

This third News Bulletin for South Ruislip during Lockdown has been delayed owing to several issues. This will be the last in Lock Down series we hope. The Government's 'Road Map' to a brighter summer seems to be on track. We hope this bulletin raises your spirits as you see the very exciting activities that have been going on over the past 4 months to show how lively South Ruislip Community is even in tough times!

VICE CHAIRMANS COMMENT

Its difficult to know where to start, we have all felt the effects of the virus and its associated restrictions, it does serve to reduce moral and stifle motivation. I know that I am not alone in having these feelings and that many of you will feel the same, however the future seems to be looking brighter so we must throw off the lethargy and move on.

Whilst what we have been able to do during lockdown has been limited there were still things that we tried to influence. Some members of the committee have been working very hard in support of our community and for that I offer them my sincere thanks and appreciation.

There has been an application to put a Starbucks coffee pod in the car park in front of Currys/DFS, any that live in the vicinity of this car park will know that it has been the site of many cases of anti-social behaviour with respect to cars racing round the car park late at night with its associated noise and pollution. We did write to the council to oppose this on behalf of the nearby residents and I must stress the opposition was purely with respect to the location and not Starbucks.

Whilst we have not been able to hold any meetings during lockdown we are in the planning stage to restart them hopefully in late summer, I must stress that this is purely planning at this stage as there are many things to consider, firstly the safety of all our members; we will not do anything to compromise safety. Secondly the official guidelines must be updated to allow meetings to be held, thirdly we have to be sure that the venues are available and safe. We will be speaking to both the RAF, where we hold committee meetings and also St Mary's church the historical venue for the quarterly meetings.

Should the quarterly in July go ahead this will have to be and AGM to ensure we re-elect relevant members.

LIDL

At the time of writing this the works at the junction to Stonefield Way has been completed with just some landscaping to do and Victoria Road to be resurfaced along the front of the store. Hopefully they will replace the trees that were removed.

HS2

Lynne has been covering this and will hopefully be able to provide an update.

GLEBE FARM

A formal planning application has been submitted to the council along the lines of that presented at our last quarterly. A petition was raised by the residents in the vicinity of the site in support of the proposal and as a result I wrote a letter to the planning committee supporting the residents' petition.

Sid Jackson Vice Chairman

SOUTH RUISLIP RESIDENTS QUESTIONS ABOUT THE HS2 VENT SHAFT

A series of questions were sent from a range of residents asking for details about the South Ruislip Vent Shaft. The responses below come from Graham Dean Community Engagement Officer

What are the dimensions of the Vent shafts?

There are two vent shafts at the South Ruislip site. The main vent shaft is 22metres in diameter and the satellite shaft is 11m in diameter.

What is the estimate of the spoils removed?

The spoil from the two tunnels is as follows:

Main Shaft 13,300m³, and Satellite shaft 2,800m³

Where will the spoil be removed to?

This remains under negotiation. There are a couple of sites that would like the spoil and this is at a negotiation phase.

What is the procedure for the removal of spoil?

The spoil will be removed by road. We will use lorries, and these lorries will enter and leave the site using only the roads agreed with Hillingdon and Ealing councils.

How will the (already difficult) traffic issues at the site at the entrance to the Old Dairy be managed?

The lorries coming in and out of the site will all be FORS (Fleet Operator Recognition Scheme) Silver compliant. Furthermore, any subcontracted vehicles will need to demonstrate their credentials and ability to show compliance with those standards.

We are aware of the small roundabout that services ASDA, Cineworld, B&M and Aldi. We are aware that the vehicles coming up from the Asda Car Park have a limited view and this is already a briefing issue for our vehicles coming out of the South Ruislip site. We are aware that the roundabout is an integral part of the access and egress to all the venues and will seek to keep this area clear. Once out into the automated traffic signals area the lorries will follow the proscribed lorry routes.

What are the procedures for keeping mud off of the road?

To ensure that mud is not brought out of site onto the public roads we have installed a wheel wash for the wheels and underside of the vehicles prior to them leaving our site.

Will there be noise issues during construction?

We cannot take away the issue that this is a construction site and there will be construction noise taking place. Most of the noise will be from operating machinery and plant vehicles when they are moving, and from concrete pouring and placement of spoil in the vehicles.

Our working hours are 8am to 6pm Monday to Friday and 8am to 1pm on Saturdays. There will be times that we have to work outside these periods. When that occurs, we will update our website and notify the businesses of what is coming up and why it is happening.

