

HOUNSLOW matters

Winter 23

Community and Council news from around the borough



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MAYOR OF LONDON AND LONDON ASSEMBLY ELECTIONS

The next scheduled elections taking place will be the Mayor of London and London Assembly Elections on Thursday 2 May 2024

KEY DATES TO NOTE:

16 APRIL – 11.59PM This is the last date you can register to vote in the Mayor of London and London Assembly Elections

17 APRIL – BY 5PM This is the last day you can apply for and return your postal vote application or make amendments to any existing voting arrangements

24 APRIL – BY 5PM This is the last day you can apply for a Voter Authority Certificate, if you do not have an accepted form of photo ID

2 MAY – 7AM TO 10PM Get ready to vote – remember to bring your photo ID when voting at a polling station – today is polling day

You now need to show an accepted form of photo ID in a polling station

Accepted photo ID includes:

- ✓ Passport
- ✓ Oyster 60+
- ✓ Driving Licence
- ✓ Freedom Pass
- ✓ Biometric Residence Permit
- ✓ PASS Card
- ✓ Blue Badge

Check what types of photo ID are accepted by visiting: www.gov.uk/voting-photo-id



No photo ID? No problem

You can apply for a Voter Authority Certificate (VAC) by visiting:

www.gov.uk/apply-for-photo-id-voter-authority-certificate

The deadline to apply for a VAC is **5pm on 24 April 2024**



Away on polling day? Apply to vote by post

You can apply to vote by post by visiting: www.gov.uk/apply-postal-vote

The deadline to apply for a postal vote is **5pm on 17 April 2024**



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ADVERTISE WITH US

Hounslow Matters is a quarterly magazine written for Hounslow residents. We print over 108,000 copies and deliver it free of charge to every home in the borough.

To advertise in our magazine please email communications@hounslow.gov.uk or visit: www.hounslow.gov.uk/hounslowmatters for more information.

To view Hounslow Matters online visit: www.hounslow.gov.uk/hounslowmatters

For translations or accessible formats email: communications@hounslow.gov.uk

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Find us on Facebook www.facebook.com/hounslowcouncil

www.instagram.com/hounslowcouncil

Welcome to the latest edition of *Hounslow Matters – Winter 2023*



Dear Resident,

I am delighted to once again introduce this season's Hounslow Matters magazine. It has been a busy few months for the Council and our partners since I last shared my thoughts. This time of year is one of celebration and recognition; commemoration and remembrance. I was honoured to join communities as they came together to celebrate or observe holy and cultural festivals; as they thought or prayed about those who have lost their lives or are in danger overseas, or as they mourned service men and women who fell in the two world wars. Looking forward to the Christmas and New Year period, there will no doubt be many more celebrations and festivals to be enjoyed or observed.

It's also a time when outstanding work is recognised and rewarded. It has been a real pleasure to see the Council (and partnership) teams receiving well-deserved awards and accolades, including Hounslow's Addiction Recovery Community (ARC) team, which was named Team of the Year at the Royal College of Nursing (RCN) Awards. The team behind the Dukes Meadow Footbridge in Chiswick was victorious at the New London Awards 2023. A Council-backed film to raise awareness of dementia was shortlisted for a prestigious international award, while closer to home, Hounslow's Animal Welfare Team was awarded gold in two categories at the RSPCA Pawprints Awards.

We've also been dishing out our own awards, with this year's Advance for Growth competition winners being announced. The Hounslow-based small business, Wild Chai,

was successful and will now enjoy enhanced support from the Council in growing their enterprise for the benefit of the local economy.

As the world gathers in Dubai for the annual climate change summit, COP 28, Hounslow will be continuing our efforts, in collaboration with local residents, to reach our ambitious net-zero targets. Later in the magazine, you will see the latest developments, from new recycling services to our free trees giveaway.

As temperatures drop and energy bills rise, we will be teaming up to provide spaces and places for residents to help keep warm this winter. So, please do check out the articles on pages 12 and 13 for support in keeping the bills down.

Also featured this edition are our developments on how we are providing good homes for care leavers, and a new series of drop-in surgeries on Special Educational Needs and Disabilities to help and support families.

While I am sure many of you will be celebrating this festive season, we all know that for many people, Christmas and New Year can be a difficult time, so please do read or share some top tips from the mental health charity MIND, on page 19.

I hope you can see that in the following pages, your council is working hard to help Hounslow thrive while making it more liveable, healthier, safer, cleaner, and greener.

Cllr Shantanu Rajawat (Shan)
Leader of Hounslow Council

LIGHTS, HOUNSLOW, ACTION

The Council's ambitious plans for a fuller events programme attracted record numbers of attendees throughout 2023. Eleven high profile events were held across the borough that were suitable for all age groups.

During the warmer summer months, a series of eight outdoor film screenings took place, that allowed families and friends to enjoy classic and much-loved films on the big screen for free.

Over 2,500 people attended to watch films including Mamma Mia!, The Greatest Showman, Trolls and The Lion King, with one resident commenting:

"It's great that the Council is providing this, we haven't had anything like this for free for a long time where family and friends can gather."



Marking the end of a remarkable summer programme, September saw the launch of

the smaller Greener Living Festival in The Strand on the Green Recreation Ground and Thames Road Allotment. The event, which aimed to raise awareness and educate residents on topics such as active travel, climate change and biodiversity, ran tours through Thames Road Allotments, highlighting the benefits of growing food on both physical and mental health, and how it can be done in much smaller spaces such as balconies and window pots.

As the colder nights approached, the Council's popular fireworks display was back in action. Set at a new location, Blenheim Lights, not only brought back Beach's Funfair and activities themed around Halloween, Bonfire Night and Diwali, but this year community performances kept the crowds entertained before the fireworks display took centre stage.

With 5,000 residents and visitors to the borough in attendance, Blenheim Lights was a spectacular show, bringing together communities and families.

More recently, the Council hosted its final event of the year - Christmas at Redlees, which created a fun-filled



festive afternoon for residents to enjoy. The Isleworth Bowls Club ran a market, Redlees Artists' Studios opened its doors to host a mini open studio event and the courtyard in the park had funfair amusements, reindeer, Christmas trees, Santa's Grotto and craft activities for visitors to participate in.

The 2024 programme looks set to be even bigger and better with a new Films



FELTHAM AGLOW

This year's Winters Night Carnival lantern parade once again attracted hundreds of families to The Centre in Feltham.



A highlight of the local calendar, the event was supported by Hounslow Council, The Centre Feltham, Arts Council England and managed by Feltham Arts.

Local artists worked with primary schools Victoria Junior School, St Lawrence's RC

School and Feltham Arts after school arts clubs to produce a stunning array of 'Night Sky' themed lanterns for the carnival. School children were joined by illuminated celestial circus performers including drummers, stilt walkers and ribbon dancers who walked along the route around the town centre.

on the Green programme and the seasonal 'Lights' show returning. A new event series - Rhythm and Sound - will be showcasing the borough's talent.

For more information on any of 2023's events, or to keep an eye on what's coming next year to a park near you, please visit: www.hounslow.gov.uk/hounslowevents



Students from Victoria Junior School created beautiful lanterns for Feltham Winter Lights

CELEBRATING SCI-FI HERITAGE

Sci-fi fans have been materialising in their hundreds at Gunnersbury Park and Museum's major new exhibition 'Set to Stun', celebrating sci-fi film and television from the 1960s through to today.

The exhibition, spread across 8 zones within the building, celebrates the west London artisans, artists and crafts people who have been instrumental in bringing classic British programmes including Doctor Who, Red Dwarf and the Hitchhiker's Guide to the Galaxy to television screens around the world.

Visitors will come face to face with a Dalek and Cyberman among an interactive showcase of sets, costumes, prosthetics and artistic visualisations showing how initial designs are brought to life. There is also an amazing interactive motion capture experience and artwork and models created by Delamar Academy Advanced Prosthetics graduates. You can even find out what space smells like.

This free-to-enter exhibition is open daily, Tuesday to Sunday from 10am-4.30pm until 2 June 2024. For more information, beam over to www.visitgunnersbury.org



Take a walk on the Chai side

ADVANCE FOR GROWTH WINNER REVEALED



Alicia and Jasmine Kharod

The winner of the second year of the Advance For Growth competition has been revealed.

