

HOUNSLOW matters

Winter 2022

Community and Council news from around the borough

SEASON'S GREETINGS

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side by side*
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Larrissa, a care leaver from Hounslow, with her son

“My foster mum showed me love and taught me how to be the best mother to my child.”

Larrissa, a care leaver from Hounslow

020 8583 3426
hounslow.gov.uk/fostering



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Welcome to the latest edition of Hounslow Matters – Winter 2022



Dear Resident,

I'm pleased to introduce another packed edition of Hounslow Matters magazine, one I hope you will find full of useful information and advice, as well as stories from around our wonderful, vibrant and diverse borough.

We've had a colourful start to this festive season with Feltham Arts' annual Winter Night Carnival in Feltham High Street which saw Victoria Junior School students carrying beautiful handmade lanterns and lighting up the faces of local residents. Hounslow High Street was also transformed by the Winter Lights Lantern parade during a spectacular evening which ended with the official Christmas lights being switched on by the Mayor of Hounslow, Cllr Raghwinder Siddhu.

We are now in the Christian season of Advent, a time of reflection for so many in our borough, and around the world.

With energy prices at record levels, thousands of Hounslow residents will be worrying about how they will pay their gas and electric bills this winter. As a Council, we have been working with charities and voluntary organisations to open a network of warm spaces across Hounslow, so people have somewhere to come to stay warm, meet other people and access free Wi-Fi. In some locations people will be able to get something to eat or take part in a free activity and find out about other sources of

support, such as how to access health, employment or debt advice services.

With Christmas fast approaching, never has it been more important to pause for thought and support from our family, friends and neighbours. As Leader of the Council, I want to reiterate the support we are making available to anyone struggling or feeling worried about the rising bills. Please do visit one of our cost of living marketplace events, or access our wonderful Community Solutions team who are available to provide residents with confidential advice and guidance.

As you may already be aware, our concerns of reduced public spending were confirmed by the Chancellor in his Autumn budget, with reductions set to stretch our already limited resources. My assurance to residents at this difficult time in our economic history is that we will continue to look at ways to balance the books whilst protecting services and remaining ambitious in creating a cleaner, greener, thriving, healthier and safer borough.

Against this backdrop, it is important to continue to prioritise our health this winter season by getting vaccinated against Covid-19 and flu. Remember – you can protect yourself and your loved ones, and it's simple to book or walk-ins are available at locations across the borough.

We have also been making exciting steps in our efforts to make Hounslow a greener and healthier

place to live. We unveiled exciting new plans for allotments, Grow for the Future – the first policy of its kind in the UK – that will see us transform unused and unloved land across the borough into new allotment sites, community gardens and orchards. The project will enable local communities to grow food and provide children with the opportunity to learn about healthy eating. Our free-tree scheme has also returned with trees being made available to our schools for the first time as well. It's proving more popular than ever, with just a few trees remaining to be claimed, so get your orders in quickly!

Finally, November was particularly poignant for me as we took time to honour our fallen servicemen and women. It was an honour to attend and represent the Council at two services on Remembrance Sunday in Heston and Feltham, speaking with veterans about their lives and why remembrance is so important to Hounslow. I was moved by how our young cadets took part in the parade in Feltham, a reminder of how important it is that we teach our children about the past so that the horrors of war are never underestimated.

I wish you all a joyous festive season and a happy new year.

Cllr Shantanu Rajawat (Shan)
Leader of Hounslow Council

HOUNSLOW LIGHTS UP

WITH MAGNIFICENT FIREWORKS DISPLAY

A phenomenal 12,000 people attended the first Lampton Lights fireworks display, hosted by Hounslow Council, at Lampton Park.

An exciting seasonal-themed evening, it proved particularly popular with families and the wider community with many staying on into the late evening. Free to enter, Lampton Lights paid homage to several cultural events that take place at this time of year through arts and crafts, food and of course, fireworks!



organised community event was available to residents across the borough. Everyone enjoyed what was a spectacular evening."

A packed funfair, hosting a variety of thrilling rides for all ages, and a delicious selection of food to suit all tastes were part of the festivities.

The evening also provided an opportunity for residents to meet key Council teams including Public Health (vaccines and winter preparedness), Waste and Recycling (safe firework disposal) and Community Safety.



Cllr Shantanu Rajawat, Leader of Hounslow Council, said:

"This free event was an exciting night for residents, many of whom were in need of a family night out.

This time of year, the skies around Hounslow light up in celebration and we were keen to ensure an



After the event, residents took to social media to praise the Council-led fireworks display with some asking for it to become a regular feature on the social calendar. Others eagerly shared footage of the stunning display.



Supporting 16 days of activism

To mark the start of the 16 days of activism, Hounslow House was lit up in purple on White Ribbon Day (25 November) also known as the International Day for the Eradication of Violence against Women.



Running from 25 November until 10 December, the international event aims to raise awareness of gender-based violence, highlighting and promoting support available for both victims and perpetrators.

To engage children around the idea of what respect means to them, the Council's Learn to Respect service, who work in primary and secondary schools, ran an inspiring poster competition, with the winning entry showcased at Hounslow House.

In addition, a series of pop-up events took place with partners from Local Safer Neighbourhood Police, MIND, Cranstoun, Victim Support, Southall Black Sisters and Give your Best.

Southall Black Sisters, a specialist centre for Black and minoritised women, commented: "It is time to take stock and to take the opportunity to use our platform to lift the voices of black and minoritised women so they are heard. It's also an opportunity to be reminded of the work that needs to be carried out both locally and nationally. The 16 days are well spent to highlight the journey of our service users including putting a spotlight on the barriers they continue to face."



Cllr Ajmer Grewal, Cabinet Member for Safety, said: "We are working closely with our partners, including women's health services, local charities and voluntary groups and local businesses to help spread this important message and prevent gender-based-violence."



Holy Trinity Church, Hounslow

HOUNSLOW REMEMBERS

On Remembrance Sunday, 13 November, the borough paid tribute to the fallen servicemen and women who lost their lives serving and defending the nation during the two world wars and subsequent conflicts around the world.

The Mayor of Hounslow, Cllr Raghvinder Siddhu led this year's remembrance services on behalf of the Council, with the Deputy Lieutenant for Hounslow Ms Rosi Prescott, starting with

the special Armistice Day service on 11 November at the Holy Trinity Church in Hounslow.

The Mayor and other local councillors then attended remembrance services and laid wreaths at all nine war memorials in the borough – organised by local Royal British Legion branches and other community groups – while Hounslow House was lit up red in honour of the armed forces.

'Appy' days for Care Leavers

A new, dedicated care leavers app, Hounslow for You (h4u), has been launched by Hounslow Council for young people who have recently left care.

By using the new app, care leavers can find a wide variety of information and advice related to accommodation, benefits, health, housing, money matters and relationships. The app also offers an array of local events and activities in and around Hounslow – helping to reduce social isolation that can be common amongst care leavers.

Working in partnership with Focusgov, Hounslow Council hopes the app will enhance the support on offer to care

leavers, many of whom continue to receive support from Children's Services as young adults.

Cllr Lily Bath, Cabinet Member for Children, Learning and Employment, said: "This app is a bespoke tool that will speed up access to current information and services. We are passionate about equipping our care leavers with essential information, advice and opportunities in a medium young people prefer to use, which ultimately ensures sustained engagement."

The app is now available from the Apple App Store and Google Play store.

Hounslow joins GLOBAL CLIMATE RESILIENCE NETWORK

The Council has joined Making Cities Resilient 2030; a United Nations-led international network of cities and local authorities committed to protecting the environment and tackling climate change.

Hounslow has become the first London borough to focus on improving the climate resilience and preparedness of the borough and its residents.

Following the Council's declaration of a climate emergency in 2019, the local authority set out a commitment in its Climate Emergency Action Plan (2020) to produce a climate change resilience strategy.

Working alongside 1,300 authorities worldwide, the Council will assess the risks that climatic events pose to its residents, partners, and communities, whilst supporting the creation of a Climate Change Resilience Action Plan.



Cllr Katherine Dunne, Deputy Leader and Cabinet Member for Climate, Environment and Transport Strategy, said: "Hounslow recognises that climate change poses a significant, and very real threat to our future, and we've pledged to do all we can to rise to the challenges it presents.

"We're committed to creating a safer and more sustainable borough for our residents and look forward to supporting partners worldwide to do the same."

Broadband rollout helps connect communities

More than 14,200 properties and community spaces have benefited from faster internet connections through Hounslow Council's partnership with Community Fibre.

Since work began, a £6m investment has seen full fibre connections increase across the borough from 13.6% to 37.2%, whilst Feltham and Heston parliamentary constituency connections have increased dramatically from 8.5% to 44.5% in a year.

Community Fibre is currently the only broadband provider which doesn't ask customers who want access to a social tariff to provide proof of eligibility.

Cllr Shantanu Rajawat, Leader of Hounslow Council, said: "The main aim of the Council's digital approach is to ensure our communities are connected and inclusive with no one left behind. Through our partnerships with brilliant organisations like Community Fibre, we have implemented real changes to residents' lives, ensuring they are connected through fast broadband services and have the skills necessary to succeed in the digital age, which has become more important than ever."

Find out more about the Community Fibre social tariff, visit www.communityfibre.co.uk or visit www.hounslowconnect.com for digital skills support.