How are the sides of the shafts reinforced? And where is the material stored?

The sides of the walls will be built based on the diaphragm walls construction methodology, a structural concrete wall constructed in a deep trench excavation. This will be created from the top down with the excavation material taken away as we complete each layer. Any precast material will be brought to the compound and kept on site. Concrete for the reinforced structure will be delivered to the site.

Security on the site

There will always be security on site. During the day, the security team are responsible for all access and egress as well as the security of the hoarded area. During the night they are responsible for the whole area and will be secured by a mixture of CCTV and personal patrols.

What arrangements have been made with retailers for the arrival of their lorries / arrangement being made for parents bringing and collecting their children

The owners of the shops and their managers have been contacted and we are aware of their deliveries. Our community team will continue to engage with them to ensure that all parties are working with each other. We are also aware that there are several schools and nurseries within the area. All our haulage sub-contractors have been made aware of this. The haulage companies that we are using are all experienced in working in urban areas and are mindful of the concerns of all the members of the public regardless of age or ability. Our community team have promised to keep observations throughout the area to ensure the high standards of driving we expect are being observed.

If you have any further questions or comment please contact the Vice Chairman who will liaise with the HS2 Community Committee.



HS2 team visit South Ruislip to check out lorry movement

HEALTH CHECK – PROBLEMS DURING AND FOLLOWING LOCK DOWN

For Christmas one of my presents was a fitbit this was mainly to count how many steps I did each day (never enough), one of the other counters (which I have recently found) was to measure how long I slept and what kind of sleep I had. So this had me thinking about sleep. The internet is a deep hole that you can get lost in so I have only been on the sites that I am sure of such as: The NHS, American CDC (Centres for Disease Control and Prevention), NIH (National Institute of Neurological Disorders and Strokes) and of course Wikipedia.

If a more detail knowledge is needed any one of these sites will give it to you.



There are **3** stages of sleep and two basic types of sleep, Light and Deep, Rapid eye movement (REM) and Non- REM sleep but each has a different stage. All the stages have a different brain waves and activity.

Stage 1 - is that change between begin awake and sleep, this is a light sleep and non-REM, everything slows; heartbeat, breathing, eye movements and muscles relax. Brain waves will slow down as well. This can be a short time of between 5 or 10 mins.

Stage 2 - Non-REM, again a light sleep. And everything slows even further heart, breathing, muscles relaxing further, your body temperature drops and eye movements' stops but the brain has brief bursts of activity. This stage is the most you will sleep in.

Stage 3 - Non-REM this is a deep sleep that will make you feel refreshed and ready to meet the morning and day. Your heart rate and breathing will be at its lowest and your muscles relaxed as well, it might even be difficult to be woken up.

It is stage **3** when REM sleep (about 90 minutes after first falling asleep) will occur your breathing will increase as will the heart and blood pressure and brain waves increase. REM begins with eye movements from side to side behind closed lids and your arms and legs muscles become temporarily paralyzed to prevent you from acting out any dreams. **Scientists believe that REM sleep and dreaming helps your memory and to work out problems.** Dreaming can also occur in non REM sleep and as you age you sleep less of your time in REM sleep. Most people don't remember their dreams and if you do wake while in the middle of one it can soon fade from memory.

This is from the NHS website on tips to beat insomnia,

Be regular, roughly going to bed at the same time and to have a routine. The old wives tale that an hour before midnight is worth 2 after (sorry mum, didn't believe it when she said that) is true!

The bedroom should be a place to sleep and be restful in, so control of the temperature and lighting and noise if you can.

Cut down on coffee, tea, energy drinks, colas and alcohol. Alcohol can help you quickly fall asleep but it can disrupt your sleep pattern later on during the night. Having exercise during the day can also help.

If you cannot sleep, don't worry about it but get up and do something you find relaxing such as reading, knitting or make a warm milky drink.

How long should I sleep for,? Everyone is different but a general rule is:

13 to 18 yrs. about 8 to 10 hrs 19 to 60+yrs about 7 to 8 hrs

If lack of sleep is persistent and it's affecting your daily life see your GP.

Linda's Clarke's SRRA health and mindfulness officer - look at life after lock down.

During LOCK DOWN our residents are recalling skills from the past and developing new skills. Judy put pen to paper in this IT quip!!

LOST IN CYBER SPACE.

