



# OWGRA

Osterley & Wyke Green Residents' Association

## eNewsletter – 23<sup>rd</sup> February 2020

Welcome to the third OWGRA eNewsletter of 2020. In terms of impact on our area, far and away the most important item is the proposed development on the Tesco and Homebase Osterley sites by St. Edward, part of the Berkeley Group. So please can we ask all residents (and friends and neighbours) to **read the article on the next stage of this (the first article in the Planning section on page 2)** and go to the exhibition of the revised plans and make your views known.....

### In this issue

- In Planning (page 2-7), we have news on the 2<sup>nd</sup> Public Exhibition of the Tesco/Homebase Osterley redevelopment (**please read this article**), an update on the Bolder Academy construction, Brentford FC news, Osterley Station (flats and lifts), Syon Lane lifts, plans for another hotel and Conservation Area updates
- Under London Borough of Hounslow (LBH) News (pages 8 -11) there's news of the council's unsuccessful bid to be London Borough of Culture 2021, problems at council leisure centres, updates on parking restrictions and consultations underway.
- In Local News (pages 12 - 14) there's news of Brentford Sports Fest, events at Osterley Park, The Watermans Centre in Brentford (including Bollywood dance classes...), Brentford Musical Museum and Gunnersbury Park, an art exhibition, two local history stories and events at Grasshoppers and Thistleworth clubs
- Under Crime and Local Policing (pages 15 - 18) there's news of burglaries, doorstep cons, bicycle and car theft, good news (at last !) on catalytic convertor thefts, more police coming, latest crime stats and how to meet your local police.
- Finally under Other News (pages 19-22) items include more litter-picking, free legal advice, Piccadilly line updates, South-West Trains compensation, and health news.

We hope this eNewsletter is informative and welcome any feedback – especially anything we should include in future eNewsletters.. Feel free to pass it on to friends and neighbours. If you're not a member of OWGRA, please consider joining – details and a membership form can be found on our [website](#). And if you would like to help us in running OWGRA then please do [contact us](#) – we always welcome any help, even if you can only spare a few hours a month. We will lose a couple of members of the committee this year and really need to replace them.

Happy reading from Laurence Hawcroft, (Vice-Chair), and the OWGRA Committee.



# Planning News

## TESCO/HOMEBASE DEVELOPMENT – 2<sup>nd</sup> PUBLIC EXHIBITION

**SYON LANE FUTURE**

**SECOND PUBLIC EXHIBITION**

Following lots of discussions with the local community about the regeneration of the Syon Lane Homebase and Tesco sites, St Edward Homes are delighted to invite you to see how our proposals for the two sites have progressed at our second public exhibition event this month.

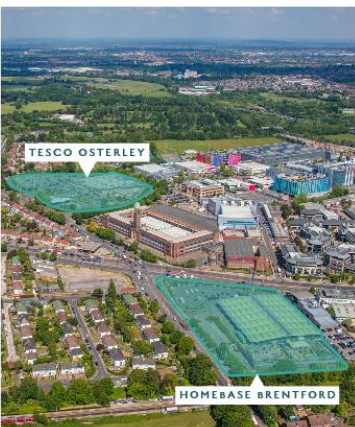
**PUBLIC EXHIBITION DETAILS**

6.00pm - 9.00pm  
Thursday 27th February 2020  
Nishkam School West London,  
152 Syon Lane, London, TW7 5PN

9.00am - 12.00 midday  
Saturday 29th February 2020  
Marlborough Primary School,  
London Road, London, TW7 5XA

**WHAT IS BEING PROPOSED?**

St. Edward Homes have plans to bring both sites forward for redevelopment to jointly deliver new homes alongside modern community facilities and green and open spaces.



A second public exhibition is being held at the end of next week by Berkeley Homes/St Edward to show how their plans have evolved for the redevelopment of the Homebase and Tesco sites since the first exhibition in Oct 2019.

It will be very interesting to see how the plans have changed given all the negative feedback from local residents to the plans shown at the first exhibition. Will we still see 16-storey blocks, or will the developer have seen sense and come up with some reasonable proposals that

respect the character of the area and are not excessive in height, massing and density?

Here are the exhibition details (see also the flyer – above and below - from the developer):

- **Thursday, 27 Feb 2020, 6-9pm, Nishkam School, 152 Syon Lane, TW7 5PN**
- **Saturday, 29 Feb 2020, 9am-12pm, Marlborough School, London Road, TW7 5XA**


**SYON LANE FUTURE**

We look forward to speaking with you and hearing your views on how the designs are progressing. We will also be sharing findings from resident consultation and are keen to talk to you about what we have learnt so far.

If you have any particular accessibility requirements, please contact us using the details below. You can also view the presentation materials from our first exhibition on the project website.

**CONTACT US**

020 3487 1887  
hello@syonlanefuture.com  
www.syonlanefuture.com  
www.givemyview.com/syonlanefuture



**CONSULTATION CENTRE**

Can't attend the public exhibitions? Don't worry! Whilst our dedicated consultation centre will be closed in the two weeks leading up to the second public exhibition, it will be opening again weekly from Tuesday 3rd March. Please feel free to come in and have a chat!

4.00pm - 7.00pm Tuesdays  
9.00am - 12.00pm Saturdays

**Location**  
Tesco Extra Car Park, Osterley Park, Syon Lane, Isleworth, TW7 5NZ (Next to Timpson)

Thereafter, the consultation centre will be open again in the Tesco Extra Osterley car park from Tuesday 3 March, on Tuesday evenings 4-7pm, and Saturday mornings 9am-12pm. So if you can't make the exhibition dates, you still have an opportunity to see the plans.

We anticipate that the planning applications will be submitted in mid-2020, when we will be expected to respond in planning terms.

**This is the biggest development in our area for years and will affect us all. Apart from concerns about the size of the development, we need to ask about the following aspects at the exhibition:**

- types of housing e.g. family sized homes (3-4 bedrooms) vs small studio, 1 and 2 bedroom flats
- infrastructure improvements (health care, transport, play areas/facilities for children, public and amenity spaces, etc.)
- traffic forecasts and proposed improvements/reconfiguration of Gillette Corner,
- pollution and environment
- construction – it needs to be environmentally friendly and use sustainable materials i.e. not concrete and steel
- carbon neutral and zero emitting homes for the life of the development, use of renewable energy and water conservation measures.



We strongly encourage you to go to one of these exhibitions, see the proposals, ask pertinent questions, and provide your feedback to the developer (and to OWGRA by e-mailing [info@owgra.org.uk](mailto:info@owgra.org.uk)).

## BRENTFORD FC EXTEND LEASE ON JERSEY ROAD TRAINING GROUND

Brentford FC currently uses the site on Jersey Road as their training ground. Last year they applied for and received approval for a comprehensive refurbishment of the facilities on that site to meet their needs in the future (including if they are promoted to the Premier League). In developing this proposal they worked closely with local residents and listened and adapted their scheme in response to feedback. As a result OWGRA were happy to support the application as it protected the land from further development (see what is proposed for the Tesco and Homebase Osterley sites as an example of what could have happened).

However a barrier to this development was the fact that Brentford FC only had a couple of years left on the lease for the site and needed to agree an extension with the site owners before they could justify the substantial investment proposed.