Exciting Training Opportunities Available

Hounslow Council and its partners have secured more than £200,000 in funding to bring new training opportunities to the borough.

Lampton GreenSpace 360, Hounslow Highways, and training company, Maydencroft, will deliver environment skills training in land management and arboriculture (caring for trees and shrubs).

The first course will run during January 2023 and will last for four weeks. It will be based

at Hounslow Council's Adult Education classrooms and will run from Monday to Friday between 10am and 2pm.

Trainees will receive an NVQ Level 2 in Land Management and Arboriculture at the end of the course, as well as a guaranteed job interview.

To apply, contact skillsescalator@workhounslow.co.uk, or visit www.workhounslow.gov.uk and click on latest opportunities.



Hanworth residents Anita Pinnalawatta and son Adam enjoy cycling the school run after benefitting from Bikeability training.

Hounslow schools recognised by TfL for SUSTAINABLE TRAVEL PROGRAMME

Forty schools across Hounslow have been officially accredited by Transport for London (TfL) for their commitment to sustainable travel. This involves pupils, parents and teachers increasing their commitment to beating congestion, pollution and improving road safety around schools.

TfL has accredited the 40 schools that have committed to the Sustainable Travel, Active, Responsible, Safe (STARS) programme, which is an online accreditation scheme that inspires children and their schools to think and act differently about travel and its impact on their health, wellbeing and the environment. The programme works to address issues of congestion at the school gates, road safety and air quality and urges children to walk, cycle or scoot to school.

Schools that sign up to the STARS programme are fully supported by the Council as well as by a champion at the school. Outside agencies also support the scheme with educational sessions, including police providing advice on road safety and Junior Road Watch, a scheme to prevent speeding around schools.

There are three levels of accreditation under the STARS scheme - bronze, silver and gold. Each requires different activities to be completed. Of the 40 accredited schools in the borough, four are now bronze accredited, ten are silver and 26 have achieved gold.

Participation in the STARS scheme also has much wider benefits for schools and children. It means that schools gain priority access to free road safety education courses including Junior Road Watch, Pedestrian Skills Training and Bikeability training. It also counts towards Healthy Schools silver and gold awards, allows Junior Travel Ambassadors to develop real world skills and acts as evidence of promoting and achieving active travel to Ofsted, local residents and other groups.



Cllr Lily Bath, Cabinet Member for Children, Learning and Employment, said: "We want to make sure that all schools in our borough can take advantage of the benefits the STARS scheme offers with active, healthy children and cleaner air. At the same time, we want to reduce the dominance of cars on our roads so that it is safer for children to walk and cycle as much as possible.

"Healthy, active schoolchildren are more engaged at school and physical exercise offers a boost to mental wellbeing too. I encourage every school to become an accredited participant in the STARS scheme; you will be supported and reap the many benefits with a cleaner, safer local community around your school."

For more information, email: STA@hounslow.gov.uk

Local campaigner helps secure major funding

Brentford resident and former Councillor Melvin Collins, has long campaigned to improve the lives of the visually impaired community in Hounslow.

His hard work has now paved the way for £500,000 worth of funding from the National Lottery after a successful bid by Hounslow Council, Royal National Institute of Blind People (RNIB) and the Middlesex Association for the Blind (MAB).

As a baby Melvin had rubella and was born blind, but after a successful operation in 1948, has had limited sight in one eye. Having learnt the art of canvassing when running for local elections, he started campaigning for a network of what would become known as Eye Care Liaison Officers (ECLOs).

Working in close partnership with Sam Kelly from RNIB, who wrote the bid with support from Catherine Holtzhausen from the Middlesex Association for the Blind, as well as Arun Gupta (Consultant Ophthalmologist for Ashford and St Peters) Melvin has helped secure this exciting development for the borough's visually impaired community.

Eye Care Liaison Officers, of which two will be employed in Hounslow, will provide an important bridge between health and social services in addition to supporting the wellbeing of patients throughout their sight loss journey.



Work
Hounslow's
successful
social care
job fair

Over 100 job seekers registered to attend a social care jobs fair at Cranford organised by Work Hounslow, the skills and employment team for the borough.



Held at the Meadowbank Adult Education and Community Learning Centre, the event was a great opportunity to match local people looking for new position with local employers with live vacancies.

Career Camp, Marjory Kinnon School, Hounslow and Richmond Community Healthcare, C&C Healthcare, Visiting Angels, SS4Autism and the NHS attended with stalls. Little Village, the community-based family support charity committed to alleviating child poverty also attended, recruiting volunteers.

The fair offered a variety of great career opportunities, including nursery staff, teaching assistants, administrators, supported living, social care, health, volunteers and care workers. A range of apprenticeships were also on offer. All positions offered were at or above the London Living Wage pay rate.

As well as live jobs, the event also helped local people with careers guidance and advice with applications and CVs. The job fair also opened a series of local volunteering opportunities in the care sector.

CELEBRATING HOUNSLOW'S
SOMALI COMMUNITY

Hounslow's Somali community came together for a special cultural celebration at Hounslow House.

The event was part of Black History Month (BHM) and explored the history, culture and contribution to life in Hounslow of the borough's Somali community.

Organised by the Hounslow-based non-profit Somali support group Ilays, the event included a presentation about the history of Somalia, along with stories from people who have made a home and a new life in Hounslow.

President of Ilays, Hussein Hassan, who hosted the evening, said: "We were really pleased to be part of Hounslow's

Black History Month celebrations. We used the event to tell the story of the Somali community in our borough. We also shared our culture and heritage with people, so they can understand more about our country and our community."

The Council supported the event as part of Black History Month - under the theme of Time for Change: Action not Words.



Cllr Shivraj Grewal, Cabinet Member for Communities and Equalities, said: "These celebrations express the diversity of our borough and foster a greater understanding and appreciation of our multifaceted community life."



Cllr Shivraj Grewal joins Hussein Hassan and other members of the Somali community at the celebration event.

Isleworth Station upgrade

In a partnership between Hounslow Council, the Department for Transport (DfT) and Network Rail, Isleworth Station is set for a major investment that will greatly improve access for all travellers.

Planning consent has now been fully approved to allow the construction of a lift on each of the two platforms. The new lifts will allow full access to disabled rail customers, as well as assisting families with pushchairs and those travelling with heavy luggage. The funding for the scheme has come from the DfT with a £1 million contribution from Community Infrastructure Levy funds from Hounslow Council. The plans form part of a wider strategy to ensure that all stations are step-free by 2035

to improve access for those with limited mobility.

Work on the station will begin in the new year and is due for completion in late summer 2023. Travellers using the station may face occasional disruption and are advised to follow updates given by Network Rail's website.



Artist's impression of the renovated station layout



FESTIVE LIGHTS
SPECTACULAR

The festive season is upon us, and the borough's town centres have been coming to life with a buzz of free activities and dazzling light displays.

Feltham Arts started proceedings with its annual Winter Night Carnival in Feltham High Street. The evening saw the town centre packed with performers and pupils from Victoria Junior School carrying beautiful handmade lanterns with many residents coming out to watch.



Hounslow, the evening spectacular ended with the official Christmas lights being switched on by the Mayor of Hounslow, Cllr Raghwinder Siddhu.



It was then Hounslow High Street's turn to transform into a wonderland with the Winter Lights Lantern parade. Organised by Creative People and Places



The events, which were part funded by the Council's new festive events small grant, helped bring Hounslow's public spaces to life.

Celebrating the unique town centres and



neighbourhoods, the events showcased the incredible range of independent businesses that are part of the borough's landscape.

THE TALE OF THE BRENTFORD TRAIL

Local community group Brentford Voice has secured around £24,000 from the Council for a Brentford Heritage Trail that celebrates the area's history.



The award made from Hounslow Council's Thriving Communities fund, is one of many that are available to Voluntary and Community Groups across the borough.

From smaller grants of up to £1,000 for resident led projects that bring communities together and improve their health and wellbeing, to larger capital funded projects of up to £300,000, the Council has invested over £1,000,000 in local initiatives over the last financial year.

As a registered community interest company, Brentford Voice was responsible for the Brentford Canal Festival in June, and has over 700 supporters. Founded just over three years ago, the group surveyed the local community on their thoughts about what Brentford's cultural cornerstones were. The results showed that the waterside was by far the most important, followed by the Bees!

Brentford Voice's Jim Storrar said: "Brentford

has an extremely rich cultural, economic, and social history but we wanted to know how that could be represented. The concept of the heritage trail began taking shape. It's been a long process due to Covid, and the need to get planning permission, but we've whittled it down to eight stories that will be depicted on the trail."

The trail will run from Kew Bridge along the waterside areas by Watermans Park, through the dock area and up and around the High Street, including the Market Place and St Paul's Recreation Ground. Each point will be marked by interpretive panels telling the stories around Brentford's heritage and amid interest from local developers the trail may be extended into and around the ever-expanding shape of Brentford.

If you have an idea, contact the Thriving Communities team: community.development@hounslow.gov.uk

DETAILS OF THRIVING COMMUNITIES (TCF) FUNDING AVAILABLE

TCF: Small
AMOUNT: Up to £1000
WHO: Residents/community groups, organisations

These grants provide funding of up to £1000 to community and voluntary sector organisations and informal groups for projects that bring communities together and improve their health and wellbeing.

