

# Ickenham Calling .....

The Newsletter of the

*Ickenham Residents' Association* Winter 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/lckenhamRA

## CHAIRMAN'S REPORT

HS2 – thanks to those residents who attended the House of Lords on 21<sup>st</sup> November to support Ickenham petitioners presenting to their Lordships. The time allocated was far too short to hear all those intending to present that afternoon, but the team were thanked for their concise, relevant and non-repetitive reports – they had all been submitted in advance, so we hope they were all read if not heard. We are ever grateful to Brian Adams, Beryl Upton and the rest of the team for all their diligent hard work on our behalf over these last five plus years – their report on the current position following the House of Lords debate is reported in this newsletter.

Planning – as ever the planning team are busy all year reviewing and commenting on planning applications when they appear to breach national and local planning guidelines, and also when they will be detrimental to the village. We listened to villagers who were incensed about the “holes in the wall” created for the new houses in the centre of the village, but found that they had already been approved as part of the original application. Fortunately, they are less unsightly now that further work has been carried out following pressure from the Association.

Whilst we appreciate and support the need for additional affordable housing for our young people in Ickenham, we were pleased that the threat of another inappropriate large flatted development in Harvil Road has been averted for now, when an application was turned down on legitimate planning grounds.

**The Committee join me in wishing Ickenham residents a merry and festive Christmas time and a happy and peaceful New Year.**  
*Jill Dalton*

**Ickenham Festive Community Night**  
on Friday, 9<sup>th</sup> December 2016, 6pm to 9pm  
Village Hall, Ickenham

**STOP**  
  
**HS2**  
(HIGH SPEED RAIL 2)

**No business case.  
No environmental case.  
No money to pay for it.**

## HS2

### Is this the end of the line ?

The Association presented to the House of Lords Select Committee on November 21 (to see it live, go to [ickenhamresidents.co.uk](http://ickenhamresidents.co.uk) website, click on

*top tool bar.*



Other Ickenham petitioners representing streets and parts of Ickenham presented afterwards. The Select Committee is due to finish its work by the end of November. The Bill will pass back to the House of Commons for its final reading and then get Royal Assent.

The Select Committee was known to be antagonistic against repetition so our group of petitioners worked together to try and avoid duplication and ensure that we brought to the Committee's attention all of the many issues our area will face both from HS2 construction and operation.

Unfortunately, despite much effort from our Council and local MPs the Secretary of State refused to approve the extension of the Northolt tunnel to beyond the Colne Valley. The Association's presentation therefore focussed on the traffic issues. The use of all our roads to service major

## INSIDE THIS ISSUE:

CHAIRMAN'S  
COMMENTS

HS2

BOUNDARY  
COMMISSION

ICKENHAM  
MARSHES

OVERHANGING  
SHRUBS/BUSHES

HEALTH MATTERS

POLICE MATTERS

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](mailto:ickenhamresidents@hotmail.com)**

**This issue edited by  
Hanne Raeder  
November 2016**



construction sites along Harvil Road, Breakspear Road South and West Ruislip will, as we and HS2 Ltd. are well aware, cause traffic chaos and pollution for years to come.



Their HGV traffic will of course add to the current congestion. We pointed out to the Committee that based upon HS2's latest plans (and these are not guaranteed) during the main construction period between May 2018 and May 2022 there will be over 100,000 HGV movements between Swakeleys roundabout and Harvil Road roundabout. This will result in huge amounts of emissions

Over 340,000 tonnes of CO<sub>2</sub>  
 Over 340,000 Kg of No<sub>2</sub>  
 Over 75,000 Kg of diesel particulates

and this analysis was based on the optimistic assumption that all vehicles will be EURO 6 low emission compliant and did not include all the HS2 non-HGV-traffic. On November 2 in the Supreme Court the UK Government was indicted for failing to come up with robust plans to provide its citizens with clean air. Our point to the Committee was that HS2's plans were unacceptable particularly as they were a Government Organisation and knowing that this road was highly congested, used by schoolchildren and already in breach of EU regulations. We also referred to the TfL Safer Lorry Scheme which was created in 2015 following many accidents between HGVs and pedestrians and cyclists; this recommends contractors to avoid narrow roads, risky junctions and schools. And what has HS2 chosen for its HGV movements between the A40 to West Ruislip - ....Ickenham High Road and Swakeleys Road – narrow roads through our village shopping area, risky junctions (The Pump and Breakspear Road South roundabout are accident black spots) and of course roads used by our children to get to Breakspear and Vyners schools. Our message to the Committee was that the Promoter should have a duty of care and should be instructed to keep HGVs off our roads. This is achievable if HS2 use more spoil in local construction, make greater use of the rail system and use haul roads between sites. However HS2 is resistant to anything which may cost more or may result in a change to the schedule. Nick Hurd, our MP, gave a passionate speech summarising the issues we have faced over the last 3 years and the uncertainty we still face.

