

Ickenham Calling

The Newsletter of the *Ickenham Residents' Association* Autumn 2016

Affiliated to the Hillingdon Alliance of Residents' Associations.
Member of Herts. & Middx. Wildlife Trust, and London Green Belt Council.
The Community Voice—monitoring the NHS in NW London and SW Herts.

Ickenham Residents' Association:



E-Mail Address
WebSite
Twitter Acc.

ickenhamresidents@hotmail.com
www.ickenhamresidents.co.uk
www.twitter.com/ickenhamRA

CHAIRMAN'S REPORT

PLANNING - The Signature Care Home planning application and subsequent appeal against refusal taught us that the Planning Department and Councillors do take notice of the opinion of local people when deciding planning applications.

As most of you are aware, our planning team do try hard to review all planning applications, and make objections or comments based on planning law, when we feel the proposals are detrimental to the village.

However, we write just one letter on behalf of members of the Association. There could be a much more powerful message if neighbours and those who would be positively or adversely affected, also wrote to LBH, explaining how their own property, or their day to day lives, would be impacted by a development.

Do read David Tebbutt's article in this newsletter on how to go about writing, noting the deadlines for comments before a planning application is decided – and help to keep or improve Ickenham in the way you would like.

Well done everyone for putting up with the huge traffic increases in Ickenham that have resulted from the Breakspear Road South closure. We usually enjoy a few weeks of respite from the queues during the school summer holidays, but on most evenings the delays have been worse than ever.

Sadly, we fear this is a taste of things to come while the HS2 proposals are still on the horizon.

Ickenham Marsh and the Colne Valley are still great places to walk – do try to make the most of our lovely green spaces around Ickenham.

Jill Dalton



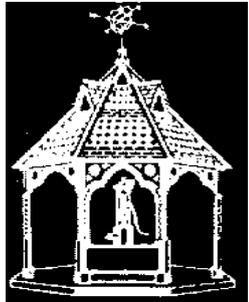
HS2 UPDATE

Is this a sign of times to come? The utility works on Breakspear Road South are causing horrendous traffic congestion every evening and this is the quietest traffic time of the year with schools closed and many families on holiday.

HS2 Ltd are planning construction sites at West Ruislip, Breakspear Road South and Harvil Road; they intend to have signalisation at these sites. Their plans also include utility works at Breakspear Road South and West Ruislip bridge and the construction of a new bridge at Harvil Road.

In addition to these potential obstacles to traffic flow they will be adding hundreds of HGV's, light construction vehicles and construction workers cars each day. We can only imagine what all this will do to the thousands of people trying to travel in our area.

HS2 Ltd has discussed with us the results of their study into reducing the HGV traffic and dumping of spoil in our local fields. They hope to reduce the daily maximum to 550 HGV's per day and subject to a number of caveats there will be a reduction of the amount of spoil being dumped. We still have major concerns over the daily impact of 550 HGVs at Swakeleys roundabout and Swakeleys road between the roundabout and



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Any questions you may want to raise, or if you have comments on any article in the Newsletter, we would be pleased to hear your views, and you could write to our
General Secretary
6 The Chase,
Ickenham, Uxbridge,
UB10 8SR

You can also send your comments to our e-mail address: ickenhamresidents@hotmail.com

This issue edited by
Hanne Raeder
August 2016



Harvil Road. We already have major air quality issues at these sites. HS2 Ltd are proposing traffic lights on the roundabout and are suggesting this will improve traffic flow. We have asked to see the data which arrive at this conclusion. Their plans appear to offer a reduction in HGV's on Ickenham High Road (to and from the West Ruislip site) but the junction with Swakeleys road at the Ickenham Pump is already an accident black spot, so any HGV traffic is unwelcome. We have consistently proposed that HS2 Ltd contractors should use haul roads instead of our public roads, but HS2 Ltd refuse such ideas.

We still await results of the tunnel study group. We never expected HS2 to approach this study with enthusiasm or true objectivity but we hope the strong support we have from local politicians will assist our case. The damage to the local economy, environment and wellbeing of our communities in Ickenham, Ruislip, Harefield and Colne Valley can only be avoided by extending the tunnel.