TCF: Your Neighbourhood Grant
AMOUNT: Up to £1000
WHO: Open to all

This new grant has been developed to support projects that have the backing of local ward councillors and will directly address the needs of residents in their wards.

TCF: Revenue
AMOUNT: Up to £25k
WHO: Community groups/organisations

These grants provide funding from £1,000 up to £25,000 to not-for-profit groups/organisations for projects or activities that help to deliver the key outcomes of the Thriving Communities Strategy.

TCF: Capital
AMOUNT: Expected to range from £10k to £300k
WHO: Residents and community groups/organisations

There is no lower or upper limit for this funding, but applications are expected to range from £10,000 to £300,000 to cover one-time, large purchases of fixed assets that will be used over a long period of time.



WHEN YOU'RE YOUNG

This Autumn, the Council's Consultation and Engagement Team heard from over 2,200 young people aged 11 – 25 about issues that mattered to them.

The 2022 Hounslow Youth Survey sought to find out about the experiences, likes and dislikes of young people living, working, and studying in the borough.

Over 30 schools and youth organisations were surveyed with crime and mental health topping the list of main concerns.

Other findings showed the 11 - 17 age group were most concerned about safety with nearly 50% stating they felt safe in some, but not all parts of the borough.

Of those aged 18 - 25, 61% said they would like to see improvements in events and leisure activities, alongside wanting a more diverse syllabus in education that equips them better for the job market.

Otherwise, most of the young people love the borough's outdoor and green spaces.

The Council's approach to incorporating youth voices into strategy design will

support the new Children and Young People's Plan.

Other stand-out engagement workshops, including our recent EDI consultation with young people, have been in collaboration with National Citizen Service (NCS).

NCS runs personal and social development programmes for 15–17-year-olds, during Summer and Autumn school breaks. The partnership is part of the Council's ambition to build and nurture relationships with its younger constituents and encourage an active role in their local communities.

This summer, the Engagement Team held a workshop on electric vehicles (EVs) at West Thames College. Around 50 teenagers enjoyed discussing topics and assumptions about the positives and negatives of EVs – not least, that they aren't for young people. Everything from the design of the vehicles through to the practicalities of charging and running costs – including career prospects for mechanics – came up as discussion points.

With the Traffic and Transport team on hand to answer questions and offer guidance, the young people came up with a range of salient points and innovative solutions to solve issues around the uptake of EVs.

Jacqueline Joseph, Head of Parking and Customer Engagement – Traffic, Transport and Parking, said afterwards: "As future owners and drivers of EVs, these young people demonstrated not only a keen interest in the idea of owning and driving these vehicles but had a remarkable breadth of insight into the wider issues such as charging issues, urban vehicles design and the potential for future employment in the industry. It was eye-opening."

HESTON AND CRANFORD HOST LIVELY FORUM

Cllr Harleen Atwal Hear hosted a lively Heston and Cranford Area Forum at the end of October. Residents turned out in their numbers and were treated to a traditional live dhol playing welcome at Cranford Community College.

Local community groups in attendance included Let's Go Outside and Learn, who host some wonderful family learning sessions locally and used the forum to promote their Reclaim the Riverside project on the River Crane. The Conservation Volunteers, Heston Action Group and Heston West Big Local also had stalls and presented on the night.

Many of the issues raised came directly from the councillors' engagement activities, meeting with residents and local communities and through their regular ward walks and visits to groups in their wards. There was a particularly strong discussion on anti-social behaviour with input from local police and the Council's Community Safety team.



The new look area forums are proving popular with attendees and are set to continue across the borough over the next 12 months. Local residents, businesses and community groups are encouraged to attend and share their voices at these important and frank discussions.



Jon Partridge,
Managing Director
of Hang, winners
of Advance for
Growth

HELPING HAND TO BUSINESSES

CLIMBING TO SUCCESS

The winner of the new Advance for Growth competition, launched by the Council, JCDecaux and Hounslow Chamber of Commerce has been revealed.

The winner Hang was unveiled at the annual Chamber of Commerce Business Awards and have won access to the Council's and JCDecaux's Out-of-Home advertising estate for a whole calendar year, as well as tailored business support from the Council and the Chamber.

The two runners-up – Hearing Well and CBA Rope Access Ltd – will receive access to business mentoring for growth from the Council and a year's free subscription to the Hounslow Chamber of Commerce.

Jon Partridge, Managing Director of Hang said:

"This is a once-in-a-lifetime opportunity for us at Hang and we are so excited to share our love for climbing



Jon Partridge and
Cllr Rajawat, Leader of
Hounslow Council



Hang, an indoor bouldering centre in the Hounslow High Street Quarter

with the rest of the borough. Advance for Growth will help supercharge our plans as a business, bringing our brand to people when they are out and about in the borough. We are proud to be born in Hounslow and one of the very first commercial tenants at the prestigious new High Street Quarter development.

"Climbing is a fantastic way to keep on top of your physical and mental wellbeing. We have a range of options available whether you are an experienced climber or total beginner, everyone is welcome."

Hang is a start-up launched by three friends who met and forged a friendship through a mutual love of climbing, opened its doors last year. The state-of-the-art, indoor bouldering centre (a type of climbing without ropes, over a giant crash pad), includes a shop, café, and co-working space to combine a challenging physical workout with a fun, social environment.

Visit www.hang.co.uk to find out more and book in your first visit.

SHOPPING LOCAL MORE IMPORTANT THAN EVER

Local businesses across the borough celebrated Small Business Saturday, the busiest shopping day of the year on 3 December.



Dan Barnett, owner of DanTheBikeMan and
Cllr Rajawat, Leader of Hounslow Council

To mark the vital day in local traders calendars, Cllr Shantanu Rajawat, the Leader of Hounslow Council and Cllr Tom Bruce, Cabinet Member for Regeneration and Development, visited businesses across the borough to find out how they were preparing for the festive season.

This included checking in on two winners of the Council's business start-up competition

which gave start-ups in Hounslow the opportunity to move onto the high street for the first time with rent and service charge free space in two of the boroughs biggest shopping centres. The competition was an experiment to test new ways of unlocking meanwhile use of vacant retail spaces in partnership with SaveTheHighStreet.

After completing successful trial periods in the units and

an extension of the initial leases for a further three months, Abaytopia, run by Zeenat Choudhury, is now a permanent fixture at the Treaty Centre in Hounslow, while DanTheBikeMan, run by Dan Barnett, moved out of the unit in the Centre in Feltham and has recently found a new better suited unit near Hounslow Heath.

Dan Barnett, Founder of DanTheBikeMan said: "The support and opportunities I've received from the Council on my journey has been fantastic, it's unlocked my confidence to take risks to succeed.



Cllr Bruce with owner of
Fosters Books, Chiswick

"It's a real bonus to have a Council that is committed to creating a cycling friendly borough, making the roads safer and encouraging residents to make active travel choices. Hounslow is a great place for small businesses to thrive."



Simon Johnson, owner of Marmalade
Fine Jewellery, Chiswick

Cllr Rajawat said: "The upcoming festive period is set to be a difficult one for us all, with purse strings tightened by ever increasing prices. However, it's more important than ever that we look to Shop Local where possible during the festive period and keep the pound in Hounslow."



Cllr Bruce, Cabinet Member for Regeneration and Development, added: "Times are also tough for our small independent businesses, so where possible they really need our support to survive and protect local jobs. It's not only good for our local economy but has a positive impact on the environment."

LEADING ON LIVING WAGE ACCREDITATION

Work Hounslow, the skills and employment team for Hounslow Council, is taking the lead to promote the advantages of paying the London Living Wage to local employers.

During Living Wage Week, 14-20 November the Council ran two briefings, which allowed attendees to learn more about getting certification by the Living Wage Foundation.

Local employers from the education, construction and horticulture sectors were invited and had the opportunity to hear about improved recruitment and retention, staff motivation and performance as well as business models and supply chain management that come from having the accreditation.

A series of further exciting free events for businesses

are on offer to understand more about the benefits of the Living Wage accreditation. There will also be a chance to talk to members of the team about how becoming a London Living Wage accredited employer could help your business.

- Tuesday, 17 January 2023, 12noon - 1.30pm
- Tuesday, 24 January 2023, 8 - 9.30am

- Tuesday, 31 January 2023, 8 - 9.30am
- Tuesday, 7 February 2023, 12noon - 1.30pm

All businesses are welcome to join the sessions, which will take place in central Hounslow or Heathrow.

Register your interest at:
<https://bit.ly/3XDYe9V>

Hounslow stands side by side

With energy prices at record levels, thousands of Hounslow residents will be worrying about how they will pay their gas and electric bills this winter.

That is why the Council has been working with charities and voluntary organisations to open a network of warm spaces across Hounslow, to give people somewhere to go if they can't afford to heat their homes.

From churches to libraries and leisure centres, residents are being invited to come along to warm spaces during the colder weather. There is a good spread across the borough, and among those involved are St Michaels Church and Riana Development

Network in Chiswick; C-Change at Cranford Community College, Age UK and Riverside Vineyard in Feltham; Maswell Park Church in Hounslow and Creative Spaces in Heston.

Most of the warm spaces also provide free Wi-Fi and in some locations people will be able to get something to eat or take part in a free activity. There will also be information available about other sources of support, such as how to access health, employment or debt advice services.

Women taking part in a Creative Spaces session at the Brabazon Centre. The sessions have now been extended as part of the warm spaces scheme.



