

around ealing

Winter 2023

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Cost of living:

A helping hand

Warm spaces:

A winter refuge

Get outdoors: Parkour, wildlife and more



On path to new park?

Regional park plan



Ealing

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WINTER²³ EDITORIAL

With Christmas just around the corner, there's lots of merriment to be had at this classic time of year to spend with friends and family, and for indulging ourselves. But that's not the real picture for plenty of people this year – money can still be a cause for concern and it can be pretty stressful, whether you are due to be with family, or expecting to be alone. I hope this edition of Around Ealing can bring a bit of comfort and Christmas cheer to everyone, though.

There are ideas of things to do (p26), or how you could spend some time helping others less fortunate (p9). We've got cost of living tips and advice (p10-11), important information on keeping yourself safe and lots more.

See you in spring. In the meantime, happy Chanukah and merry Christmas.

Verity Adams

DEPUTY EDITOR

CONTENTS

UP FRONT

Seasons of Ealing photo competition and more

LEADER'S NOTES

Council leader Peter Mason

UP FRONT

Grapes harvest, NFL glory and more

HEALTHY HOMES

Winter warmth

WINTER SHELTER

Homelessness

HELPING HAND

Cost of living

WARM WELCOME

A place to go

COMMUNITY LIBRARIES

More than books

STAYING SAFE

Tips and advice

SEASON'S GREENINGS

Green Christmas

REGIONAL PARK

And new lido

LEISURE CENTRE

Gurnell latest

PERCEVAL HOUSE

And Ealing Town Hall

EATING OUT

Food safety awards

OUT AND ABOUT

Beavers, parkour and more

PARKING

Enforcement

LIVING WITH HIV

Rebecca's story

GET LEARNING

Skills and courses


PRIMARY SCHOOLS

Time to apply

COUNCILLORS

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1 During **Christmas and new year** only essential and critical cover will be in place for Ealing Council services between 25-26 December and on 1 January. Limited services will run between 27-29 December. Check www.ealing.gov.uk

2 Your usual **collection day** for rubbish and recycling may change over the Christmas and new year period. See the back page of this magazine or visit www.ealing.gov.uk/recycling

3 If you are a carer, what would happen to the person you look after if something was to suddenly happen to you? This doesn't need to be a concern if you have a **carer's emergency card**. Visit aroundealing.com/news/carers-card-for-peace-of-mind

4 **Town forums** – thanks for taking part in the consultation survey, which has now closed. Keep an eye out for the results in the spring edition of Around Ealing. For information about the survey, visit www.dosomethinggood.org.uk/your-voice-your-town

5 An exciting, new **re-use and repair** site, the very first of its kind in London, is coming to Acton in 2024. Visit aroundealing.com/news/waste-made-easier

6 Talking of which, did you know **Acton Market** has its own recycle and reuse hub? It runs monthly and shows you how to repair clothes, bikes and other items, and is somewhere to recycle clothing, shoes, toothbrushes, pens, small electrical appliances and even laptops. Visit marketw3.co.uk

speedread

Photo contest returns

Before the pandemic, we ran a very popular photo competition for readers called **Seasons of Ealing**. Well, it's back.

There were some amazing entries for every season – winter, spring, summer and autumn – including the great picture from 2018 by Imran Malik of Scotch Common covered in snow, featured on the magazine cover. Winter 2019/20 was where it all ended, thanks to COVID. But the time seems right to get your cameras and phones out again and show off something you love in the borough, or a moment in time, that reflects the season.

The twist is that the public get to vote for the winner. First of all, we want your snaps sent in. We then shortlist the top 10 before asking the good people of our borough to pick their favourite.

What's in it for you? Well, we publish the winner and at least one of the runners up online at aroundealing.com and in the next available edition of Around Ealing magazine. We may even have a prize for the winner, too. And any of the shortlisted entries could feature in the future – with you named as the photographer.

GET SNAPPING

The winter 2023/24 Seasons of Ealing competition opens on 1 December 2023 and will close on 19 January 2024. At that point, a shortlist will be selected and a public vote will decide the winner. Please visit aroundealing.com/news/seasons-return for full details on how to enter.

Lights, camera, action



After much anticipation, Picturehouse's 8-screen cinema, café and bar is now open at Filmworks in Ealing Broadway. It comes 15 years after the closure of the old cinema on the site and following the council

using compulsory purchase powers several years ago to help secure it.

Council leader Peter Mason said: "The opening of Ealing Picturehouse is a testament to our rich cultural and cinematic history and our ongoing commitment to arts and culture in our borough."



Read more: aroundealing.gov.uk/news/picturehouse

Leader's Notes

'Cultural life in the borough is vibrant. We are so proud of it.'

Councillor Peter Mason
Leader of the council



Project in Ealing and the Odeon Acton. And there is so much more. Cultural life in the borough is vibrant, thriving, and we are so incredibly proud of it. But we're always hungry for more, so...

→ BOROUGH OF CULTURE

Culture, arts and creativity can mean different things to different people. It might be singing in a choir, knitting, cooking for friends and family, learning to play a new instrument, or even doodling in the margins of a notebook.

We're all creative and, in order to build on our collective cultural heritage and bolster Ealing's cultural life for the future, we are applying to be London's Borough of Culture in 2025.

We're competing against other London boroughs, so we need as many people as possible to get involved to support our bid and help us secure the additional financial support that comes with it. To galvanise, energise and support our cultural grassroots.

So, please, be part of it. Visit **ealing2025.org** for more.

With all best wishes,

→ As well as being about friends and family coming together and enjoying each other's company, the festive season always feels to me like a cultural high point. Summer may be festival season, but in the run up to the close of the calendar so much is celebrated in Ealing.

I'm writing this just at the end of an incredible programme of cultural events and discussions for 2023's Black History Month, looking forward towards Diwali, Bandi Chor and Christmas.

The traditions many families have at this time of year, whether it's (safe and sensible) fireworks or maybe re-watching a well-loved Christmas film, are an important part of our collective cultural life.

And Ealing has culture in its DNA.

→ OUR CULTURAL HERITAGE

We are the 'home of loud', where the Marshall family built the first of the amps which would become an enduring symbol of rock and roll.

We are the birthplace of British Bhangra and institutions like DesiHits, the first 'Asian iTunes'.

The iconic Bogle l'Ouverture bookshop, which published black writers and radical thinkers, was in West Ealing.

We host the oldest film studios in the world, which are still in operation at Ealing Studios (yes, older than the very first film studios opened in Los Angeles). And, just recently, we added a string to our bow by opening a new, 8-screen Picturehouse cinema in Ealing, which joins ActOne in Acton, the Ealing

Christmas card competition winners revealed in video!

Go to: **aroundealing.com/leaders-notes**



Flying the flag

A team of athletic students from Ealing Fields High School recently represented the United Kingdom in a nail-biting game of flag football against Germany.

The 9 schoolgirls, from years 7 to 9, sailed to victory on the NFL field at the Tottenham Hotspur Stadium in London, in October. The game is a form of 'American football', or Gridiron.

Ealing Fields, winners of the inaugural New York Jets and Chicago Bears NFL Girls Flag League that launched in west London in March, beat German team Stadtteilschule am Heidelberg, with a final score of 12-6.

Both sides also attended the 2023 NFL London Games match, Jacksonville Jaguars vs. Buffalo Bills, at Tottenham Hotspur Stadium on Sunday, 8 October as special guests, with Ealing Fields on the field as part of a guard of honour for the participating NFL teams.



Read more: aroundealing.com/news/fly-the-flag

Saluting our Sisters

A series of events were held to celebrate Black History Month, which took place throughout October.

On our website aroundealing.com, we also looked back over past and current times to introduce you to black women in the borough who have had a positive impact on our lives.

This year's theme was 'Saluting our Sisters', honouring the achievements of black women who are often the forgotten heroines and highlighting the crucial role that black women have played in shaping history, inspiring change, and building communities.

The month recognises and celebrates the invaluable contributions of black people to British society, empowering and inspiring future generations.



Read the interviews and more at aroundealing.com/fighting-inequality

Crushing grapes

A community-run vineyard in Greenford is successfully producing its own wine after 6 years in operation.

Back in 2017, the Horsenden Allotment and Garden Association (HAAGA), launched its mission to create a working vineyard on a disused piece of land.

Joseph Manger, who first had the idea for a vineyard, said: "This area was a south facing slope. It was too steep for allotments, but the perfect position for a vineyard."