Hosted in partnership by the Council, JCDecaux and the West London Chambers of Commerce, the competition gives small businesses in Hounslow the opportunity to win 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 winner, Wild Chai, was unveiled at the annual West London Chambers of Commerce Business Awards, along with the two runners-up – Quartsz Kitchen and Jungle Versatile Indoor Play – who will receive access to business mentoring for growth from the Council and a year's free subscription to the West London Chambers of Commerce. Wild Chai will also receive West London Chambers membership for a year and a feature in their Let's Talk Business magazine as part of the Advance for Growth winner's prize package.

Wild Chai Co-Founders Jasmine Kharod and Alicia Kharod, said: "We are completely overjoyed and grateful to be selected as the winners and are dedicated to fostering growth that extends beyond our business, benefiting the broader community. A heartfelt thank you to all who've supported us."

Wild Chai is a Hounslow based business founded by two health-conscious South



Asian sisters, dedicated to crafting nourishing Ayurvedic blends. After officially launching at Taste of London in June 2022, their mission is to promote healthy drinks and healthier lifestyle choices in the community especially the South Asian community, which faces a higher risk of diabetes and other health conditions."

Sustainability is at the core of the business, reflected in the vegan products, eco-friendly packaging and partnerships with carbon-neutral farms that prioritise fair wages for female workers.

Cllr Shantanu Rajawat, Leader of Hounslow Council, said: "We received some fantastic entries from a diverse mix of businesses so picking a winner was very difficult. I want to thank every business that took the time to enter. Our winners, Wild Chai, have an exciting range of products that complement our own ambitions for a healthier and greener community.

"It's fantastic to work with our local partners to unlock this once in a lifetime prize. Advance for Growth presents a unique opportunity for businesses to showcase how they'll utilise this to grow their brand."



Feltham Green Memorial on Remembrance Sunday

HOUNSLOW REMEMBERS

A series of parades, services, and the laying of wreaths, arranged by Royal British Legion branches and other community groups, marked Remembrance Sunday across the borough in Hounslow.



The Mayor, Cllr Afzaal Kiani was joined by Hounslow Council Leader, Cllr Shantanu Rajawat, and the Deputy Lieutenant, Ms Rosi Prescott, who attended and laid wreaths at the Feltham Green Memorial.



Cllr Shantanu Rajawat, Leader of Hounslow Council, said: "This is always a special day, and an opportunity to remember



the service and sacrifice of all those that have defended our freedoms and protected our way of life.

"I'd like to pay tribute to our collective branches of The Royal British Legion and all other community groups who play such a vital role in remembering the Armed Forces, their families, the emergency

services and, of course, those who have lost their lives through conflict."

Earlier this year Hounslow Council hosted an event to celebrate the re-signing of the The Armed Forces Covenant in Hounslow, which pledges that those who serve or who have served in the armed forces, and their families, are treated fairly.

Childcare support for working families

From April 2024 to September 2025, existing childcare support from the Government for working families is changing. These changes will help you with the rising costs of childcare, support you to return to work or to increase your working hours.

This will be in three phases:

1. April 2024, working parents of 2-year-olds will be able to access up to 15 hours a week of childcare support. If your child turns 2 before 1 April 2024 you need to apply at www.childcarechoices.gov.uk between January 2024 and 31 March 2024
2. September 2024, working parents of children between age 9 months and 3 years will be able to access up to 15 hours a week of childcare support
3. September 2025, working parents of children from age 9 months will be able to access up to 30 hours a week of childcare support.

Updated information, including how to apply, will be available in January 2024 at www.childcarechoices.gov.uk. You can also sign up to receive more details through this site when they become available.

To find out about your childcare options please contact Hounslow's Family Information Service at fis@hounslow.gov.uk or call 020 8583 3470.

AGE 9 - 23 MONTHS	
Working families	
15 hours SEPT 24	30 hours SEPT 25

AGE 2 YEARS			
Families receiving some additional forms of Government support			
15 hours NOW	15 hours APR 24	15 hours SEPT 24	15 hours SEPT 25
Working families			
	15 hours APR 24	15 hours SEPT 24	30 hours SEPT 25

AGE 3 - 4 YEARS			
All families			
15 hours NOW	15 hours APR 24	15 hours SEPT 24	15 hours SEPT 25
Working families			
30 hours NOW	30 hours APR 24	30 hours SEPT 24	30 hours SEPT 25



L/R: George Pickersgill (DFN Project SEARCH), Nathan Cook (Thorpe Park), with the latest group of interns, Debbie Robinson (Kaleidoscope), and Sandra Julian (West Thames College)

Interns secure roles at thrill seeking theme park

Thorpe Park is the latest business to provide supported internships for young people from Hounslow with special educational needs through its DFN Project SEARCH programme.

A one-year transition to work programme for young adults with a learning disability or autism spectrum conditions, the programme increases employability from 4.8% to 60%, regularly achieving outcomes of 70% plus into full time paid employment.

The interns will combine work-based experience at the theme park with study at West Thames College in Isleworth.

George Pickersgill, the Programme Specialist at DFN Project SEARCH, said: "We want choice for these young people and for them to learn transferable skills, not just for the host business but for the local community. We have rotations for them that range from customer services to engineering throughout the year."

Neil Poulter, Divisional Director at Thorpe Park, added: "I strongly believe that it's the variety of roles, training courses and experiences throughout my career that have been key in leading me into my current role of Divisional Director which I am proud to hold."

As part of their experience the Thorpe Park cohort will also receive wrap-round support from West Thames College, with Supported Learning Tutor Sandra Julian commenting: "They've been going through their vocational training, thinking about personal aspirations and what they want from the experience. I fully expect them to achieve their visions and goals."

Cllr Lily Bath, Cabinet Member for Education, Children, Skills, and Employment added: "DFN Project SEARCH is a fantastic programme, and one our local young people have excelled in. We're delighted that Thorpe Park are on board and pledging their support to our YSEG programme."

SEND SURGERIES TAKING PLACE

A new series of Special Educational Needs and Disabilities (SEND) drop-in surgeries will be taking place across the borough to help and support families.

The sessions, conducted by Hounslow Council's SEND team, are held twice every school term, either side of the half-term break. They offer advice and guidance for parents and carers who have children aged 0 to 25 years with special educational needs. Individual sessions will have professionals from the following teams available:

- EHCP
- Therapies – Speech and Language
- SEND Travel Assistance
- Early Help
- General Information
- SENDIASS

For further information or to find out when the next sessions will be taking place please visit: fsd.hounslow.gov.uk/synergyweb/local_offer

DON'T MISS OUT – HOLIDAY ACTIVITY FUN



Children living in Hounslow, aged between 5 and 16 and entitled to benefit-related free school meals, are eligible for the Holiday Activity Fund (HAF) programme for free, and fun activities from 2 - 5 January 2024.

Attendees can stay active, make new friends and learn something new as well as enjoy a free and nutritious meal each day.

More than 2,381 children participated in the programme in summer 2023 and took part in a broad range of enrichment activities, including computer coding, outdoor sports activities, arts and crafts.

Parents of eligible children will receive e-vouchers through their child's school to enrol in HAF activities. www.hounslow.gov.uk/freeschoolmeals

Eligible families can attend a Christmas Pantomime to celebrate the festive season on Friday, 29 December. Details of the event and all the HAF activities for winter are available on: fsd.hounslow.gov.uk/SynergyWeb/Family_Service_Directory/HAF_Programme.aspx



PARTNERSHIP PRAISED AT CAREERS SUMMIT

The recent West London Skills Summit at Wembley Stadium brought together a wide range of stakeholders, with the aim of making west London the best place in the country for youth employment.

The event featured Linda Hawkins from Marriot Hotels and Tracy Aust, principal of West Thames College.

Speaking about the value of partnerships in crafting opportunities for young people, Tracy said: "The key thing about cross party collaboration is building partnerships and working collectively. Genuine collaboration, as opposed to competition, is very important and post pandemic there's been a greater appetite for organisations working together. We need to look at partnership models that work."

Linda Hawkins is an advocate of supported internships, based on the multiple benefits of employing young people with learning disabilities or autism, something Marriot have been active in since 2015. She said: "Our supported internships have really grown. We wouldn't be able to run programmes without collaboration with schools, the local authority and Project SEARCH. But it's also about how employers are finding out about these opportunities."

PAWS AHEAD OF THE COMPETITION

For the second year in a row, Hounslow Council's Animal Welfare Team has been awarded gold in the RSPCA PawPrints Award in two categories: the Stray Dog Services PawPrints Awards and the Kennelling PawPrints Awards.

Only two gold standard awards for Kennelling were given in England for 2023. The award recognises not just the work the team do with stray dogs, but also the care given to the animals of hospitalised residents and the support available to them.