Thank you for the warning, but for me it's come too late
I'm floating out in cyber space considering my fate
I fell into the drop box then floated up to skype
I'm now a web explorer; though really not the type.
I find I'm all a twitter and scared of losing face
As a daft old grannie, I ought to know my place.
I wanted to Excel at words, eat apples and catch mice
But now I'm trapped in Hyperlink which isn't very nice.
I've pressed escape on tool bar, F one, two, three and four
I've gone from caps to lower case, Times Roman, sans and more.
But the help line hasn't helped me as recycled I have 'bin'
My out of world experience is proving rather grim.
Should I go back to knitting by the fireside at night?
Or go surfing on the internet to find my Mr. Right?

By:

Judy Kelly



SOUTH RUISLIP LIBRARY WELCOMES YOU

Well South Ruislip Library have a new challenge FOR EVERYONE!

On Wednesday Mornings from 11-12 noon they have an elevenes chat club. Some weeks there is a guest speaker. The session is on Microsoft Teams and so easy to join just send your link toSouthruisliplib@hillingdon.gov.uk and join the fun.

The group have gone on hold for a month or so and will be re-launching later with loads of new ideas. Make a date in your diary!

THANKS TO OUR WONDERFUL POSTIES



Come rain come shine our letters and parcels are delivered by the South Ruislip Post team. Our thanks to all of you. Practical thanks has come in the shape of TOPPERS covering most of the post boxes in South Ruislip to say thanks!

Innovative natty knitters have produced some works of art. Here are some that you may have seen already – does your post box have a topper??



MARCH WINDS AND MAYBE APRIL/MAYSHOWERS WHAT HAVE THEY DONE TO SUMMER FLOWERS?

Encouraged the wonderful bulbs in Victoria Road to bloom in late March; the wonderful carpet of golden yellow on either side of the road helped to brighten everyone's day. John's picture shows the extent of the bulbs this year. Our visit from the Dutch bulb planters could not happen this year because of COVID, so hopefully next year brings a new swath of bulbs outside DFS and PC World.

Sadly John passed away in mid June - he was a very important part of SRRA – we will miss him greatly.



NOW WE ARE IN AUGUST



Many thanks to LB Hillingdon Green Spaces team for ensuring the planters once again brighten the South Ruislip shopping parade a great experience now our local shops are open again.

Our thanks to the **Hillingdon Green Spaces Team** again for the corridor of wild flowers that start in Field End Road and Victoria Road and reaching down to Acol Crescent, definitely persuading residents to be proud of the area and event put their litter in the bin.

Now other streets are getting hanging baskets thanks to Councillors Ward budget!



KEEPING SOUTH RUISLIP LOOKING GOOD!

Our local team of South Ruislip Litter pickers working with our **Hillingdon Street Cleansing Team** have been delighted to see less litter on the roads – only 47 kilos collected on 17th April 2021.

Join us on 3rd Saturday each month for one hour of good exercise and community satisfaction.



SOUTH RUISLIP YOUNG PEOPLES CENTRE TOOK ON A VITAL COMMUNITY ROLE

South Ruislip Young People's Centre was commandeered into a test centre for the local resident in South Ruislip.

You will all know H4ALL are busily trying to ensure we all have a PCR test. This is different to the lateral flow test. The PCR helps to identify any variants of the virus that are prevalent in the area. If you have not yet booked your PCR test the opportunity is open until 23rd May 2021. After this date other test centres will be advertised.

Community Champions have been set up to help the community, by encouraging residents of all ages 18+ to get tested.



Although we are nearly out of Lock down guided by a new secretary of State for Health:

Sajid Javid MP

Still Remember

**Hands
Face
Space
Fresh air**

THINKING ABOUT HEALTH. DEANESFIELD SCHOOL HAVE SET THE CHALLENGE FOR MEMBERS OF THE SCHOOL TO WALK A MILE A DAY.

The school senior managers and governors have installed a blue path measuring one mile and marked out incrementally so pupils, staff and hopefully parents will make use of this blue mile.

This must have set a real challenge as a resident in Queens Walk is petitioning to have a similar walk put into Deane Park Recreation Ground. This will help residents who have stability difficulties or walk with a frame or use a wheelchair, plus mums with buggies and general dog walkers by providing a similar hard standing path. Let's all get walking now the government ROAD MAP seems to be on course, for opening up activities!



**SOUTH RUISLIP SAYS THANK YOU TO OUR
WARD COUNCILLORS AND HILLINGDON COUNCIL
FOR ALL THE RESURFACED ROADS AND NOW
PAVEMENTS ARE BEING RESURFACED**



Anyone who has been out and about for their daily walks will have noticed work on our roads and pavements in South Ruislip never stands still. The latest pavement upgrade in Royal Crescent looks brilliant as do many others – is your road next?