The project was awarded £10,000 funding from Ealing Council's Transform Your Space programme, which funded inspirational projects to improve outdoor spaces.

Six years on, the Horsenden Grape and Honey Farm, in Whitton Avenue East, produces organic honey, grows a range of fruit and its vineyard is now producing grapes that are being turned into the farm's own brand of wine.

In September, after the grape picking, volunteers were invited to take off their shoes and crush the grapes in a specially built wooden tub, a method of wine production that dates back to the Roman era.



Read more: aroundealing.gov.uk/news/grapes



Councillor Polly Knewstubb wine-making with volunteer Mukesh Tailor



We will remember them

Ealing Council dignitaries, community groups, residents and members of the armed forces joined together to commemorate the sacrifices made by our armed forces, past and present, during a series of Remembrance events across the borough.

A number of gatherings, ceremonies and parades were held as communities united to remember those who lost their lives in the conflict of war. Wreaths were laid at war memorials in the borough.

On Armistice Day, a silence was held outside Ealing Town Hall.

The first Remembrance Day was held in 1919 throughout Britain and the Commonwealth. Originally called Armistice Day, it commemorated the end of hostilities the previous year. It came to symbolise the end of the war and provide an opportunity to remember those who had died, and for reflections on what had occurred.

Wally Bird returned

A famous piece of local art, which had been stolen 16 years ago, has been discovered and returned to Ealing Council.

The distinctive Wally Bird statue, worth £30,000, was part of a collection of valuable Martinware pottery taken in two separate heists.

This particular Wally Bird, created in 1894, was among the items stolen by professional art thieves from Pitzhanger Manor House and Southall Library during a spate of burglaries between 2005 and 2007.



Visit: [aroundealing.com/news/wally-bird-returned-to-its-roost](https://www.aroundealing.com/news/wally-bird-returned-to-its-roost)



Need help with your money?

Help is at hand for anyone in the borough who wants help to make their money go further, thanks to the Money Course.

Following the huge success of similar sessions, Crosslight Advice will be running more free money management sessions in the New Year.

The Money Course is a simple budgeting course, designed to help you get on top of your finances – and it's completely free to take part.

Visit: [aroundealing.com/news/the-money-course](https://www.aroundealing.com/news/the-money-course)

Christmas events to enjoy



Trees with lights, Santa Claus dropping by, carol singing, festive markets and maybe a drop of mulled wine to wash down a mince pie. Yes, **Christmas** must be here.

There is a big list of local events and activities taking place in all 7 of our towns on the council's website at www.ealing.gov.uk/christmasevents – so, go and take a look to see what you should add to your calendar or Christmas list.

Also, it is Small Business Saturday on 2 December. The national campaign encourages everyone to shop local and support small businesses that contribute so much to local economies. If you read this before the big day, or even if you don't, check out the campaign's website to find local businesses for every kind of need at smallbusinessaturdayuk.com/small-business-finder



Keeping cosy for less

Trying to keep your home warm and energy costs down can be quite a stressful experience, particularly if you are already struggling to pay the bills. But it doesn't have to be.

Healthy Homes Ealing is a free service from Ealing Council that can offer help and advice, whatever the weather, to save energy and cut fuel bills.

Being able to keep your home at a comfortable temperature is important for your health.

Joyce Powell, 80, was referred to the service by her local GP, because she was struggling with her energy bills. Joyce suffers with arthritis, and keeping the heating on most of the time can make things a lot easier.

She said: "I was so glad when someone came to see me, at last someone was trying to help me and I was really grateful. It's hard being on your own."

Joyce was visited at home by a 'green doctor', which is someone who

provides tailored advice and support and sometimes provides free energy efficiency measures, or items for staying warm or cool.

Joyce added: "I was given information about things I could do, they also gave me some energy efficient lightbulbs, and blankets. I received a foodbank voucher too, it was a big help."

She now feels more confident in managing her energy bills and understands better how she can heat her home for less money.

Councillor Deirdre Costigan, Ealing Council's deputy leader and cabinet member for climate action, said: "Keeping warm is so important, and this service helps hundreds of residents every year. Making sure we are being

as energy efficient as possible is a good money-saving measure, but also plays a big role in us doing our bit to tackle the climate emergency. The less energy we need to use to keep our homes warm, the better."

Councillor Steve Donnelly, Ealing Council's cabinet member for inclusive economy, added: "Fuel poverty is very serious, and thanks to the cost-of-living crisis, more and more residents are struggling to heat their homes. Healthy Homes Ealing exists to support residents to both stay warm and save money."

Call Healthy Homes Ealing on 0800 083 2265 (free) Monday-Friday, 9am-5.30pm, or use the online referral form at www.ealing.gov.uk/HealthyHomesEaling

Beds at the night shelter

'No one should sleep rough'

More than 271,000 households were recorded as homeless in England at the start of 2023 according to charity Shelter. And, with temperatures set to drop this winter, it can be a dangerous time to be sleeping rough.

Ealing Churches Winter Night Shelter (ECWNS) is run by a coalition of churches in the borough and provides shelter for up to 14 rough sleepers, for up to 6 weeks or more.

The shelter is open during the winter months, from late November to the end of March.

Shelter worker, Marie Newstead, said: "I was homeless myself, and came to the shelter. I managed to get myself back on my feet, and I've now got a studio flat and I got a job working here in 2019. I understand the situation that people can find themselves in.

"It's somewhere safe, warm, with regular food and where you can have a shower. It's not nice having to use public bathrooms to try and keep yourself clean."

The shelter's staff offer help and support with medical appointments, applications for benefits, getting a passport and lots more.

If you want a bed in the shelter you have to be referred by St Mungo Broadway's outreach team (020 8840 9653), Acton Homeless Concern (020 8992 5768) or Ealing Soup Kitchen.

HOW YOU CAN HELP

Most local charities, including ECWNS, rely on local people for support. ECWNS is looking for volunteers, to work in shifts and provide meals, fellowship and nighttime supervision.

If you are interested, you can complete an online volunteer registration form at ecwns.org.uk/how/volunteer-registration-form

DONATING ITEMS

Toiletries and gift vouchers for coffee shops, bakeries and supermarkets are gratefully received. Most supermarket vouchers cannot be used to buy alcohol or tobacco. If you would like to make a donation, email shelter@ecwns.org.uk

Councillor Bassam Mahfouz, the council's cabinet member for safe and genuinely affordable homes, said: "No one should ever have to sleep rough. Rough sleeping at any time of year is dangerous, but when the weather turns really cold it can be potentially life threatening. We work hard to ensure everyone who needs a bed for the night in the borough can access the right help and support. But we could not do this

without the support and commitment of ECWNS and other local charities."

FOOD AND ESSENTIALS

Ealing Soup Kitchen has run on weekends since 1973 for anyone that needs hot, nutritious food. It also runs drop-in sessions when it provides clothes, food, a barber service, showers, foot care, practical help and games. Go to ealingsoupkitchen.org

OTHER HELP

Find out what other services offer help at: www.ecwns.org.uk/homeless

StreetLink is a referral service that can be used by anyone who is sleeping rough, or wants to help someone sleeping rough. Go to thestreetlink.org.uk

A helping hand

Cost of living: How and where to find help

Watch a video
about how and
where to find help.
Go to [youtube.com/
ealingcouncil](https://www.youtube.com/ealingcouncil)



Lots of people are continuing to feel the pinch because of the cost of living crisis. Do you know what help is available?

Christmas time can often cause money worries and, if you are already facing financial hardship, the festive season can feel a bit overwhelming.

To ease some of this pressure, we have put together some bitesize information about the support and services that Ealing Council offers its residents.

Councillor Steve Donnelly, Ealing

Council's cabinet member for an inclusive economy, said: "As well as checking what support you might be eligible for from the council, there are lots of other resources available too, you just need to know where to look. I hope this information provides a good starting block to help residents with any financial pressures over the Christmas period and it remains a time that can be enjoyed."

needs. It provides information to help cushion people who are impacted by the cost-of-living crisis.

Read more at
dosomethinggood.org.uk/directory

FREE SCHOOL MEALS

All primary school children who go to state schools in London, are entitled to free school meals for the whole of this academic year.

The Mayor of London has provided funding to ensure that children of primary school age are entitled to a free nutritious school meal, a saving to families of about £440 across the year.