Lee Gingell, the RSPCA's Public Affairs Manager for local government, said: "Despite the challenging situation for all local authorities and public bodies across the country, we're thrilled to see Hounslow Council pick up the RSPCA's Stray Dog Services (Gold) and the Kennelling (Gold) PawPrints Awards.

"It's a tough time for pet owners as the cost-of-living crisis continues, and a tough time too for local authorities and public bodies as demands increase and resources decline. In the face of these challenges, we're proud to award Hounslow Council the PawPrints Awards for implementing and promoting schemes and policies that protect and promote animal welfare, and support pet owners, which is now more important than ever."



Andy Newnham, Animal Welfare Officer (middle) collecting the awards



A bridge too fine

The new Dukes Meadows Footbridge in Chiswick, which was opened by the Council earlier this year, has won an award at the New London Architecture 'New London Awards 2023' in the Transport and Infrastructure category.

The new walkway provides walkers with convenient and safer access to the scenic Thames Path, removing the previous obstacle of a long detour to rejoin the path after Barnes Bridge.

The successful project was made possible by local community support,

the collaboration between the Council and its partners, and the dedication shown by former Hounslow Leader, Steve Curran, and current local ward member, Cllr John Todd. The project is part of the Mayor of London's £53 million Liveable Neighbourhoods initiative and is a prominent example of Hounslow Council's commitment to invest £5 million to ensure its parks and open spaces remain among the best in London.

Find out more at: nla.london/awards/dukes-meadow-footbridge-new-london-awards-2023

TEAM OF THE YEAR AT NURSING AWARDS



Addiction Recovery Community (ARC) Hounslow team

Hounslow Council partners, the Addiction Recovery Community (ARC) Hounslow service, has been named Team of Year at the Royal College of Nursing (RCN) Awards, which was given in recognition of the team's work to improve marginalised populations' access to hepatitis C testing and treatment.

The judges praised the team's commitment to improving marginalised populations' access to hepatitis C testing and treatment, led by addiction nurse practitioner Eugenia Moyo-Hlahla.

ARC Hounslow was one of the first drug and alcohol services to achieve hepatitis C micro-elimination two years ahead of the NHS England's target of 2025.

Glimpses shortlisted for film award

Hounslow Council's acclaimed video about the impacts of dementia on family life narrowly missed out on a major international film award.

Glimpses, which was filmed on location in the borough, was shortlisted in the Europe, the Middle East and Africa (EMEA) Shots Awards, which was held in Leicester Square recently.

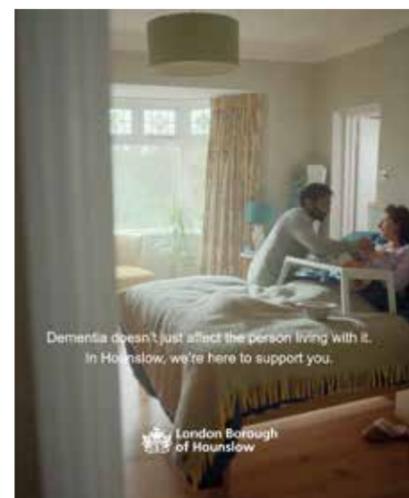
Shortlisted in the Charity category, it joined videos from global big-hitters including the World Wildlife Fund, Women's Aid, and the Child Poverty Action Group.

It follows the lives of Hounslow mum Saima and her son Adam, as they come to terms with her diagnosis of dementia. Hounslow Council worked with Hounslow-based not-for-profit video production company Capture Minds to create the film.

Glimpses was also chosen to be showcased in the international Aesthetica Film Festival, a qualifying event for the BAFTAs, which ran throughout November

Watch Glimpses on Hounslow Council's YouTube channel:

www.youtube.com/@LBHounslow



SPOTLIGHT ON DEMOCRACY

CABINET QUESTION TIME



Early December saw the return of Cabinet Question Time at Feltham Assembly Hall. Offering an invaluable opportunity to directly engage with local political leaders, residents questioned Cabinet Members on key issues and topics which impact the borough.

Taking inspiration from the well-known BBC Question Time format, this event brought residents face-to-face with the Leader and Cabinet Members, who are accountable for the decision-making in the Council.

Chaired by Sally Smith, Chief Operating Officer of West London Chambers of Commerce, and independent of the Council, the evening featured questions submitted by residents, and put directly to the panel.

A recording is available at talk.hounslow.gov.uk/cabinet-question-time. Many residents submitted questions, more than could be answered in one event. The Cabinet has made a commitment to respond to each one and the answers will be published on the webpage in due course.

For residents that missed the chance to submit a question there will be an opportunity to do so in late February 2024, and the next independent chair will offer you the chance to ask your question in person. You can submit your questions online at: talk.hounslow.gov.uk/cabinet-question-time, via email to engage@hounslow.gov.uk or in writing to the Engagement Team at the London Borough of Hounslow, 7 Bath Road, Hounslow TW3 3EB.

The location for the next event is being finalised but it will be in the central or east of the borough.

More detailed information about Cabinet Question Time, including how to secure tickets for attendance, can be found at: talk.hounslow.gov.uk/cabinet-question-time



HAVE YOURSELF A MONEY SAVING CHRISTMAS

Lorelei Freeman is Financial Capability Lead at Crosslight Advice, who are experts in debt and money education, and one of the partners which helps deliver the Council's Community Solutions approach.

Here, she offers some yuletide guidance, so Hounslow residents can enjoy a more frugal but fun festive period.

The average UK household spends around 30% more in December, and one in five people say they'll be relying on some form of borrowing or credit to finance their Christmas spending (source: YouGov).

What can we do to keep costs down and avoid getting into financial difficulty at 'the most wonderful time of the year'?

SET A BUDGET and work out what you can afford to spend. Write it down somewhere prominent as a pre-purchase check. Remember, your family and friends don't want you getting into financial difficulty for their sake; consider alternative gifts such as a babysitting 'voucher' for your services, or a home-baked box of biscuits.

AGREE PRICE LIMITS with your circle of gift-givers, so that no-one feels pressurised to spend more than they can afford.

PLAN YOUR MENUS TO SAVE MONEY AND AVOID WASTE, making an inventory of what you already have in your kitchen. Ignore 'deals' unless they fit with your plan or store the surplus to use later. Food shop online if possible, to avoid temptation and consider 'downshifting' a brand - use a food price tracker such as Trolley.co.uk for particular products at cheaper prices.

CONSIDER BUYING SOME PRE-LOVED (SECOND-HAND) GIFTS, it's better for the planet and kinder to your wallet. Try Vinted and Depop.com for clothes, Schpok and eBay for household items, and local groups such as Facebook Marketplace, Nextdoor, Gumtree or even Freecycle for bargains in your area, or try charity shops on your high street. Online tip: **Fatfingers.com** is a website which allows you to search for things listed on eBay with spelling mistakes, which no-one else finds - leading to a bargain to be had!

USE A CASHBACK WEBSITE like Quidco or TopCashback for your online shopping, as they earn you back a percentage of each purchase.

PLAN AHEAD WITH ONLINE ORDERS to take advantage of free postage, so you're not forced into pricey 'express delivery' to get items in time. Signing up to retailers' websites often generates vouchers and offers via email - you can unsubscribe after shopping.

BEWARE OF 'BUY NOW, PAY LATER' OFFERS AND CREDIT CARDS which can rack up the interest if not paid off in full.

LOTS OF STREAMING PLATFORMS OFFER ONE-MONTH FREE TRIALS, so opt for some cheap home-based entertainment with Christmas films and box-sets on tap (just don't forget to cancel after a month!)

For more suggestions for free or cheap ways to have fun and celebrate over the festive period, check out Money Saving Expert's list at <https://bit.ly/3Rd3hNp>

For free, impartial debt advice for Hounslow residents, visit Crosslight's website: www.crosslightadvice.org

A WARM WELCOME THIS WINTER



As temperatures drop and energy bills rise, Hounslow Council and partners are teaming up to provide spaces and places for residents to help keep warm, while at the same time accessing help, support, and the opportunity to learn new skills.

There will be a variety of activities and offers available at locations across the borough, from dance classes to simply accessing free Wi-Fi, having a hot drink, or reading a book.

Especially important at this time of year is the fact they all take place in a warm and safe environment.

There will also be free packs distributed for local people including warm clothing, toiletries, door hanger room thermometers, and advice on how best to keep the fuel bills down.