The statements and decisions so far from the House of Lords Select Committee do not fill us with confidence; many of our residents' petitions have been challenged and the petitions from the MPs along the line have been refused. The Chairman recognises that the Hybrid Bill process is highly flawed and has requested input on how such processes could be improved in the future. The Select Committee plans to focus on the Camden residents petitions in September. There are many issues for the Camden area and what may or may not happen to Euston station and its environs. The Mayor has suggested that the line should terminate at Old Oak rather than Euston. The latest Department of Transport report on overcrowding of trains arriving at London stations shows significant numbers of passengers standing coming into termini except the Virgin trains arriving at Euston.

We anticipate that the Hillingdon petitions will be heard in November led by the London Borough of Hillingdon. The Association will be presenting with petitioners from Harvil Road, Breakspear Road South and Three Oaks Close but will be representing all Ickenham residents. Nick Hurd, our local MP, has agreed to be a witness in our presentation. We hope that as many residents as possible will come to parliament to support our petitioners. **Brian Adams**

HOW TO CHECK OR CHALLENGE RESIDENTIAL PLANNING APPLICATIONS

Whenever a resident wants to make a significant change to their property, they have to apply for planning permission from the London Borough of Hillingdon (LBH) Planning Department. If they don't, they may have to undo any work they have done. If a plan doesn't match planning guidelines, then it is likely to be refused. If so, they may, of course, make a fresh application which does conform.

It is easy

Many people are unaware that LBH makes it very easy for you to check and comment on planning applications (assuming you have access to an internet connection). Possibly the easiest way to examine a currently open application is to go to this map page on our website: www.ickenhamresidents.co.uk/maps/live-planning-applications-map/ which displays a pin for each undecided application. Click on a pin of interest to see an overview of the proposal together with a direct link into the LBH Planning website. There you can examine the details of the proposed work and, if you want, click on a link to add your own comments. Be careful to restrict your remarks to planning issues and resist any temptation to make personal or other irrelevant comments.

A great guide from LBH

LBH provides very good and very readable guidelines to what is permitted and what is not. The easiest way to get a copy (as a pdf file) is to go online to www.hillingdon.gov.uk then click on these buttons on consecutive pages: *Planning; Planning policies guidance and other documents; Design and accessibility; Residential extensions*. If you are worried about someone building a high wall or fence facing the street, for example, you need only read a few paragraphs in section 10 of the downloaded *HDAS guidelines for Residential Extensions*. As a general rule, always start by reading the part of specific interest first. If you want to learn more, the book offers plenty of helpful guidance (in everyday language).

Two types of permission

Confusion may arise in certain cases when a property's 'permitted development rights' (general planning permission granted by central government, rather than local authorities) means that work can be done without needing to apply for planning permission. Most commonly, landowners will apply for a Lawful Development Certificate to establish whether their proposed works comply with the permitted development criteria. Examples of works range from boundary walls to loft conversions. LBH has secured an exemption from granting such permissions for rear extensions that would be more than 4 metres long.

Free advice if you are stuck

In these and other situations where you remain unsure of your position, you can make an appointment with a duty planner for free guidance. This link sets you on the right path: www.hillingdon.gov.uk/article/28268/Duty-planning-advice-service Please be aware that, as an Association, we can never act as a 'planning consultant' to the parties involved in an application.

What makes you special?

The Association reviews all planning applications which



NOTES FOR YOUR DIARY

Swakeleys House will be open on Saturday, 17th September 2016, from 10am to 4pm. Max. of 15 visitors allowed at one time. Entry every 20-30 minutes. Access from Milton Road only.

Festive Community Night on Friday, 9th December 2016.



are received by LBH and will impact the village (at the moment it is two a day, every day of the year) and investigate any that stand out as being contrary to the public interest or planning law. As an individual, you have a far better grasp of your neighbourhood, you know the neighbours and can gather support – you are many voices, we are just one, even if we spot the same applications that concern you.