While all primary school children will receive their free school meal automatically, it's still really important to register them in case they are eligible

More information
on financial support
and help with your
bills can be found
on the council's
website, [www.ealing.gov.uk/
costoflivingsupport](https://www.ealing.gov.uk/costoflivingsupport)



FIND SUPPORT CLOSE TO HOME

The borough's community and voluntary groups offer a wide range of vital support from cooking classes to debt advice. The Community Support Directory brings this information together to enable people to access local support, such as help with food, mental health and other care



Community hubs

If you are struggling, talk to us. If you are falling behind on your payments, speak to us and we can work with you to find a solution. Call the number on your bill or contact the council.

You can get help at one of 4 community hubs, as pictured above. Or call the Ealing Together helpline on 020 8825 7170.

Thousands of residents have already felt the benefits of the council's community hubs, which can be found in Acton, Northolt, Southall and Ealing libraries.

Read more: aroundealing.com/news/hub-help

for extra funding from the government. This is worth £1,300 per year per eligible pupil to a school. It's simple to do and confidential, and it also means that families of eligible children will receive supermarket food vouchers during school holidays and free access to the Holiday Activities and Food sessions.

Find out if you are eligible for your child to receive free school meals or re-register on the council's website, ealing.gov.uk

HAF

The Holiday Activity and Food (HAF) Programme provides a free programme of out-of-school activities in the Easter, summer and Christmas

school holidays. Children and young people in receipt of benefits-related free school meals are able to go along and participate in a wide range of fun activities and also receive a nutritious meal.

Find out all you need to know on the HAF pages of the online Family Services Directory at www.ealingfamiliesdirectory.org.uk

MAKING A DONATION

Go to www.ealingfoodbank.org.uk to find out how and where you can make a food donation or volunteer your time. For information about other foodbanks in the borough go to dosomethinggood.org.uk/directory



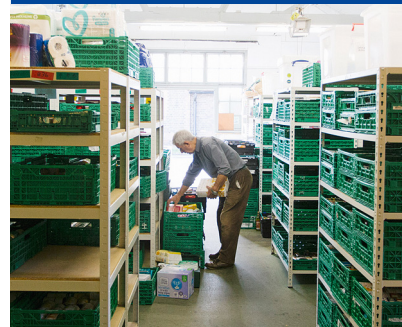
Foodbank

Did you know there are now twice as many foodbanks in the UK as there are McDonald's restaurants?

Foodbanks are in high demand but you need a unique code and vouchers to use them, and to get those you need to be referred.

The most common types of referrals to foodbanks come from job centres, housing charities like Acton Homeless Concern and EASE, a local community development charity.

But, Ealing Foodbank actually has more than 200 referral partners, including schools, local charities, health visitors and the council's local welfare assistance service. There is also a national freephone hardship number if none of these apply to you, which you can call 0808 208 2138 (Mon-Fri, 9am-5pm).



Getting the right care at the right time

NHS

For information about the services that can help you, visit:
www.nwlondonicb.nhs.uk/winter



scan me

Pharmacy



Visiting a pharmacy is a quick and easy way to get clinical advice from a medical professional on minor health concerns like colds, stomach pains, or eye infections. No appointment needed.

GP / doctor services



Trained health professionals at your local GP practice can help with a wide range of general health problems. They may see you in-person, online or over the phone.

Not registered? Visit: nhs.uk/service-search/find-a-gp

GP help evenings and weekends

Call your GP as normal. The answer phone will provide details of where to get an out of hours appointment.

Mental health services



If you are feeling anxious, worried or depressed, the NHS offers free talking therapies. Visit: nhstalk2us.org

In a crisis, call the free 24/7 NHS helpline:

Ealing, Hounslow, Hammersmith, Fulham - **0800 328 4444**

Brent, Harrow, Hillingdon, Kensington and Chelsea, Westminster - **0800 023 4650**

NHS 111



Fully trained advisors are available to help at any time and book you an appointment, if needed.

Contact NHS 111 at 111.nhs.uk or call 111.

In a life-threatening emergency, call 999 or attend A&E.



CUT

ME OUT

A warm welcome



Valerie Aitken at
St Barnabas Church

Instead of turning up the heating, you could turn up to one of the borough's warm spaces instead, funded by Ealing Council to give residents a warm welcome from the cold.

The council has awarded a number of grants, funded by the NHS, to help local voluntary, community and faith groups to run the warm spaces in the cold winter months, which help to pay for heating, refreshments, games and activities.

One of the spaces is at St Barnabas Church, in Pitshanger Lane, Ealing. This is the second year it has received council funding to run its memory café, a room in the church, as a warm space. Last year, the money helped to pay for new coffee machines.

Valerie Aitken, one of the priests at the church, said: "We are thankful to

the council for providing this funding, it doesn't go unnoticed. People are struggling, even in so-called 'well to do' parts of the borough."

EVERYONE IS WELCOME

The memory café is open on Thursdays from 10.30-midday and there is a pop-in session from 2-4pm. The church also runs a food pantry service on Wednesdays from 1-3pm where food parcels are available to those that are finding it hard to pay for groceries.

The sessions are a great source of enjoyment, where you can take part in quizzes, games, enjoy some music or sit quietly with a cuppa.

Valerie added: "Our band of volunteers here are wonderful, they home bake all the cakes we serve and offer company to people that come here. You don't have to be a member of the church, we welcome everyone."

The memory café is already hugely popular with residents at Chestnut Lodge, a nursing home that

provides dementia care.

Activity co-ordinator at the home, Mariola Swietlicka, said: "A group of us go nearly every week and there is something different to do each time. One week we could be making Christmas cards and decorations, or another week there might be an entertainer. The residents have a great time there."

DONATE

If you would like to make a donation to the food pantry, you can deliver non-perishable goods to the church from 1-3pm on Wednesdays.

For more information go to www.barnabites.org

FIND A WARM SPACE

Details of local warm spaces available can be found by visiting www.dosomethinggood.org.uk/community-support-search and scrolling down the 'filter by category' menu to the 'warm space' section. 



'Something for everyone'

A library is no longer just a quiet space to borrow or read a book. It is a community space that also offers warmth, company and a place to learn.

Run by volunteers since 2021, Hanwell Community Library is an inviting and friendly space where you can borrow and browse books, but also take part in a range of activities.

The library, in Cherington Road, also operates as a warm space in the winter months, where local people can take refuge from the cold weather, with a bank of board games to enjoy while keeping warm.

It is also home to the Ealing Law Centre, providing free help and advice to residents in W7 and W13 about welfare benefits, pension credit and other services. Interpreters are also available for anyone who might struggle with their English.

COMMITTED TO HELPING

Chloe Daniel, the library's development worker, said: "We have a wonderful team of 75 volunteers who help to keep the service running and the building has been at the centre of this community for more than 100 years.



Youth club members

"It's a great place to meet new friends and find out what's going on in the community. We have volunteers of all ages, and they are so committed to helping."

The volunteers run all of the groups and social activities, including a weekly knit and natter, computer workshops, a writing group and more. It even offers a homework help club, which

Taking out a book at
the self-serve counter



Hanwell Community Library

**'It's a great place to
meet new friends and
find out what's going
on in the community.'**

are drop-in sessions run by former primary school teachers.

MEET AND MAKE FRIENDS

The youth club, for 14-17 year olds, has been running since November 2022 and has grown in popularity over the past months. It takes place once a fortnight, on Thursdays 5-6pm.

The youth club was set up by

Dora Batalona and Priya Davies, who were in year 12 at school at the time.

Priya said: "We both felt there needed to be a space for like-minded teenagers to meet, relax and have fun in one

another's company.

"Coming out of COVID-19, many of our young people found it challenging to acclimatise to socialising when normal life resumed. We wanted somewhere for teenagers in Ealing to have the opportunity to meet and make new friends."

She added that the library provides a safe space, where they can feel comfortable and welcome.

Each week, Priya and Dora organise an activity. This includes celebrity quizzes, colouring, cupcake decorating, team competitions and board games. Frustration and The Logo Game are the club's favourite board games to play.

"Sometimes," continued Priya, "people prefer to just chat over tea and biscuits about each other's days, current affairs and any issues anyone faced in the week. We like to ensure the youth club is a flexible environment, and often take activity requests from attendees at the club. For example, one of our members of the club, Ffyon Wilcox, requested we had a cupcake decorating night. The club is welcome to all and is the perfect opportunity to meet like-minded people."

