materials onto the site.

The association has written in the strongest possible terms to the council requesting that any legal agreements safeguard and enhance public footpaths in the Frays valley. We have liaised with the Colne valley Regional Park Trust on this matter and will continue to seek reassurances that local people will be able to access the nature reserves in the area via the golf course clubhouse and via the path from Swakeleys roundabout, in addition to the routes across the fields and Harvil Rd.

Chris Mountain



HS2

Construction continues on HS2 Phase 1, building the line from Old Oak to Birmingham. In our area the tunnels beneath Ruislip are progressing ahead of schedule and will soon leave the Hillingdon area and enter the Ealing area (Northolt); this has meant that there has been insufficient tunnel segments being delivered by rail and large flatbed lorries transporting tunnel segments are now coming through Ickenham village. To these will be added an increase in HGV's down Breakspear Road South carrying special materials to build the abutments for the bridges over the River Pinn and Breakspear Road South.

Harvil Road closures should now have finished with the opening of the new bridges and road system. The dumping of tunnel spoil continues on the fields between Harvil Road and Breakspear Road South causing vibration and noise to residents. Mounds 1 and 3 are finished apart from top soil. Further closures of Breakspear Road South are planned mid year. At a national level HS2 has admitted costs for this phase have now increased to 65 billion; this was announced whilst the media was totally occupied with the Post Office scandal. They have also admitted that the trains leaving the high speed tracks and going onto the North West will not be able to run at the same speed as existing trains.

The construction phase should complete by end 2025; the appointment of the contractors for the next phase of 'Rail Systems' that includes track, signalling, gantries, software etc., is six months behind schedule and we are awaiting an update on the plans for the final completion of the project.

Brian Adams

Ickenham Residents' Association

You are invited to attend

THE ANNUAL GENERAL MEETING

FRIDAY, 26th APRIL 2024 at 8.00 p.m.
IN THE VILLAGE HALL, SWAKELEYS ROAD, ICKENHAM

A G E N D A

PLEASE BRING THIS AGENDA WITH YOU

1. Introduction by the Chairman
2. Approval of the Minutes of the Annual General Meeting held on 21st April 2023
3. Any matters arising from the above minutes
4. Annual Report of the Committee
5. Treasurer's Report and Financial Statement for the year ending 29th February 2024
6. Review and report on the subscriptions process as agreed at the 2023 AGM
7. Election of new Chairman for one year
8. Election of Officers to serve for one year and Committee Members to serve for one year
9. Election of Honorary External Examiner to serve for one year
10. Update on maintenance on the canal feeder behind Glebe Avenue/Austin's Lane
11. Any Other Business - at the Chairman's discretion.

At the conclusion of business, refreshments will be available.

POLICE MATTERS - Scams

You get an e-mail, 'HMRC here, we regret to inform you that you have underpaid tax in the last year and need to send us £273 to our payment account'. Details follow. Of course, if you fall for this, the cash will not go to HMRC but to a scammer's account. HMRC would not send such a demand by e-mail, but only by letter, with details of a telephone number to contact them (if you can get through!).

There have been recent reports of an outbreak of the 'wing mirror scam', where a car parks next to you with a broken wing mirror in a supermarket car park and when you come out claims that you have damaged their wing mirror and demands payment for repairs on the spot to avoid an insurance claim. The correct response here is 'rubbish, prove it or shove off'.

I have had two examples, in recent months of another con. You are in a supermarket car park, just about to leave and you are approached by a man who points to his own car, with a child in it, claims to have run out of petrol and does not have cash on him to fill up. Rather obvious this one. Funny that he had enough petrol to reach the car park and did not come to a halt on the road. These days there is an easy way to deal with this scam, just say 'sorry, I don't carry cash these days, goodbye'.

A variant on the old 'there is a fault on your computer' call. Had this twice recently. 'Your computer has been used for an illegal purpose'. Probably an attempt to gain access to find passwords etc. I did not find out why before hanging up. The giveaway here was that it was an obvious recorded message, not a personal call.

Finally, I am struggling to come to terms with 'AI', but one thing we can be sure of, it won't be long before we get calls offering investments in some AI firm, with the promise that this will make lots of money. Ask yourself why, if this is such a good prospect, it is being offered to a stranger, rather than keeping it for himself and friends.

Vic Silk



HEALTH MATTERS - Response Team

This is a fine example of the NHS at its very best. I am referring to Hillingdon Rapid Response Team. The great news is that their base is Ickenham Clinic, Community Close, Ickenham. The service provider is Central & North West London NHS Foundation Trust. What is a Rapid Response NHS? It is one of a range of intermediate care services, which provide nursing therapies and rehabilitation in community settings for adults. They are a team of nurses with advanced skills, physiotherapists, occupational therapists, health carers trained in phlebotomy and administrators.

The joint Rapid Response and Home First Teams, provide a crisis response for individuals who are at risk of hospital admission, and help people to return home quickly after a severe sudden illness, when they have been discharged from hospital. The team assesses and initiates services in order to support the patient within two hours of referral. They work closely with the patient's GP, district nurses and other community health professionals, social and voluntary services, to identify the most appropriate safe package of care. In addition we must include Hillingdon Home Treatment Rapid Response Team, who help to avoid admission to a mental health inpatient ward, by providing intensive care support in an acute mental crisis in their homes. They are based at Riverside Centre, Colham Green Road, Hillingdon.

Finally, the types of conditions that might require a rapid response include: Falls; Urinary Infections; Respiratory tract Infections; Breathing difficulties (COPD) or Congestive Heart Failure(CHF); Dehydration; Unstable Diabetes; Cellulitis; Elderly Frail patients who are at risk for admission; Patients at end of life. The service only accepts referrals from health care professionals, such as GPs, district nurses, nursing and residential home care staff. Also referrals from Hillingdon Hospital A&E, and Observation Ward, and from Wards through "Discharge and Assessment Package".

Rapid Response Service, Telephone No. 01895 633546

David John