Just look at the before and after pictures. Remember there are approx. 35 miles of paving in South Ruislip - so please be patient!

**IN ALL THE DIFFICULT TIMES WE HAVE EXPERIENCED OVER
THE PAST 18 MONTHS THERE ARE WINNERS AND LOSERS -
SADLY OUR ICONIC CHURCH IN SOUTH RUISLIP - ST. MARY'S
IS IN NEED OF REAL HELP!**

St. Mary's was built in the 60's. Many of you may have been married there, had your children baptised or sadly attended a funeral at the church, or even attended some of the many events held by St Mary's.

The passage of time has led to a wide range of problems:

- major asbestos problem
- falling masonry
- outdated electrics and gas
- and the last straw was thieves stealing the copper from the roof of the chapel.

All this adds up to a bill of approximately £975,000.00 and a renovation project of 3 - 6 years.

HELP is desperately needed!

As a community we can support St. Mary's - they hope to have an event when restrictions are released to thank our local NHS, fire fighters, police, pharmacists and community volunteers for their amazing community dedication

If you are interested in supporting a local iconic building contact Fr. Eric Lobsinger (fr.eric.lobsinger@gmail.com)



BLAST FROM THE PAST

WHO CAN COUNT THE BRIDGE STRIKES ON SOUTH RUISLIP BRIDGE?

Years ago the RENTONA Café was in the place that is now Paul's fish and chip shop. After the war the café was owned by a local resident's Dad. Food was on ration so people had to bring in their ration books if they wanted breakfast cooked - he always opened early for the workers getting the underground. The café also had a three wheeler bike with a large insulated box on the front ridden around the area selling ice lollies and ice-cream. On the rest of the parade of shops was a chemist, bakers, Perks Grocer, a shop that sold bits for bikes and Kiddies Korner toy shop (it had a train in the window and if you put a penny in the slot it went round twice.) There was also an ironmonger and later the parade was extended to have a wet fish shop and the Midland bank.

NOW for the first bridge strike:

Early one murky day in the early 50's it was so foggy you could not see your hand in front of your face - called a pea-souper. The 158 bus was travelling its normal route off the roundabout at South Ruislip (that is now the traffic lights) and towards the bridge. Then disaster struck the upper deck of the bus was scooped off - there were loads of casualties, blood, screams and a general state of panic. Fortunately Malcom's dad opened up the café to all the injured waiting for the ambulances and mugs of precious tea was a real saviour for those frightened travellers. Dad was mentioned in the papers - a local hero!!

Fortunately when strikes happen at present there are no injuries but a bridge strike holds up streams of traffic down to West End Road and the A40.

What is the solution to this recurring problem?

Any suggestions gratefully accepted.



BRIDGE STRIKES IN 2020-21 = 5

PARK STEWARDS REPORTS

Park Stewards Reports

Elaine and Sue have been busy keeping an eye on our two local parks and making sure notice boards are up to date.

Stonefield Park from Elaine. Another year has passed and Stonefield Park has been a picture with all the trees and daffs starting to burst into bloom. We have a spacious new path installed by the council to give a better surface for runners, frame and wheelchair users, buggies and of course to be able to keep social distancing. Litter seems much better as residents are taking their rubbish home and taking pride in their park. Our play spaces are well used and the outdoor gym continues to be an early morning success. Please drop into the park for a quiet walk and perhaps keep up to date with local issues through the new notice board.

The Fairways Park from Sue. Many of you probably refer to this park under different names - Long Drive Park, Fairways Park, The Allotment Park - years ago I used to call it the Witches Hat Park (*many of you may remember the play equipment in years gone by, the big Witches Hat that we would all sit on and in a big circle on a big wooden bench whilst clinging on tight and being pushed from side to side*), there was also the horse see-saw and the big slide - Health and Safety legislation has changed massively since those days.

Currently the buds on the trees are all coming out, the birds are singing - the park changes with the seasons and is a wonderful space all year round - there is a path all the way around the park - great for pushing a buggy or a wheelchair user. There are benches for families to sit - some picnic and a fantastic play area for younger children. The Fairway Park is a lovely green space right in the middle of our community - lots of green fingered gardeners tend to their adjacent allotments, all very well kept and so lovely to see people of all ages coming together to grow their own produce.