'SOMETHING FOR EVERYONE'

Councillor Polly Knewstub, Ealing Council's cabinet member for thriving communities, and Hanwell councillor, said: "I couldn't be more proud of the Community Library and the brilliant work it does for the residents of Hanwell. It is a great place and the volunteers who make it happen week after week are a fantastic example of the Hanwell community spirit. I encourage everyone to pop in and enjoy it for themselves – there really is something for everyone."



Visit

hanwellcommunitylibrary.org.uk

Protect yourself

Most people who call at your home will be genuine. However, occasionally, criminals posing as someone official may turn up unannounced and try to trick their way into your home to steal valuables or money.

They could be male or female, young or old. They could pretend to be from the council, or say they work for a gas or electric company – or even that they are a police officer. And they often don't work alone.

Metropolitan Police statistics show that, last year, 69% of these 'artifice burglaries' were committed against residents aged 65 or older – across the west London boroughs of Ealing, Hillingdon and Hounslow.

A new police scheme is aiming to provide more joined-up support for older burglary victims, including referral to help from council and NHS services and from local charities.

It is also looking to raise awareness of the problem, so more residents can be alert to the dangers. If we all keep an eye on any older or vulnerable neighbours, we can help them avoid becoming victims.


IMPACT ON VICTIMS' LIVES

Acting Detective Inspector Tom Collins of Ealing Police said: "Organised criminal groups will prey on the vulnerable. The psychological impact of a burglary, and the subsequent effect on the victim's lifestyle, can be significant.

"This is why we are working with Ealing Council, the NHS and other partners to provide victims with more support."

'LOOKING OUT FOR NEIGHBOURS'

Councillor Jasbir Anand, the council's cabinet member for tackling inequality and crime, said: "All burglary is appalling, but this kind of targeting by criminals of our most vulnerable residents is sickening.

"The more aware we all are about this issue, the better, so we can make a point of looking out for our neighbours – especially those who are older or vulnerable. Please give our top 6 tips on this page to anyone you think might benefit from having it." 

Cut out and keep: Top 6 tips

If a stranger calls:

- 1** if in any doubt, keep them out: do not open the door
- 2** if you do answer the front door, lock your back door first, and close windows
- 3** use a spy hole, camera doorbell or door-chain to check who the caller is
- 4** ask to see the person's identification, even if they have made an appointment to see you
- 5** ask them why they are there. And, if you are unsure about their story or identification, call their company yourself (not on a number they provide) – if you do this, shut the door while you are doing so. A genuine caller will not mind
- 6** if you are still unsure, ask the caller to return another time when someone you trust can be with you.

If you have a bogus caller and they are still at your door, call 999. If they leave, you can call the police on 101 to give some information.

Stay safe

With the festive season upon us you may find yourself out and about, socialising and meeting friends more than usual. And with the longer and darker nights upon us, we want you to stay safe and remain vigilant.

Ealing Council has been taking action to make the borough's streets safer for everyone, particularly for women and girls who feel more vulnerable in public spaces.

Last year, the council asked local women and girls about their experiences across out 7 towns, in order to develop its Male Violence Against Women and Girls (MVAWG) strategy. The findings revealed that there was a significant underreporting of incidents of abuse, harassment or violence and a lack of awareness about the support available.

Since then, the council has launched a website, www.saferealing.co.uk, to provide local information and practical advice on staying safe and where to get help.

IMPROVING PUBLIC SPACES

Councillor Jasbir Anand, the council's cabinet member for tackling crime and inequality, said: "The council is committed to tackling male violence against women and girls and the new Safer Ealing website is an excellent source of information to help women and girls


understand that support is available.

"The site is a step towards building more resilient support networks. In addition to this, in the last year we have upgraded 20 CCTV cameras and installed another 24 in places that women told us they felt least safe."

The council has also increased street lighting on all residential roads and upgraded more than 3,000 streetlights with energy efficient LED lighting, which provides better illumination at night.

EDUCATION IS KEY

Women who took part in the council's listening exercise stressed how important it is to improve behaviour and attitude towards females. As a result, a healthy relationships programme has been delivered in secondary schools across the borough, giving young people the tools to identify and challenge unacceptable behaviour.

The Safer Ealing Partnership (SEP) will continue listening to women and taking positive action to improve the safety of women, and everyone in the borough. 

You can still have
your say.
[saferealing.co.uk/
sefwsurvey](http://saferealing.co.uk/sefwsurvey)

Friends out
at night

Support is available 24/7

Stress levels can soar at this time of year with the pressure of creating the perfect Christmas, money worries, and often a rise in alcohol consumption, which can all lead to changes in behaviour – and domestic abuse.

If you're experiencing domestic violence, support is available 24/7.

You can call 999 in an emergency. If you cannot speak, you can cough or if prompted by the call operator you can answer questions by coughing or pressing buttons, you can press 55 to alert the call handler that it is an emergency.

For information on Ealing's local domestic abuse help and support services, go to www.saferealing.co.uk

THERE ARE MANY WAYS TO FOSTER

Can you give one weekend a month?



If you have been thinking about fostering but are unable to commit full time, becoming a respite foster carer is the ideal way to be involved.

A respite foster carer looks after children or young people for short periods, often at weekends or during school holidays. In the same way as our full time foster parents, a full assessment is undertaken and training and financial support is given. We do ask that you have a spare room available for the child or young person to stay with you. Start your fostering journey today.



Call us free on **0800 731 6550**



visit **ealingfosteradopt.co.uk**



email **fosteradopt@ealing.gov.uk**



message us **ealingfosteradopt**



Ealing

www.ealing.gov.uk

CHANGE THE FUTURE

• EALING FOSTERING CONNECTIONS •



Season's greenings

If homes had feelings, ours would all have a right to feel confused at this time of year. Along with objects covered in brightly coloured paper and cupboards bursting with unusual food, some even have trees dragged inside of them.



TACKLING
THE CLIMATE CRISIS

But even if normality goes out of the window during the festive season, there is no reason for our good habits to vanish as well. Here are some top tips for keeping green thoughts in mind over the coming weeks.

WRAP UP WELL

Try to use paper, preferably recycled paper, for your wrapping and cards – and maybe reuse gift bags from last year. Avoid materials that usually cannot be recycled, especially anything glittery.

CUT FOOD WASTE

If you can cut the amount of food that is left over and thrown away through good planning, then that's great. But there

are also plenty of delicious dishes that can be made from leftover food and ingredients, so there's no need to throw it out. Visit lovefoodhatewaste.com for some tips and recipes.

SHOP LOCAL AND SKIP FAST FASHION

Supporting the local economy by shopping close to home provides a greener alternative to making long car trips and ordering online. And, why not take your pick from charity and reuse shops and vintage stores? Visit aroundealing.com/news/bargain for some ideas.

RECYCLE YOUR CHRISTMAS TREE

You can get the new year off to a green start by getting rid of your Christmas

tree in a quick, easy and environmentally friendly way by recycling it. Visit aroundealing.com/news/Christmas-trees-2024 for more details.

FIND YOUR WAY TO ZERO WASTE

Want to recycle or upcycle your old furniture, clothes, tools or other items? It is now easier than ever thanks to a searchable, online map of the borough. The council's map shows where you can recycle items – from food and clothes to electrical items and more – and where you can find places to get broken or old items repaired or upcycled. It even shows you second hand and charity shops. It will help you to give things a new lease of life. Visit www.ealing.gov.uk/recyclingmap 

'A game changer'

You can have your say on Ealing Council's plans for a regional park in the borough.

A public consultation on the ambitious project opened on 31 October and is due to close on 19 December.

One of the sites being considered for a new regional park is the area comprising Perivale Park and Perivale Park Golf Course. And the council wants your views on this possibility because the golf course would need to close to allow the land to become part of the regional park. Your opinions will help decide what happens next.

The idea behind having a regional park is to provide an outdoor space for us all to enjoy, while supporting wildlife and biodiversity.

WHY A REGIONAL PARK?

A regional park is a significant area of land that has been officially set aside for recreational activities and nature conservation. Having one in our borough could provide a well-connected network of walking and cycling routes to help residents with their mental and physical wellbeing, as well as more places to play sport and enjoy fresh air.

It could give nature the space to re-establish itself. And, by doing so, it could strengthen the borough's resilience to flooding, while also



improving air quality for generations to come. And, of course, by allowing natural habitats to thrive in this designated area, it would support the biodiversity of local wildlife and plants.

All of the above could combine to create a new destination in the borough we could all be proud of, and make it a more attractive place to live, work and visit. The council wants to make our borough the leading light for arts and culture in west London

– and the park might also provide opportunities in this area, too.