P. S. Two more ways to search an application

- 1) Click on www.hillingdon.gov.uk and click on Planning, then, on the next page, Planning search, or
- 2) Visit <http://planning.hillingdon.gov.uk/OcellaWeb/planningSearch>

Either takes you to the search page. Once there, you can use the application number (if you know it) or simply fill in a few of the fields:

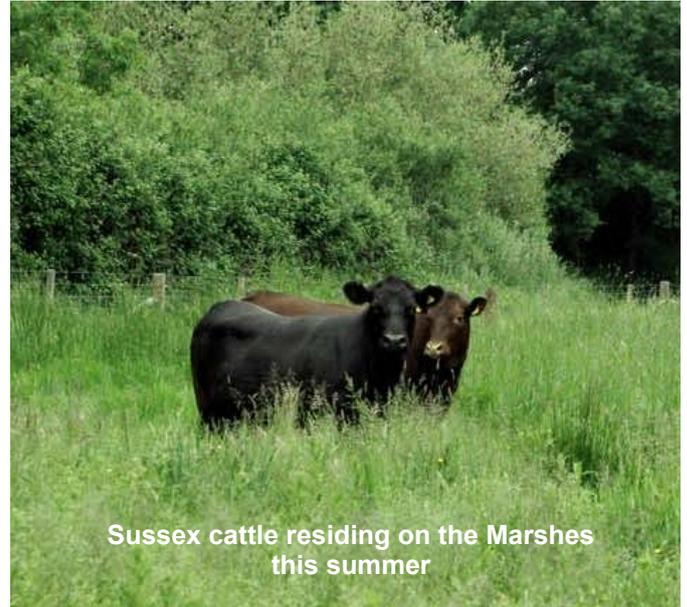
Ward: Ickenham or West Ruislip

Location: Part of road name

Check the Undecided box (unless you want historical applications)

In the result(s), click on the appropriate application number to reveal the Comment link.

David Tebbutt



Sussex cattle residing on the Marshes this summer

NEWSLETTERS

Once again we would like to convey our sincere thanks to all our road and area stewards for their sterling efforts in delivering the newsletters to you and in collecting the subscriptions. They are the Association's lifeline. We are however always looking for more stewards either as replacements for those no longer able to carry out the work or simply to ease the load of those currently acting as stewards.

If you think you could help – it only entails a quarterly delivery of the newsletter and an annual collection of the subscriptions – please contact us either by e-mail: ickenhamresidents@hotmail.com or ickresmemsec@gmail.com or call me on 01895 632706

We hope to hear from lots of you! Thank you in advance

Maureen Pemberton



ICKENHAM MARSHES

Nature reserves update

The three Sussex cattle arrived on the lush Marshes nature reserve in June. Despite the wet weather, they have seemed very content and have eaten a quite staggering amount of vegetation. This was the general idea - to avoid the need to get heavy machinery down there to cut the grass-so everyone is happy! We also have five local cow-watchers who are keeping an eye on the cows and the compound.

Stop Press: The cows have since moved on, but we hope they will back next summer.

In other news, a barn owl has been spotted at dusk for the last few weekends, and the bats have been about in numbers.



Glow worm count at Frays Farm Meadows (photo taken by @CNRDuffy)

Keep an eye on the Marshes website events page for September path clearing dates - the more the merrier!

You may have spotted an Ickenham reference in the Times recently - journalist Melissa Harrison joined local Wildlife Trust volunteers and some random attendees (including me) for the annual glow worm count at the Frays Farm Meadow. We had great fun wandering around in the dark and spotted about 20 fantastic glow worms, which are increasingly rare these days.

I have also recently heard that there are telly tubbies living in the village - do report any sightings please. Reports originate near Bellamy Close !!

Chris Mountain



HEALTH MATTERS

Supplements: Are they really necessary for our wellbeing? My own view of dietary supplements and taking them, in the hope of achieving good health, easing illnesses and defying ageing to our daily diets, is one of caution. The market for dietary supplements and vitamins is worth £670 million in the UK alone. Vitamins and minerals are essential nutrients your body needs in small amounts to work properly. Most people get all the nutrients they need by eating a varied and balanced diet. If you choose to take vitamin and mineral supplements, be aware that taking too many or for too long can have harmful effects. However, some people, particularly the elderly with specific medical problems, may need to take vitamin and mineral supplements. This would usually be under the guidance of the GP.

