# Ickenham Calling .....

**The Newsletter of the** *Ickenham Residents' Association* **Winter 2025**

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

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**INSIDE THIS ISSUE:**

CHAIRMAN'S COMMENTS
VOLUNTEERS PLEASE
PLANNING & INFRASTRUCTURE BILL
GO GREEN!
METROPOLITAN LINE UPDATE
HEALTH MATTERS
POLICE MATTERS
AGM DATES

## CHAIRMAN'S COMMENTS

Your Committee arranged recently a meeting with one of our Ickenham Councillors, Eddie Lavery. The intention was to discuss matters of interest to residents and get an update on them. Sadly we found the meeting neither enlightening nor productive, and were disappointed in the apparent lack of care for our village. Maybe that is because there are more pressing matters to deal within the Council itself.

We hear of grave concerns over LBH's finances and their ability to fund vital services going forward. We understand they have applied to Central Government for additional funding. There is a long article on the matter on the HARA (Hillingdon Alliance of Residents' Associations) website. In addition, one of our Ickenham Councillors, Martin Goddard, has stood down with immediate effect, and Cllr Lavery is elevated to Cabinet Member for Finance and Transformation in his place - much intrigue and mystery!

On a more positive note, one of our Villagers has kindly commented on some of the articles in the Autumn newsletter regarding Recycling and Wild Bird Decline. The council has an excellent food waste collection scheme with the special containers for this provided free of charge. Also residents can help birds and wildlife by having part of their gardens left for nature. It's great to receive feedback on our articles. Comments on content and suggestions for additional articles are most welcome.

LBH are currently running a consultation on HMO's (Houses of Multiple Occupation) in the Borough. It is open until 11 January 2026 and is a legal requirement before the Council can introduce tighter controls. Do complete the survey if you have concerns about a neighbouring property being unlicensed or causing concerns or issues. https://www.hillingdon.gov.uk/hmo-consultation. To find out more visit this link https://www.hillingdon.gov.uk/article/15062/Council-calls-for-residents-views-on-stricter-HMO-restrictions.

It appears that HS2 is currently "in limbo", so no need to report on that in this issue.

Warm wishes for Christmas and the New Year, and we hope you all enjoyed the Festive Evening.

***Jill Dalton***

**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**

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 2025**

**CAN YOU HELP PLEASE?**

We are delighted that, following our recent appeal, several new Road Stewards have been appointed and Mrs Anup Amal Kochaar has taken on the role of Area Steward for part of Long Lane/Gilbey Close/ Bridge Way and Turnstone Close. We still need an Area Steward to support the Road Stewards who cover part of Swakeleys Road, some of the roads to the north of it and the Ickenham shops. We are always glad to have volunteers join our Steward teams, so if you are able to help please contact: ickenhamresidents@hotmail.com

**We look forward to hearing from you!** ***Pat Ingram***

**PLANNING & INFRASTRUCTURE BILL**

As of November 2025 changes to the UK planning system are underway with the progression and implementation of the Planning and Infrastructure Bill. It aims to speed up housing and major infrastructure delivery by:

- Limiting legal challenges: Reducing the opportunities for judicial review of major infrastructure projects from three to just one if the case is deemed "totally without merit".
- Granting new powers to the Secretary of State: Ministers can now issue "holding directions" to stop councils from refusing planning permission while a potential "call-in" is considered, which previously was only possible for approvals.
- Streamlining Nationally Significant Infrastructure Projects (NSIPs): Measures are in place to accelerate approvals for large projects like reservoirs and wind farms, potentially halving the approval time.
- Enabling local authority cost recovery: Local Planning Authorities (LPAs) will be able to set their own planning fees to recover full costs, with the extra funds ring-fenced for improving their planning services.
- Introducing mandatory training: Planning committee members will require mandatory training to exercise their planning functions, aiming for more robust decision-making.
- A revised National Planning Policy Framework (NPPF), adopted in December 2024 and amended in February 2025, reintroduces mandatory housing targets for councils and includes provisions for reviewing Green Belt land (specifically "grey belt" sites) to meet housing demand.
- Levelling Up and Regeneration Act (LURA) Implementation: Changes from the LURA continue to be rolled out, including the replacement of the four-year rule for unauthorised development with a 10-year rule (effective since April 2024), and requirements for LPAs to create local design codes and new strategic plans (Spatial Development Strategies).
- Environmental Measures: The new Nature Restoration Fund and Environmental Delivery Plans are being established to pool developer contributions for strategic environmental enhancements, replacing some site-by-site mitigation requirements. A recent Supreme Court judgment in October 2025 also clarified requirements for Habitats Regulations Assessments (HRA) at later planning stages.
- London-Specific Reforms: London has received specific "emergency" planning reforms and Sadiq Khan has been given new powers to speed up house building in the capital.

The Bill has faced criticism for potentially undermining environmental protections in the pursuit of housing targets, raising concerns among environmental groups. These changes are part of the government's broader strategy to stimulate economic growth and improve living standards in the UK. This landmark Bill is nearing its final stages in Parliament and is expected to receive Royal Assent in late 2025 or early 2026.

***June Reyner***

**GO GREEN THIS WINTER.**

As weather changes from warm long summer days to cold grey short winter days we turn on our central heating Heating a draughty home is expensive, so besides sealing draughty windows and doors we use heavy curtains to stop heat loss. So we succeed in retaining heat, but there is a trade-off, we have reduced ventilation.