Creative Spaces London, a local organisation which provides opportunities for people to get involved in creative wellbeing activities, will be offering a warm space at the Brabazon Centre on Wednesdays, from 11.30am to 3pm.

Director of Creative Spaces London, Rachel Doherty, said: "I'm delighted that we are going to be opening a relaxed and cosy warm space in Heston to help local people this winter. We will be offering our usual



creative activities, as well as warm drinks, snacks, Wi-Fi, and a mend and make do sewing corner for clothing repairs which might help people save a bit of money too.

"Day-to-day life can be very busy, but it's really good for us all to take a bit of time out and do something creative. Whether you want to try a craft or just join us for a cuppa and a chat, we look forward to welcoming you."

Creative Spaces London also offers free craft and fitness classes for mothers and early years children. You can find out more at creativespaceslondon.org



Cost of Living Marketplaces

Wednesday
11 January 2023

1pm – 5pm
Hounslow House, TW3 3EB

Friday
10 February 2023

11am – 3pm
Hounslow Mosque, Wellington Road, TW4 5HU

Tuesday
28 February 2023
11am – 3pm
Gurdwara Sri Guru Singh Sabha, (Alice Way) TW3 3UA

Mini-Cost of Living Marketplaces

Tuesday
17 January 2023

Times to be confirmed
Crane Children's Centre
Hanworth, TW13 5LN
Family Fun day

Thursday
2 February 2023
9.30am – 12noon
The BridgeLink Centre,
373 Summerwood Road, TW7 7QR

For further dates please visit:
www.hounslow.gov.uk/costoflivingmarketplace

"This event was timely, important and a great success. I know people appreciated getting access to experts who can help, and we look forward to working with the Council moving forwards into the winter."

There are similar scheduled events organised as part of our Community Solutions approach:
www.hounslow.gov.uk/costoflivingmarketplace

Contact numbers for anyone needing support this festive period can be found on page 26.

Support your local community

Many of the warm spaces are supported by volunteers and there are plenty of opportunities for people to get involved to help their local communities.

Cllr Shantanu Rajawat, the Leader of Hounslow Council, said:

"We know this is a very difficult time, with many people seeing their outgoings rising by hundreds of pounds a month. For those who were already struggling to make ends meet this must be causing a huge amount of stress, so we want to do everything we can to support people and let them know they are not alone.

"We saw in the pandemic that Hounslow has a fantastic community spirit, so we need people to step up again and support their neighbours."



Bedfont Lane Community Centre

Those who can help are being asked to:

- **Keep an eye out** for anyone who looks like they might be suffering
- **Share information** with others, so they know where to get support
- **Volunteer with a local organisation** even a few hours could make a difference
- **Donate items** to a community organisation, like a food bank
- **Make a financial donation** if you can afford to.

For more information about volunteering, donating or supporting good causes in other ways, search 'Volunteering' in your area at hounslowconnect.com

The second Cost of Living Marketplace event rolled into Feltham and the Bedfont Lane Community Centre on Thursday, 3 November. Around thirty stalls featuring partners from the voluntary and community sector, plus key teams from the Council were on hand to guide residents through everyday issues associated with money management, wellbeing, debt and employment. Attendees included Each Counselling, Advice 4 Renters, Citizens Advice and the Plane Saver Credit Union.

Speaking about the marketplace event, Carol Cattermull, from Bedfont Lane Community Centre, said: "We're all very aware of how tough it is out there, and we currently run initiatives including an emergency food parcel service and clothing bank, as well as clubs and classes to get people from Bedfont and Feltham out and about and meeting fellow residents.

you are welcome

To help with rising energy costs, Hounslow Council is working with voluntary organisations to provide warm spaces across the borough this winter. You can pop into any of our warm spaces whenever they are open.

Check www.hounslow.gov.uk/warmspaces for opening times and details or if you aren't online, talk to Community Solutions on **020 8583 2211**.



SCAN ME

Key:



London Borough of Hounslow library



Shared library and leisure centre



Voluntary and community sector support



Leisure centre only



- 1 **Beavers Library, The Hub**
103 Salisbury Road, Hounslow TW4 7NW
- 2 **Bedfont Library**
Staines Road, Bedfont TW14 8DB
- 3 **Brentford Library**
11F Boston Manor Road, Hounslow TW8 8DW
- 4 **Chiswick Library**
1 Duke's Avenue, Chiswick W4 2AB
- 5 **Cranford Library**
Bath Road, Hounslow TW5 9TL
- 6 **Feltham Library, The Centre**
High Street, Feltham TW13 4GU

- 7 **Hounslow Library, Hounslow House**
First floor, 7 Bath Road, Hounslow TW3 3EB
- 8 **Osterley Library**
11 St Mary's Crescent, Isleworth TW7 4NB
- 9 **Heston Library and Heston Pools & Fitness**
New Heston Road TW5 0LW
- 10 **Hanworth Air Park Leisure Centre & Library**
Uxbridge Road, Hanworth TW13 5EG
- 11 **Isleworth Library and Leisure Centre**
Twickenham Road, Isleworth TW7 7EU
- 12 **Osterley Sports & Athletics Centre**
120 Wood Lane, Isleworth TW7 5FG
- 13 **The Southville Centre**
Age UK, Southville Rd, Bedfont TW14 8AP
- 14 **Dukes Meadow Community Centre**
Riana, Alexandra Gardens, Chiswick W4 2RY
- 15 **Riverside Vineyard**
Air Park Way, Feltham, Middlesex TW13 7LX
- 16 **St Nicolas' Church**
Church Lane, Chiswick W4 2PH
- 17 **St Michael's Church**
Elmswood Road, Chiswick W4 3DZ
- 18 **Brabazon Centre**
Creative Spaces London, 106 Brabazon Road TW5 9LT

- 19 **St Dunstan's Feltham**
39 St Dunstan's Road, Feltham TW13 4JY
- 20 **Cranford Community College**
C-Change West London, High Street TW5 9PD
- 21 **Maswell Park Church**
24 Heath Road, Hounslow TW3 2NN
- 22 **Hope Church Hounslow**
St Paul's Church Location, Bath Road, Hounslow West TW3 3DA
- 23 **Hope Church Hounslow**
Good Shepherd Location, Beavers Lane TW4 6HJ
- 24 **The Bridgelink Centre**
Ivybridgelink, 373 Summerwood Road, Isleworth TW7 7QR
- 25 **The Salvation Army**
166 Bedfont Lane, Feltham TW14 9NJ
- 26 **Bedfont Lane Community Centre**
9 Proctors Close, Feltham TW14 9NB
- 27 **Brentford FC Community Sports Trust**
1a Thomas Layton Way, Underwood House, Brentford TW8 0SB
- 28 **Isleworth Bowls Club**
Redlees Park, Worton Road, Isleworth TW7 6DW
- 29 **Little Village (volunteering opportunity)**
1st Floor, Treaty Shopping Centre, Hounslow TW3 1ES
- 30 **London Museum of Water and Steam**
Green Dragon Lane, Brentford TW8 0EN
- 31 **St Paul's Church**
St Paul's Road, Brentford TW8 0PN



Visit our website to check for updates as more locations are added.

GET WINTER READY — GET VACCINATED

Make sure you get your Covid-19 and flu vaccinations to protect yourself and others this winter.



With local health services expected to be under pressure over the months ahead, it's really important that everyone does their bit to stay safe.

Research has shown that people who get flu and Covid-19 at the same time are more likely to become seriously ill.

Getting your boosters now will help to take the pressure off frontline health services at the busiest time of the year.

It is expected that more people will get flu this year due to reduced immunity levels following the coronavirus pandemic.

It's also important that you get your Covid-19 booster as well. Immunity to the virus appears to reduce over time, so it's really important that you maintain the full protection.

Covid vaccines are free through the NHS for certain groups of people.

Vaccinations are available at several locations, including GP surgeries, pharmacies, maternity services, schools or by visiting the Health Outreach Team.

Kelly O'Neill, Hounslow's Director of Public Health, said: "During the pandemic, we all learnt about the importance of getting vaccinated to protect ourselves, our loved ones and the community. We now need people in our borough to maintain the level of protection against these avoidable infections and make sure they are up-to-date with their vaccinations and boosters. With winter upon us our local health services are already under significant pressure, so we all must do our bit to help them and each other."

To find out more about how to protect yourself and others this winter, visit: www.hounslow.gov.uk/get-winter-ready

COPING WITH CHRISTMAS

The festive season is a great time of year.

But with all the pressures to shop, socialise and have fun, it's not without its stresses and strains.

The mental health charity MIND says that the pressures of Christmas have a big impact on everyone. Whether Christmas is a part of your life or not, help is available for anyone who finds it difficult to cope at this time of year.

Here are some tips from MIND that may help you over the coming weeks.

- ✓ Put yourself first - It's ok to prioritise what's best for you. Think about what you need to cope and how you are going to get it
- ✓ Plan - think about what you will need if you are going somewhere new that may make you uncomfortable or if you will be in difficult social situations
- ✓ Know what help is available - make a list of the services you might need and their Christmas opening hours
- ✓ Enjoy the time - if you are going to be on your own over Christmas, plan an activity or spend time with nature
- ✓ Talk - it's ok to tell people that you may struggle over Christmas. It's also ok to ask for help.