We were therefore pleased to hear from Brentford FC that they have “ ....agreed a new lease with the landowner, for its training ground at 100 Jersey Road, Osterley. The lease is for 20 years, from now until 2040. The previous lease would have expired in 2021, and the Club is pleased to have secured this longer term agreement that enables it to stay in Osterley, and within the Borough of Hounslow... “

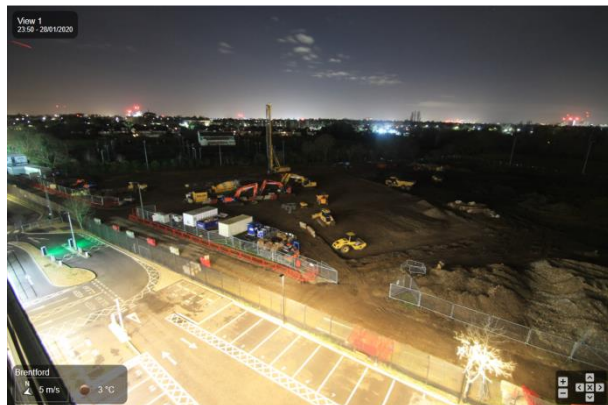
They expect to start the work on upgrading their facilities on the site later in 2020. [Further details can be found here.](#)

## BOLDER SCHOOL CONSTRUCTION CONTINUES – 2<sup>nd</sup> NEWSLETTER

Work on the site of the new Bolder School down MacFarlane Lane off Syon Lane is continuing and the contractors (Bowmer and Kirkland) have issued the second of their Newsletters to local residents.

As well as confirming the focus of work over the next few months (piling, foundations works and erection of the structural steel frame) the newsletter also details the routing for site traffic to and from the site.

In terms of how they will be managing their activities onsite (working hours, etc.), details of what they are permitted to do are contained in their [Construction Logistics Management Plan \(CLMP\)](#) which is available from the council website.



In addition if you wish to monitor the activities on the site from your home, they have even installed [a CCTV camera](#) viewing the site 24 hours a day. This can be accessed from this link. This is what we saw at 23:50 on 28/1/20.....

If local residents notice any activities that are adversely impacting them, please let us know and we will contact the developer.



Bolder Academy, Isleworth

# Community Update

**+BOWMER  
KIRKLAND**



For more about  
Bowmer and  
Kirkland, visit:  
[www.bandk.co.uk/](http://www.bandk.co.uk/)  
or @bandkbuilt.  
Or contact our PR  
Manager Sarah  
Millington on  
01773 857614 or  
[sarah.millington@bandk.co.uk](mailto:sarah.millington@bandk.co.uk)

Welcome to the second newsletter  
regarding construction of the new Bolder  
Academy School, Isleworth.

## Project Information

Over the next couple of months we will  
begin piling works as well as the erection  
of the steel frame structure.

In order to keep the site as clean and tidy  
as possible, we have arranged daily road  
sweeping during our operations Monday  
to Friday.

As part of the works we have implemented  
a traffic route (See overleaf) for our site  
traffic that will ensure any disruption

is kept to a minimum. This diversion,  
alongside delivery management, will  
ensure traffic to the site continues to run  
smoothly.

Future newsletters will be issued  
including information regarding the  
roadworks to Syon Lane and McFarlane.  
If you have any queries regarding the  
project, please contact our project  
manager, Alex Reynolds as below.







## Considerate Constructors

Bowmer and Kirkland Ltd is a Partner of the Considerate Constructors' Scheme. Only a select number of high performing contractors achieve Partner status in the scheme, which now registers more than 400 sites a month. Partners are companies which have proved their commitment to improving the image of the industry through a large number of registered sites that have consistently performed to a high level.

Launched nationwide in 1997, the scheme was set up by the industry to improve the image of construction. Sites registering with the scheme are given marks following a Code of Considerate Practice, designed to encourage best practice beyond statutory requirements. The main areas of concern are: the environment, the workforce and the general public. Individual site performance and monitoring is carried out by an experienced industry professional who will assess the site's performance in the following categories: workforce, safety, community, appearance and environment. More: [www.considerateconstructorscheme.org.uk](http://www.considerateconstructorscheme.org.uk)

## Considerate Constructors Scheme Code of Practice



Considerate constructors seek to improve the image of the construction industry by striving to promote and achieve best practice under the Code.

### Enhancing the Appearance

Constructors should ensure sites appear professional and well managed.

- Ensuring that the external appearance of sites enhances the image of the industry.
- Being organised, clean and tidy.
- Enhancing the appearance of facilities, stored materials, vehicles and plant.
- Raising the image of the workforce by their appearance.

### Respecting the Community

Constructors should give utmost consideration to their impact on

neighbours and the public.

- Informing, respecting and showing courtesy to those affected by the work.
- Minimising the impact of deliveries, parking and work on the public highway.
- Contributing to and supporting the local community and economy.
- Working to create a positive and enduring impression, and promoting the Code.

### Protecting the Environment

Constructors should protect and enhance the environment.

- Identifying, managing and promoting environmental issues.
- Seeking sustainable solutions, and minimising waste, the carbon footprint and resources.
- Minimising the impact of

vibration, air, light and noise pollution.

- Protecting the ecology, the landscape, wildlife, vegetation and water courses.

### Securing everyone's Safety

Constructors should attain the highest levels of safety performance.

- Having systems that care for the safety of the public, visitors and the workforce.
- Minimising security risks to neighbours.
- Having initiatives for continuous safety improvement.
- Embedding attitudes and behaviours that enhance safety performance.

### Caring for the Workforce

Constructors should provide a

supportive and caring working environment.

- Providing a workplace where everyone is respected, treated fairly, encouraged and supported.
- Identifying personal development needs and promoting training.
- Caring for the health and wellbeing of the workforce.
- Providing and maintaining high standards of welfare.

The Code of Considerate Practice outlines the Scheme's expectations of all registered sites and companies, describing these areas that are considered fundamental by the Scheme in helping improve the image of construction.

For more information, call 0800 783 1623 or visit [www.ccscheme.org.uk](http://www.ccscheme.org.uk)

**Bowmer and Kirkland Ltd, High Edge Court, Heage, Bolsover, Derbyshire, DE56 2BW Tel: 01773 853131 [bandk.co.uk](http://bandk.co.uk) @bandkbuild**



## **ANOTHER HOTEL PLANNED**

We have heard that the Travelodge budget hotel chain is planning to open [a six-storey 113 bedroom hotel on a site close Chiswick Roundabout](#). A planning application is being submitted to Hounslow Council for the site adjacent to 632 Chiswick High Road between the Embassy of Saudi Arabia Cultural Bureau and a car showroom. A hotel is also part of the proposed development at the other side of Chiswick Roundabout on the B&Q site.

A consultant's report presented to Council planners states that the area surrounding the application site is home to some of the largest commercial businesses, renowned national and international headquarters as well as a huge number of small and medium enterprises. *"Despite this level of established businesses and enterprises, the area has very little visitor accommodation, and specifically, budget branded visitor accommodation."*

We wonder whether the said "consultant" is aware of the other hotels within 1000m (Clayton Hotel in West Chiswick, Premier Inn Kew Bridge, Premier Inn Brentford, Travelodge Kew Bridge, Holiday Inn Brentford) plus many more slightly further afield (Hilton Syon Park, a sizable number in Hounslow, etc.).