The other petitioners focussed on how they and their neighbours will be impacted by the construction sites, compensation scheme and operation of the train system. Each site will create noise, dust, light pollution, loss of landscape. The construction of 2 cement factories and the dumping of spoil in the Green Belt between Harvil Road and Breakspear Road South will create pollution and flooding risks. The compensation scheme, where there is any, is seen to be unfair when houses side by side were being treated differently.

In the previous week London Borough of Hillingdon had been due to present their petition. At the last minute HS2 and LBH agreed a series of assurances which resulted in a draft agreement. At the time of writing this agreement had not been finalised. The major items included funding for the relocation of HOAC up to a maximum of £26.5 million, funding for the restoration of Ruislip golf course to a 9 hole course and academy. There is also funding which could be used to restore Uxbridge to an 18 hole course. The other items relate to reductions in traffic volumes and dumping of spoil as presented in the recent HS2 Information Events. The Association has documented its dissatisfaction with these proposals since July and the attendees at the Information Events supported this position – the exit survey showed 99% dissatisfaction. These proposals are dependent upon whether the spoil from digging out the Cophall cutting could be used in the construction of the new Harvil Road bridge; soil samplings are only taking place now so we will not know the results until next year.

So what happens next? We do not know if the Select Committee will support our requests. HS2 plans for 2017 involve utility works on Breakspear Road South, West Ruislip bridge and West End Road, Ruislip. These works may be in place for 6 months depending what is found when the contractors dig up the roads. The construction activities commence in May 2018. We hope that LBH will be actively involved in discussions with the contractors (when chosen) and be resourced to monitor the performance of the contractors to avoid the issues we have raised.

**Brian Adams**



## BOUNDARY COMMISSION

You may already be aware that the Boundary Commission has proposed changes to many parliamentary constituency boundaries. Parliament has specified that the '2018 Review' must reduce the number of constituencies, and therefore the numbers of MPs, from around 650 to around 600. One of the proposals would affect us. The proposal is that Ickenham reverts to the Uxbridge constituency, apart from the part of the village which is currently in the West Ruislip local authority ward, (from Oak Avenue and Austins Lane to the Chiltern Line) which would remain in a Ruislip/ Northwood /Eastcote constituency.

A public consultation on the proposals closes in mid December 2016. Details can be found on the following site: <https://www.bce2018.org.uk/>. A large map showing the proposals is also on display in the foyer of Uxbridge library.

The Association has submitted a response to the consultation requesting that the northern boundary of the proposed Uxbridge constituency be moved north to the Chiltern Line to ensure all of Ickenham rests within the same constituency. Since then, the London Borough of Hillingdon has resolved to respond to the consultation requesting that all of the West and South Ruislip Wards join Ickenham in the Uxbridge constituency.

Feedback from the consultation will be published in early 2017, followed by a four week consultation period during which the public are invited to comment on that feedback. The Boundary Commission will then review all comments from the initial and secondary consultation to revise the proposed boundaries. In late 2017/early 2018 there will be a third period of consultation before the Commission makes its final recommendations to Parliament.

*Chris Mountain*



## ICKENHAM MARSHES

The Third annual *Citizen Crane* meeting took place at London Zoo on 14 Nov. You may recall that one of the ongoing Marshes projects is the monthly river monitoring - we are one of 12 monitoring sites on the river, which runs from Harrow to the Thames near Twickenham. Monitors are called "citizen scientists" and The River is called the Yeading Brook near us, but 'Citizen Yeading Brook' doesn't have quite the same ring.

This sort of partnership approach ( between volunteers, charities and public bodies) is seen as a genuinely 'best practice' approach, and apparently lots of other areas are copying our project!

The *Crane* catchment covers most of West London - 125 km2 and its total length is 132km, including tributaries, like the Ickenham Stream ( also known as the Canal Feeder).