Cllr Samia Chaudhary, Cabinet Member for Adults and Health Integration, said: "Christmas over the past few years has been difficult for many people because of the pandemic. This year we are facing extra pressures due to the cost of living crisis, rising prices and energy bills.

"It's important that we join together as a community and support each other, not just at Christmas but throughout the year. If you are worried about the festive season, don't suffer in silence. Talk to someone you trust and find out what support is available now."



Find more healthy ideas at www.hounslow.gov.uk/getactive

STAY HEALTHY THIS WINTER

With the nights drawing in, the weather getting colder and party season upon us, it's easy for thoughts about exercise and healthy eating to take a back seat.

It's important that we keep active and healthy all year round. Simple exercises like getting outside and enjoying nature can help to lift your mood over the dark winter months.

Research from Sport England shows that 67% of people said they feel in a better mood after they had taken part in physical activity. We're not talking about running a marathon or lifting huge weights, because often the simplest forms of exercise are the most cost-effective and the most fun.

Here are some great ideas to help keep you moving over the winter:

GO GREEN



With its network of parks and open spaces, Hounslow is a great place to keep fit and enjoy nature. Use the council-backed Greentalk website to plan a walk through the great outdoors. Go to: hounslow.greentalk.io

KEEP IT LIGHT

Sunlight has mood-enhancing qualities and while there may not be much of it around at the moment, make the most of what there is. Even short bursts of sunlight can help. It

could be taking a walk around the block, carrying the shopping back or doing a spot of gardening. Look for that gap in the clouds, wrap up warm and off you go.

HOME HEALTH



Even when the weather's bad you can still find time for exercise around the home. Simple stretching and body weight movements can be done almost anywhere and going up and down stairs, vacuuming and dusting all count.

CENTRE STAGE



Your local leisure centre is another great option for getting involved in exercise. There are many leisure centres in the borough, which offer a variety of activities to help you beat the winter blues. Find out more at: lamptonleisure.co.uk

BETTERPOINTS, BETTER YOU

Did you know that you can get rewards for being physically active?

The Council-backed BetterPoints mobile app allows you to build up points every time you are active.

It can be going for a walk, getting on your bike and even community activities like going on a litter pick.

The points can be spent at local businesses, council leisure centres or donated to local charities. There are also regular prize draws as part of the BetterPoints programme.



ALCOHOL SUPPORT WITH ARC

Many people use alcohol to deal with difficult feelings, such as stress, anxiety and depression. If you're worried that you're drinking more than you used to or you can no longer afford the amount you spend on alcohol, give Addiction Recovery Community (ARC) a call.

ARC is a free and confidential drug and alcohol service for those over 18s who live in the London Borough of Hounslow. You don't need to be alcohol-dependent before you make contact. ARC can help with all levels of drinking. It offers everything from brief advice to reduce your drinking or manage your triggers, to long-term support for people with more serious problems.

You can contact the service on 01895 488 675.

Cllr Dunne, Cllr Rajawat and Cllr Sampson visit Brentford Towers estate with the Council's Caretaking service to see the new cleaning vehicles in action.



ECO-FRIENDLY CLEANING MACHINES



Message from Cllr Sue Sampson

I would like to wish all our Council tenants a Merry Christmas and Happy New Year.

We know that this winter period will be incredibly tough for many of our tenants as the cost-of-living crisis continues to bite. If you feel like you may struggle to pay your rent over the Christmas period or pay any bills, please do get in touch with the Council on how we can support you.

We have also recently opened a number of estate offices across Hounslow. These are a 'one stop shop' for addressing any housing, estate or income questions. Feel free to drop in when the offices are open.

Cllr Sue Sampson
Cabinet Member for Housing
Management and Homelessness

ROLL INTO HOUNSLOW'S ESTATES

Hounslow Council has added four new Glutton H2O cleaning machines to the estate management fleet.

Combining multiple street cleaning tools into one, the new machines will improve the Council's Caretaking Service efficiency and effectiveness. The machines will be based on the larger estates: Ivybridge, Brentford Towers, Heston Farm and Highfields, but when required can be transported across the borough to service other estates.

These electric, environmentally-friendly machines can clean and clear difficult areas such as pathways, ball courts, playgrounds, and other hard-to-reach places more efficiently and effectively than previous methods.

Powered by a re-chargeable battery and producing no carbon emissions, they have a far smaller carbon footprint than the

petrol-operated blowers previously used - contributing to the Council's commitment to becoming net zero-carbon by 2030. The machines also include an on-board washer, enabling Caretakers to remove small quantities of graffiti and cleanse the surfaces of litter bins, bin shelters and bin rooms.

Cllr Sue Sampson, added: "It's vital we equip our dedicated team of caretakers with the tools they need to deliver a high-quality service for our residents. We know from resident feedback that cleaner estates provide a positive boost for the community, making it a more welcoming and vibrant place to live.

"These machines are part of the Council's £300 million investment in improving the quality of our council estates. We want every resident in the borough to have tremendous pride in the place where they live."



EARLY HELP AND SUPPORT AVAILABLE

Many individuals and families are experiencing hardship right now, but for some the cost-of-living crisis is overwhelming. With the rise of household bills, rent, fuel and food prices, as well as the continued after effects of the pandemic, households are struggling to cope through no fault of their own.

During the pandemic, the Council supported many people into accommodation, and we know there are fewer people sleeping rough or homeless. However, there is a real risk and wide-spread concern that the current financial crisis could push some people to the brink of becoming homeless.

With early help and support, homelessness and rough sleeping can be prevented. If you are experiencing difficulties, we urge you to contact us as early as possible so we can provide you with the support needed, identify options to help you manage and prevent you from leaving your home.

While the cost of living is a contributing factor, there are many causes of homelessness, which are complex and interconnecting. Often, it's a change in personal circumstances that can lead to a person leaving their home or becoming homeless, such as a breakdown in relationships, an unexpected eviction or mental health issues.

To find out more, visit **hounslowhomelessnessprevention.commonplace.is** or call 020 8583 3942.

MORE WAYS FOR TENANTS TO ACCESS HOUSING SERVICES

The Council knows how important it is for tenants to have access to their housing services, especially in the winter months when common issues can be more likely to happen in our homes as the temperature drops outside.

Tenants can ask for help and advice with housing queries, such as maintaining their home, requesting repairs, tenancy questions or how to get involved in keeping estates in good shape and safe for everyone.

There are several ways to get in touch with the housing team – by telephone, email, in person at estate offices or arranging for them to meet you in your home at a convenient time.

Tenants will have received a letter recently with key information of their housing team officers and how to contact them.

As part of Council's commitment to expand the way it engages with them, residents can also meet a range of officers at Estate Offices opened. These include: Tenancy Officers, Estate Improvement Officers, Estate Enforcement Officers, Tenancy Sustainment Officers, and Income Officers.

Estate offices across the borough are open from 9am to 5pm at the following locations:

Hogarth Estate
Brentford Towers Estate
Heston Farm Estate
Ivybridge Estate
Oriel Estate
Highfields Estate

The Council has recently installed notice boards on each estate with useful information and contacts for your housing services, estate services, details of ward councillors and their surgeries, as well as upcoming council events.

Cllr Sue Sampson, said: "I know how important it is for residents to have easier access to housing services, whether it's to report repairs, ask tenancy questions or be involved in shaping the local area. Estate Offices are just one example of the Council's £300m commitment to improve how we engage with our communities and manage housing services to better serve the needs of our residents."



GROW FOR THE FUTURE

TRANSFORMING UNUSED LAND AMID COST-OF-LIVING CRISIS

Hounslow Council has launched Grow for the Future – a first-of-its-kind policy to turn unused and unloved land across the borough into new allotment sites, community gardens and orchards.

Up to 27-acres of land has been identified in the first phase, much of which is currently inaccessible. The plan will help tackle the enormous demand from residents for allotments and growing spaces since the pandemic. It will allow residents to cultivate their own fresh produce in the face of rocketing food costs.

Furthermore, the Council will look to pair each new site with a local school and dedicate a portion of it to teach urban children, in often deprived areas, about where their food comes from, the importance of good nutrition and how to live healthy lives.



Cllr Salman Shaheen, Cabinet Member for Parking, Parks and Leisure said:

“Grow for the Future will provide hundreds of new growing spaces for Hounslow’s residents to put food on their plates. Land once going to waste will be repurposed to educate children on leading healthy lives and how to grow nutritious fruit and vegetables. And what our schools grow, they can donate to feed vulnerable children missing out on free school meals as the cost-of-living crisis bites.

“I hope councils across Britain’s cities can look at similar opportunities to open up green space. I want to give everyone in urban environments, young and old, so often disconnected from nature, the opportunity to cultivate land they can call their own and understand where our food comes from. To learn, and grow, for their future.”

Hounslow has one of the largest portfolios of allotments in London with a total of around 1,950 plots. However, demand continues to outstrip supply, especially in the wake of the pandemic with an explosion of interest in healthy, sustainable living. Demand is particularly high among the many residents in flats who lack gardens and with the large number of new flat developments going up in the borough this is expected to increase. There are currently 952 residents on Hounslow Council’s allotments waiting list.

The new green spaces opened by Grow for the Future will also help the Council achieve its proposal to plant 20,000 trees by 2026, meet its ambitions to build a borough that is 45% green and support biodiversity.

