

Ickenham Calling

The Newsletter of the *Ickenham Residents' Association* Winter 2018

Affiliated to the Hillingdon Alliance of Residents' Associations.
Member of Herts. & Middx. Wildlife Trust, and London Green Belt Council.

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CHAIRMAN'S COMMENTS

Well done to all those who organised and joined in with Ickenham's first official litter-pick in October – an excellent start to a new initiative. Some committee members are already known to collect litter as they walk around the village, but hopefully this will raise awareness so that others who take pride in the appearance of Ickenham will extend litter collection to the entire area on an ongoing basis. We look forward to the next litter-pick, and hearing the results.

During yet another week of traffic chaos from the closure of Breakspear Road South, some might say it was brave of the HS2 Community Engagement Team to organise an event at the Ruislip Golf Club to promote the plans they have and persuade us all that they are doing a good job! On my visit I saw a number of Ickenham residents with fairly glum faces, but it was great that so many turned out to tell them what we think.

The Boundary Commission consultation period finished on 5 November, so I'm hoping enough of us responded positively so that the village ward boundaries can be extended to include all the areas we think of as being "Ickenham", and particularly so that we have sufficient residents to justify our three hard working ward councillors, who continue to do so much for us.

Committee members attended the latest Residents Planning Forum at the Civic Centre on 18 October. We heard an interesting presentation on Licencing Controls in the Borough, and how they use their licencing powers to try to keep LBH a safe and happy place to live for all residents. Worryingly though the LBH planning team explained how the new National Planning Policy Framework and London Plan may impact on our green spaces – the target housing for LBH is increasing from an annual 559 units to 1,553, policed by a housing delivery test. In future, if that test is not met by a significant margin, then developers will be given more weight by the Appeals Inspectorate to build where and what they want, which may threaten our Green Belt land. The policy is not popular with Councils as it may ultimately go against what they are trying to achieve – they plan to speak at the next consultation on the London Plan on this and other issues, but their opportunity may be limited.

From 1 October our Council has extended powers of enforcement to deal with problem HMOs (houses in multiple occupation). Some of you have mentioned to me problems associated with HMOs that may have been illegally converted from residential housing, so do report them to LBH and hopefully something can be done to halt this blight on our community.

Jill Dalton

HS2

The HS2 Early Works programme continues and will continue to have a major impact on traffic and quality of life in Ickenham and other parts of the Borough. Breakspear Road South will be closed for 5 weeks at the beginning of 2019 and there are plans to close it in 2020/2021 to 'lower' the road.

HS2, hoping to show some positive 'legacy', is promoting, via TfL, changes to Swakeleys roundabout; we do not believe these proposals are based on a true understanding of the traffic issues and are premature as the main works contractors have yet to finalise their traffic numbers. Meanwhile HS2 has had to admit it has power supply issues and will need to bring power in from Rayners Lane to West Ruislip. There are different options to achieve this but in typical HS2 fashion they have chosen the solution with the least cost to them and most disruption to the communities. The latest plan is to dig up the road through West Ruislip, Ruislip, Ruislip Manor, Eastcote and Rayners Lane to lay the power cables. This additional work is expected to take one year.

Most of you have seen the devastation and deforestation caused by contractors at HS2 sites along Harvil Road. During February and March 2018 HS2 planted 50,000 saplings in mitigation for previously lost trees and shrubs. HS2 concedes that because of the long hot summer 36% of these saplings died - but an independent survey came up with the figure of a 70% loss. Not only was it a hot and dry summer but the decision was made by HS2 to stop watering the trees.



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ADVANCE NOTICE

Any questions you
may want to raise, or
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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 2018



Plans are in place to replace the dead trees; this time planting during December and January, but we have suggested that it would be much better to plant strategically placed larger trees, ensuring that they are planted with due care, and with all the attention and watering that they need to ensure that they survive.

Currently there is much 'early' work going on at Ruislip Golf Course. The trees that line the Chiltern Line route on the Golf Course are due to be felled in December 2018. We have asked HS2 to transplant the many saplings that abound there in areas that will not be needed for construction.