The headline figures are again poor. With approaching three years' worth of data, we can apparently say with real credibility that the river eco system is under serious pressure. An OK level of phosphorus in a river is 0.1mg per litre - we have measured levels between 20 and 50 times that safe limit. Ickenham records about 30 times the limit.

The most keenly anticipated discussion focused on the 'Outfall Safari' - where volunteers walked the entire river to identify and record an incredible 227 pipes flowing into the river. 64 showed clear signs of pollution, and surprisingly 11 of those were com-

pletely unknown to either Thames Water or the Environment Agency.

Thames Water suggest that each polluting pipe (or 'outfall') can be linked to between 15 and 35 misconnections - where a washing machine, shower or toilet has been connected into the surface water drain, rather than the sewer.

I had the dubious privilege of finding the stinkiest outfall on the river, in Roxbourne Park just the other side of Victoria Rd. Raw sewage was flowing into the river, with Sewage fungus evident over 300 metres downstream. The second worst outfall on the river had fungus visible for (only) 30 metres!

Thames Water prioritised the issue for investigation and has traced and addressed some of the guilty parties in Rayners Lane, but investigations continue. Closer to home, two stinkers are right next to Ruislip Gardens station, with a third local rotter just north of the A40.

Other depressing areas of discussion focused on the cocktail of horrors that gets washed into rivers from our roads - mutating fish and causing their eggs to die.



The data collections will continue - the authorities greatly value the data provided for free by volunteers, and it is our hope that as more and more improvement projects up and down the river are completed, local communities will rediscover the footpaths and parks that make our riverside spaces so special, for wildlife and for us. *Chris Mountain*

## OVERHANGING SHRUBS AND BUSHES

I have written many times before on this subject, but it is something which I find quite dangerous, particularly at night, when walking around our streets. It is the many overhanging shrubs and bushes projecting over household boundary walls. It is worse at this time of the year in that many are without foliage and hence leafless twigs are more difficult to spot and can easily catch one on the face, or even worse in the eye. Where low walls are present this is also a danger to toddlers in pushchairs.

Unfortunately, the situation in several stretches of road on my walk to the Village is beyond overhanging bushes and shrubs, whereby hedges have encroached so far out beyond boundaries that in some cases up to a third of the pathway is taken up by such encroachments, making it difficult to walk as a couple.

We all like Ickenham, that is the reason we moved here and why this Association fights hard to keep it the green and



pleasant area it is, so take a little time and check whether or not you might have overhanging plants and if your hedges have 'grown a bit too much' and have encroached out onto the footpath – who knows you may even save yourself against a claim for personal injury damages.

Following my little friendly reminder as above, I thought it might be useful to check out the LBH Website to see what they have to say. The following are direct extracts from the website at:-

LBH – Residents – Environment Issues – Green Spaces Management – Hedges, Shrubs and Weeds

*"Property owners are responsible for ensuring that vegetation, including any tree, hedge or shrub is not extending beyond their boundary and encroaching onto public footpaths, public right-of-way's or obstructing the view of motorists. We can take action if a hedge, tree or shrub overhangs a road or footpath to which the public have access to so as to endanger or obstruct the passage of vehicles or pedestrians, or obstructs or interferes with the view of drivers of vehicles or a public lamp or light from a public lamp".*

*"Enforcement"*

*"The Council may serve a Notice upon the owner of the hedge, tree or shrub or upon the occupier of the land on which it grows, requiring the hedge, tree or shrub to be lopped or cut as to remove the cause of danger, obstructions or interference within fourteen (14) days from the date of service. Failure to comply with the Notice will lead to the Authority carrying out Works in Default under the Highways Act 1980 section 154 (4) and recovering its full costs of doing so".*

So, there you have it – a friendly reminder from us, and your legal responsibility, as stated by the LBH.

**Pete Daymond**

## HEALTH MATTERS

"Black Dog": Winston Churchill famously used this as a metaphor for his depression. He explained his dark mood as the "black dog" sitting on his lap! Clinical depression is a horrible illness of which most of us, thank goodness, have not the faintest inkling. World Mental Health Day and Mental Health Awareness Week recently occurred on October 10th 2016. This will happen every year on the same date in October. The vision is for "a world with good mental health for all". The mission is "to help people understand, protect and sustain their mental health".

