



# Eastcote Park Estate Association

<http://www.eastcoteparkestate.org.uk>

## Newsletter – SEPTEMBER / OCTOBER 2023

### **AUTUMN FISH & CHIP QUIZ NIGHT** **SATURDAY 21st OCTOBER 2023**

**Arrive from 7.15pm**

**Quiz to start approx. 7.30 pm**

This year's event will take place in the Church Hall adjacent to St. Lawrence Church in Bridle Road.



To book a place please contact Marg Bacon as soon as possible and by 14th

October at the latest to ensure we can order the fish and chips for you. Places are available on a first come first served basis.

Please pay in advance by 14.10.23 to ensure we have payment for food we are ordering.

**Price: £10.00 to include fish and chips**  
(The current standard cost of the fish and chips we have is £10.00)

**Bring your own liquid refreshment**

**Maximum team size: 6 people**

The event is for estate residents but residents may bring members of their family or their friends to make up their table to 6.

We hope this will be more of a social event than a challenge and, if you wish, we will try and match you with others to make up a full team.

### **EPEA** **EMAIL CIRCULATION LIST**

Our web manager (Sam Wren) is building up his list of email addresses so he can send information to residents quickly, as and when appropriate, on behalf of the committee. The list will be held confidentially by him. Should you be happy to be added to this circulation list please email

[Webmaster@eastcoteparkestate.org.uk](mailto:Webmaster@eastcoteparkestate.org.uk)

advising your name and address and confirming you are happy to be added to this confidential list. The list will not be shared with other EPEA committee members and will only be used for local issues on the estate and not for any marketing purposes.

Do please email

[Webmaster@eastcoteparkestate.org.uk](mailto:Webmaster@eastcoteparkestate.org.uk)

As information on estate matters such as flyers for events and newsletters will probably get to you earlier than paper versions.

### **Newsletter Sponsor**

### **Coopers Residential**

**126 -128 High Street, Ruislip, HA4 8LL**

**Phone: 01895 625 625**

**web site:**

**[www.coopersresidential.co.uk](http://www.coopersresidential.co.uk)**

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## **NEIGHBOURHOOD WATCH**

Please contact Chris Head to be added to his confidential circulation list of Neighbourhood Watch issues. The police contacts for Eastcote are:  
Eascote.Ruislip.snt@met.police.uk 020 8721 2548 or Twitter  
@MPSEastcoteXH



### **Free Burglar Alarms for over 65s—no longer available**

We publicised this service in January 2021. However, the council website now notes that applications for this service have closed. See: <https://hillington.gov.uk/burglaralarms>

### **TeleCareLine (Generally free service for over 75s)**

This monitoring service has a number of benefits that include giving the comfort that there is always someone close at hand to talk to if you are at risk for any reason. The system is installed for free by the council and the basic service is generally free to all residents of 75 years of age and over. There are some chargeable upgrades where, for example, the resident cannot provide a named responder. More information and an application is available on

<https://www.hillingdon.gov.uk/telecareline>

If you do not have access to the internet, or someone who can help you with this, telephone the council on 01895 556 633 or contact any member of the committee for a copy of the Council's leaflet etc.

### **Extract from an “Owl” Report—Table surfing**

Table surfing is where a thief will use a newspaper or map to approach a customer in a café or restaurant and uses the paper or map as a distraction to cover a phone, purse or wallet on a table and then steal it. Don't be distracted.

## **Urgent Care Nurse Practitioner Service**

<https://thh.nhs.uk/urgent-care-nurse-practitioner-service/>

Based on the above website we note that Mount Vernon Hospital has an Urgent Care Nurse Practitioner Service (UCNPS) for the care of patients with minor injuries. Minor injuries might include cuts, grazes and bruising, minor burns, animal bites and simple broken bones. This service is not a 'walk-in' clinic; patients are triaged and appointments, if required, are booked via NHS 111 online or by calling 111. If you have a minor injury it may be worth making an appointment by contacting NHS 111 or calling 01923 844263.

## **The Pinner Philosophy Group (PPG) [pinnerphilosophygroup.org.uk](http://pinnerphilosophygroup.org.uk)**

A resident has asked us to publicise this local social group. It is not related to the EPEA.

The PPG provides local residents with the opportunity to meet, engage in stimulating philosophical discussions and relax during coffee and biscuit break. The presentations of guest and member speakers are of the highest academic quality, and during the year each term focuses on a particular theme. PPG was established over twenty years ago for local residents to meet in person, and one of its founding members chairs the PPG meetings in Pinner every Wednesday morning 10.00 to 12.30. For those unable to attend in person a Zoom link is available. The PPG offers something for everyone, senior or junior and all are welcomed to attend. For more information on the activities of the PPG take a look at the above website.