The Main Works contractors have yet to finalise their detailed designs but we are still advised that **main works** will commence June 2019. We are pleased to see that following our meetings with the contractors over the past year they have listened and are trying to minimise some problems. The contractors plan to use internal haul roads between construction sites (e.g. West Ruislip to Breakspear Road South) to avoid HGV movements on our roads (something HS2 said could not be done) and make greater use of rail to bring in materials.

Residents from Ickenham, Ruislip and Harefield continue to meet with HS2, London Borough of Hillingdon and the contractors each month to raise issues such as described above and review their short term plans. There are however many day-to-day issues which we cannot cover and if you are impacted by anything please raise a complaint with HS2. You should email HS2enquiries@hs2.org.uk and write COMPLAINT in the heading.

At a political level the project costs, the behaviour of HS2, the need for funding other more relevant projects, the damage to communities and the environment are all causing a growing opposition to the project. Government bills for Phases 2A and 2B have been delayed one year. We need to continue lobbying our local MPs; the Phase 1 project needs to be paused and there needs to be an independent review of the project objectives, costs and schedule.

Brian Adams

LET'S BE PROUD OF ICKENHAM

Do some people of Ickenham not care anymore?

- Have you looked at our many grass verges lately? Some of them are a disgrace.
- If you have builders at your property do not let them drive or park on the grass verge.
- If you see tradesmen/supermarket vans delivering, make sure they do not run their vehicles onto the grass verge.

- Do you or your neighbours drive too fast into the drive, cutting the corner of the grass and leaving muddy messes instead?
- Are your hedges, bushes and trees in good order and not overhanging the footpath? In some places it is difficult to walk side by side because of the 'overhang' severely restricting the footpath width.
- Are you aware that householders are responsible for such maintenance and the Council can take enforcement action either by letter, or doing it themselves and charging the owner?
- You are of course also responsible legally should any of the overhang cause injury to passers-by.
- Are the pavements outside or near to your property in good condition? Do they 'puddle' following 'normal' rainfall, are there areas of un-evenness or gaps?

These can and should be advised to the Council on 01895 556000 (between 8am-6pm Monday to Friday)

Waste collection

- Do you ensure your Borough waste collection is put out at the correct time AND bins and bags brought in, following collection?
- Bins and garden waste bags should be put out not earlier than 5.30pm on the day before collection.

Nearly all of the above issues are covered on the LBH Website – in much greater detail. It is a very good source of general information and easy to access and use.

All these small points require little effort - but could go a long way to maintaining and improving Ickenham's environment and street scene. **Pete Daymond, President**

ICKENHAM'S FIRST ALL-VILLAGE-CLEAR-UP-DAY

Ickenham's first full litter picking event took place (for one hour) on 27.10.18.

A crisp five pound note, a wallet containing a driving licence, RAC membership card, golf range pass, national book tokens, national insurance number card for a resident in London W2, shoes and jackets, track suit bottoms, and a picture of a Tottenham Hotspur star were all plucked from the streets of Ickenham today (Saturday 27 October 2018).

Some 36 bags full of street rubbish were piled up in front of the Village Hall in Swakeleys Road.



Other full bags were left on route of the litter pickers who numbered over 50 all told. They made the village the cleanest in England for a short time.

Over 150 plastic bottles were picked up in the hour's litter pick focusing mainly on the High Road, Swakeleys Road, Austins Lane and Long Lane. One volunteer and her husband counted 350 cans into their rubbish bags.

Young volunteers came with their parents, so their schools – Breakespear and Vyners should be very proud of their students' community involvement.

More litter picking events are planned and are needed to keep the place spick and span before traffic generated by the HS2 scheme takes hold. From next June onwards there could be up to 550 traffic movements a day from the Ickenham/West Ruislip Portal. If drivers see mountains of rubbish on the streets they drive through, they may think that a bit extra chucked from their cabs will not make any difference. HS2 contractors have agreed to include litter in driver's induction training. The message "do not dare to litter" will resonate loud and clear.