Keep your eyes on www.hounslowconnect.com as we announce more ways to take the heat off your energy bills.

DIGITAL SKILLS DROP-IN SESSIONS:

Holy Trinity Church, 6 High Street, Hounslow TW3 1HG - 21 December, 11am-12pm

Feltham Library, The Centre, High Street, Feltham TW13 4GU - Tuesdays 10am-12pm

Heston Library, New Heston Road, TW5 0LW - Wednesdays 2-4pm

Hounslow Library, Hounslow House, First Floor, 7 Bath Road, TW3 3EB - Thursdays 3-6pm

London Museum of Water and Steam, Pump and Grind Coffee Shop, Green Dragon Lane, Brentford, TW8 0DN - Fridays 12noon-2pm

For any enquiries, call/text 07816 538944 or email GetOnline@hounslow.gov.uk

FELTHAM COMMUNITY HUB:

Feltham Assembly Hall - Feltham Park, Hounslow Road, Feltham, TW14 9DN Join the Community Solutions team and partners every Tuesday from 2-5pm, for advice, guidance, support and activities.

Feltham Library, The Centre, TW13 4AU The second day of the Feltham Community Hub is now open for business at Feltham Library every Tuesday from 1-4pm with a mix of partners and Council teams.

Bedfont Lane Community Centre, 9 Proctors Close, Feltham TW14 9NB

This busy hub boasts daily sessions for everyone, whether you're into Bulgarian dance, Zumba, Pilates or boxing, there's an array of activities available.

Feltham Community Development Association (FCDA), Belvedere House, Lemon Grove, Feltham TW13 4DH

A vibrant community centre that offers activities including a sewing club, arts and crafts, a busy youth club and much more.

Southville Community Centre (Age UK), Southville Road, Feltham TW14 8AP

A lively mix of daily activities for everyone from salsa to sit and get fit - with a hot lunch thrown in too!



HESTON REPAIR CAFÉ

Heston Community Centre, 343 Vicarage Farm Road TW5 0EE - open on the last Saturday of every month offering:

Money saving tips by learning how to do minor repairs to your own clothing and bikes

Fun for the kids, learning how to fix small gadgets or create some crafts

An opportunity to donate unwanted clothing and small electronic items for people in need or for recycling.

If you'd like to join us, please email: hestonrepaircafe@gmail.com



HOUNSLOW LIBRARIES

Our eleven libraries have activities for all ages ranging from Rhyme Time for toddlers, Social Clubs for families, Book Clubs for adults and Chess and Board Games for everyone!

You can, of course, just read and learn at our wonderful libraries, the borough's original social space. We'll also be delighted to offer hot drinks for visitors too.

AVOIDING CHRISTMAS RENT ARREARS OR DEBT

Christmas can be an expensive time, so we've put together some useful contacts to help you enjoy the celebrations without falling behind on your rent or other debts.

- Citizens Advice Hounslow – provide free information and advice on resolving money, legal and other problems on 080 8278 7830
- Work out entitlement to welfare benefits with our calculator: www.hounslow.gov.uk/benefits-calculator
- Step Change – gives debt advice and support – 080 0138 1111 or contactus@stepchange.org
- Plane Saver Credit Union - offer savings and loans with repayments by payroll deduction or by direct debit. The savings accounts are designed to help members become more financially resilient – 020 8607 5020 or info@planesaver.co.uk
- Create your own budget to manage your money: www.budget.entitledto.co.uk/default

If you receive Housing Benefit or Universal Credit and need help to meet housing costs, you may be eligible for a discretionary housing payment. More information: www.hounslow.gov.uk/housing-payments

If you are a Council tenant, there are several ways to pay your rent – check out our website to find a payment method that works for you at: www.hounslow.gov.uk/paying-your-rent



Cllr Sue Sampson, Cabinet Member for Housing Management and Homelessness, said: "We understand that the winter period can be a difficult time financially, even more so in the current climate."

"If you are struggling, please contact us early and we will work with you to find solutions to prevent you falling into arrears. If you are a council tenant, we have a dedicated team of Housing Income Officers along with a Welfare Benefit and Money Advice service that can help."



Healthy Homes workshops are being held on estates across the borough to help provide advice and guidance to residents

KEEPING HOMES HEALTHY & WARM

With the winter months upon us, there are some simple steps residents can take to ensure damp and mould doesn't creep into their homes. With the potential to harm health and cause damage to homes, early action is essential to protect family and loved ones.

Step-by-step guide:

- Ventilate your home at regular intervals by opening windows and using extractor fans – particularly in the morning, after cooking or showering
- In colder weather, use your heating system to maintain a constant temperature in your home
- Keep air ventilation ducts clean and clear of obstructions
- Do not dry clothes on radiators as the water evaporates out of the fabric, turns into moisture and leads to condensation
- Wash off mould growth from walls and ceilings with a suitable remover to avoid further growth
- Clean and wipe moisture from windows when it appears to prevent mould growth
- Leave space between the walls and furniture such as beds and sofas, to allow air to circulate. Try not to overfill wardrobes, cupboards, or rooms as this will restrict air movement.

To download our handy new Healthy Homes guide visit: www.hounslow.gov.uk/healthy-homes

If you live in a Hounslow Council rented property and would like to report an issue with damp and mould in your home, email: repairs.team@hounslow.gov.uk or call 020 8583 4000

If you live in a private rented sector property (PRS) or registered provider home (RP) - initially approach the landlord. To escalate, please contact Hounslow's Housing Standards team who can support with enforcement action.

Get in touch: housing.enforcement@hounslow.gov.uk or visit: www.hounslow.gov.uk/report

Report a problem with a House in Multiple Occupation (HMO): www.hounslow.gov.uk/hmo

NEW LEASE OF LIFE

As part of its commitment to residents, the Council ensures that every planning permission application granted to housing developers funds infrastructure projects that benefit the local community.

Projects recently funded or completed include:

- London Museum of Water and Steam – awarded £44,650
- Heston Community Centre - awarded £79,000
- Hanworth Youth Centre - awarded £77,200

Cllr Tom Bruce, said: "Any developer who builds in our borough must take responsibility for the impact it will have on the local area and ensure there are ongoing benefits for the wider community. This funding ensures much-loved community assets continue to be fit-for-purpose for generations to come."

ONE NIGHT ON THE STREET IS ONE TOO MANY

Homelessness can happen to anybody for many reasons including financial difficulties, relationship breakdown, an unexpected eviction or mental health issues. Unfortunately, the rise in the cost of living means many people are facing issues that could lead to having to leave or lose their home.

Cllr Sue Sampson said: "No one should have to spend a single night on the streets. With temperatures beginning to drop, if you know someone, or have spotted someone sleeping rough in the borough, then please visit: www.streetlink.org.uk or call 0300 500 0914."

Reports are sent to outreach teams, who will connect people sleeping rough to local support services available in the area.

Call 999 if the person needs emergency help or is under the age of 18.

If you are worried about your own situation, are experiencing difficulties and feel at risk of homelessness then please get in touch with the Council by calling 020 8583 3942.

GREEN LIGHT FOR NEW CARE LEAVER HOMES

As part of the Council's ambitious housebuilding programme, five sites have been identified across the borough to deliver safe and secure homes for residents most in need.



Fthawit, a Hounslow care leaver with Cllr Bruce

The Council is set to invest £6.15m into the development of new suitable homes for care leavers, who are young people who have recently left care and continue to receive support from Children's Services as young adults, at least until their 21st birthday and in some cases beyond.

Earlier this year the Council placed 47 care leavers in permanent one-bedroom social rent homes to support their transition into adulthood. The new homes will help provide even more placements for care leavers in accommodation that no longer meets their individual needs.



Cllr Tom Bruce, Cabinet Member for Regeneration and Development, said:

"We are committed to protecting our most vulnerable residents. With care leavers we have an even greater responsibility as their corporate parent to support their transition into adulthood and long-term independence.

"Providing suitable and safe places to live, in a welcoming community is an integral part of enhancing our offer for care leavers. We know that a secure home helps them succeed in other areas of their life, such as education and employment or relationships.

"All new developments in the borough are identified to provide greater affordable housing options for residents, while creating a thriving, greener, safer and healthier place to live, play, work and study for the whole community."

The Council also recently agreed to build 124 new Council homes at the Commerce Road, Block B development in Hounslow, which will continue to expand the social rent offer in the transformed Brentford high street area.