To find out more about Hounslow Council’s allotment strategy, visit www.hounslow.gov.uk/allotmentsstrategy

To enquire about allotments in Hounslow, or for questions, please contact allotments@hounslow.gov.uk

MAJOR IMPROVEMENTS MADE TO OPEN SPACE AREA

Following a period of online engagement within the local community, and four weeks of construction work, a natural play area feature has been installed in Farnell Road, Isleworth, for local families to enjoy. The completion marks the end of phase one, with future improvements funded for 2023.

Hounslow Council and its partners have constructed a natural play area with logs, a maze, wildflower areas with pollinator hotels, and native hedging to improve the already admired green space.

The area is a prominent part of the local and wider community, and one example of the Council’s ambitions to classify 45% of the borough as green infrastructure.

Cllr Smith, Cllr Bruce, Cllr Raza and Cllr Shaheen at the Farnell Road open space



Reverend David Maclure, Vicar of St John’s with St Mary’s, Isleworth, said: “The green space alongside Farnell Road has been a favourite place for dog walkers, myself included, and for kids to play ball games in good weather. Having lived on that side of Isleworth for a few years, I can say our family really enjoyed that welcome green space among the residential housing in that area.”

The work is part of Hounslow’s commitment to investing £5 million into its parks and green spaces.

For more information on Farnell Road open space, please visit: www.hounslow.gov.uk/farnellroadopenspace



DUKES MEADOWS BLOOMS ONCE MORE

Dukes Meadows has done it again. For the second year in a row, Chiswick’s riverside park has been awarded the prestigious Gold Award from London in Bloom.

To receive the Gold Award, parks must receive a score of 85% or above from London in Bloom’s judges. By achieving this, the Dukes Meadows Trust has been recognised for providing outstanding improvements and maintenance for its park.

This accolade follows the successes of earlier in the year when 21 of Hounslow’s parks and green spaces – including Dukes Meadows – received the coveted Green Flag Award from Tidy Britain Group.

Cllr Salman Shaheen, said: “Retaining the London in Bloom Gold Award is only possible through continued dedication from the Dukes Meadows Trust, and

support from the Council and Lampton Greenspace 360. I would like to thank everyone involved in keeping Dukes Meadows to the Gold standard. It’s a pleasure to see such a beautiful and versatile green space get the recognition it deserves.

“The Council will continue to work closely with the Dukes Meadows Trust and its partners to maintain and improve the park, ensuring it remains a standout feature in the borough and contributes to a greener Hounslow.

“We encourage visitors and residents to explore the wonderful Dukes Meadows at the next available opportunity.”

FREE FRUIT TREES FOR SCHOOLS

As part of its commitment to plant 7,500 trees across the borough, Hounslow Council, in conjunction with Lampton Greenspace 360 and Greentalk, are giving away free fruit trees to local schools.

Interested schools can reserve their tree by visiting: hounslow.greentalk.io/schoolorder

One tree is available per school.



Cllr Lambert and Cllr Shaheen with children from Green Dragon School plant flowers in Watermans Park

DON'T LET CHRISTMAS HAMPER YOUR EFFORTS TO REDUCE FOOD WASTE

Hounslow Council has a favour to ask this Christmas.

We're asking residents to keep the environment at the forefront of holiday shopping and catering plans so we can all enjoy a greener festive period.

Buying too much, cooking more than we need, and not making good use of leftovers means extra food waste at Christmas.

Between 25 - 30% of worldwide carbon emissions are created by growing and producing the food we eat, so food waste not only wastes money, it also affects the wider climate too. If food waste was a country, it would have the third-highest emissions behind only the USA and China.

If we all act together to make the small changes to reduce our waste, we will go a long way in helping Hounslow to reduce its carbon emissions by 50% and achieve net zero carbon by 2030.

Here's how you can help:

- **Plan in advance:** Help save on costs and limit your waste by purchasing only what you really need. Those extra crackers, nuts, crisps and chocolates all add up
- **Use your freezer as your friend:** Keep packaging unopened unless necessary. Lots of food can be frozen and enjoyed throughout the new year
- **Become a leftovers champion:** Being smart with leftovers doesn't mean turkey curry for weeks



on end. It's time to get creative. There's plenty of fun ideas and new recipes to try via social media and online blogs

- **Recycle your food waste:** Put peelings, scraps, tea bags, coffee grounds, and inedible material in your food waste caddy.

We want you to have a really enjoyable festive period, but be mindful that reducing waste – either before or after consumption – can reduce costs, save energy, and contribute towards a cleaner, greener Christmas.

CELEBRATING RESIDENTS' RECYCLING PROGRESS

Improving recycling rates is a top priority for the Council, with ambitious plans to achieve a 37% recycling rate by the end of the financial year 2022/23.

Going further, Hounslow's reduction and recycling plan targets recycling rates of 45% by 2025, and 50% by 2030.

Promisingly, Hounslow residents are already showing a clear appetite for recycling more. The Council has seen an 11% increase in recycling collected between April 2019, and March 2022. There's also been a 6% year-on-year increase in cardboard recycling between April 2021 and March 2022.

Hounslow recently supported National Recycle Week and encouraged its residents and businesses to keep up the great work.

Cllr Katherine Dunne, Deputy Leader and Cabinet Member for Climate, Environment and Transport Strategy, said: "Recycling is a key collective action we can all take to reduce unnecessary waste. It helps protect our environment, reduces carbon emissions and cuts costs too.

"We will continue to offer innovative, convenient, and cost-effective recycling solutions for all residents in Hounslow throughout the year. And by getting involved with weekly recycling, residents play such a meaningful part in creating a greener and cleaner Hounslow."

The message to residents is clear: Hounslow is making positive strides, but more can be done to ensure a greener, more sustainable borough.

RECYCLING AND WASTE COLLECTIONS OVER CHRISTMAS AND NEW YEAR

Rubbish and recycling collection dates will be different between Monday, 26 December 2022 and Monday, 9 January 2023 when normal collection will resume. garden waste and bulky waste collections will be suspended for two weeks over this period.

Space Way will be closed 25, 26, 27 December, and 2 January.

Usual collection day	Revised collection day
Monday 26 December	Tuesday 27 December
Tuesday 27 December	Wednesday 28 December
Wednesday 28 December	Thursday 29 December
Thursday 29 December	Friday 30 December
Friday 30 December	Saturday 31 December
Monday 2 January	Tuesday 3 January
Tuesday 3 January	Wednesday 4 January
Wednesday 4 January	Thursday 5 January
Thursday 5 January	Friday 6 January
Friday 6 January	Saturday 7 January

Normal collections will resume on Monday, 9 January 2023.

THINGS TO REMEMBER:

If you have additional recycling, please present this in a clearly labelled carrier bag alongside your recycling boxes. It is important that you present the contents of the recycling in the same way you would using your boxes. For example, all plastic and cans (red box) should be included in one bag, all paper and cardboard (blue box) should be in another, and glass (green box) in another. If these are mixed the additional recycling will not be collected.



Cardboard boxes must be flattened, and pieces should be no bigger than 70x70cm in order to fit within our recycling vehicles.

Keep all plastic wrapping and film out of your recycling! To find out more about disposing of this type of plastic please visit www.recyclenow.com/what-to-do-with/plastic-film



Do not put old batteries in your recycling box. Disposing of batteries incorrectly can cause fires and be extremely dangerous for our collection

crews. You should take these to any local retailer that sells batteries as they offer a disposal service. More information can be found at www.recyclenow.com/recycle-an-item/batteries



Keep our collection team safe by ensuring all aerosol cans are completely empty before recycling them in your red box – aerosol cans that are not completely empty can

pose a fire risk at our handling facility and cause injury to our crew.

Excess waste left next to or on top of your wheeled bin will not be collected. Please keep this waste until your next rubbish collection date or alternatively you could take it to a local Household Reuse and Recycling Centre. Please check each site's website for opening times over the festive period and terms and conditions of each site.

We ho-ho-hope you don't, but if you do experience a missed collection, or for more information visit: www.hounslow.gov.uk/christmascollections

PLEASE MAKE SURE YOUR TREE IS COLLECTED PROPERLY

Real Christmas trees will be collected between Monday 9, January and Friday, 20 January 2023 and will be on the scheduled Garden Waste collection week for your road.



Cllr Guy Lambert, Cabinet Member for Environment, Highways and Operational Services,

said: "Trees put out on the wrong day can cause an obstruction to pedestrians. Residents should place their trees, with no lights or decorations, at the boundary of their property by 7am for collection."

Managing agents should email their request to: recycling@hounslow.gov.uk

Alternatively, residents can drop their real Christmas tree off for free between Monday, 26 December 2022 and Friday, 27 January 2023 at:

- **Hanworth Air Park** - Hounslow Road car park TW13 6AA
- **Hounslow Heath** - Staines Road car park TW4 5AR
- **Redlees Park** - Worton Road car park TW7 6DW
- **Bedfont Lakes** - Clockhouse Lane car park TW14 8QA
- **Gunnersbury Park** - car park via Popes Lane W5 4NH
- **Space Way** - North Feltham Trading Estate, Pier Road, Feltham TW14 0TH



HOUNSLOW'S WINTER GRIT

Hounslow Council is preparing for the winter months with its Winter Gritting programme to ensure that the borough's roads are as safe as possible.