Councillor Philip Corthorne (who represents West Ruislip including the Brackenbury and Ickenham Park estates) attended the event and joined in collecting rubbish. Well done Philip. Pressure now on him and other London Borough of Hillingdon councillors to deliver what the Ickenham residents say they want: clear signage indicating Ickenham is, or aims to be litter free, and with more bins in litter hotspots.



All Ickenham residents should be proud of its litter pickers who want to see a clear and tidy village.

Special thanks to Rachel Evans and the principal sponsors of the event – The Swakeleys Home Guard Club -, where pickers went for light refreshments afterwards.

Submitted by David Porter



Ickenham Marshes Partnership



LOCAL NATURE RESERVES

Denham Lock Wood

The repaired sluice gates in the ditches are now working, holding more water on the site. This will, over time, improve the 'wet woodland' habitat that the site is famous for. The ferns and alders are particularly impressive, along with a healthy population of toads.

Ickenham Marshes

Wildlife at three nature reserves in Hillingdon will benefit from new and expanded grassland habitat thanks to a £37,000 grant from *Heathrow Community Funds; Communities for Tomorrow programme*'.

London Wildlife Trust has been awarded the funding to support the delivery of 66 conservation volunteering sessions for local people at Yeading Brook Meadows, Ickenham Marsh, and Ten Acre Wood. The three reserves will be safer and better looked after with a wider network of people helping with its upkeep.

Work on improving the trio of nature reserves will start in August and last for two years, focusing on sensitive wildlife areas. Areas of grassland will be cleared of scrub and invasive species, with contractors also hired to cut, bale and remove material and stop the grassland habitat being overgrown. In total, nine hectares of grassland will be managed and improved through this programme of work – the size of 12 football pitches.

Species likely to benefit include small mammals such as voles and shrews, butterflies, and skylark, a Red List bird which nests on the ground. In addition, the Trust will look at new ways to inspire residents and work with local voluntary groups to promote the nature reserves.

Simon Hawkins, Senior Reserves Officer with London Wildlife Trust, said: *"This grant from Heathrow Community Fund is wonderful news for the wildlife we help to protect in West London. We will be able to recruit and train new volunteers from Hillingdon, who can help ensure Yeading Brook Meadows, Ickenham Marsh, and Ten Acre Wood remain an important refuge for wildlife for decades to come."*

I do recommend a trip to Gutteridge, which can be accessed along the Hillingdon Trail or you can drive and park at the junction of Berkeley and Lyndhurst on the Oak Farm estate.

The fourth annual report looking at the health of the River Crane Catchment was released in October and can be viewed on the Crane Valley Partnership website. The report includes the period to April 2018.

Major improvement projects to reduce pollution to the upper reaches (upstream, if Ickenham,) have started after this period and early data for the last few months (to September 2018) indicate that the upstream water quality is starting to improve.

For Ickenham specifically, there have been some general improvements in water quality, but this hasn't necessarily led to more invertebrates in the river. I'm not entirely sure why - I'll ask the experts at London Zoo (who support the project) and report back soon! **Christopher Mountain**

HEALTH MATTERS

Dental Implants: Are they worth considering? The ravages of dental disease can lead us into having to make some hard choices, in deciding the options we might take in replacing lost teeth. It may be essential for cosmetic reasons or for being able to have a chance to eat and speak properly.

Pam Ayres has written a very comical poem about the problems of "looking after one's teeth"

This is just the first verse.

*"Oh, I wished I'd looked after me
teeth*

And spotted the dangers beneath

All the toffees I chewed

And the sweet sticky food

*Oh, I wished I'd looked after me
teeth"*

Therefore we could consider some options for the replacement of missing and doubtful teeth.

1. Provision of an acrylic (plastic) or metal removable denture.
2. Provision of a fixed bridge which involves preparing/drilling the teeth either side of the missing tooth, and then the fabrication of a fixed false tooth, which is supported by the prepared teeth on either side.

3. Provision of a fixed false tooth supported by an osseo integrated (bone integrated) dental implant.

A dental implant is an artificial tooth root, placed in the position where the missing tooth used to be. A few months after implant placement, the implant is used as an anchor to support the replacement crown. Implant supported restorations are considered by most clinicians to be the gold standard replacement for natural teeth.