## **65+ GROUP**

Our social group for EPEA members who have reached 65 years of age is continuing to meet.

We currently have 38 members with average attendance at around 50%.

We are now able to make a small number of places available for new members who think they would like to attend.

Please do contact Martin Hand, Marg Bacon, Margaret Ross or any member of the committee if you would like more information or would like to join. Contact details are on page 4.

We have 12 meetings a year in a local venue. The meetings are for one and a half hours each and we try to have a variety of events. Although things can vary the general aim each year is to have:

4 guest speakers

1 live music event

2 general knowledge quizzes

2 in house events/presentations

1 Christmas event with a Christmas quiz, mince pies and a Christmas draw.

For each of the other two months of the year we would have either: an additional guest speaker, an additional in house event/presentation, Musical Bingo, Bingo, a Beetle drive, a video, or something else suggested by members.

There is currently a suggested donation at each meeting of £5.00 per person to fund the hire of the room, guest speakers, light refreshments and prizes. If you have reached 65 do please join us for a relaxed social afternoon each month.

## **AUTUMN PLANTING**

We invite residents to volunteer to plant bulbs on any of the grassy islands of our estate. Marg Bacon usually organises



the bulbs so contact her or any member of the committee if you would like to volunteer. The committee will provide an appropriate number of bulbs.

The relevant islands are:

1. At the junction of St Lawrence Drive and Rodney Gardens around numbers 51 to 61.
2. In Rodney Gardens between numbers 47 to 47 and 66 to 68.
3. In Rodney Gardens between numbers 39 to 41 and 50 to 60.
4. At the junction of Rodney Gardens and Burwood Avenue by 9 Rodney and 47 Burwood.
5. In Burwood Avenue between numbers 40 to 42 and 27 to 37.
6. In Burwood Avenue between numbers 7 to 9 and 14 to 22.
7. The main entrance island at the junction of St Lawrence Drive and Bridle Road.
8. At the junction of St Lawrence and The Glen (The oak tree island).

The junction of Pamela Gardens and Field End Road is excluded due to fast moving adjacent traffic. Good luck and thanks to all who volunteer.

Do please volunteer to plant some bulbs. They do bring some joy to the estate in the spring.

## **CHRISTMAS LIGHTS COMPETITION**

The Christmas lights on the estate will be judged again this year.

Many thanks and good luck to all those who make the effort to brighten our estate at Christmas.



## **WELCOME LETTER FOR NEW RESIDENTS**

We like to ensure that new residents see our welcome letter. This is available on our website in the "About EPEA" section but please contact any member of the committee for a printed copy if you cannot access online.

Amongst other things, the letter gives the reason for setting up our Association in 1937.

## **Information from the web site of The Friends Of Eastcote House Gardens (FEHG)**

Web site: <https://www.eastcotehousegardens.org.uk>

The next event in 2023 is:

Saturday 14th October 10:00 a.m.–1:00 p.m.

Book sale, Craft sale, Dovecote open.

Check their website for the date of Tree-Dressing later in the year.

Gardening Sessions continue every Tuesday and Thursday throughout the year starting at 9.30am. Please contact the FEHG via the 'Contact us' page of their web site if you wish to attend any of their sessions.

## **The EPEA Committee members are:**

**Gerry Edwards** (Chairman)

**Richard Maude** (Secretary)

**Martin Hand** (Treasurer and member of 65+ sub committee)

**Marg Bacon** (Member of 65+ sub committee)

**Ash Dhir**

**Mark Lemon**

**Margaret Ross** (Member of 65+ sub committee)

**Peter Ryder**

**Sam Wren** (Webmaster)

**Kishan Bhanderi**

**To contact the committee on general EPEA matters we suggest you email:**

**Webmaster**

**[@eastcoteparkestate.org.uk](mailto:@eastcoteparkestate.org.uk)**

## **Message from our newsletter sponsor**

As an agent established within your local area since 1986, Coopers are delighted to sponsor the Eastcote Park Estate newsletter from 2021. We look forward to building a long standing relationship with the association!

With 7 local offices, our aim is to be a central part of the communities we work within as a customer orientated company, based on treating everyone we cross paths with as an equal and a potential customer through a team of local, talented, knowledgeable, hardworking and energetic people who take pride in everything they do.

We look forward to working with you all and discussing any sales or lettings property needs you may have over the coming years.



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