With cold weather comes the risk of snow and frost and increasingly dangerous driving conditions. So, the gritting team is prepared to carry out the grit runs when required, using some of the 2,500 tonnes of salt that's stored and ready for

action. The gritting routes are prioritised as areas of particular importance are attended to first, such as routes used by emergency services, roads by schools and GP surgeries.

Hounslow Highways uses weather reports, like other London boroughs, to determine the gritting needs for the borough. Residents can rest assured that the Council is playing its part to keep everyone safe.

Cllr Guy Lambert, Cabinet Member for Environment, Highways and Operational Services, said: "The Hounslow Highways team works tirelessly to ensure that Hounslow's roads are gritted and as safe as possible during the winter months. It's vital that residents familiarise themselves with how to keep their vehicle winter-ready, and the Council's safety information and procedures."

For more information, search 'gritting' via www.hounslow.gov.uk

CHRISTMAS OPENING HOURS

Hounslow House and some other Council offices will close at the normal time on Friday, 23 December 2022 and will re-open on Tuesday, 3 January 2023.

COUNCIL SERVICES OVER THE CHRISTMAS AND NEW YEAR PERIOD

During this time, residents can still access our services online and via emergency numbers:

- To inform the Council of an emergency, please call 020 8583 2222
- View our emergency contact information at www.hounslow.gov.uk/outofhours

USEFUL CONTACTS FOR ANYONE NEEDING SUPPORT THIS FESTIVE PERIOD

SAMARITANS
(24 hours a day) 116 123 or visit www.samaritans.org

DOMESTIC ABUSE HELPLINE
0808 2000 247
www.nationaldahelpline.org.uk

RESPECT HELPLINE (MALE VICTIMS OF DOMESTIC ABUSE)
0808 8010 327
www.mensadviceline.org.uk

HOUNSLOW FOODBOX
07719 891787
www.hounslowfoodbox.org.uk

MONEY HELPER
0800 011 3797
www.moneyhelper.org.uk

AGE UK
(open 365 days per year)
0800 678 1602
www.ageuk.org.uk

MIND
(9am to 6pm Monday to Friday)
020 8571 7454
www.mind.org.uk/information-support/local-minds

THE HOUNSLOW SAFE SPACE CRISIS HELPLINE
(11am - 11pm every day) -
020 3475 5185
www.hfehmind.org.uk/get-support/safe-space-hounslow-crisis-helpline

THE SILVER LINE HELPLINE
Helpline for older people experiencing loneliness (24 hours a day)
0800 4 70 80 90
www.thesilverline.org.uk

SANELINE
Mental health helpline
0300 304 7000 (4pm to 10pm)
www.sane.org.uk/how-we-help/emotional-support/saneline-services

SHOUT
Mental health support text service 85258 (24/7)
www.giveusashout.org

Struggling with your energy bills?



Call the Green Doctors
0300 365 3005

Our Green Doctors can help you:

- Save money on your energy bills
- Install energy saving devices
- Tackle energy or water debt
- Priority Services Register

The call is free

THE SERVICE IS FREE

Green Doctors are part of Groundwork London, a charity that helps people save money, stay warm, and use less energy.

Find out more at
london.greendoctors.org.uk



GREEN DOCTOR

What's going on AROUND HOUNSLOW

Welcome to Hounslow

Hounslow is an exciting and vibrant west London borough, with lots of things to see and do. Around Hounslow includes fun things to do for all the family including children and young people. It's advisable to check with the organiser or venue if the event or activity is still going ahead.

Gunnersbury Park & Museum

www.visitgunnersbury.org/whats-on

FESTIVE FILM SCREENINGS AT GUNNERSBURY

Tuesday 27 December, Thursday 29 December and Friday 30 December, 11am - 1pm

Christmas calls for a bit of movie magic so why not come down to Gunnersbury Park Museum and enjoy a festive movie for all the family to enjoy. Please check back nearer the time for more information.

£5 suggested donation per family, no booking required.

MAKE AND TAKE: CHANUKAH

18 December 2022 11am - 3pm

All children to be accompanied by an adult. Celebrate Chanukah by creating a 3D Lightbox to take home. Free, suggested donation £2 per child, no need to book – just turn up.

LITTLE FLAMINGOS: STORYTIME WITH FATHER CHRISTMAS

16 December

Join our traditional Victorian Father Christmas for an extra special story-time! Discover different festivals of light through seasonal stories – children will get a small gift to take home. £5 per child, accompanying adults free.

For more info, visit: bit.ly/3XMLxcv

CHISWICK HOUSE AND GARDENS

chiswickhouseandgardens.org.uk/whats-on

FESTIVE MARKETS WITH DUCK POND

24 December 10am - 3.30pm

Join us on the lead up to Christmas for shopping and festive cheer with Duck Pond Market. With artisan markets and Christmas music including Rock Choir and exclusive return of Grow FM radio producers.

CHISWICK HOUSE CHRISTMAS SHOP

Thursdays and Saturdays throughout December, 10am - 3pm

Our very own Chiswick House Christmas Shop will also be open on Thursdays and Saturdays throughout December, selling gifts and decorations including a special Christmas Gin, gifts for all the family and Gift Memberships. A chance to shop local and continue supporting Chiswick House and Gardens during the winter months.

Hogarth's House

FAMILY: PRINT YOUR OWN WRAPPING PAPER

Wednesday 21 December

Do you like your presents wrapped in stars, snowmen, snowflakes, all three? Use our pre-made printing stamps or cut out your own. Your gift will stand out with its unique pattern. Each child will get a 2x3 foot piece of wrapping paper to print on.

£8 per child. Ages 5+ Spaces limited.

LONDON MUSEUM OF WATER AND STEAM

ALL ABOARD CLUB PLAY SESSIONS

Sunday 29 January 2023 3pm - 4.45pm

All Aboard Club is bringing its trains to the London Museum of Water & Steam. Autistic and ADHD children can build and play with their huge train sets in an inclusive, supportive and understanding environment.

The Arts Centre Hounslow

CINDERELLA RELAXED PERFORMANCE

Tuesday 20 Dec 2022

Panto returns to The Arts Centre this Winter with Cinderella! It's Prince Charming's Royal Jamboree, and this year it's been declared that it will take place in Hounslow. But all Prince Charming desires is a normal life, and so, before packing it all in and moving to Canada, he will give it one last try and search in Hounslow for that perfect somebody to share normal life. Join Cinderella as she meets her new step-siblings, Baron Hardup, whose mind is focused on the most royal welcome and the lovable Buttons, who will one day tell Cinderella how he really feels, as they each try to gain entry to the party of the year.

Please visit www.theartscentre.co.uk/tickets

FELTHAM ARTS

www.felthamarts.org

UNDER 5S: TINY TALES

Wednesdays, 10 - 10.45am

The Hub, next to Feltham Library, The Centre, Feltham, TW13 4GU

A wonderful series of workshops for parents/carers and toddlers, brought to you by talented local facilitators from Tale Be Told Theatre. Have fun with your child and enjoy sensational storytelling, music and movement and a craft to take home.

Term time only.

FELTHAM COMMUNITY CHOIR

Tuesdays (term time only), 6 - 7.30pm

Reach Hub, Axiom House, Feltham TW134AU

The Feltham Community Choir is a mixed ability choir that sings a variety of different music from contemporary to rock music! We are an easy-going group of people who enjoy singing and we welcome you to come join us. No previous singing experience is required!

16+ years old
Free.

CREATIVITY SQUARED - GET INTO CREATIVE

The creative sector is taking off! Are you ready to join?

Alongside training and workshops within specific creative sectors support will be provided to overcome barriers to employment. For example job search; CV; interview skills; confidence; basic skills; all tailored to your needs.

Fabulous training and workshop opportunities includes Sound Engineering and Music Production; Camera, Grip and Lighting Course, Visual Production; Film and TV / Gaming; Design, including Product, Graphic, Gaming and Animation; Fashion; Craft.

The programme supports adults and young people not in education, employment or training who are economically inactive to gain industry relevant and prep-apprenticeship skills and progress into sustainable employment, education or training opportunities in the creative sector.

For more info or to book in please email: creativity.squared@jga-group.co.uk

FELTHAM ARTISTS CLUB

First Thursday of the month excluding August, 10am - 12noon

The Hub, Feltham Library, The Centre, Feltham TW13 4GU

A friendly group of amateur artists of mixed ages and abilities who paint in all mediums. We do not have a tutor but twice a year we have visiting artists to provide a demonstration or a workshop. We have an outing every summer. Annual subscription fee is £20, plus £2 each meeting for refreshments and raffle. You will also receive a monthly newsletter.

KNIT & NATTER CLASS

Mondays 10am - 12noon

The Hub, Feltham Library, The Centre, Feltham TW13 4GU

We launched our knit and natter group in 2015 and it has grown into a friendly, flourishing group full of knit-spiration and chat. If you are already a knitter, please come and join us. If you don't knit but you would love to learn, come and give it a go! Term time only, excluding Bank Holidays. No need to book, just come along!

SEWING & NEEDLEWORK CLASS

Mondays 2pm - 4pm

The Hub, next to Feltham Library, The Centre, Feltham, TW13 4GU

This friendly group has been established for several years and run by a local volunteer. Create mini sewing projects focusing on patchwork, applique, needlework and much more. Projects have included bags, soft toys and wall hangings. Join our friendly group for an afternoon of craft and chat. Term time only, excluding bank holidays.