POTENTIAL FOR TRANSFORMATION

Council leader Peter Mason said: "The Elizabeth II Park has transformed the east of London and a new regional park has the potential to have similar positive effect on the borough and west London.

"A regional park could provide a beautiful new space with rewilded land and woodlands as well as new places

Diving into plan for lido

The council's pledge to build a new outdoor swimming lido for the borough gained momentum recently.

Initial funding has been secured to begin feasibility work on the idea, which was one of the objectives set out in the Council Plan for 2022-2026.

Councillor Polly Knewstub, cabinet member for thriving communities, said: "I love open water swimming and I couldn't be prouder to launch this project to bring a lido to Ealing."

"These are early days, but we would like to properly examine the feasibility of the creation of a new lido, as well as look into where such a facility would best be located in the borough."

"We want to create a new community swimming facility which is accessible to all, family orientated, promotes health and wellbeing and has sustainability at the heart of the project."

Councillor Knewstub went on a fact-finding mission in September to Uxbridge's lido, owned by neighbouring Hillingdon Council. She was accompanied by council leader Peter Mason.

Read more at aroundealing.com/news/new-lido 

Have
your say

Visit www.givemyview.com/ealingregionalpark to take part in the consultation.


to improve health, play sports and enjoy cultural events right in the heart of our borough."

'A GAME CHANGER'

Councillor Deirdre Costigan, the council's cabinet member for climate action, said: "Our plan for a new regional park could provide a massive step forward in the work we are doing to tackle air pollution and reduce the impact

of the climate emergency.

"We promised residents 10 new parks and 50,000 more trees but a regional park would be a real game changer, delivering not just new open spaces, but active travel routes, wildlife-rich wetlands and habitats and a great day out for all our residents."

"We are looking forward to hearing your views, to help us develop the plans for the new park." 

Pool plans set to make a splash

We could be a step closer to seeing Gurnell Leisure Centre replaced by a 50-metre, Olympic-sized swimming pool and gym.

New and improved plans are due to be submitted in the spring, with the aim of bringing the closed centre back into use with fun, modern facilities.

As well as the swimming pool and gym, plans might include a climbing wall, immersive gaming room and a creche. There might also be space for residents to hold children's parties, or meetings.

Ealing Council approved the initial plans back in February and, after feedback, new designs have since been worked up with the help of the Gurnell Community Sounding Board.

The board is made up of representatives from a diverse range of interested groups and centre users,

as well as ward councillors. It met recently to discuss the latest plans and feedback on workshops that have taken place with local sports groups.

'IT'S MOVING FORWARD'

Built in the late 1970s, the existing centre was closed at the start of the first COVID-19 lockdown.

Dave Heathcock, head coach at Ealing Swimming Club and member of the sounding board, said: "It might not have all gone as fast as we hoped but since Gurnell closed in 2019 we have been through COVID and there has been other economic pressures – but it's moving forward. We're looking forward to this happening and remain hopeful that it will go smoothly for a 2026 opening."

'A CENTRE WE CAN ALL BE PROUD OF'

Councillor Polly Knewstub, the council's cabinet member for thriving communities, added: "We look forward to delivering the top quality, energy efficient leisure centre Ealing deserves. As with our plans for an outdoor lido, we'll make sure residents are involved at every stage. It's so exciting that we can look forward to a leisure centre we can all be proud of."

The council's planning committee turned down a previous application for a new centre at the site in 2021. Extensive consultation has since been carried out with key groups and residents, and the new plans reflect this feedback. [ae](#)



Perceval House

Since the council announced in the summer that it would be staying in its Perceval House headquarters, the ground floor of the building has been opened up for community use.

In September, council meetings started to take place in rooms and spaces on the ground floor of Perceval House, in Uxbridge Road. And, from October, it has been possible for community groups to hire the spaces for use as well.

The increased community access to the building is part of the new plan for its future, while also enabling services to move out of Ealing Town Hall – which is in need of maintenance, no longer fit-for-purpose and in line for a transformation.

As part of the closure of the town hall, the mayor's parlour will also be moved to Perceval House, where the mayor will continue to host meetings and events.

Council leader Peter Mason said: "When we announced our retrofit-first approach to retaining Perceval House earlier this year, we also said we wanted to open Perceval House to everyone and see the ground floor become a lively space for our residents and communities.

"By relocating public meetings and creating bookable event and meeting

spaces in Perceval House, we are taking the first step in honouring this commitment and understanding what people want and need from their community spaces."

EALING TOWN HALL

An inspection found that the listed, 135-year-old building's Victorian and Edwardian era fire prevention measures do not meet current safety standards. And it is expensive to maintain, as well as no longer being able to fully meet the needs of the council or community.

Plans are in place for the town hall to be regenerated by a developer – with part of the building to become a hotel. Under these plans, the eastern section of the building would be kept by the council for civic purposes, including council meetings and marriage and citizenship ceremonies. Many rooms




in the building would also be available for hire by community groups at affordable prices.

A recent tribunal decision supported this scheme in principle, but said more work

needed to be done first on resolving a few details.

So, to make this happen, the council is going to continue to work closely with the Victoria Hall Trust, the Charity Commission, the tribunal and others.

Councillor Mason said: "While we have preserved the building as best as we can, it is no longer safe, fit for purpose, or useable by all.

"Our priority at all times has been and will remain to preserve the historic, cultural, public and civic uses of this much-loved building, and to secure its future for the century to come." 



Look before you book

If you are thinking of treating yourself or someone else to a nice meal out this Christmas, you might want to do your research first.

There are lots of lovely eateries in the borough to choose from, but do you know how clean their kitchens are?

Ealing Council's food safety team has introduced a scheme that recognises excellent food hygiene, particularly where significant improvements have been made.

The High Five award has been created to recognise local businesses that were previously found to have not been fully compliant with food safety and hygiene standards, but then went on to make huge improvements and raise their scores dramatically.

THE FIRST AWARD

The first High Five award was given to Boof Restaurant, an Iranian restaurant in New Broadway, Ealing. The restaurant worked with the council to raise its food hygiene rating to a 5 in 4 months.



Mohammad Reza with Boof's High Five award

Mohammad Reza, owner of Boof, said: "We are very proud to display our 5-star food hygiene rating. We are open throughout the Christmas period and hope that our excellent rating will encourage customers to eat at our restaurant."

'WE NEEDED TO IMPROVE FOR OUR CUSTOMERS'

The council's latest award went to Samrat, a Bangladeshi and Indian restaurant in Pitshanger Lane, Ealing. The owner worked closely with the council to make some improvements earlier this year, resulting in a fantastic



5 is the top food hygiene rating

food hygiene rating of 5 in just 6 months. This is the top rating – with 0 the lowest and 5 the highest.

Food hygiene inspections focus on 3 main areas, which are: hygienic food handling, cleanliness and condition of facilities and building, and management of food safety.

Shafrul Islam, the restaurant owner, said: “We are lucky to have so many local customers – some have been coming to our restaurant for 40 years. With the support of Ealing Council, we have made significant changes and are proud to say we have achieved the top rating in the food hygiene rating scheme.”


BOOKING A CHRISTMAS MEAL?

Councillor Louise Brett, the council’s cabinet member for decent living incomes, said: “Before you eat out or order in this Christmas, it is important to think about where your food is being prepared. You can find out the food hygiene rating of most restaurants in a couple of clicks, it’s definitely worth doing to try and avoid any nasty surprises.

“Our food safety team works hard to support businesses, improve standards and keep residents safe. Boof and Samrat are prime examples of how a 5-star food hygiene rating is good for business.”

To search for a business’s food hygiene rating score, go to ratings.food.gov.uk

GET IN TOUCH

If you are concerned about food hygiene in a restaurant, café, takeaway or a shop within the borough, you can register a complaint by emailing foodsafety@ealing.gov.uk or calling 020 8825 6666. 

SCAM Busters

Shoppers are being warned to be extra vigilant for cons and fakes to avoid being ripped off when out buying Christmas gifts, or if browsing online.

During the festive period, this kind of crime is especially common, with rogue traders selling counterfeit goods and with online scammers out in force. They want to trick you into parting with your hard-earned cash.