## **OSTERLEY STATION FLATS**

Readers will be well aware of the ongoing saga of the proposal to build a large complex of flats over the Osterley Station car park. OWGRA (and a number of local residents) objected to the proposals for a number of reasons, not least the sheer scale of the development in an area of 2-storey houses set back from the road (the proposed development was 6-storeys high and right up against the road) and the impact on the Grade II-listed Osterley Station next door. The impact would have been to completely overshadow this local landmark, with the flats becoming the new "landmark".

Thankfully the council have listened and the development is recommended for refusal. We suspect this is just another step in the battle, and the developer will appeal, but this is a (sadly all too rare) piece of good news in trying to maintain the character of Osterley for future generations.

## **LIFTS AT OSTERLEY STATION & SYON LANE**

Anyone using either Osterley Station or Syon Lane Station will be only too aware of the substantial building works underway at both of these stations to install lifts to provide step-free access to the platform.

We are advised by our local councillors that these works are due for completion this year.

For Osterley Station these lifts are due to be completed by July 2020.

For Syon Lane Station these lifts are due to be completed by September 2020.

## **REVISED CONSERVATION AREAS**

Hounslow Council have designated a number of Conservation Areas across the borough, and we are lucky that a sizable part of our area is covered by Conservation Areas. The Council also has an ongoing initiative to review and amend Conservation Areas as and when required.

In our area they have recently extended the scope of the Osterley Conservation Area. This covered Osterley Park and Jersey Road; it now also covers many of the roads between Jersey Road and the Great West Road.

To see the areas of the borough covered by a Conservation Area (and whether an address falls in a Conservation Area), the [attached map](#) on the LBH website shows all of them. To see the Conservation Areas on the map, go to the bottom of the list at the left-hand side



Dear Sir or Madam,

**LONDON BOROUGH OF HOUNSLOW –**

**( CONSERVATION AREA -**

your property is now within a conservation area, which means that certain permitted development rights are now restricted. The purpose of these controls is not to be onerous, but to ensure that the character of the area is preserved.

The Town and County (General Permitted Development) Order 1995 outlines how permitted development rights that exist generally are restricted in conservation areas. The following works will now require planning permission:

- Demolition of all, and in some cases part, of any building or structure.
- An extension that extends beyond the side wall of the building.
- Any two-storey extension.
- Cladding any part of the outside of a building with materials such as stone, artificial stone, timber, plastic or tile.
- Any enlargement or extension to a roof, such as the addition of a dormer window.
- An extension or alteration to any structure within the grounds of a building, if it is to the side of the house.
- The installation of a flue, chimney or soil and vent pipe if it would face a road and is on the side or front of the building.
- Positioning a satellite dish on a wall, roof or chimney that faces a road or public space.
- Solar panels on a wall that faces the road.
- Tighter controls over advertisements.
- Trees within conservation areas with stem diameters of 75mm or greater, measured at 1.5m above ground are protected. Anyone wishing to work on these trees must normally give six weeks written notice to the Local Authority.

If you have any questions about these new requirements, please contact the conservation team at [conservation@hounslow.gov.uk](mailto:conservation@hounslow.gov.uk) or 020 8583 4941.

and click on "Conservation Areas". These are then indicated by areas shaded in dots.

In terms of its impact on residents seeking to make changes to their properties, LBH advice is included here in a sample of the letter sent by them to houses within a Conservation Area.



## HOUNSLOW LOSES BID TO BE “LONDON BOROUGH OF CULTURE 2021”

Hounslow was ultimately unsuccessful in their [application to be London Borough of Culture 2021](#), losing out to Lewisham (for 2021) and Croydon (for 2023). In addition three boroughs received grants of £200,000 each to progress culture-related projects; Sutton, Hammersmith & Fulham and Haringey.

Councillor Samia Chaudhary, Cabinet Member for Culture and Leisure Services at Hounslow Council said: *“While we are disappointed that 2021 will not be Hounslow’s Year of Culture, we warmly congratulate Lewisham and Croydon for their successful bids and wish them great success with their programmes. London is brimming with culture at every turn and each borough has a great story to tell. Our very strong bid has helped lay the foundations for many exciting things to come. We are one of London’s fastest growing boroughs and we will embrace and celebrate our wonderful cultural assets, extending opportunity to our talented young people through close collaboration with industry and our vibrant cultural sector”*

We appreciate the hard work of the council in this bid, and look forward to seeing new initiatives in this area from them. And it’s not all bad news.

- [Feltham Arts](#), a group based in The Centre, Feltham has received £230,000 from the National Lottery Fund to deliver more arts activities for all ages
- [Boston Manor Park](#) has secured National Lottery funding of £3,634,600 for Stage 2 of a project to enhance, conserve, interpret and engage diverse communities with Boston Manor Park and
- [Gunnersbury Park's](#) regeneration is to receive help from a £340,000 award from road operator, Highways England.

And how many readers were aware of The Hounslow Arts Centre ? I must be honest and say I wasn’t and [the attached video](#) gives a window into cultural activities that deserve a wider audience.

But if you are one of life’s cynics (surely not..?) we have been alerted to the following [“promotional video”](#) from an unnamed local resident produced a few years ago about the attractions of Hounslow, done in the style of “Welcome to Stoneybridge”. Naturally we are not amused... well, just a little bit....

## BETTER HOMES, BETTER HEALTH

**GET YOUR HOME WINTER-READY WITH A 'BETTER HOME, BETTER HEALTH' VISIT**

Every winter, the health of local people suffers from the increasingly cold weather and seasonal illnesses. Good quality, warm housing is a vital part of keeping well.

Hounslow Council is working with Groundwork London to help make use of residents' homes as prepared for the winter months. The 'Better Homes, Better Health' service is available, as a referral, to any vulnerable resident. People who could particularly benefit from a visit include:

- residents over the age of 70
- low income families with children under 5
- residents with long-term health conditions, including residents with cardiovascular and respiratory illnesses

Once a referral is made a free home visit is arranged with one of Groundwork London's trained energy advisors or 'Green Doctors'. This visit looks at the household energy use and how money can be saved, as well as referring them to the wide range of services Hounslow offers. Last year, 670 households were helped by these energy visits.

Last year's scheme achieved a total of £25,640 in savings for Hounslow residents. The scheme also helped achieve carbon savings of 38,368kg of CO2 and 7,233.87 litres of water, saving the 'Better Homes, Better Health' service also saw customer satisfaction scores of 95%.

**A BETTER HOMES, BETTER HEALTH VISIT INCLUDES:**

- a range of simple energy efficiency measures installed for free e.g. low energy light bulbs, draught proofing, meter saving devices
- guidance on what grants are available for more significant energy saving measures like loft insulation
- energy audit or company switching advice to help households switch their energy tariff by identifying potential savings
- advice about how to reduce energy usage
- help and support with claiming benefits related to energy costs

Residents will also receive a free 'Stay Warm' pack.