Once a decision has been made to proceed with the satisfactory placement of an implant supported restoration, the stages can be summarised as follows:

(a) Planning with detailed radiographic examination to assess the size and quality of bone available for placement of implants:

(b) Surgery for implant placement is a minor surgical procedure which is usually carried out under a local anaesthetic. After the operation, most patients report only minor discomfort, which is controlled by analgesics.

(c) After a healing period of about 3-4 months, during which the implant integrates with the bone, the implant is exposed under a local anaesthetic, and a procedure occurs to help shape the gums in preparation for construction of the crown.

(d) After about 4-6 weeks accurate impressions are taken and sent to a specialist laboratory, where the crown is made. This is generally constructed of porcelain bonded to precious metal. The completed restoration is connected to the implant.

(e) Annual clinical and radiological check ups are important to ensure long term success.

Documented clinical research clearly shows a high rate of success for implant-supported restorations. Nothing lasts forever! But a life span of 10- 15 years is expected. Smoking is known to reduce the success rate of dental implants. There is no age barrier!

David John

POLICE MATTERS

By the time you read this, the festivities of Diwali, bonfire night and Halloween will have passed; I hope that our local police will have done a good job, as in the past, of keeping us free from anti-social behaviour. However, now that dark evenings will have arrived, increasing the risk of burglary, it is important that the house is not in darkness. If you are not going to arrive home before sunset, a couple of simple, inexpensive timers can be left to switch on lamps to illuminate living or bedrooms. If you get an unexpected ring at the doorbell after dark, try to look out of a window to see if you recognise the caller before opening the door.

We have advised before that it is not a good idea to employ traders who cold call at the door. I myself was taken in a few years ago by a roofer who had noticed that my old cast-iron guttering needed replacing. He showed me a file detailing his qualifications and experience, but when it came to doing the job, he was nowhere to be seen.

Afterwards, I found the alignment was faulty and the gutter leaked in one place. It cost me another £60 to employ a local roofer to rectify the faults. Now the rogue traders have become more sophisticated. They pay out for professional-looking flyers that look like those from long-established firms and even go to the trouble of taking a short lease on a premise on a local industrial estate so that a local 'phone number is shown, although if you ring this number it will immediately transfer to a mobile 'phone. The most common trade to be wary of is roofing, but drive relaying and tree surgery also feature. If you need any of these things done, experienced local tradesmen can be found advertising in Ickenham Church News. I have employed a roofer, a plumber and an electrician using these advertisements and all three have provided a satisfactory service.

When I'm out collecting subs. or delivering newsletters, I frequently have some difficulty identifying a member's house because the number is missing or is small and unobtrusive. For your own safety, in the event of an emergency, numbers should be prominent and large enough to be read from the street, or if you have a very long front garden put it on the gatepost. Delay could cost a life! **Vic. Silk**

NORTHOLT COMMEMORATION CEREMONY 1 September 2018 Polish Air Force Memorial

As a result of our publishing details of the ceremony at the Polish War Memorial (see NL AUTUMN 2018), we received the following account from David Porter (one of our members):

We met Krzysztof and his son Jamie, up from the West Country on their way to this year's Polish Air Force Commemoration at the war memorial in South Ruislip. Krzysztof is the grandson of a veteran of the Battle of Monte Cassino/Italy, (Army, not Airforce), but he wanted to be at the ceremony. "My grandfather was part of Anders army. I had always wanted to attend this." Krzysztof wore a chest full of medals. I wondered whether they were his or his late grandfather's.

Today's occasion was special. Not only was it the 58th ceremony of homage to fallen Polish airmen but the 70th anniversary of the unveiling of the Polish Air Force Memorial. In addition it is the centenary of the Royal Air Force and Poland winning independence of 123 years of occupation, repression and resistance.

The Duke of Kent, resplendent in RAF uniform, laid the first wreath followed by a long list of aviator veterans, honorary officials of Anglo Polish associations, serving military officers, local civic leader and relatives of veterans who had passed on. The Polish Ambassador laid a wreath too. One was laid for each of the RAF fighter and bomber squadrons comprising almost exclusively of Polish nationals.