The park is kept very tidy - plentiful bins - **so please do use them.**

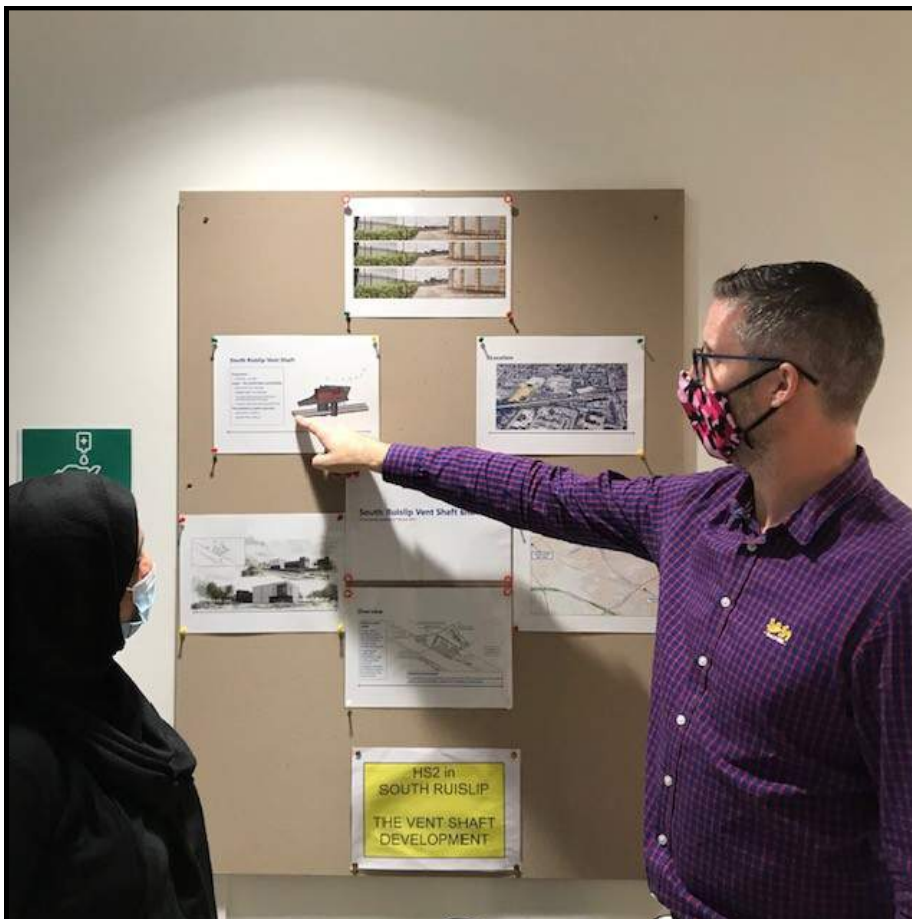
If you have not popped into Fairways Park for a while, do drop by - have a wander around the park, a sit on the bench and enjoy our local green spaces.



HS2 ! ARE WE READY FOR WHAT IS COMING NEXT BEFORE WORK STARTS ON THE VENT SHAFT BEHIND B&M AND ALDI?

What has happened so far.....

- There are many community focused meetings where the progress of works is discussed. Originally members of the community sent in questions - you will find the answers from HS2 on Page 2.
- Following an issue raised by Geoff Taylor and Colin Hook about lorries using the wrong route under South Ruislip Bridge (no more bridge strikes please) instead of the specified route down Victoria Road turning right into Field End Road. We asked for a **'Walk Around'** the South Ruislip site to check the routes taken; there were many miscreant lorry drivers that were taken to task by the HS2 team; mud on the roads was also addressed to pre-empt further problems in traffic management.
- The next concern was what will happen when utilities have to take up roads to renew or check sewers and water supply. Another **'Walk Around'** followed this time with a team from SCS Railways taking in Station Approach, Great Central Avenue, Bridgewater Road and the Point at Ruislip Gardens as contentious areas where traffic flow will be impacted. We learned the first step in any utilities work was to complete **'Trial Holes'** where an area is excavated to determine the status of the sewer and pipe work. You will notice these trial holes springing up in the areas mention – always ask the contractors what is happening!
- Key areas where these trial holes are happening will be the precursor to changes in traffic flow - for example there will be a one way traffic light controlled traffic management under South Ruislip bridge.
- Always best to be warned about the chaos this will cause unless you think ahead.
- *We did ask for signs to help the lorry drivers remember the right routes - these lorries will have an HS2 in their windscreen, however this is with Hillingdon Council for approval (Lynch Lorries).*
- *We also asked for a viewing window in the hoarding once the vent shaft work starts for those who are interested to see the work - at 2 levels for adults and children.*
- *Another request was a display of works activities in South Ruislip Library which goes up on 7th July – see below.*
- *There are several webinars being planned for residents to keep us all up to date. In addition there is a complaints hot line, the details of which was on the Lockdown 2 newsletter.*