**Support during service period**

Hounslow Housing Customer Service Centre and Housing Call Centre will be closed from 10am on Tuesday 24 November and will resume at 10am on 2 January 2020.

During the current emergency period and housing allowances can be referred to the 24hr Housing Emergency telephone line on 0208 365 2222, report to 7 lines 0208 365 1434.

**Residents in long-term care**

Long-term care residents should contact their care manager or care provider on 0208 365 111 999.

For other and of those emergency contact details, visit [www.hounslow.gov.uk/councilservices](#)

The council runs a “Better Homes, Better Health” initiative, which provides a free package of support to help eligible Hounslow residents improve their homes, keep warm and save money on energy bills.

The service aims to promote wellbeing and reduce incidences of ill-health during winter through home visits by trained energy advisors. It is particularly targeted at residents over the age of 70, low income families with children under 5, and residents with long-term health conditions, including residents with cardiovascular and respiratory illnesses.

[Further details can be found here](#). Despite it implying that you need to be referred, people can self-refer themselves as well.



## WELL-BEING NETWORK ACTIVITIES

The Hounslow Well-Being network describes their remit as “*building a community to help reduce stigma and encourage conversation around mental illness. By putting people at the heart of their own recovery, we hope to combat social isolation and loneliness and improve the overall health and wellbeing of local residents*” They run a wide range of activities, details of which may be found on their [website here](#). NOTE we found that, when we bring up the calendar of events, you need to press the “next month” button, and then the “prev month” button, for the events to show up; otherwise the page seems to stay on a “loading events” message.

## MENTAL HEALTH WORKSHOP



**Free Mental health workshop for residents in Hounslow**

Would you like information on self-care tips?

Come along to our FREE workshop for a chat. Food, tea and coffee will be provided. Friends, family and carers are welcome. To book your place please call us on 020 3603 2438 or email us at [info@healthwatchhounslow.co.uk](mailto:info@healthwatchhounslow.co.uk)

**When:** Wednesday 26<sup>th</sup> February 2020

**Where:** Holy Trinity Church, 6 High St, Hounslow, TW3 1HG

**Time:** 2PM – 6PM

**Mental Health**

Mental Health is the silent, unseen health issue.

The flyer opposite gives details of a free workshop on 26<sup>th</sup> February – please book your place in advance using the contact details given if you wish to attend.

## “DIRE STANDARDS” AT LBH LEISURE CENTRES



[This article](#) highlights some very serious issues with cleanliness and maintenance that have been highlighted by a local resident at both Brentford Fountain Leisure Centre and New Chiswick Pool. Both these facilities are run by Fusion under a contract with the council. The issues mentioned are deeply worrying, and

include a leaking roof at Brentford Fountain Leisure Centre, unusable lockers, security issues, broken or filthy gym equipment, no lights in the showers and inconsistent pool or air temperatures, usually very hot, cleanliness problems, broken equipment, a lack of lifeguards, temperature control problems and even cockroaches in Brentford.

We attended a recent council meeting at which the local resident showed a series of pictures taken of the issues at these centres and they showed a completely unsatisfactory situation. Councillors were clearly surprised and the article quotes the council as promising action. Given that this local resident has been campaigning for years on this issue, we hope something will now be done.

## LATEST NEWS ON NISHKAM PARKING

A few months ago local residents on Leigham Drive and the slip road by the Great West Road presented a petition to the council requesting parking restrictions on these roads be implemented to discourage parking by Nishkam parents. This parking has caused real problems, with local residents being threatened in some cases and cars even mounting the pavement to get past other cars (as Nishkam pupils walked past on the same pavement). The council have advised us that they hope to be able to go out for consultation on a proposed scheme in March 2020. If the scheme is accepted by the local residents they would then move forward with its implementation.



## NORTHUMBERLAND ESTATE CPZ BEING IMPLEMENTED

After multiple consultations over the last couple of years, a Controlled Parking Zone (CPZ) is now being implemented in the Northumberland Estate area. Residents in the area will by now have received a letter from the council giving details of the scheme and how they can sign up to park their vehicles within the scheme.

For people who do not live within the affected area, the key details are

- The streets covered are Wood Lane (A4 to the railway crossing), Harewood Road, Musgrave Road, Roxborough Avenue, Albury Avenue, Northumberland Avenue, Parkwood Road and Campion Road
- It will come into operation from 23<sup>rd</sup> March 2020
- It will operate Monday-Friday, 9-11am
- Any vehicle parking in the roads during the CPZ operational times will be required to display a valid permit
- The [process to get a permit is detailed here](#).

We understand from our local councillors that implementation of another CPZ (the "Ridgeway Road" CPZ), covering Borough Road, College Road (north of its boundary with the Spring Grove CPZ), Highfield Road, Osterley Crescent and Ridgeway Road (south of its junction with Church Road) will also be implemented in the near future.

## COUNCIL LOOKING FOR ARTISTS...



Do you have some creative flair and want to show the community what home means to you?

Take part in the council's arts competition - [Home is where the Art is?](#)

Create a piece of art on the theme of "home" using any type of material - painting, photography, collage, drawing or sculpture.

The closing date is 28 February 2020 and there will be an exhibition of the work in April 2020. For more information please contact [Havendeep.Judge@hounslow.gov.uk](mailto:Havendeep.Judge@hounslow.gov.uk), or call 020 8583 4147.

## SOCIAL CARE INFORMATION FROM LBH

While LBH would like as many people as possible to access information online via [CarePlace](#), the council does offer a limited range of leaflets and booklets.

Many adult social care publications [may be downloaded here](#) including their latest publication [A guide to adult social care in Hounslow](#) which offers a general overview of what people can expect when they get in touch. The new guide has a section for carers and a list of useful telephone numbers. Printed copies are available from LBH on request.

## CONSULTATIONS UNDERWAY

Public Consultations being run by Hounslow Council currently open for feedback from residents include the following:

- [Keeping Hounslow safe, together](#). The council's current Community Safety Strategy for 2017-2020 comes to an end this year and, recognising that crime in the borough has changed, they are seeking anonymous input from residents before creating their new strategy. The strategy will be delivered through the Hounslow Community Safety Partnership which is made up of a number of local agencies including Hounslow Council, Metropolitan Police, London Fire Brigade, National Probation Service and the NHS. They are



looking for input from residents as to what they think about crime in the borough, what they would like the strategy to focus on and what more could be done to keep our communities and neighbourhoods safe. Consultation Closing Date 30 Apr ( [Details here](#)).

- Climate Emergency Action Plan. In June 2019, Hounslow Council declared a climate emergency and committed to reducing council emissions to net zero by 2030, as well as working with residents and businesses to help reduce their own carbon emissions. They have now produced a draft Climate Emergency Action Plan. This sets out :
  - o The corporate (organisational) and the borough-wide carbon footprint;
  - o A target to achieve net zero carbon by 2030;
  - o Actions that can be delivered over a ten-year period to enable the Council to achieve its proposed target and influence a borough-wide reduction;
  - o The combined benefits of delivering multiple actions, and the role national government needs to play;
  - o The funding opportunities and the governance arrangements for delivering the plan.