OUT AND ABOUT

The most effective way to stop scammers in their tracks is to report a scam or your suspicions of illegal activity when you see it. You can report them to Action Fraud online at www.actionfraud.police.uk or by calling 0300 123 2040. You can also contact the council’s trading standards team by emailing tradingstandards@ealing.gov.uk

ONLINE

While online, you could also report a suspicious website to the National Cyber Security Centre at www.ncsc.gov.uk or forward any potential scam emails to report@phishing.gov.uk and you can also send details of scam texts and phone calls to 7726 on your mobile, which is a free reporting service provided by telecoms companies.

FINANCIAL SUPPORT

If you are searching for any kind of financial support over the winter months during the cost of living crisis, make sure you visit Ealing Council’s cost of living hub on its website at www.ealing.gov.uk/costofliving – which can help you find legitimate help and support you can trust. 

Getting out and about

Spending time outdoors is good for the mind and body, it can get the heart pumping too. Have you seen some of the new and interesting things in the borough's public spaces?

If you want to explore some different parts of the borough and are looking for something to do, here are some ideas:

1 Tickle your creative tastebuds. Local artists have been adding a pop of colour to public spaces across Northolt through a series of art installations.

Last year, a Visions for Northolt competition invited local creatives to submit art ideas to transform public spaces across Northolt. Four local artists were selected to develop their creative designs into unique art



Art installation by Jane Ruhland

murals that captures their individual perspectives of the area and celebrates Northolt's diversity.

Councillor Shital Manro, the council's cabinet member for good growth and new housing, said: "Local people wanted to see more public art and culture in the area. We listened. The Visions for Northolt team worked closely with the local artists to deliver these temporary art works across Northolt – I think the installations look amazing."

The works of art can be found at:

- Northolt Leisure Centre and Library
- Eastcote Lane garages
- Church Road shopping parade bench
- Northolt Library, Church Road
- White Hart Roundabout bench

Go to visionsfornortholt.co.uk/projects/art-stops



Parkour in Lammas Park

2 Keep active in Lammas Park. The park, in Elers Road, is now home to the borough's first dedicated parkour facility. Parkour is one of the fastest growing sports activities in the country and featured in action films like Casino Royale and Prince of Persia.

You can leap and jump to your heart's content across the equipment, made from natural materials. The area, which residents helped to design, opened in September.

3 Make some furry friends at Hanwell Zoo. Visitors can meet a huge cast of animals from across the globe at the zoo – from meerkats and ring-tailed lemurs to a loris; and from capybaras and red-crowned cranes, to flamingos and colourful troupes of exotic birds.

Entrance fees start at just £4.50 for adults and £2.50 for children, with




Beaver in Paradise Fields

were released at Paradise Fields, a 10-hectare area of woodland and wetlands in Greenford owned by Ealing Council. In October. They were relocated from a wild beaver population in Scotland by a coalition of wildlife groups.

Councillor Deirdre Costigan, Ealing Council's deputy leader and cabinet member for climate action, said: "Ealing Council is delighted to have provided funding and dedicated land at Paradise Fields to help make history in Ealing as we provide a home for urban beavers once again.

"As part of our Biodiversity Action Plan we want to work with local communities to create new habitats, as well as creating 10 new parks, planting 50,000 trees and rewilding 800,000sqm of the borough. From flooding to drought, beavers offer nature-based solutions that will help in our fight against the climate crisis. I hope our newest beaver residents settle in nicely to their new home in Ealing."

Read more at [aroundealing.com/news/beavers-return](https://www.aroundealing.com/news/beavers-return) 

Beaver facts

- The wetland habitats they create also attract a diverse variety and abundance of wildlife, including amphibians, bats, dragonflies, butterflies, owls, moorhens and woodpeckers
- Beavers feed on aquatic plants, grasses, herbaceous plants and shrubs during the summer months and woody plant matter in winter. They will often store woody forage material for winter feeding
- They can remain underwater for up to 15 minutes. They have protective eyelids to see underwater and can close both their nostrils and ears to prevent water from entering
- Their incisor teeth are a vivid orange from the iron content in their enamel, giving them serious strength for gnawing and coppicing hardwood.



under-3s admitted for free. Annual season tickets are available and entrance money essential in funding the running costs of the zoo. Go to [hanwellzoo.co.uk](https://www.hanwellzoo.co.uk)

BEAVERS MAKE A COMEBACK

Beavers have returned to live wild in our borough after more than 400 years, in a rewilding first for urban London.

The family of 5 Eurasian beavers

WELCOME

TO THE FAMILY



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Clampdown

More than 600 vehicles were given legal notices, and dozens towed away, as the council cracked down on illegal and unsafe parking over the past year.

In total, 10 operations were carried out over the course of 2023, by Ealing Council officers and the police. Some of them were done at night-time.

During these operations, the council has issued 647 penalty charge notices (PCNs) for various parking offences. This often included parking on pavements – or across dropped kerb ramps designed to help blind people safely cross the street. Parking offenders are initially issued with a fine of £65. After 14 days, the fine increases to £130.

In addition, numerous illegally parked vehicles were towed away in 2022-23. During a patrol last November, 21 were removed in one night. And, one evening in March, another 12 were taken away. They had all either got missing registration

plates, or were so damaged that they were unsafe to drive, or had no registered keeper, or the road tax had expired by more than two months.

WHY NIGHT-TIME PATROLS?

The operations often take place in the late hours in locations with the highest number of residents' complaints to the council.

Council leader Peter Mason said: "There is a vibrant night-time economy, and we welcome people to our towns. But we expect residents and visitors alike to treat them with respect. Often people park illegally for a short period of time, but it can block access to pedestrians, wheelchair and buggy users. For most, receiving a fine is exactly the wake-up call they need."

MAKING LIFE DIFFICULT

Some garages had been storing old cars illegally on the public highway, either for spare parts or to fix and sell on. This had been causing problems for people living in nearby.

Councillor Deirdre Costigan, the council's cabinet member for climate action, said: "The operations were in direct response to complaints about local people's everyday lives being made unnecessarily difficult. We will endeavour to remove dangerous and unsightly vehicles left illegally – whether dumped completely or left anti-socially and in contravention of the rules."

You can report parking problems on council's website at www.ealing.gov.uk/report

'HIV can be managed'

"I know a lot of people might think, 'well, I'm not at risk, so I'm not going to get an HIV test.' But, before you know it, they're in intensive care, having had no warning signs. So, testing is vital."

This is what Rebecca Mbewe told Around Ealing, when we spoke to her to mark World AIDS Day

2023, which focuses this year on the importance of getting tested.

Rebecca, a Southall resident, is the co-author of 'Our Stories Told By Us: Celebrating the African Contribution to the UK HIV Response'. She works in research focusing on minority women's health, including HIV, and has lived with the condition herself for more than 25 years.

Although 2022 saw the highest ever uptake of HIV testing among gay, bisexual, and other men who have sex



Above: Rebecca Mbewe
Left: Rebecca's book



with men, data shows there is still work to be done to improve testing uptake among ethnic minorities and women.

EARLY TESTING IS KEY

Rebecca migrated to the UK from Zambia to join her husband in 1995. He became unwell and an HIV test came back positive. Rebecca tested positive too. It came as a huge shock to the couple.

She said: "HIV medications were very harsh and toxic in the early days of treatments, but it's much less so now. I only have to take one pill a day.

"It's a condition that can be well-managed, with expectations of living a life span the same as that of someone without HIV.

"Treatment options are now so improved that women are able to give birth naturally. And babies are born HIV-free and, with the right support, are able to breast feed. That's all possible now. Also, people on HIV treatment with an undetectable viral load cannot

Read the full story at
[aroundealing.gov.uk/
 news/hiv-support](https://aroundealing.gov.uk/news/hiv-support)



**FIGHTING
INEQUALITY**

pass on HIV. Thirty years ago, nobody would have thought this possible.

"The most important thing with HIV is to find out as early as possible. The virus gradually destroys your immune system, so the sooner you are plugged into care, the better your health outcomes. There's also peace of mind – who doesn't want to know exactly what their healthcare circumstances are?"

MYTHS OF HIV

Perhaps more so than any other serious condition, HIV is subject to myths, stigma and assumptions.

Rebecca said: "People are often frightened of testing because it comes with assumptions of one's sexuality or social behaviour, but what people need to understand that these are myths that were disproven a long time ago."

PEER-TO-PEER SUPPORT

For Rebecca, having the support of peers was a real game changer after she was diagnosed. She said: "Positively UK helped me when I was diagnosed. They showed me that life goes on after diagnosis and it didn't need to be scary. I have worked, and continue to work, with

them to support others living with HIV. When I meet other people living with it, and I share with them how long I've been living with HIV, they almost fall off their chairs in surprise. But then they too start to understand that the condition can now be managed well with treatment."