The huge range of dietary supplements now available makes the area something of a minefield for consumers. It has become clear from numerous studies on supplements, that the widely perceived benefits of certain supplements do not have enough robust scientific evidence to support them.

It therefore came something of a shock to me, on reading a recent headline in the press that "Everyone should take Vitamin D supplement" during the British autumn and winter. Modern lifestyles and gloomy weather has left the majority of people deficient in the vitamin. The latest advice by Public Health England is that the whole population should increase their intake during the darker winter months.

Dr Louis Levy, the head of nutrition science at Public Health England (PHE) said "a healthy balanced diet and short bursts of sunshine, will mean most people will get all the Vitamin D they need in spring and summer. However, everyone will need to consider taking a supplement in the autumn and winter, particularly, if you don't eat enough foods that contain Vitamin D or are fortified with it. And those who don't go out in the sun or always cover their skin when they do should take a Vitamin D supplement throughout the year.

The recommendation made by the Science Advisory Committee on Nutrition (SACN) comes after a five-year review, which discovered one in five people have insufficient Vitamin D levels. The human body makes most of its Vitamin D from direct sunlight on the skin, but a small amount also comes from foods including oily fish such as salmon, eggs, fortified cereals, and low-fat spreads also help. Vitamin D is essential for the absorption of calcium, which is vital to maintaining healthy bones and teeth.

Public Health England has advised adults to consume 10 micrograms daily. This amount can usually be found in over-the-counter supplements sold in local pharmacists and health food shops. Professor Hilary Power of Sheffield University's Department for Oncology and Metabolism, who chaired the SACN review, said if everyone followed the recommendations it could have a big impact on public health. "If the recommendations are followed it should reduce the risk of bone disease in the UK population"

David John

POLICE MATTERS

The Ickenham CCTV network goes from strength to strength.

Recently it has been directly responsible for the arrest of two different teams of burglars, who were daft enough to use their own cars to take them to their crime scenes, without using false number-plates!

A recent report, at the time of writing, stated that fraud, which used to be rather a side-line for the police, has now overtaken burglary and robbery as a major source of criminal activity. I suppose that, at least, it is unlikely to lead to injury, but will undoubtedly cause a pain in the wallet. The scams have been reported before, both in the Newsletter and in the Neighbourhood Watch bulletins, but in summary consist of the victims being contacted by 'phone or e-mail by persons pretending to be from a bank or utility trying to get details of passwords etc. to empty an account.

Fraud by mail (a relative has died in China, or you have won the Spanish lottery etc.) is now rare, but still pops up from time to time. The bank one consists of a call stating that there has been suspicious activity on your account and wanting you to transfer your funds to a 'safe' account, which is, of course one run by the fraudster. Other calls have various stories, but all want an immediate payment by debit card. The details will immediately be used for a large purchase.

I am indebted to Neighbourhood Watch for alerting me to a new source of possible theft or fraud. In modern times the old type of door key has been replaced in most hotels with a key card, that one swipes through the lock to gain entry to the room. This card contains all the information that you have given to the hotel, name, bank details home address etc. If you hand the card back at the end of your stay any member of staff can easily access these details. Take it home with you! The hotel always issues a new card to each arriving guest.

Now for a story I have difficulty in believing. Some houses prefer to have an outside mail box, rather than a letter slot in the door. It seems that in some cases crooks have placed a fake one outside a house and returned later to retrieve it with contents, that they hope to be able to use in identity theft. It seems unlikely that a householder would not notice that a strange box had arrived, so this ploy would only be likely to succeed if the perpetrators knew a family were going on holiday. I am inclined to dismiss it as an 'urban myth'.

Finally, when this Newsletter is delivered to you in September, the evenings will be getting darker, so do make some provision for lights to be on in your house after dark, perhaps by plugging a lamp or two into a timer. These are readily available from hardware departments at very little cost. Some people advocate having a timer on a radio or TV too, but if a neighbour knows you are out and hears voices coming from your house he or she may jump to the conclusion that you have an intruder!

Vic Silk