In the photograph Richard Kempton from SCS Railways is explaining to Sophia Deputy Library Manager, how a vent shaft works. Richard and his colleague Graham Dean provided illustrations of what is happening in South Ruislip as the VENT SHAFT at the back of Aldi and B&M develops.

In Memory

Of...

This difficult page reflects on the many sad family losses we have experienced over the past year.

During these months of COVID 19 we have lost many dear friends and special characters from South Ruislip's community. Our heartfelt condolences go out to all

Goodbye to a local character!

Those who knew Barry Holland will say he is a man one does not forget. Often seen at the library - in shorts on the coldest days. Barry was a local character. His love was his canal barge. He gave talks and trips extolling the virtues of canal life. We will miss him.



In Memory of Brunel Sweeney– local hero

Brunel Sweeney was a vibrant character, always with a smile on his face. A local hero in the community, he had a passion for sharing his enthusiasm with young people including Beavers and local school children. He was Badger the Beaver Scout leader and Mr. B. the local DJ, raising money for charity. He had a knack of getting everyone involved. His boundless energy left most feeling weary!

His legacy lives on in those who knew him.



Pictures of Brunel's wife Alison and grandchildren and the bench dedicated to his memory as a result of the £14,000.00 collected by the community.

Thank you Alison for those lovely words about Brunel.

RAF NORTHOLT SALUTE HRH THE DUKE OF EDINBURGH



It was with great sadness but immense pride that RAF Northolt personnel played a major part in the funeral of HRH The Duke of Edinburgh. HRH had been Honorary Air Commodore of RAF Northolt since 2012 and had been a frequent visitor to the station both formally and Informally.

This close association meant that the Station Commander of RAF Northolt and a number of his service personnel were called on to represent the RAF and the Special Relationship Group at the funeral of HRH on Saturday 17th April 2021.

Group Captain Worrall walked alongside the adapted 'hearse' as a Pall Bearer during the funeral. Alongside him were the other senior military personnel for whom HRH also held a special place, either as Head of a Regiment, or Commander. To have such a huge part in the funeral was indeed a privilege and Group Captain Worrall stated:

"It was such a great honour to walk alongside HRH The Duke of Edinburgh's Land Rover during the funeral. It was a moment I shall never forget, knowing the eyes of the world were on every step I took."

Also accompanying the RAF Northolt Station Commander were a flight of RAF Northolt station personnel, drawn from all ranks and trades. These individuals formed the Special Relationship Group and took pride of place on the lawn at Windsor Castle. Members of the RAF Music Services from Northolt and other RAF stations played accompanying music during the funeral. The Queens Colour Squadron formed a route lining party for the funeral cortege.

Wg Cmdr Paula Wilcox.

RAF Northolt's proximity to Windsor Castle alongside the special relationship HRH had with station personnel meant that during the current pandemic, it was the right decision for Northolt personnel to represent the RAF in this much scaled down commemoration.

CONTACTS REMINDERS

POLICE

PC Solanki, PC Frimpong, PC Nadine David-Regis & PCSO Annmarie Chapman-Bennett.

Contact: SouthRuislip.SNT@met.pnn.police.uk

Twitter: MPSSouthRuislip **Phone:** 07843291993

HS2 COMPLAINTS

HS2enquiries@hs2.org.uk (get a registration number) freephone **08081456472** or **complaints@hs2-cc.org.uk**

WARD COUNCILLORS

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CHANGE IN LEADERSHIP

For those still unsure of the change.

We are sure that you all know by now the leader of Hillingdon Council has changed.

At the start of the year Cllr Ray Puddifoot stood down from leading the Council but continued to work as Ward Councillor for Ickenham Ward.

Cllr Puddifoot over 20 years focused on building financial stability and always put residents first which has enabled Hillingdon to be respected as one of the best boroughs in London. Cllr Edwards was previously a Ward Councillor in Eastcote and maintains that position, along with being Council Leader. We wish him luck in his new role.