'TESTS FREE AND CONFIDENTIAL'

Councillor Josh Blacker is Ealing Council's lead member for healthy lives. He said: "In 2022 we saw further improvements in HIV testing and access to treatment, but progress has been uneven. There remains some concerning trends around low testing in certain groups, particularly in women and those from ethnic minority backgrounds. Even if you think you're at very low risk, if you are sexually active, get yourself tested regularly. An HIV test is free and confidential, and if you do test positive, treatment is so effective that you can expect to live a long healthy life without passing HIV on to partners."

FINDING SUPPORT

There are several options for HIV testing. These include sexual health clinics, both locally and out of the area. London Northwest Healthcare Trust (LNWHT) is the main sexual health clinical provider in Ealing. You can also go via your GP; you can order an online kit at www.shl.uk; or you can go through LNWHT's community partners NAZ, Spectra and the Terrence Higgins Trust, all of which provide testing in community settings.

For more details about clinics and treatment, go to www.nwlondonsexualhealth.nhs.uk and click on 'services.'

To contact Ealing HIV Support Service call 020 3137 3373, email info@livingwell.cic.com or, for more details, visit www.livingwellcic.com/ealing.

For more on World AIDS Day, visit www.worldaidsday.org 



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New year, new skills

If you are looking to kick-start a new career or take up a new hobby in 2024, there are lots of courses to choose from and many of them are free to join, so what are you waiting for?

Ealing Council's employment, learning and skills team offers courses and workshops for adults and families who want to be inspired, get creative or gain qualifications.

You could study anything from childcare to computing or maybe you would rather take a course in art, philosophy or music. You might even want to learn a new language, there is something to suit everyone's taste.

If you're itching to get started, why not take a look at all the things on offer and sign up now. And if you don't want to commit to a course, there are one-off activities too, including an afternoon of festive card and decoration making on Thursday 14 December at Southall Town Hall.

You can discover all the latest courses and information on the Learn Ealing website, www.learnealing.org.uk and sign yourself up today.

'A LIFELINE FOR PEOPLE'

Tutor, Lisa McKinnon, runs a weekly creative writing class that attracts students in their 20s through to their 80s.

The class enjoys writing and developing short stories, poetry, scripts and other creative techniques. Lisa tends to tailor the classes to the students and their main areas of interest.

She said: "This course can help to jump start your writing and it can be a lifeline for people too. The class is hybrid so some people choose to attend online because of personal circumstances but it's mainly in person.

"It's a place for people to express themselves and connect with others. Friendships are made and ideas are shared. We meet on a Saturday morning and it's a great way to start the weekend. We sometimes meet for social events outside of class too."

Lisa's next creative writing course starts on Saturday 13 January 2024.

Naz Bacchus, of Greenford, has been a regular on Lisa's creative writing course since 2018.

He said: "There's no need to feel shy if you are thinking of joining. Everyone has something in them to write about. It could be a life



Naz in his study

experience or an idea that you've had.

"It's a place to meet new people, make friends, share our work with another and to give and receive feedback."

Naz has had a selection of his work published since joining the course which has helped to develop his writing skills and techniques.

Councillor Louise Brett, Ealing Council's cabinet member for decent living incomes, said: "These courses offer a wide opportunity to learn new skills and polish up on your existing ones. They can help to build confidence too and it's a great way to meet other people with similar interests. It's really encouraging to hear positive feedback from our learners." 

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BETTER



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Primary places

Is your child due to start primary school in September 2024? If so, you can apply for places now.

Under the London-wide primary school admissions scheme, parents living in the borough will submit a single application to Ealing Council, listing their preferences, even if they are applying for a place at a school outside the borough.

You can read the borough's admissions prospectus online at www.ealing.gov.uk/admissions

WHAT TO DO

All parents and carers living in the borough need to list up to six different schools that they want to apply for, including any that are located outside the borough (but not private schools). Your choices have to be ranked in order of preference, from one to six.

Only one offer can be made to you, and this would be from the highest ranked school from your list that is available.

The closing date for applications is 15 January 2024.


Councillor Kamaljit Nagpal, the council's cabinet member for a fairer start, said: "This is always a huge moment for parents and carers. So, if you are unsure of what to do, or want to know more about a school, please visit the council's website and also speak to the schools you are most interested in."

HOW TO DO IT

Apply online at www.eadmissions.org.uk

WHAT HAPPENS NEXT

After the deadline on 15 January 2024, the applications will be processed. Then, on the London-wide offer day on 16 April 2024, an offer will be made to all applicants, as far as practically possible.

If a school is over-subscribed, its published admission criteria will be used to decide the order in which applicants are offered places. 

USEFUL TO KNOW

- If you want to apply for a place at a faith school, you will also need to fill in the school's own 'supplementary information form'. These are available from the schools concerned or on the council's website at www.ealing.gov.uk/admissions and will be used to assess denominational commitment. The supplementary form must be returned to the school before the closing date. If you do not complete both the main application form and the school's supplementary information form, your application will not be regarded as valid. For more information, contact the school(s) concerned
- If you live want to apply for a place at a school in another borough, it is important you read the primary prospectus for that borough to make sure you understand the admission criteria for the schools you are applying to.

EALING BROADWAY	PITSHANGER	 Rima Baaklini Labour 0781 621 1810 BaakliniR@ealing.gov.uk	 Ilayda Nijhar Labour 0744 448 9453 Nijhart@ealing.gov.uk	 Ben Wesson Labour 0750 242 8483 WessonB@ealing.gov.uk
	HANGER HILL	 Fabio Conti Conservative 0781 717 4279 ContiFa@ealing.gov.uk	 Gregory Stafford Conservative 0797 311 9625 StaffordG@ealing.gov.uk	 Athena Zissimos Liberal Democrat 0208 825 6690 ZissimosA@ealing.gov.uk
	WALPOLE	 Julian Gallant Conservative 0780 222 1393 GallantJu@ealing.gov.uk Leader of second opposition	 Mrs Seema Kumar Conservative 0796 131 7110 KumarSee@ealing.gov.uk	 Anthony Young Conservative 0791 700 7969 YoungAn@ealing.gov.uk
	EALING COMMON	 Grace Quansah Labour 0736 181 2763 QuansahG@ealing.gov.uk	 Binda Rai Labour 0752 238 8741 RaiB@ealing.gov.uk	 Gareth Shaw Labour 0778 991 4379 ShawG@ealing.gov.uk
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SOUTHALL BROADWAY	SOUTHALL WEST	 Karam Mohan Labour 0794 752 2084 MohanKa@ealing.gov.uk	 Swaran Padda Labour 0795 080 6210 PaddaS@ealing.gov.uk	 Kamaldeep Sahota Labour 0741 280 8803 SahotaK@ealing.gov.uk
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SOUTHALL GREEN		 Sarfraz Khan Labour 0740 466 5858 KhanSar@ealing.gov.uk	 Kamaljit Kaur Nagpal Labour NagpalKK@ealing.gov.uk Cabinet: A fairer start	
		 Surinder Jassal Labour 0208 825 6378 JassalS@ealing.gov.uk	 Faduma Mohamed Labour 0750 611 0026 MohamedF@ealing.gov.uk	
		 John Martin Labour 0793 095 6902 MartinJ@ealing.gov.uk	 Ghulam Murtaza Labour 0790 350 2566 MurtazaG@ealing.gov.uk	 Tarept Sidhu Labour 0744 800 2067 SidhuT@ealing.gov.uk
		 Jasbir Anand Labour 0794 920 2851 AnandJ@ealing.gov.uk Cabinet: Tackling inequality & crime	 Kamaljit Dhindsa Labour 0796 150 5808 DhindsaK@ealing.gov.uk	 Peter Mason Labour 020 8825 6833 MasonPe@ealing.gov.uk Leader of Ealing Council