To watch Cllr Bruce's video, scan the QR code:



THESE STREETS WERE MADE FOR TRANSFORMING



Children from Ivybridge Primary School

School Streets have become a staple part of the Council's transport delivery programme in recent years, but did you know Hounslow is home to some of the UK's first schemes which date back to the 1990s?

Quakers Lane in Isleworth and Brooks Lane in Chiswick have had restrictions on

motorised traffic for over 20 years and similar measures have been introduced at more than 30 schools across the borough since 2020.

School streets are roads near a school with restricted access to vehicles at drop-off and pick-up times. The schemes allow children to safely walk and cycle into



school with reduced traffic in the vicinity. Requests from residents and schools help inform the prioritisation of Hounslow's School Streets programme.

The Council is currently working with transport charity, Sustrans to co-design improvements around Ivybridge Primary School and Strand on the Green schools in partnership with local residents.

As well as hearing from neighbours, teachers and parents, the views of children are key to the project. Pupils have been involved through local walkabouts, classroom workshops and have had the chance to vote for the changes they would like to see. Sustrans have been collaborating with the wider community throughout the Autumn term and we look forward to seeing what ideas emerge from this hands-on approach to engagement.

More information on Hounslow's School Street programme is available online: www.hounslow.gov.uk/schoolstreets



WE'RE WINTER READY

Free **flu** and **Covid-19** vaccinations are available for eligible residents in Hounslow.



By getting your vaccinations you will be protecting yourself, your family and the wider community.

Find out more at: hounslow.gov.uk/get-winter-ready

PARTNERSHIP WITH LIME BIKES

Earlier this year the Council partnered with Lime bikes to launch the trial e-bike scheme in phases across the borough, with boroughwide coverage achieved in mid-September.

The e-bike scheme has proven to be a popular mode of transport with an average of 12,500 weekly trips being undertaken since August. Uptake in the scheme has been positive and with cycling having so many benefits - from supporting people's health and wellbeing, to easing traffic and consequently improving air quality.

As a Council that listens and after feedback from residents on the first

two phases of the launch, we asked Lime to redouble their efforts to address unsocial and unsafe use of their bikes in Hounslow. Lime have committed more resource to tackling this issue which has resulted in parking compliance increasing to 95 per cent and a steady decline in complaints.

An important element of this strong level of compliance across the borough - alongside residents and users understanding and respecting the parking regulations and being considerate of other road users and the local community - is a hardware fix that Lime has rolled out across the fleet of e-bikes to prevent 'hackers'

using and then discarding the bikes outside of the dedicated e-bike bays without penalty.

To find out more including how to report any issues visit: www.hounslow.gov.uk/ebikes



BABY FEEDING FRIENDLY CAFÉS

The Council is working in partnership with the borough's hospitality community to create a network of Baby Feeding Friendly (BFF) cafés and coffee shops across Hounslow.

This is part of a scheme to help new mums feel more comfortable and

confident when they are feeding their babies in public - particularly if they are breastfeeding.

It's crucial to make venues more welcoming to new mums (and dads!) and create inclusive spaces where they can feed their baby discreetly in

a supportive environment.

The project will make it more convenient for mums to feed their babies whilst out and about, with a long-term aim to use the Hounslow BFF project to achieve Breastfeeding Friendly status for the borough.

LOOKING AFTER YOURSELF

Young Hounslow Sexual Health (YHSH), is a sexual health service for young people up to 24 years old in Hounslow, providing non-judgmental support to help young people feel confident in themselves, sexual health and relationships.

Working with young people in schools, colleges and community groups, as well as acting as an outlet for the pan-London C-Card (Come Correct) scheme,

which provides free condoms to all young people registered on the scheme, the service also provides Chlamydia and Gonorrhoea test kits to educate and reduce infections.

Young people can refer themselves to the service by dropping an email to: younghounslowrse@turning-point.co.uk and will be contacted by the team to discuss support.



WELCOME TO VACCINATION HIGH SCHOOL

There's a new school open in Hounslow.

It's a place where all the pupils, teachers and parents have taken the message about the importance of childhood immunisation onboard and protected themselves, their school and the community.

Hounslow's Vaccination High School is a new animation which explains the vital role that the MMR vaccine has in slowing the spread of childhood diseases such as Measles, Mumps and Rubella.

This fun and friendly animation highlights why it is important for children to get immunised and introduces the topic of herd immunity.

It explains the science behind vaccinations and their role in preventing diseases. The video is designed to be accessible and educational, making it a valuable tool for both teachers and parents to understand the importance of immunisation.

In recent years, childhood immunisation has become increasingly important, in light of the global pandemic we have all faced.

Now, with the rates of childhood illnesses such as measles on the rise across Hounslow and London, there has never been a better time to spread the word about how we can protect our children, our community and ourselves through immunisation.

The MMR vaccine is offered to children at one year of age and when they reach three years and four months. The vaccinations are safe and the two doses offer lifelong protection against these diseases.

Parents/carers who are unsure if their child is up to date with their vaccinations should contact their GP practice to check and book an appointment.

You can watch Hounslow's Vaccination High School by scanning the QR code:



COPING WITH CHRISTMAS

The festive season is a great time of year, but with all that shopping, wrapping, visiting and planning, it's not without its stresses and strains.

So, what happens when the seasonal anxiety gets a bit too much to handle?

The mental health charity MIND says that the pressures of Christmas can have a big impact on people who are already living with mental health issues. With many services more difficult to access than at other times of the year, it can be a challenge.

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.

And that help starts with you.

Here are some tips from MIND that may help you over Christmas.

- PUT YOURSELF FIRST**
 It's okay to prioritise what's best for you. Think about what you need to cope over Christmas 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 okay to tell people that you may struggle over Christmas. It's also ok to ask for help.



Cllr Samia Chaudhary, Cabinet Member for Adult Social Care, Public Health and Transformation, said:

"Christmas can be a difficult time of year for some people. This year we continue to face pressures due to the cost of living, rising prices and energy bills.

"It's important that we join together as a community and support each other, not just at Christmas, but also 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."



YOUNG ECO-ACTIVISTS TRANSFORM

Chatsworth Primary School children Sophie and Naomi (L/R) with Cllr Lambert and Lampton Services operatives Tej Mann and Slawomir Kowalski, as the new branding is unveiled

RECYCLING FLEET

Sophie and Naomi from Chatsworth Primary School in Hounslow have seen drawings they created for the Council's No Time to Waste recycling campaign installed onto vehicle panels.

The competition winners, both in Year 5, were joined at the installation's unveiling by Cllr Guy Lambert, Cabinet Member for Highways, Recycling and Health Integration. The Chatsworth students were deemed to have created the most innovative drawings by a panel of judges, and were selected from entries that came from primary schools across the borough.

The rebrand of the Council and Lampton Services' vehicles comes as part of spreading awareness of the importance of waste reduction and improved recycling.

No Time to Waste launched in March 2023 and is the flagship sustainability campaign in the borough. Its mission is to support Hounslow residents with recycling more, wasting less, and reducing food bills.

Naomi from Chatsworth Primary School, said: "My inspiration to do this was my other eco-competition picture (that made me win) where I drew the world, so I wanted to include our planet in this competition too.

"I chose to draw children because they can show the grown-ups how to recycle properly."

Sophie, also from Chatsworth, said: "First, I did some research for ideas to use in my poster and read a book 'How to save the planet' for ideas on how to help. After I read the book, I started my poster by drawing a hill. I drew a circle with fire coming out of it that was rolling down the hill, representing that you shouldn't throw rubbish away (in black bins if it can be recycled), and you won't be eco-friendly and protect the world."



Cllr Guy Lambert, said: "I was delighted to meet both Naomi and Sophie, and better still was to see both students so happy to have their artwork installed onto our waste and recycling vehicles. Empowering young people to speak out is a hugely important part of effective climate action globally, and it will only have a positive effect on our borough too.

"As Naomi so intelligently put it, if primary school children can take action to waste less and recycle more, so can most adults!"



POSITIVE STEPS: CARBON FOOTPRINT REDUCTION REVEALED

Latest data has shown a 10% reduction in the Council's carbon footprint since 2018, with an 8% reduction in council-controlled operations seen in the last year alone.

The Council declared a climate emergency in 2019 and adopted a Climate Emergency Action Plan in 2020, which committed to reducing its organisational footprint to net zero by 2030. A further emissions reduction target of 50% by 2026 was also set in place.

Successes include the Council generating nearly 4000kW of renewable energy (by installing Solar PV at 48 sites), and a retrofit of 32 schools and 29 corporate buildings that will save a combined 17.5m kilowatts of electricity each year. Further funding of £2.1m has also been secured to retrofit an additional six council buildings and schools.