Keep Active

LOCAL FOOTBALL SESSIONS IN HOUNSLOW, ALL AGES

Find Local Football sessions groups including Wildcats, Squads Competitive and Recreation sessions.

www.find.EnglandFootball.com

SQUADS, 12-16 YEAR OLDS

FREE football skills for girls in a safe, inclusive environment Springwest Academy, 4-5pm, every Friday, all ability levels Register: bit.ly/3FjLwWO

WILDCATS, 5 – 11 YEAR OLDS

FREE Non-competitive football sessions for girls.

Bedfont Recreation Ground, 5-6pm, every Tuesday, all ability levels.

Register: bit.ly/3OSLcS3

POSITIVE MOVEMENT PROJECT

FREE fitness activities to support mental health and wellbeing.

Visit www.thepositivemovementproject.org

MULTI-SPORT AND ARTS ACTIVITIES FOR YOUNG PEOPLE

Programmes include Football, Boxing, Karate and more.

Cranford Community College
bit.ly/3VEnv1Q

OURPARKS COUCH TO PRENATAL AND POSTNATAL

FREE six weeks at-home exercises.

Visit: www.ourparks.org.uk/content/couch-to-programmes

OURPARKS COUCH TO CHRISTMAS

FREE 12 Days at-home exercises.

Visit: www.ourparks.org.uk/content/couch-to-programmes

OURPARKS COUCH TO FAMILY FIT 2

FREE four weeks at-home exercises and lots more.

Visit: www.ourparks.org.uk/content/couch-to-programmes

BETTERPOINTS

Download the free app - and get going! Visit App Store or Google Play and register.

hounslow.betterpoints.uk

PARKPLAY IN HOUNSLOW

Fun free games for all the family.

Osterley Park and Gunnersbury Park, every Saturday morning.

Sign up www.park-play.com/register

PARKRUN IN HOUNSLOW

With more than 13,000 people walking every week, run, walk or jog your way.

Osterley, Gunnersbury, Bedfont, Hanworth and Crane Park.

Find your nearest www.parkrun.org.uk or junior parkrun

LET'S GO OUTSIDE AND LEARN

Guided nature walks, first Saturday of the month, 10 - 12pm, all winter.

Avenue Park TW5 9RG, Waye Park TW5 9SQ

Contact: sarah.salisbury@lgoal.org.uk

WANT TO LIST YOUR LOCAL ACTIVITY FOR FREE?

Discover how OpenActive can help you promote, drive your attendance up and get active.

Visit <https://getactive.io>

Find more local events and activities hounslowconnect.com and www.oneyouhounslow.org

YOUTH THEATRE PROVISION, TALE BE TOLD

Three Youth Theatre Hubs.

Brentford, Feltham and Cranford, for ages 12-16.

Just £2 a session

For more information or to book kulraj@talebetold.co.uk

SENIOR SPORTS SESSIONS 60+

Tuesday and Friday 12.30pm and 4pm; £2.50
Gunnersbury Park Sports Hub
Visit: www.better.org.uk/gunnersbury-park



Hounslow
Practice Manager

Boost your immunity, have the flu and COVID-19 autumn booster. It's the best way to protect yourself this winter.

	Flu Vaccine	COVID-19 Autumn Booster
All adults 50+	✓	✓
Carers and healthcare staff	✓	✓
Pregnant women	✓	✓
People aged 4-49 with a clinical risk	✓	✓
Immunosuppressed	✓	✓
Children aged 2-10	✓	

If you are not in these groups and have not yet had any COVID-19 vaccines contact your GP, local pharmacy or visit a community clinic.

For more details and booking information: hounslow.gov.uk/vaccine



**London Borough
of Hounslow**



**North West London
Integrated Care System**



STAINES PREPARATORY SCHOOL
Educating today's children for the challenges of tomorrow

**Every Step
of the Way**

**So much more
than excellent
Academics**

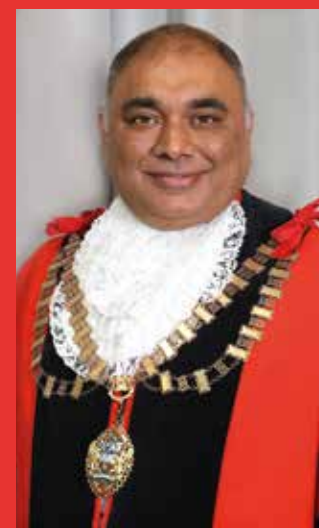
Contact our Admissions Manager
to arrange your personalised tour

Staines Preparatory School, 3 Gresham
Road, Staines-Upon-Thames, TW18 2BT



www.stainesprep.co.uk

admissions@stainesprep.co.uk



OUT AND ABOUT WITH THE MAYOR

The Mayor of Hounslow 2022-23 is Councillor Raghwinder Siddhu. He was first elected to the Council in 2018 and represents the Bedfont Ward. Since taking office in May 2022, the Mayor has been busy supporting the borough, as well as fundraising for his chosen charity - Polio and Children in Need Charity (Registered Charity Number 1096394).

Mayor's Charity

The Mayor has chosen Polio and Children in Need Charity (Registered Charity Number 1096394).

Polio and Children in Need Charity's mission is to provide nutritional, educational, healthcare, and vocational training support to children with polio or other neuro-muscular disorders. For those children who come from economically disadvantaged backgrounds, the charity has the goal of making them independent and productive citizens. It also aims to advance public education of polio and other neuro-muscular diseases.

MAYOR SIDDHU HAS BEEN CONTINUING HIS WORK IN THE BOROUGH BY ATTENDING MULTIPLE COMMUNITY EVENTS DURING THE PAST FEW MONTHS.

Remembrance Day

The Mayor attended a number of memorial events to mark Remembrance Day and Remembrance Sunday, including a special ceremony at Holy Trinity Church on Hounslow High Street.



Lord-Lieutenant visits Hounslow

The Mayor met with the Lord-Lieutenant of Greater London, Sir Kenneth Olisa OBE at Hounslow House in November.



If you would like the Mayor to support your local organisation, business or community group or to attend your civic event, charity or voluntary organisation, please get in touch with mayor@hounslow.gov.uk

Black History Month

To mark Black History Month in Hounslow, the Mayor attended a special community event at Hounslow House, with guest speakers from local third sector and community groups.

The event followed the theme of 'Time for Change: Action Not Words'.



Afghanistan and Central Asian Association

The Mayor attended the Hounslow Council services fair at the Afghanistan and Central Asian Association, meeting with local residents and community leaders.



Lampton Lights

The Mayor attended Lampton Lights in October a large community fireworks event, where over 12,000 local residents joined us to celebrate.



Beavers Community Primary School

The Mayor attended a special unveiling of a new mosaic at Beavers Community Primary School.

The mosaic was created by older people and school children working together and was mounted on a wall outside the school.



BEDFORD



Lily Bath
Children, Learning & Employment



Adesh Farmahan



Raghwinder Siddhu

BRENTFORD EAST



Marina Sharma



Rhys Williams

BRENTFORD WEST



Guy Lambert
Environment, Highways & Operational Services



Lara Parizotto

CHISWICK GUNNERSBURY



Joanna Biddolph



Ranjit Gill



Ron Mushiso

CHISWICK HOMEFIELDS



Jack Emsley



Gerald McGregor



John Todd

CHISWICK RIVERSIDE



Amy Croft



Gabriella Giles



Peter Thompson
Leader of the Opposition

CRANFORD



Ghazala Butt



Sukhbir Dhaliwal



Vickram Grewal

FELTHAM NORTH



Muhammad Shakeel Akram



Samina Nagra



Kuldeep Tak

FELTHAM WEST



Madeeha Asim



Hina Mir



Alan Mitchell

HANWORTH PARK



Bishnu Gurung



Farah Kamran

HANWORTH VILLAGE



Richard Foote



Allan Joseph



Noreen Kaleem

HESTON CENTRAL



Harleen Atwal Hear



Shivraj Grewal
Communities & Equalities



Riaz Gull

HESTON EAST



Aqsa Ahmed



Gurmail Lal



Amrit Mann

HESTON WEST



Adriana Gheorghe



Karamat Malik



Shantanu Rajawat
Leader of the Council

HOUNSLOW CENTRAL



Rasheed Bhatti



Ajmer Grewal
Safety



Pritam Grewal

HOUNSLOW EAST



Junue Meah



Daanish Saeed

HOUNSLOW HEATH



Samia Chaudhary
Adults & Health Integration



Afzaal Kiani



Farhaan Rehman

HOUNSLOW SOUTH



Tom Bruce
Regeneration & Development



Sayyar Raza



Karen Smith

HOUNSLOW WEST



Bandna Chopra



Jagdish Sharma



Mohammed Umair

ISLEWORTH



Sue Sampson
Housing Management & Homelessness



Salman Shaheen
Parking, Parks & Leisure



John Stroud-Turp

OSTERLEY AND SPRING GROVE



Unsa Chaudri



Tony Louki



Aftab Siddiqui

SYON AND BRENTFORD LOCK



Dan Bowring



Katherine Dunne
Deputy Leader of the Council
Climate, Environment & Transport Strategy



Balraj Sarai

Key

- Labour
- Conservative
- Cabinet

To find out which ward you live in, who your councillor is and how to contact them, visit www.hounslow.gov.uk/democracy_and_elections or call 020 8583 6808