PERIVALE	 Munir Ahmed Labour 0758 242 8643 AhmedMun@ealing.gov.uk	 Tariq Mahmood Labour 0795 731 3079 MahmoodTa@ealing.gov.uk	 Charan Sharma Labour 0775 764 5967 SharmaC@ealing.gov.uk Deputy Mayor of Ealing
HANWELL BROADWAY	 Yoel Gordon Labour 0796 078 3825 GordonY@ealing.gov.uk	 Monica Hamidi Labour 0737 797 2559 HamidiM@ealing.gov.uk	 Polly Knewstubb Labour 0755 521 1569 KnewstubbP@ealing.gov.uk Cabinet: Thriving communities
NORTH HANWELL	 Louise Brett Labour 0781 691 6808 BrettL@ealing.gov.uk Cabinet: Decent living incomes	 Claire Tighe Labour 0785 169 6138 TigheC@ealing.gov.uk	 Ray Wall Labour 0738 344 1885 WallRa@ealing.gov.uk
NORTH ACTON	 Daniel Crawford Labour 0208 992 9353 CrawfordD@ealing.gov.uk	 Hodan Haili Labour 0757 734 1614 HailiHo@ealing.gov.uk	 Blerina Hashani Labour 0208 825 6833 HashaniB@ealing.gov.uk
EAST ACTON	 Kate Crawford Labour 0208 992 9353 (evenings) CrawforK@ealing.gov.uk	 Stephen Donnelly Labour 0771 409 3099 DonnellyS@ealing.gov.uk Cabinet: Inclusive economy	 Hitesh Tailor Labour 0799 063 7183 TailorHi@ealing.gov.uk Mayor of Ealing
SOUTH ACTON	 Callum Anderson Labour 0781 612 4603 AndersonC@ealing.gov.uk	 Josh Blacker Labour 0793 477 3372 BlackerJ@ealing.gov.uk Cabinet: Healthy lives	 Yvonne Johnson Labour 0208 9953 4166 JohnsoY1@ealing.gov.uk
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NORTHOLT MANDEVILLE	 Deirdre Costigan Labour 0793 032 2315 CostiganD@ealing.gov.uk Deputy leader & Cabinet: Climate action	 Miriam Rice Labour 0741 559 2153 Ricem@ealing.gov.uk	 Chris Summers Labour 0751 987 2341 SummersC@ealing.gov.uk
NORTHOLT WEST END	 Bassam Mahfouz Labour 0794 910 4656 MahfouzB@ealing.gov.uk Cabinet: Safe & genuinely affordable homes	 Dee Martin Labour 0778 887 2191 MartinD@ealing.gov.uk	 Lauren Wall Labour 0752 545 2812 WallL@ealing.gov.uk
NORTH GREENFORD	 Muhammad Iqbal Labour 0759 594 5843 IqbalMu@ealing.gov.uk	 Amarjit Jammu Labour 0796 075 4646 JammuA@ealing.gov.uk	 Shital Manro Labour 0795 837 6745 ManroS@ealing.gov.uk Cabinet: Good growth & new housing
CENTRAL GREENFORD	 Shahbaz Ahmed Labour 0754 080 1722 AhmedShah@ealing.gov.uk	 Aysha Raza Labour 0772 031 2035 RazaA@ealing.gov.uk	 Sanjai Kohli Labour 0790 409 5990 KohliS@ealing.gov.uk
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RECYCLING

The fortnightly recycling collections allows you to put all your dry recycling in one bin. And don't forget your weekly food recycling, too.

- Empty and rinse all containers before putting them into the main recycling bin
- Remove film lids from plastic pots, tubs and trays and put these lids in the rubbish bin
- Do not use black sacks



TACKLING
THE CLIMATE CRISIS

FOOD WASTE BIN

Around 70% of the 6 million tonnes of food thrown away in the UK each year could have been eaten or recycled. But it is simple to recycle. All you have to do is stick your leftovers, scrapings, tea bags, peelings in your kitchen caddy bin, preferably lined with a compostable bag (easy to get from supermarkets). And then, once it is full:

- a) if you live in a house, put it out in your green food waste bin for your collection day each week, or
- b) if you live in a flat, take it down to the communal food waste bin

If you do not have a food waste bin, you can ask for one at www.ealing.gov.uk/recycling

RECYCLING BIN: YES PLEASE	RECYCLING BIN: NO THANKS
✓ Plastic bottles tubs, trays and lids	✗ Food waste and oil
✓ Glass bottles and jars	✗ Nappies and sanitary products
✓ Tin, cans, clean foil, aerosols	✗ Clothes and textiles
✓ Clean dry paper, envelopes, newspaper, magazines and junk mail	✗ Crisp packets
✓ Cardboard, toilet rolls, cereal boxes	✗ Plastic film, cellophane, cling wrap, expanded polystyrene
✓ Tetra Pak and cartons	✗ Black bags

RUBBISH

Your rubbish bin is for household waste that cannot be recycled. The less you put in here, the more is recycled. For tips on how to recycle, go to www.ealing.gov.uk/recycling



DID YOU KNOW?

- You can use our bulky collection service to dispose of large items such as furniture, mattresses, fridges or other large items. For more information, visit www.ealing.gov.uk/bulkyitems
- You can also take these items to a re-use and recycling centre – see www.ealing.gov.uk/recycling

DID YOU KNOW?

- **Clothes and textiles**, and **small electrical items**: TRAIID provides free home collections in the borough – visit www.traid.org.uk/wlwa for more. There are also clothes banks and electrical item banks located around the borough
- **Batteries** can be recycled by placing them in a tied-up bag on top of the blue bin on recycling collection day. Or you can use an online recycling locator www.recycle-more.co.uk/where-to-recycle
- **Garden waste**: You can sign up for fortnightly collections of your cut grass, plant and hedge trimmings, with either a wheelie bin or sacks. Visit www.ealing.gov.uk/gardenwaste

YES PLEASE	NO THANKS
✓ Crockery and pyrex	✗ Plastic bottles tubs, trays and lids
✓ Used tissues and baby wipes	✗ Tetra Pak and cartons
✓ Nappies and sanitary products	✗ Cardboard, toilet rolls, cereal boxes
✓ Crisp packets	✗ Clean dry paper, envelopes, newspaper, magazines and junk mail
✓ Plastic film, cellophane, cling wrap, expanded polystyrene	✗ Tin, cans, clean foil, aerosols
✓ Black bags	✗ Glass bottles and jars
✓ Plastic bags	✗ DIY or garden waste
	✗ Food waste – please use a food waste bin instead

Recycling and rubbish

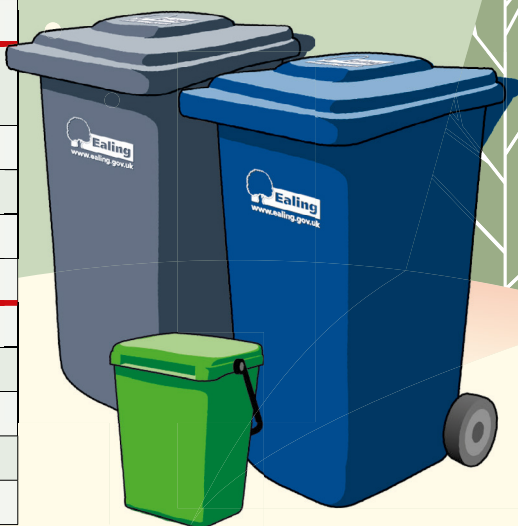
Christmas and new year collections

Rubbish and recycling wheelie bin collections may change over Christmas and new year for homes and businesses.



Normal collection day	Date	Revised collection day	Date
Monday (Christmas Day)	25/12/2023	Wednesday	27/12/2023
Tuesday (Boxing Day)	26/12/2023	Thursday	28/12/2023
Wednesday	27/12/2023	Friday	29/12/2023
Thursday	28/12/2023	Saturday	30/12/2023
Friday	29/12/2023	Tuesday	02/01/2024
Monday (New Year's Day)	01/01/2024	Wednesday	03/01/2024
Tuesday	02/01/2024	Thursday	04/01/2024
Wednesday	03/01/2024	Friday	05/01/2024
Thursday	04/01/2024	Saturday	06/01/2024
Friday	05/01/2024	Monday	08/01/2024
Monday	08/01/2024	Tuesday	09/01/2024
Tuesday	09/01/2024	Wednesday	10/01/2024
Wednesday	10/01/2024	Thursday	11/01/2024
Thursday	11/01/2024	Friday	12/01/2024
Friday	12/01/2024	Saturday	13/01/2024

Collections from flats with communal collections will differ further. Please check at www.ealing.gov.uk/recycling



Collections return to normal on Monday, 15 January 2024.
For more information, visit www.ealing.gov.uk/recycling

Christmas tree recycling

Get the new year off to a green start by recycling your Christmas tree. Visit aroundealing.com/news/christmas-trees-2024 for more details.