The Council has also taken measures to 'green' its fleet of vehicles through its Fleet Replacement programme, which will result in over 200 vehicles – a mixture of electric and hybrid - procured and leased in its first phase.



Cllr Katherine Dunne, Deputy Leader and Cabinet Member for Climate, Environment and Transport, said: "We're proud to be a leader in the UK's climate action space, and the Council is continuing to invest, and take bold steps towards our net zero by 2030 ambitions. Decarbonising our buildings, numerous retrofit projects, changing our fleet of vehicles, and offering more sustainable recycling services are just some of the primary ways the Council and partners



Food growing sessions in Heston are encouraging more sustainable behaviours



like Lampton Services are reducing carbon emissions from council operations.

"While an overall 10% reduction in our Council carbon footprint is pleasing, we set a target of a 50% reduction by 2026, and we intend to achieve this."



FIGHT BACK ON WASTE REDUCTION

Promising new figures have revealed a reduction in what the borough wastes.

A recent analysis of residual waste and recycling streams has shown that residents are not only throwing less waste in their black bins, but also in many instances are recycling more of their food.

When comparing 2022–March 2023 with the previous 12 months, the Council reported a 3% reduction in the tonnage of residual waste collected from all homes in Hounslow. Residents who live in flats are recycling more too, with a 9% increase in recycling tonnage collected from flats over the same period.

A huge 50% increase in food waste recycling tonnage for flats has also been recorded when comparing April – September 2022 collections with April–September 2023. The report is also good news for the Council, given that disposing of a tonne of recycled waste is roughly 10x cheaper than disposing of a tonne of black-sack residual waste.

Provisional findings from Q1 of 2023 also show a borough-wide recycling rate of 37.8% for the period, which is a significant increase on the 36.2% recycling rate reported for 2022/2023.

The Council's recycling and sustainability campaign, No Time to Waste, is there to support residents on their recycling journey and to help residents collectively reduce waste across borough. Visit www.notime-towaste.co.uk for tips and advice on how to recycle more, waste less, and reduce weekly food bills.



COMMUNI-TREE SPIRIT

With the festive season upon us this can mean only one thing. Free Trees for Hounslow – the Council's flagship tree giveaway - is in full swing.

Running for the third year in a row, the initiative is open with 750 fruit trees available to Hounslow residents, schools, and local faith and community groups.

With just two collection days remaining in the Central and East of Hounslow and limited tree stock available, reserve your free fruit tree now!

For more information on how to reserve and collect your free tree, please visit: www.hounslow.gov.uk/free-trees



Cllr Salman Shaheen, Cabinet Member for Recreation, Public Spaces, and Parking, said: "Canopy cover in Hounslow is increasing year-on-year, and it's because of the appetite shown by residents across the borough to support the Council's ambition to be cleaner, greener, and more sustainable.

"We've set ourselves a highly ambitious tree planting target of at least 22,500 trees by 2026 because we recognise the vital role trees play in tackling carbon emissions and air pollution, encouraging biodiversity, and building a healthier borough.

"With our ever-popular Free Trees for Hounslow initiative underway for the 2023/24 planting season, I'd like to thank everyone in advance for supporting our giveaway for another year, and I look forward to meeting some of you at our tree collection days."

THANK POD FOR THAT

Hounslow Council has teamed up with nationwide, not-for-profit organisation Podback to bring a new and free recycling service to the borough.



The new partnership enables households across Hounslow to easily recycle pods including coffee, tea, milk, and hot chocolate, with their normal kerbside recycling collection. Residents with a communal bin collection can use the Podback Drop Off service.



To get started, visit: www.hounslow.gov.uk/podback and sign up to order the free Podback recycling bags, which will be delivered with instructions.

Lampton Services, who are wholly owned by Hounslow Council, will collect the Podback bags on residents' normal recycling collection day and store them at Hounslow's Southall Lane Waste Depot. Podback arranges the collection and transportation of pods from the depot to the re-processors for recycling.



Getting the right care at the right time



For information about the services that can help you, visit: www.nwlondonicb.nhs.uk/winter



Pharmacy



Local pharmacists are qualified healthcare professionals. They can help with minor health concerns including coughs, colds, upset stomachs and skin or eye infections. They can also help with medications.

Visiting a nearby pharmacy is a quick and easy way to get confidential advice on minor health concerns. No appointment needed.

GP/doctor services local GP practice



Trained health professionals at your local GP practice can help with a wide range of general health problems. They may see you in-person, online or over the phone.

You need to be registered to book an appointment. You do not need proof of address, immigration status, ID or an NHS number to register at a GP. Find a practice near you: nhs.uk/service-search/find-a-gp

GP help evenings / weekends

Call your GP practice as normal. The practice answer phone will provide details of where you can get local out of hours appointments. You can also visit your GP practice website for details.

Mental health services



If you are feeling anxious, worried or depressed, the NHS offers talking therapies to help. You can refer yourself, you don't need to go to your GP first. Visit: nhstalk2us.org

In a crisis, call the free 24/7 NHS helpline:

Ealing, Hounslow, Hammersmith & Fulham - **0800 328 4444**

Brent, Harrow, Hillingdon, Kensington & Chelsea, Westminster - **0800 0234 650**

There are also local organisations that can connect you with other people for support and help. Visit: hubofhope.co.uk or wellbeingwestlondon.org.uk

NHS 111



NHS 111 is a website and phonenumber available all day, everyday, to help if you have an urgent medical problem. Doctors, nurses, paramedics and fully trained advisors are available to ensure you receive the right care in the right place. Contact NHS 111 at 111.nhs.uk or call 111.

In a life-threatening medical emergency, call 999 or attend A&E.



KEEPING VULNERABLE YOUNG PEOPLE AND ADULTS SAFE



Matt Duncan, Safer Communities Coordinator and Lucia Espiniella, Domestic and Sexual Abuse Delivery Manager at the Hounslow Central Area Forum event

Michelle Odell, one of our Community Star Award winners, shares her experience as to why this is so important: "I lost my 14-year-old son Bradlee in August 2019 when he was involved in an accident as a passenger on a motor scooter. It wasn't as simple as it just being a motor accident. At the time this happened I didn't realise but Bradlee was being groomed. When I was made aware of it, I thought grooming was linked to being sexually groomed but grooming also covers being criminally exploited."

"Bradlee would often disappear in the middle of the night, be away for entire weekends without me knowing where he was."

"At the time I thought he was just being naughty and didn't recognise the signs of him being groomed. I would have to hide my money as he would steal from me, and he had a lot of anger. I noticed a huge change in him and couldn't figure out why."

"Having been through this tragic experience and heartache I would like to say to parents that they should take the time and listen to your children, and if there are things you don't quite understand then ask for help."

There are also local charities, organisations and support services available across Hounslow providing support for the parents of those affected. This includes the Hounslow Parent/Carer Champion Network, a volunteer-led peer support for parents and carers offering confidential guidance, reassurance, and signposting for those whose children may be at risk of or who have experienced violence, exploitation, trauma or arrest across Hounslow.

The network has a number of fully trained parent volunteers with diverse and relatable lived experience who work to reduce parental isolation, enhance resilience and accessibility to other external services by offering a whole community approach to safeguarding families, young people and adults from 10-25.

They also raise positive awareness and prevention via community sessions and partnered initiatives throughout the year. Please email: isleworthmother@gmail.com for more information.

To get in touch with the Safer Communities Workers please email community.safety@hounslow.gov.uk

As part of Hounslow Council's ongoing commitment to supporting young adults, two new Safer Communities Workers were recently introduced into the Community Safety team.

They will work directly with individuals with a focus on building positive relationships and helping break the cycle of crime.

Many young adults who are caught up in serious violence and offending may have been targeted by organised criminals from a young age. However, if support hasn't been accessed before their 18th birthday, there are fewer support services on offer as they are considered adults.

The new offer means that the team can provide practical interventions to help young adults overcome their difficulties by accessing appropriate help and support, including mental health services or training opportunities, that will help them develop lifelong skills and eventually go onto employment.

Hounslow Council Cabinet members displaying white ribbons



RESPECT TAKES CENTRE STAGE

Hounslow Council's Learning to Respect Programme commissioned Chiswick School's Performing Arts to produce a piece of theatre looking at the importance of respect and healthy relationships as part of its work on Violence Against Women and Girls (VAWG).