The draft Action Plan outlines seven key programmes for reducing Council direct carbon emissions, and “*in acknowledging the Council’s community leadership role, a further six programmes to address borough-wide emissions*”. The council is holding two Community Consultation Events on this on 27<sup>th</sup> Feb and 2<sup>nd</sup> Mar – [more details here](#). Consultation Closing Date 30 Mar. ( [Details here](#)).

- Braybourne Drive - cycle parking consultation. The council has recently installed several bikehangars across the borough. Bikehangars offer secure cycle parking for residents in areas where the ability to safely store bikes within a property, or the front/rear garden, is limited. This is part of the council’s commitment to encourage more sustainable forms of transport for daily journeys. The council has received additional funding from Transport for London to support the implementation of more bikehangars in the borough, with Braybourne Drive identified as a potential location. Four bikehangars are being proposed, two at the western end of Braybourne Drive, on the northern side of the road, near to the entrance with Nos 1-40 Braybourne Drive, and two at the eastern end of Braybourne Drive, on a section of land between Braybourne Drive and Stags Way. Consultation Closing Date 26 Feb. ( [Details here](#)).

In addition the Government is consulting on a proposal to strengthen the powers available to police to deal with illegal traveller encampments. In summary, it appears to be proposing to implement essentially the same legislation that has been enacted in Ireland (and which, as a result, caused many of the travellers who had been based in Ireland to move over to the UK). The closing date for this is 4 March 2020. Further details may be found [here](#).



## Local Events & Things To Do

### BRENTFORD SPORTS FEST

If you're a runner, why not take part in Brentford's biggest running event – Brentford Sports FEST. The event will take place in the grounds of one of west London's most iconic houses, Syon House, and will offer runners the opportunity to run in the private grounds of the prestigious estate. The event will take place on **5 April 2020** and will offer a range of sporting activities for all the family. Residents of all ages and abilities can take part in a 10k run, 5k run, 1k children's fun run and a 5k Walk and Talk (in association with West London NHS Trust). [More details can be found here](#).

### LOCAL HISTORY CONFERENCE

If you're interested in local history, you might want to go to the [40th West London Local History Conference](#), which takes place on Saturday **21 March 2020** at University of West London, Boston Manor Road TW8 9GB. This year's speakers will be considering the ways in which people in our area of South and West London have chosen to celebrate achievements and commemorate loss. The full day of lectures includes a presentation on the Isleworth 390 initiative which we reported on in a previous eNewsletter.

Tickets are £15.00 and available only in advance from sponsoring societies or by post from J McNamara, 31B Brook Rd South, Brentford TW8 0NN. Make out a cheque to "West London Local History Conference" and enclose a stamped addressed envelope. The conference is sponsored by the local history societies for Acton, Barnes & Mortlake, Brentford & Chiswick, Fulham & Hammersmith, Hounslow, Little Ealing, Richmond, Twickenham, Wandsworth and the West Middlesex Family History Society.

### LOCAL HISTORY TALKS

The Brentford & Chiswick Local History Society has published details of its [Spring programme of talks](#) on a range of topics, including more about Boston Manor House, and how the Great West Road came into being (as the Brentford By-pass).

### OSTERLEY PARK



There is a wide range of events on in Osterley Park over the coming weeks, including a "[Tiger who came to tea](#)" exhibition, in which "*Judith Kerr's much loved 1968 classic will be brought to life at Osterley this winter, complete with a life size tiger to cuddle and displays of illustrations to delight all tiger-loving generations*". Details can be found on their website [here](#). It runs to Sunday, **1<sup>st</sup> March**.

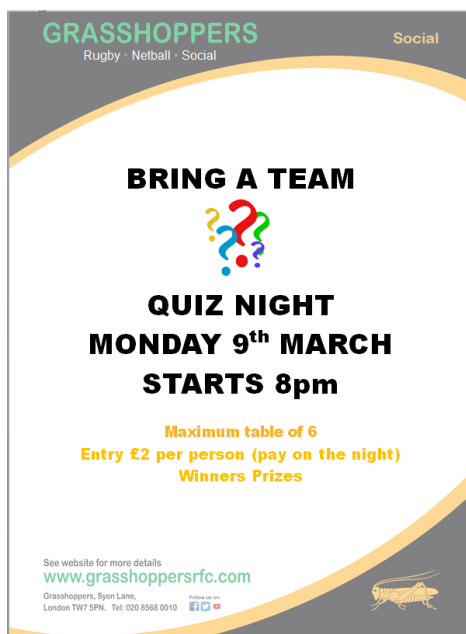
Please also note that they are open every day except Christmas Day – useful if you just fancy a [walk around the park](#). Their opening times can be found [here](#).

### BRENTFORD MUSICAL MUSEUM

If you are a classic/traditional music fan, Brentford Musical Museum has a programme of events detailed [here](#), with everything from sessions on their Wurlitzer to classic old films, Bollywood Dance Classes for 50+ and children, and Tea Dances. In addition to these events, they are open for visits with guided tours at specific times (see above link for details).



## QUIZ NIGHT AT GRASSHOPPERS – MARCH 7<sup>th</sup>



Grasshoppers are holding a Quiz Night on Monday, 9<sup>th</sup> March.

If you want to form a team and go along they'd be delighted to see you. Details are in the flyer opposite

## MOTOWN AND SOUL NIGHT AT THISTLEWORTH – APRIL 3<sup>rd</sup>



Thistleworth Tennis Club advises us that they will be presenting a night of Motown and Soul on Friday 3<sup>rd</sup> April at 8pm.

Details are "DJ Terry Peters from london music radio presents a night of classic motown from the 60s onwards together with big disco hits from the 70s & 80s ..a fun night designed for the over 35s crowd at this nice venue, only £5 all night starts 8pm ..grab some friends and make a night of it ..low bar prices & large dancefloor look forward to seeing you.

Call 07956 488201 now to make sure of your tickets."

In addition the Club will be hosting Hounslow Light Opera's ROARING TWENTIES NIGHT at 7.45 pm on Saturday 3<sup>rd</sup> April. We will include more details of this in the next eNewsletter.

## FILMS AND EVENTS AT WATERMANS

If you want to see a film but want something different from the latest Hollywood blockbuster, then the Watermans Centre in Brentford has an eclectic programme of films detailed [here](#).

In addition they have announced their second year of [Friday Nights Live](#) with a brand new season for Spring 2020 that presents leading artists from an eclectic range of genres. On Fridays from 17 January 2020, audiences can choose from a range not to be found elsewhere in West London, including comedy, cabaret, digital performance, dance and talks.

## SYON PARK

[Syon House and Gardens](#) are now closed for the winter. The new season will start on Monday, 16<sup>th</sup> March 2020.

## GUNNERSBURY PARK

Gunnerysbury Park has an ongoing programme of events, details of which can be found [here](#). These include a museum tour led by the curator, a paranormal investigation night and a



historic kitchens tour.

In addition the Gunnersbury Park Museum is now hosting a special free exhibition of the work of an important local artist. "[Reflections of an Artist: Madeline Green, 1884-1947](#)" will run until **25<sup>th</sup> May**. A modernist figurative artist, Madeline Green grew up and lived most of her life in Ealing – where she helped to found the Ealing Art Guild, known today as the Ealing Art Group

## **TURNER AND THE THAMES**

The first exhibition of J.M.W. Turner's original paintings in the house in Twickenham he designed for himself has opened, thanks to a generous loan from the Tate, and runs until **March 29<sup>th</sup>**.