The Central North West London NHS Foundation Trust (CNWL) has restructured Hillingdon Community Mental Health Services, after facing criticism for particular services. The CNWL has launched a model of care to offer an "improved experience" which is easier to access and more responsive to peoples' needs. Services are available for people at every stage of their life, for children and young people, working age adults and older people. Hillingdon will provide three community mental health teams based on two hubs in the Borough: The Pembroke Centre, Ruislip Manor, and Mead House, Hayes. The teams are made up of a wider range of staff and are integrated teams with social workers from the London Borough of Hillingdon. Funding has been helped by the North West London Commissioning Group, which announced in September 2015 they were investing £1.9 million a year to expand adult mental health crisis teams.

One of the services provided is for mental health assessment and brief treatment. This service works closely with GPs and other primary care services to provide short treatments for people with mild to moderate mental health needs such as depression and anxiety. "Talking Therapies" is a national NHS programme offering treatments for such conditions. Talking about your problems can really help and "Talking Therapy" services give you time to talk. There are times when everyone feels stressed or unhappy, and generally these times will pass, but sometimes there are problems that do not go away, and it gets harder and harder to cope. This service is a free and confidential NHS service and is available to adults (over 18), who are registered with a GP in the local area. Referral is by your GP. Hillingdon "Talking Therapies" is at Mill House, 38 Riverside Way, off Rockingham Road, Uxbridge,

UB8 2YF; Tel. 01923 844232

There are many self-help books on the market that give help and advice on mental health. Self-help is a useful way to teach oneself how to overcome low mood and depression, although it would be wise to first seek help from a medical professional before embarking on advice from a book. I can recommend a recently published book entitled "Easy Ways to Lift Your Mood" by Jennie Willett and Dr Peter Connell, published by TSL Publications. Jennie Willett is a lecturer in adult teacher education. Dr Peter Connell is a retired Hillingdon GP, who gave many years distinguished service in the NHS to our community.

**David John**

## POLICE MATTERS

Changes at the top. From late August we have had a new Borough Commander in the person of Chief Superintendent Colin Wingrove. Also our well-regarded and locally living Sector Inspector, Rob Bryan, has been given a senior role at Uxbridge and has been replaced as North Sector Inspector by Paul Trice.

At the last meeting of the Ward Panel, some interesting crime figures were circulated, covering the year from Sept. 2015 to Aug. 2016. There are nine wards north of the A40 and in every month but one, Ickenham had the lowest total of crimes and even in the odd month we were second lowest. Perhaps our extensive CCTV coverage is a factor here. However, we must not rest on our laurels; recently there has been a spate of nocturnal thefts of tools from vans parked overnight in the area, probably turning up at boot sales in another county. It is always worth keeping an eye out for slow-moving cars containing two or more men and reporting any suspicious vehicle to 101.

Over the past months, we have had a few 'distraction burglaries', in the simplest form this consists of one person, of either sex, keeping the occupant talking at the front door while the accomplice nips over the side gate or back fence and in at the back door to try to pinch anything of value. It is a good idea to turn the key in the back door when not actually using it, particularly when working upstairs.

I am indebted to Neighbourhood Watch for alerting me to two new scams. The first is an e-mail purporting to come from the City of London police and carrying their logo, offering compensation to victims of fraud, via HSBC and The Reserve Bank of South Africa. They will want your bank details so they can 'transfer the funds to your account'. Some hopes! Your account will be rapidly emptied.

The second is the latest variant on the 'Microsoft Help Desk' attempt to gain access to your computer and comes in the form of a call purporting to be from BT or TalkTalk stating that they have found a virus in your router. Needless to say if you give them the requested details there soon will be! Recently a friend of mine received a call stating that 'HMRC has taken out a writ against you for unpaid tax' and offering help to sort it out. Of course, HMRC would never issue a writ without corresponding with the tax-payer first. He wasn't taken in, having a clear conscience over his financial matters, but I could see someone who had been hiding taxable income falling for it.

By the time you read this the Halloween, Diwali, Bonfire Night (or nights) will be past history. It is to be hoped that our local police will continue with their record over the past three or four years of keeping us largely free of anti-social behaviour.

Finally, if going away over the festive season, don't make the mistake of leaving the curtains drawn; in the daytime this is a dead give-away. As I've often said before, fitting a simple time-switch to turn on a couple of lamps in the evening is a good idea too.

**Vic Silk**