The Council is committed to supporting victims and children affected by violence against women and girls, including domestic abuse, and working with perpetrators where appropriate, to prevent further abuse.

The first Violence Against Women and Girls strategy was launched by the Council in 2012. Since then the Council has delivered a number of successful initiatives to demonstrate its commitment to tackling the devastating effects of violence, abuse and exploitation against women and girls. The latest version, launched in December 2022 continues this work in tackling all forms of abuse, violence and harassment, as well as holding perpetrators to account.

Chiswick School worked with local primary schools for the show, including Stand-on-the-Green, Belmont and Cavendish, to create a series of devised theatre pieces that look at the way pupils see healthy and positive relationships using a combination of dance, drama and song, which took place on 16 November at Watermans Arts Centre.



Cllr Ajmer Grewal, Cabinet Member for Safety and Regulatory Services, said:

"We are so pleased to have put this show together with Chiswick School. Stand-on-the-Green, Belmont and Cavendish primary schools have all put on an incredible performance."

"This project plays an important role in educating our young people on respecting their peers. As a society, we need to challenge male violence at every level and change the way women and girls are treated."

"We commissioned this piece as part of our continued commitment to tackle violence against women and girls. Violence Against Women and Girls is abhorrent, and I wish to encourage all men and boys to call out and speak up to prevent violence and abuse against women and girls. Let us all play our part in being part of the solution."



Students performing at the Learning to Respect show

"A huge thanks to all those involved – teachers, students and our Learning to Respect team."

The Learning to Respect Programme aims to raise awareness regarding the nature and effects of domestic violence. As a prevention programme it seeks to reduce the incidence of domestic abuse, by supporting professionals to embed healthy relationship education with children and young people. The programme has been successfully delivered to a number of schools, nurseries, youth groups, and residential units within the borough and is offered free of charge to organisations. For more information on the programme, see here: www.hounslow.gov.uk/learningtorespect

Hounslow Council is an accredited member of White Ribbon, and encourages all members of our community, especially men and boys to take the promise to never use, excuse or remain silent about men's violence against women.

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

AGE UK

0208 560 6969
www.ageuk.org.uk/hounslow

HOUNSLOW FOODBOX

07719 891787 during opening times:
Tuesday - Friday, 10am - 1pm
Saturday 10am - 12pm
07718 263614 at other times
www.hounslowfoodbox.org.uk

MIND

020 8571 7454
www.hfehmind.org.uk

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
www.sane.org.uk/how-we-help/emotional-support/saneline-services

SHOUT

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

THE HOUNSLOW SAFE SPACE CRISIS HELPLINE

11am - 11pm every day.
020 3475 5185.

MIND INFO LINE

Support with everything mental health-related
Monday - Friday, 9am - 6pm
0300 123 3393 or text: 86463

RECYCLING AND WASTE COLLECTIONS OVER CHRISTMAS AND NEW YEAR

Rubbish and recycling collection dates will be different between Saturday, 23 December 2023 and Monday, 8 January 2024 when normal collections will resume. Garden waste and bulky waste collections will be suspended for two weeks over this period to assist with additional workload.

Space Way Reuse and Recycling Centre will be closed on Monday, 25 and Tuesday, 26 December 2023, as well as Monday, 1 January 2024.

Usual collection day	Revised collection day
Monday 25 December	Saturday 23 December
Tuesday 26 December	Wednesday 27 December
Wednesday 27 December	Thursday 28 December
Thursday 28 December	Friday 29 December
Friday 29 December	Saturday 30 December
Monday 1 January	Tuesday 2 January
Tuesday 2 January	Wednesday 3 January
Wednesday 3 January	Thursday 4 January
Thursday 4 January	Friday 5 January
Friday 5 January	Saturday 6 January

Normal collections will resume on Monday 8 January 2024

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 when 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 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/recycle-an-item/plastic-bags-and-wrapping



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

crews. Batteries can be taken to any local retailer that sells batteries as they offer a disposal service – residents may also recycle used batteries at any library in Hounslow. 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 you can take it to Hounslow's Space Way Household Reuse and Recycling Centre (TW14 0TH). More information can be found at www.hounslow.gov.uk/spaceway

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 in January 2024 between Monday 8 January and Friday 19 January. You will need to place your real Christmas tree (with lights and decorations removed) on the boundary of your property, not on the pavement, by 7am for collection.

Please note that artificial Christmas trees will not be collected.

The Christmas tree collections dates can be found at: www.hounslow.gov.uk/christmastreecollections



Cllr Guy Lambert, Cabinet Member for Highways, Recycling and Health Integration 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."

Alternatively, residents can drop real Christmas trees off at one of the designated collection points listed below between Wednesday, 27 December 2023, and Friday, 26 January 2024:

- **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
- **Space Way** - North Feltham Trading Estate, Pier Road, Feltham TW14 0TH

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

CHRISTMAS OPENING HOURS

Hounslow House and some other Council offices will close at the normal time on Friday 22 December 2023 and will re-open on Tuesday 2 January 2024.

COUNCIL SERVICES OVER THE CHRISTMAS AND NEW YEAR PERIOD 2023/24

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



GRITTING READY

To ensure that the borough's roads are as safe as possible Hounslow Council has started its Winter Gritting programme.

With cold weather comes the risk of snow and frost and increasingly dangerous driving conditions. The gritting team is prepared to carry out the grit runs when required, using some of the 2,500 tonnes of salt stored and is ready for action. Routes such as those used by emergency services, roads by schools and GP surgeries are prioritised first. This also includes bus routes that aren't covered by Transport for London.

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.

Gritting routes include all the bus routes on our adopted highway network (not including the TfL roads like the A4 which are gritted by TfL)

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

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

BOARDGAMING MEETUP - CHRISTMAS SPECIAL

28 December, 1 - 3.30pm

Ever heard of Dr Eureka, Rhino Hero or Loony Quest?

These are just a few of the great games you can play with family and friends. And why not try out our giant Connect 4, Jenga and Dominos too?

No booking required, £5 suggested donation per group.

CHRISTMAS CONCERT WITH CORO

16 December, 11am - 12pm

Get into the festive spirit with local chamber choir Coro, directed by Helen Vickery. Join in with a selection of well-known carols (words will be provided) and some solo items in a variety of different styles, from the 16th Century to the present day.

£2 suggested donation.

CHISWICK HOUSE AND GARDENS

chiswickhouseandgardens.org.uk/whats-on

CHRISTMAS SHOPPING

Saturday 16 to Friday 22 December, Chiswick House Shop

Our Christmas Shop will be open during event days throughout the festive season, selling gifts and decorations including our very own Gin, gifts for all the family and Gift Memberships.

10% discount for our members across all shop items.

London Museum of Water & Steam

SANTA AT THE MUSEUM!

16 - 17 December, 10am - 4pm

Santa is taking a break from his busy schedule to visit the Museum!

Meeting in the Museum's shop, you'll follow Mrs. Claus to find Santa. During your time with Santa, you'll sing a song or two, be able to take some pictures and receive a special present!

NEW YEAR'S STEAM UP

30 December, 10am - 4pm

We are back in STEAM!

This new year, we're are bringing their engines back to life! This is the first opportunity in two years

for people to marvel at the monstrous working steam engines that provided water to millions and helped make London the city it is today.

To celebrate, the Museum is throwing a New Year's Eve party like no other! Going all out for the first Steam Up in almost two years, there will be a programme of exciting activities and workshops to join.

The Association of 16mm Narrow Gauge Modellers will be demonstrating their model steam trains on a purpose-built track, a water Sommelier will be there to share the delicate art of water tasting, and their own steam locomotive Thomas Wicksteed will be running rides around the museum site all weekend. More to be confirmed.

FELTHAM ARTS

www.felthamarts.org

UNDER 5S: TINY TALES

Wednesdays 10am-10.45am

The Hub, 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.

Spaces limited and offered on a first come first serve basis.

LIVE MUSIC AT KTM ROX!

Fridays & Saturdays until December 30, 11.30pm

KTM Rox! 49 High Street, Feltham TW13 4AB

Live gigs every week, ranging from Blues, Rock 'n' Roll, through to Jazz and Contemporary Pop. Great food and drinks menu available.

www.ktmrox.co.uk

The Arts Centre Hounslow

www.theartscentre.co.uk

DICK WHITTINGTON: PRANK NIGHTS

Saturday 2 - Friday 29 December

The Arts Centre Hounslow, Hounslow TW3 1ES

Join our hero Dick, played by Hounslow's favourite Jonathan Ashby as he embarks on a journey to London in search of fame and fortune! Step aboard this adventure while Dick works with his best friend cat, to battle a rat, and become the man with the mayor's hat! This Rags to Riches professional pantomime promises plenty of standout moments as the Arts Centre strive to bring you their biggest pantomime ever!