At the time Turner painted the exhibition's five oils on mahogany panels, he was renting Syon Ferry House in Isleworth, retreating from the pressures of London life. Although this house no longer exists, his experience there was instrumental in his subsequent acquisition in 1807 of a piece of land in Twickenham on which he later built Sandycombe Lodge to his own designs, and which is now open to the public. During Turner's time in Isleworth he acquired a little boat and modified it for use as a floating studio from which he could record first-hand impressions of the river. Further details are in [this article](#).



## Crime and Local Policing

### BURGLARY AND VEHICLE THEFT

The Police have advised us of a burglary and vehicle theft that occurred on Harewood Road recently. The criminals appear to have broken into the house via the front door and then taken keys to the vehicle before driving off with it as it was parked in the driveway.

They advise residents to try to keep your keys out of sight away from the front door as this is the most obvious place and ensure that your home is secured at any points of entry and exit. Please take a moment to read their guidance below as to how to minimise the risk of being targeted.

### 3 STEP PROTECT



Protect your valuables   Safeguard your building   Secure your outside

### Keep your home safe by following 3 STEP Protect.

#### Protect your valuables

- Don't advertise your goods. Keep valuables out of sight from windows and store keys away from the letterbox.
- Help police identify your property if stolen by using a property marking kit and taking photos

#### Secure your outside

- Don't leave tools lying around outside as they can be used to break in.
- Keep hedges at the front low and install outdoor lighting, so burglars have nowhere to hide.

For more advice on how to keep your home safe, visit [www.met.police.uk/burglary](http://www.met.police.uk/burglary)

### Safeguard your building

- Lock all windows when going out, even upstairs windows can be vulnerable.
- Double lock doors when you go out, even if it's only for a few minutes.
- Don't leave communal doors on a latch, and don't buzz in people you don't know.

### What to do...

**If you suspect an intruder is in your home**  
Don't go inside. Call the police straight away on 999.

**If you see a suspected burglar leaving**  
Do not challenge them. Call the police on 999.  
Make a note of what they look like. Any vehicles and if they're carrying anything.

**If you've been burgled while you were out**  
Do not touch anything. Police can get fingerprints and DNA.  
Report to police online at [www.met.police.uk](http://www.met.police.uk) or call 101.  
Report stolen credit/debit cards to your banks.

**Never confront a burglar or risk your own safety**

### "HELP, HELP" DOORSTEP CON

The police have also advised us of several incidents in the area where owners of video linked doorbells have been targeted by thieves. A male and female pairing pretend to be involved in an argument, resulting in the female asking the occupant for help after the male walks off. After the occupier opens the door, the male party returns and forces his way into the property, and items are then stolen.

In the event of such a situation occurring to you police advice is to:

- Call 999 and explain the situation to police.
- Don't open your door unless absolutely safe to do so.
- Move to another part of your home for a better vantage point.
- If you have to open the door, use a chain to prevent access.
- Report any suspicious behaviour to the police.



## **THEFT OF BICYCLES**

There have been a few cases of bicycles being stolen from outside people's houses (and even from enclosed back gardens). Please ensure any bicycles you have are either locked away in a shed or locked to a fixed object by a stout chain. This is especially the case if it is an expensive make, as criminals are, sadly, all too aware of what various makes are worth.

## **OPPORTUNIST CAR THIEVES CHECKING YOU OUT**

*A local resident advised us the other day of the following "Our security system picked up an image of a young male trying our car door which is parked up in the driveway. The moment the security lights come on he legged it. This happened at 0534hrs this morning. Clearly opportunists are at it around the clock in this area."*

Even if your car is parked on your drive, these individuals still try and see if they can steal it. To discourage them

- When you park your car, double check it's locked and windows closed before you walk away
- Don't leave anything on display (even an empty bag). We've heard of cars being broken into to steal an iPod charger cable...
- If you're parking in your drive, invest in motion sensor-activated security lights (and if possible a security camera trained on it).

## **CATALYTIC CONVERTOR ATTEMPTED THEFT**

Recently 2 males tried to steal a Catalytic Converter from a motor vehicle parked on a road in Osterley at night. They failed to steal it, but in their attempts they caused damage to the vehicle before making off. As has been reported previously, there have been a lot of incidents of this crime nationally and locally, and the police encourage people to look at taking preventative measures to minimize the risk (as detailed in previous eNewsletters).

## **CATALYTIC CONVERTOR THEFT – GOOD NEWS AT LAST !**

Readers will be aware we have had a number of these recently. A nearby borough, Hillington, has fared even worse than us. Many of the victims in that area were registered on OWL, and had also registered on OWL CCTV Watch to indicate to the police that they had video doorbells and CCTV systems. Imagery taken by the Police as evidence from these victims had showed masked suspects and the vehicle they were using, a grey VW Golf.

A few days ago in the early hours, following an offence just outside High Wycombe, a grey VW Golf was captured on resident's CCTV changing its number plates on Ickenham Ward. This was immediately reported to the Metropolitan and Thames Valley Police. A few days ago Metropolitan Police units working closely with individual Neighbourhood Watch members watching out for this vehicle saw the vehicle in the area containing four male occupants. A chase ensued involving Metropolitan Police Interceptor Units, with air support from the Police Helicopter and from dog units. The vehicle crashed and, after a chase on foot, all four males were arrested.

The VW Golf was found to have been stolen recently, and to have been involved in serious crimes including at least 15 catalytic converter thefts in the Metropolitan Police area, and more in the Thames Valley Police area. The car contained balaclavas and equipment used in the commission of offences. All four men remain in custody and have been transferred to the Thames Valley Police area, where other serious crimes are under investigation by detectives there.

This was a superb result and shows the benefits to the Police of the OWL CCTV Watch, and the close working relationship between Neighbourhood Watch members and our Police across borders.



Our local Neighbourhood Watch is working to establish [a similar CCTV system](#) to that in Ickenham. If you want to help the Neighbourhood Watch, and/or to help establish such a system in our area, please use the contact details there (or contact us and we'll pass your details on).

## MODERN CARS – A THIEF’S BEST FRIEND

This eNewsletter is a few hours late in going out as we had a bit of a home emergency – we woke to find out that one of our cars had been burgled overnight. Luckily no damage was done and very little taken (a few CDs, that sort of thing) as that was all there was in the car.

Looking at our CCTV images was revealing. A family member had come back very late at night and, in rooting for their keys to the house, had forgotten to lock their car. The perpetrator walked along the road (at 3:34am), went past our drive, and then u-turned back and went straight to the car in question, ignoring others on the drive – as if he knew the car was not locked. And then we realised he did, because the car was telling him “Hello, I’m unlocked !”. Like many modern cars these days, when you lock the car the wing mirrors fold away, and when you unlock it they fold out. The wing mirrors were folded out – telling anyone looking at it that it was unlocked.