Music to suit the occasion was played by the Central Band of the Royal Air Force, which is stationed locally at RAF Northolt.

A solitary Dakota of the Battle of Britain memorial flight buzzed the gathering arriving on cue 10 minutes into an introduction by Richard Kornicki, chairman of the Polish Air Force Memorial Committee who lives locally in Ealing. We were seated next to his wife who told us this.

Mr Kornicki reminded us of the long association between RAF and the Polish Air Force with the first group arriving locally in Northolt in 1917. There were frequent exchanges between the two from 1919 to 1939. He told us during his well prepared and delivered summary that following the ceremony a Spitfire of 317 squadron his



father flew would circle RAF Northolt and land shortly after 2pm. We spotted it on our return journey to Ickenham from our vantage point on South Ruislip's Tube platform.

On our way back to the underground we were among a gaggle of invited guests heading for lunch at RAF Northolt. Among them were two young people wearing Polish national dress. They were from a Polish dance troupe in London who were to perform while people ate.

Marshalls of the Royal Air Force Lords Portal and Trenchard were at the forefront of a campaign to raise funds to erect a memorial to Polish airmen who gave their lives during World War II. Middlesex County Council donated the site at a peppercorn rent for 999 years. Upkeep was taken on by the Local Authority and continues to this day. The monument was unveiled in 1948 in front of 3,000 guests.

Names of the fallen are inscribed behind the obelisk bearing the names and numbers of Polish RAF squadrons and battle honours. On the plinth are the words "*I have fought a good fight. I have finished the course. I have kept the faith.*" (II Tim iv 7).

A manicured garden is adjacent to the memorial. A board recalls the name of Josef Frantisek, who shot down 17 enemy aircraft during the Battle of Britain, the highest number of any airman during the battle. He was a Czech member of RAF's 303 Polish squadron.

With kind permission of David Porter

ICKENHAM FESTIVE COMMUNITY NIGHT – Village Hall, Ickenham, and Centre of Village

Friday, 7th December 2018

6pm to 9pm

Again, this year, Ickenham will have its own special Christmas celebration night. The Ickenham Festive Community Night, on Friday 7th December 2018, from 6pm to 9pm, will feature a wide range of music, activities, fun and shopping.

In and around the Swakeleys Road, Ickenham Village Hall, St Giles and URC Church Halls, Community Close and Glebe Avenue there will be many local voluntary organisations and charities, with music, games, festive sales and information on a Christmas theme.

All around the Ickenham shopping area many local shops will stay open late and will feature special attractions, hospitality and fun. Local restaurants and pubs will be running special events.

With the aid of the London Borough of Hillingdon, and matching support from Ickenham Festival, there will be Christmas themed lights in and around the village.

Further information on how you can get involved is on the Ickenham Festival website at

www.ickenhamFestival.org.uk

Follow us on Twitter at

[www.twitter.com/lckFest](https://twitter.com/lckFest)

See our Facebook page at

www.facebook.com/IckenhamFestival

Call or text on 07516 984514.

The Ickenham Festive Community Night is co-ordinated by the Ickenham Festival Team as part of our voluntary support of the community in Ickenham.

ADVANCE NOTICE OF ANNUAL GENERAL MEETING

Please note that the next Annual General Meeting will be held at Ickenham Village Hall on

Friday, 12th April 2019, at 8pm.

In accordance with Rule 15 of the constitution, members are reminded that any item which they wish to be considered for inclusion in the Agenda, should be submitted in writing, with the names and addresses of the proposer and seconder to the General Secretary, Mrs. June Reyner, 6 The Chase, Ickenham, Uxbridge UB10 8SR by Friday, 15.02.2019.

More details of the evening, the full Agenda and Minutes of the 2018 AGM will be included in our next regular newsletter, due for circulation in early March 2019.

**The Officers and the Committee of the Ickenham Residents' Association
take this opportunity to thank you for your continued support during the last year and
wish you and your families a Happy Christmas and
a healthy, safe and peaceful New Year.**