Reduced ventilation makes indoor air stale, oxygen levels fall, we retain more pollutants and VOCs (volatile organic compounds) from sprays, scented candles, electronics, and cleaning products. VOC compounds can affect our health and well-being leading to chronic problems. Central heating makes the air drier, which in turn affects our breathing and skin condition. So, to balance these adverse effects, we need a solution. We can buy gadgets to address these issues or we can go green and use indoor plants to purify naturally the air, increase humidity, improve ambience and support wellbeing.

Plants not only improve the ambience, bring outdoors in,;they make the indoor environment green, relaxing and pleasant. They also provide a passive, sustainable, inexpensive solution to the problem. Plants significantly improve air quality. They are natural purifiers, they absorb pollutants like benzene and formaldehyde, neutralising VOCs. Why not try it this winter? Get a few indoor plants and see if it works for you. Below I give some suggestions for plants that are low-maintenance and thrive indoors.

1. Peace Lily: Produce beautiful blooms, great for low light; removes ammonia and benzene.
2. Areca Palm: A powerful humidifier; prefers bright, indirect light.
3. Snake Plant: Tough and tolerant; excellent for neutralising formaldehyde.
4. Rubber Plant: Bold presence in bright spaces; removes toxins.
5. Bamboo Palm: Feathery leaves and great for air purification.
6. Spider Plant- Easy to care for; very good at removing toxins and harmful gases.
7. Aloe Vera - low maintenance; medicinal properties.

Looking after indoor plants is easy. The only tips you need are:- Water not very often: Avoid heat sources like radiators: Dust leaves regularly & Maximise light exposure. If possible talk to your plants ☺ , you will enjoy it! Have fun going green.! If I can grow chillies, chives, basil, mint and garlic indoors so can you. I would love to hear from you about your experiences.

***Neena Bedi***

**METROPOLITAN LINE UPDATE**

Members of local residents associations meet regularly with the management of the Metropolitan Line to discuss the current service and TfL plans for the network. In Ickenham we are fortunate with frequent services to Aldgate and step free access stations at Ickenham and Hillingdon. There are however occasional service issues caused by lack of drivers and the current timetable is affected by leaf fall and the need to run “rail adhesion” trains.

A common issue is the state of the upholstery, particularly the seats by windows, which some passengers unfortunately use for their feet. The trains are not old but there is a plan to upgrade the upholstery in the next 12 months. Passenger litter is another gripe; the litter is cleared every night and the trains are also cleaned every night but it can be annoying and an eyesore.

Transport for London (TfL) has been running a Four Line Modernisation programme (4LM) to upgrade the Circle, District, Hammersmith and City and Metropolitan Lines, starting in 2016. We have seen benefits from this programme with new air conditioned trains. New systems have been implemented in the city and between Baker Street and Preston Road, which has reduced journey times. The upgrade to our leg from West Harrow to Uxbridge will not take place until 2028. The step free access programme continues and 17 stations are on the list with Ruislip as a candidate.

***Brian Adams***

## HEALTH MATTERS

There has been a large cultural change in the last few months. Since the rise of weight loss jabs and the new thin culture, distinct from the old thin culture, getting slim has become medicalised. “Thinning injection” is not a specific medical term; however, the term is commonly used informally to refer to weight-loss injections. These include medications like Wegov and Mounjaro, often nicknamed, and I quote, the “King Kong” of slimming jabs.

Weight loss medicine makes you fill fuller for longer and therefore less hungry. It comes as an injection, which you inject yourself, once a week. Your doctor or nurse will show you how to do this. The jabs are now available on the NHS for eligible patients. To get these injections, you must meet specific criteria: It means having a high Body Mass Index (BMI); Type 2 Diabetes; high blood pressure; cardiovascular disease; and high cholesterol. The jabs will meet a clinical need, but also needed is a commitment to a balanced, reduced-calorie diet and increased physical activity.

You can get weight loss injections with a private prescription from a private clinic or online doctor by completing an online consultation. These services will assess your medical history to determine if you meet the criteria. Please be aware of the common side effects of weight loss injections, these include nausea, vomiting, diarrhoea, constipation, stomach pain, and headaches.

Finally, it is important to remain vigilant for counterfeit products distributed by online fraudsters. These can pose significant risks to health, compared to getting a prescription from a doctor, and going to the pharmacy. These fake products may be offered as a text message, or via social media, that link you to a site with much cheaper medication. The popularity of legitimate weight loss medications has led to a rise in fake goods hitting the market and scams set up simply to take people’s money. It is reported that the average scam costs victims £120.

***David John***

## POLICE MATTERS

There seem to have been, lately, an increase in the number of reported “romance scams” where mainly middle-aged and elderly people, of both sexes, who are feeling lonely, search dating websites for companionship. The crooks carefully build up a relationship and pretend affection. They often provide fake pictures of themselves, looking attractive. After a while a request for money will arrive. This could be for urgent medical treatment, for themselves or a relative, or a loan to help get over a business problem. Nevertheless the imperative remains; as soon as a request for money arrives break off the relationship! The sad cases I have read of have resulted in otherwise intelligent and educated people losing thousands of pounds. Look for friendship in local clubs and societies so you can size up people face to face.

At the time of writing, the clocks have just gone back and darkness comes early. It is important to leave a couple of lights on in the house when going out earlier. With modern LED bulbs the cost is tiny.

***Vic. Silk***

**The next AGM will be held at Ickenham Village Hall on Friday, 24th April 2026 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 27th February 2026. More details of the evening and the full Agenda of the meeting will be included in the Spring newsletter, due in March 2026