For tickets visit: www.theartscentre.co.uk

A CHRISTMAS CAROL

16 - 24 December (exc 18 December)

Boston Manor House, Brentford TW8 9JX

Charles Dickens' classic Christmas tale comes to the beautiful Boston Manor House this December, presented by The Arts Centre Hounslow, reimagined as a live radio play.

For tickets visit: www.theartscentre.co.uk

BRITISH MMA

Sunday 07, 14, 21, 28 January 2024, 12noon - 1pm

British MMA arrives at the Arts Centre this January.

Featuring a multi-style combat system, and taught by trusted, experienced coaches, build confidence, and have the opportunity to bring competition into your life. MMA isn't just a sport. It's a lifestyle.

Ages starting from 6+ Monthly membership is £35

BEGINNERS DANCE WITH DAISY

Wednesday 20 and 27 December, 10am - 10.45am
The Loft Hounslow, Second

Floor, Treaty Centre, Hounslow TW3 1ES

For people to engage in a morning of movement with a gentle yet fun dance class to get our bodies moving for our health and our mind! All abilities welcome!

CALM COLLECTIVE - GAMES NIGHT

Thursday 21 and 28 December, 4.30pm - 6pm
The Loft Hounslow, Second Floor, Treaty Centre, Hounslow TW3 1ES

For members of the community between 18 and 25 to come together to chill, chat and play games like pool, table tennis and board games in a safe environment! Snacks and refreshments available.

CROCHET AND CHAT

Saturday 16, 23 and 30 December, 2.30pm - 4pm
The Arts Centre Hounslow, First Floor, Treaty Centre, Hounslow TW3 1ES

For people to come along and learn how to crochet for the first time or pick up where

you left off and continue to develop your skills! This group is for all abilities, where everyone can crochet at their own pace.

WRIT IN WATER: ERIC RAVILIOUS

Tuesday 19 December, 7pm
The Pier House, Corney Reach Way, W4 2UG

Esteemed art historian and expert speaker Alan Powers presents an illustrated talk on the life and work of artist, designer, and former Chiswick resident Eric Ravilious. Following a sell-out audience on his last visit, Alan will be presenting a lecture specially created for CPT to focus on Ravilious' connections to water.

Refreshments and Alan's book will be on sale.

Tickets £5 or free for members www.chiswickpier.org.uk

Keep Active

BETTERPOINTS

Download the free app and

get going. Visit App Store or Google Play and register.

hounslow.betterpoints.uk

LOCAL FOOTBALL

Find local football sessions groups including Wildcats, Squads Competitive and Recreation sessions.

find.EnglandFootball.com

WILDCATS, 5 - 11 YEAR OLDS

FREE non-competitive football sessions for girls.

Various locations and all ability levels.

weetabix.co.uk/weetabix-wildcats

OURPARKS BITESIZE

FREE at-home exercises

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

PARKPLAY

Free fun games for all the family.

Osterley Park, every Saturday morning.

park-play.com/parks/osterley-park

PARKRUN

Run, walk or jog your way Osterley, Gunnersbury, Bedfont, Hanworth and Crane Park

Find your nearest www.parkrun.org.uk



GUNNERSBURY PARK SPORTS HUB

We have something to keep the whole family active and entertained including:

- State-of-the-art gym
- Sports hall
- Fitness studios
- Floodlit 3G pitches
- Floodlit tennis courts
- Football, cricket and rugby pitches

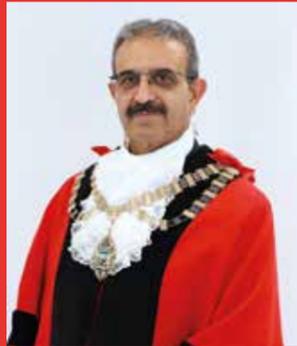
Discover more at better.org.uk/gunnersbury-park



BETTER

MEET THE MAYOR OF THE LONDON BOROUGH OF HOUNSLOW

The Mayor of Hounslow 2023-2024 is Cllr Afzaal Kiani



Mayor Kiani was first elected as a Councillor for the Hounslow Heath Ward in 2018.

He was born and raised in Rawalpindi, Pakistan and moved to the UK in 1986 as a student.

He has served on various Committees and Panels for the Council and sat as Chair and Vice Chair of the Housing and Environment Scrutiny Panel.

Cllr Kiani has lived in the borough since 1998. He is married and has four children.

Mayor's Charity

The Mayor has chosen two charities for his Mayoral year – Al-Mustafa Welfare Trust (Registered Charity Number 1118492) and CW+ (Registered Charity Number 1169897).

Al-Mustafa Welfare Trust Trust is dedicated to eradicating global poverty, and for over 30 years has been delivering life-saving humanitarian aid to the poorest countries in the world.

CW+ is the official charity of Chelsea and Westminster Hospital NHS Foundation Trust.

Hounslow's fostering champion

Amina is a fostering champion for Hounslow Council. With direct experience of the care system, she uses this to support foster carer recruitment.

She writes: "I have had experience of being in care, which generally was a positive memory. By sharing my knowledge, I believe that this will help with inspiring anyone who is interested in fostering. I think people underestimate the impact of fostering on a young person's life. It can be

enormous in shaping the life chances and opportunity for family life. The role of a foster carer is to assist a child to navigate their journey to be the best that they can.

"As a fostering champion I am assisting with the provision of training to new carers. I am also supporting with recruitment events like the various fostering stalls when the team are out and about, plus the ongoing overall recruitment of foster carers.

"I am testimony to the influence carers can have. Despite having had a challenging childhood, upon reflection as an adult, I can now say my care experiences have shaped the person I have become. My care experience was from the age of sixteen, and at that time, I was a typical young person, also struggling with my mental health, family relationships and feeling confused.

"As a vulnerable young person, the most important memory that I have is being provided with security, stability, and support from the professionals in the care system. I felt accepted and allowed to be me without fear of judgement."

www.hounslow.gov.uk/aboutfostering

OUT AND ABOUT WITH THE MAYOR

The Mayor has had a busy start to the autumn, supporting various local organisations and events:

Celebrating diversity

The Mayor visited Victoria Junior School to celebrate their International Day, where parents and children dressed up and learnt some cultural stories from 30+ countries.



Surplus to Supper

The Mayor visited Surplus to Supper, a local organisation which helps with food poverty.



Winter Lights Parade

The Mayor switched on the official lights in Hounslow High Street marking the start of the festive season in the borough.



If you would like to invite the Mayor to your event please contact: mayor@hounslow.gov.uk

FOSTER TODAY FOR A CHILD'S BETTER FUTURE TOMORROW

"You have got to prepare them for everything, and I love the challenge of that."

Helen, foster carer from Chiswick

Call 020 8583 3426

Visit: www.hounslow.gov.uk/fostering



BEDFONT



Lily Bath
Education, Children,
Skills and Employment



Adesh Farmahan



Raghwinder Siddhu

BRENTFORD EAST



Marina Sharma



Rhys Williams

BRENTFORD WEST



Guy Lambert
Highways, Recycling and
Health Integration



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



Noor Kaleem

HESTON CENTRAL



Harleen Atwal Hear



Shivraj Grewal
Communities, Equalities
and Culture



Riaz Gull

HESTON EAST



Aqsa Ahmed



Gurmail Lal



Amrit Mann

HESTON WEST



Emma Siddhu



Karamat Malik



Shantanu Rajawat
Leader of the Council

HOUNSLOW CENTRAL



Rasheed Bhatti



Ajmer Grewal
Safety and Regulatory
Services



Pritam Grewal

HOUNSLOW EAST



Junue Meah



Daanish Saeed

HOUNSLOW HEATH



Samia Chaudhary
Adult Social Care, Public
Health and Transformation



Afzaal Kiani
Mayor



Farhaan Rehman

HOUNSLOW SOUTH



Tom Bruce
Regeneration and
Development



Sayyar Raza



Karen Smith

HOUNSLOW WEST



Bandna Chopra



Jagdish Sharma



Mohammed Umair

ISLEWORTH



Sue Sampson
Housing Management
and Homelessness



Salman Shaheen
Recreation, Public
Spaces and Parking



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 and
Transport



Balraj Sarai

Key

- Labour
- Conservative
- Cabinet
- Independent

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