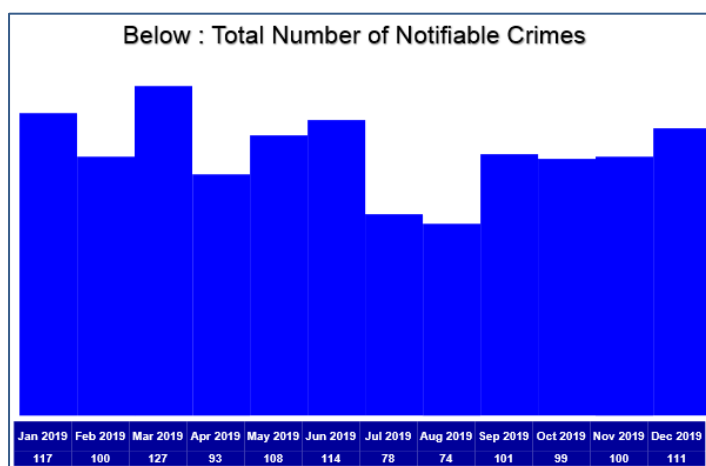
So not only are modern cars easy to steal if locked (if your keys are just inside the front door, allowing criminals to use a signal repeater), but they advertise when they are unlocked. Good to see car companies making their cars ever more secure from theft.....

## MORE POLICE ON THE WAY

The Metropolitan [Police Commissioner, Cressida Dick, stated recently](#) that there will be 33,000 police officers in London by April next year. Numbers began falling in 2016 and reached a low of fewer than 30,000 two years ago – the lowest since 2003. She stated that numbers would reach 31,500 by spring, and 32,300 by early autumn this year – which I’m sure we all welcome.

She also stated that the decade high homicide rate last year was “horrible and tragic” and last month she moved 100 more officers to the city’s violent crime task force to target the most dangerous offenders. Ms Dick also said the Met would focus more on the “horrible crime” of robbery in 2020 than in previous years.

## LATEST CRIME STATISTICS




At a recent Ward Panel meeting the police presented the latest statistics for crime in the borough by ward for 2019. It showed that our ward was in the middle of all Hounslow boroughs in terms of numbers of reported crimes, and that whilst figures for residential burglary and vehicle-related offences were essentially at the same level over the year, drug-related offences did appear to be falling.

They do recognise the recent spike from catalytic convertor thefts and have been focussing on this area recently.





## LOCAL POLICE SURGERY



**METROPOLITAN  
POLICE**

Officers from OSTERLEY & SPRING GROVE WARD  
will be holding a LOCAL COMMUNITY SURGERY  
over the next six months.  
You will be able to discuss you concerns regarding  
Anti-Social Behaviour & Crime Related Issues.

Venue:  
OSTERLEY LIBRARY  
Location:  
ST MARY'S CRESCENT  
Upcoming Dates:  
All dates are on a  
Saturday.  
15/02/2020  
14/03/2020  
18/04/2020  
23/05/2020  
27/06/2020  
04/07/2020  
Time: 1300 – 1500hrs



Your local team  
Nearest police station:  
Osterley Police Station  
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PC J. Smith  
PC S. Smith  
PC D. Smith  
PC M. Smith  
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Our local police team will be holding surgeries over the next 6 months at Osterley Library. See the poster opposite for details. The next one is **Saturday, 14<sup>th</sup> March from 13:00 – 15:00.**

This is an opportunity to talk with them about what you would like them to spend more time on.

## SIGN UP TO OWL

[OWL](#) helps to keep communities safe, reduce crime and keep people informed of what's going on locally. It's a shared, secure platform for the public, police and local authorities to maximise the potential of Neighbourhood Watch, Rural Watch, Business Watch and dozens of other schemes. OWL sends you the latest local crime alerts and provides management tools for maintaining and expanding watches. We recommend local residents sign up for it; you will then receive regular emails from the police with information on crimes in the area, crime prevention advice, and more.



## Other News

### OWGRA RESTART LITTER PICKS



OWGRA Community Litter Pickers have completed another successful OWGRA litter pick on Sat 8 Feb, with 11 lovely volunteers collecting 40 bags of rubbish in Osterley along Syon Lane and Windmill Lane from the Nishkam School to the M4 underpass. A huge thank you to Wyke Green Golf Club for providing refreshments afterwards.

If you have any other suggestions or would like to join our happy group of OWGRA Community Litter Pickers, then please contact Barbara on 07767 826197, or e-mail [info@owgra.org.uk](mailto:info@owgra.org.uk). It's a great way of meeting local residents, creates a community spirit, provides a decent work-out and enhances the look of our area!

A request to all our residents, as we all know that littering is anti-social. If you see litter outside your house or it has blown into your garden, please pick it up and dispose of it. If we all did our bit, the area would look so much better! You might even have noticed that we have some amazing residents who regularly litter pick. If you see them out and about picking litter, do say hello and thank them for their community spirit.

### S.E.N.D. PARENTS GROUP



Informal and friendly, a place to feel understood and meet parents on a similar journey.



Do you have a child with Special Educational Needs and would like to meet up with other parents in a similar position? SEND Parents Group meets every Tuesday during term time, from 9-10 am at Marlborough community centre.

This is stated as being “a friendly and informal parents group for families of children with special educational needs / different abilities. All welcome, Tea & Coffee provided.”

Further details are in the flyer opposite.

### FREE LEGAL ADVICE

We have been advised about a free legal advice scheme being operated locally. They state that “The Elia Zee Community Advice Programme is a free legal advice initiative in partnership with A2 Dominion, Catalyst Housing and The Ealing Community Resource Centre.

*Community Advice Programmes have operated nationally as a resource to provide legal advice in the community to those unable to access traditional channels. Our core aim is to break down the barriers to justice and help citizens to secure their rights.*

#### **What we can help with**

*Criminal & Motoring Offences  
Employment & Discrimination  
Family & Divorce  
Immigration Law  
Landlord & Tenant*





*Personal Injury & Medical Negligence  
Personal & Consumer Disputes  
Wills & Power of Attorney  
Welfare Benefits - Appeals Only*

**Location:** The Lido Centre 63 Mattock Lane,  
Ealing W13 9LA  
*Bus: E2, E3, E8, 195, 427, 483, 65, 206  
Tube: Northfields (Piccadilly) Ealing Broadway  
(Central & District)  
Rail: West Ealing, Ealing Broadway*

*Parking: Dean Gardens Car Park W13 9LX, disabled bays available at front of building*

**Timings:** 10:00 – 13:00 Saturday Only

**Advice Session Dates 2020**

8th February  
22nd February  
7th March  
21st March  
4th April  
18th April  
2nd May  
16th May  
6th June  
20th June  
Summer Vacation  
12th September  
26th September  
10th October  
24th October  
7th November  
21st November  
12th December

*We operate by appointment only, if your matter is complex please call us in advance to discuss. Advice Agencies and Charities referring are requested to email or call in advance to discuss their client's needs. To make an appointment call 0203 925 2340 or email [contact@eliazee.com](mailto:contact@eliazee.com)*

## **PICCADILLY LINE TO GET NEW TRAINS BUT NO NEW SIGNALLING**

Any of us that use the Piccadilly Line will know how overcrowded the line gets at busy times (i.e. most of the time). [This TW8 article explains](#) how TfL have decided that they will go ahead with new trains for the line (which will add 12% to the capacity of the line as "...Their design will allow 12 per cent more passengers to board...". [The article](#) shows that this is achieved by the trains being "...6 metres longer..." and having "walk-through carriages...". So basically more standing room.

This same TW8 article also notes that a signalling upgrade for the whole line, which would have added another 60% in capacity (through more frequent trains), was shelved in 2018 to save money. The network's boss does state that new signalling on the Piccadilly line is the "number one priority" for Transport for London (TfL) – but unless someone magically comes up with £2.45bn it looks like it will remain just a "priority". Looks like we'd all better get used to standing in an ever more crowded (albeit new) train in future.



## SOUTH WESTERN RAILWAYS – COMPENSATION FOR STRIKE DELAYS

If you were impacted by delays during the South Western Railways (SWT) strike by guards, then extra compensation for you has just been announced. SWT are offering additional compensation for passengers affected by the RMT's strike action in December 2019. They say that this will be over and above the normal delay repay arrangements and that the decision has been made in response to customer feedback and given the duration and intensity of the strike. [Further details are available here.](#)

## LOCAL CARE AND COMMUNITY SERVICES

Careplace [www.careplace.org.uk/](http://www.careplace.org.uk/) is a web directory of local care and community services and how to pay for them. On this page [www.careplace.org.uk/Services/16122](http://www.careplace.org.uk/Services/16122) you can download the useful current "Guide to Self-Funding Adult Social Care and Support Services in Hounslow".

The Community Information Guide from LB Hounslow is an online directory of all of the voluntary and community groups in Hounslow and information about community buildings that are available to hire in the borough <https://cijg.hounslow.gov.uk>

## FANCY BEING A RESEARCH VOLUNTEER AT BOSTON MANOR HOUSE ?

Hounslow Council are looking for Layers of London Research Volunteers to support the work at Boston Manor House.

Layers of London is a map-based history website developed by the Institute of Historical Research. Users can access free historic maps of London and contribute stories, memories and histories to create a social history resource about their area. Their partners include: the British Library, The London Metropolitan Archives, Historic England, The National Archives, MOLA (Museum of London Archaeology) and a wide range of national and local archives, institutions, community groups and individuals.

The plan is to recruit a team of remote research volunteers to add to the map for Boston Manor House and the surrounding area. [Further details may be found here.](#)

## ARE YOU A CARER LOOKING FOR SUPPORT ?

If you've found yourself being a carer for a friend, relative, etc. and would like to talk to others in a similar situation and get support and advice on how to cope, then this will be of interest.

The first meetings have already taken place, but the next ones are **6<sup>th</sup> Mar** (for people with long-term conditions) and **16<sup>th</sup> Mar** (for people with learning disabilities). See leaflet opposite.

**Carers Support Group Meetings**

A chance to meet other carers, share knowledge and get support from each other.

We also invite speakers on subjects that may interest you.

Location: Hestia CAN Mezzanine Level 2 Treaty Centre, Hounslow High Street, TW3 1ES

**Carers for those with Long-Term Conditions**

- 03<sup>rd</sup> Jan 2020
- 07<sup>th</sup> Feb 2020
- 06<sup>th</sup> March 2020
- 03<sup>rd</sup> April 2020
- 01<sup>st</sup> May 2020

All 13:30 - 15:30  
(usually the 1st Friday of the Month)




**Carers for those with Learning Disabilities**

- 20<sup>th</sup> Jan 2020
- 17<sup>th</sup> Feb 2020
- 16<sup>th</sup> March 2020
- 20<sup>th</sup> April 2020
- 19<sup>th</sup> May 2020

All 10:30 - 12:30  
(usually the 3rd Monday of the Month)

Open Invite! Please bring along your friends who also have caring responsibilities.

For more information, please contact us on 0208 568 7881 or [HounslowLIFESupport@hestia.org](mailto:HounslowLIFESupport@hestia.org)



For more information, contact Hestia (the organization running these meetings) on 0208 568 7881 or [HounslowLIFESupport@hestia.org](mailto:HounslowLIFESupport@hestia.org)

The [Gazebo pop-up shop](#) advise us they attended a joint event with Fusion Leisure recently and took the opportunity to clarify the membership discount available to carers.

Monthly concessionary gym membership is **£37.30** (full rate would be £52.75)

- You can use any Fusion leisure centre across the borough.
- Includes gym, classes, swimming and racquets (where available).
- Proof that you are a carer will be needed ([carers emergency card](#) or proof of Carers



- No contract required with monthly membership.
- Annual membership will give you one month free, but you are committed for the year.
- There is currently no joining fee (usually £20).

Contact your [local Fusion Leisure Centre](#) to join or for more information.

**In addition there are [CEA free cinema tickets for accompanying carers](#).** Also most theatres offer a generous discount on tickets to accompanying carers.

If you need advice from the council on your own caring role, please email [MyIndependence@hounslow.gov.uk](mailto:MyIndependence@hounslow.gov.uk) or call **020 8583 3942**. If you need assistance from Adult Social Care urgently or need to contact the Safeguarding Team to report an incidence of abuse or neglect, you should call the **First Contact Team** on **020 8583 3100** (out of hours 020 8583 2222) or email [adultsocialcare@hounslow.gov.uk](mailto:adultsocialcare@hounslow.gov.uk).

How can I improve  
exercise?

how?  
I just need  
help! **rest**

when?  
meditation  
I want to...?

What if I'm  
vegetarian? **keep fit**

I have so many questions about  
transplantation **relationships**

I need help with  
**relationships**

How can I control my  
blood pressure?

I fancy a  
**Holiday**

I want to  
travel **diet**

options  
dosage

What is  
hypertension?

where...?

What are  
home therapies?

I fancy a  
cruise **why?**

What are the  
side effects?

**This is a FREE Patient Information Event  
especially for you for ONE DAY ONLY!**  
**Open from 10:30am-4pm (Come and go as please)**  
**Pre-register now or register on the day.**  
**[www.westindondonkpa.org/expo2020](http://www.westindondonkpa.org/expo2020) or tell your renal nurse.**

**nkh**  
Nephrology  
Kidney Care  
NHS.uk

**We've got it covered.**  
**Wed 4<sup>th</sup> March 2020**  
W12 Conferences, Anisley Lane,  
150 Old Canal Road, London, W12 0HS  
(Hosted by a section of the grounds of Wandsworth Hospital)

Charity Patronised by  
**West London  
Nephrology  
Charity**

The event opens from 10.30am to 4pm, and is a FREE event with an opportunity to learn more about Kidney Failure and how to manage and thrive with the changes it brings. Visitors can meet and chat with specialists and network with fellow patients throughout the day, and learn about diet, fitness, holidays, insurance, treatment options and more. There will be plenty of information on hand to take away. Pre-registration is helpful.

You might have noticed that we frequently give links to news and stories on <http://www.brentfordtw8.com/> (it covers TW7 as well as TW8). This is a very informative website, and you can sign up on their home page to receive their weekly e-newsletter. There are also similar websites for Chiswick (<http://www.chiswickw4.com/>) and Ealing (<http://www.ealingtoday.co.uk>) if you are interested.