SAVE OUR GREEN SPACES

Also in this issue:
- What now for Bhs site?
- Ealing health and social care
- Allotments
- Capital Chorus
- Historic children’s home
- Wheelie bins

Acton | Ealing | Greenford | Hanwell | Northolt | Perivale | Southall
This edition brings concerns and campaign news on our Hospital and Health Services generally. Ealing Hospital is still under threat. Ironically, both Ealing and Charing Cross Hospitals are vulnerable because they are solvent. Unlike many, they do not carry enormous PFI (Private Finance Initiative) debts. Therefore, their closure and land sale would offer huge cash rewards for North West London NHS. The new NHS “Sustain and Transformation Plans” are also explained. These surprisingly promise to both reduce annual health and social care services’ spending and improve these services. Please see pages 5 and 7 for more. The closure and site sale of West Ealing BHS is highlighted. We include an article on a historic children’s home, local sport options and the new High School. Also news on allotments. West Ealing’s Neighbourhood Plan, the local Barbershop Choir and cultural events in Ealing. Have you noticed a rise in fly tipping since the introduction of wheelie bins? Please get in touch with news on this or any other Ealing issue. We would love to receive articles from new writers!

Autumn Events

Ealing Autumn Festival becomes Ealing Arts Festival from September 1st. Arts Council funded creative activities for all are in libraries. Under 25s can sign up for nationally accredited achievement Arts Awards. Truth and Reconciliation Art Exhibition touring libraries: Sept 3 - 15 Northolt Library, Sept 17 - 29 Pitshanger Library, Oct 1 - 27 Ealing Central Library, Oct 29 - Nov 17 Southall Library, Nov 19 - Dec 1 Northfields Library. Full details of events from the libraries or visit www.ealingartsfestival.co.uk or www.ealingautumnfestival.co.uk (until the end of 2016).

Every Friday - Lunchtime Concert Autumn Season - St Barnabas Church Pitshanger Lane W5 1QG. Starts September. Concerts start at 1.00 pm each Friday for about 45 minutes - Free with voluntary retiring collection – everyone welcome. More at: www.barnabites.org/concert

Every Sunday from September - 3.00PM Piano Recital Friends of St Mary’s Perivale. Weekly concerts in the Autumn programme at St Mary’s Church Perivale. Charming venue: a 12th Century church in Perivale Lane Greenford. Concerts free with retiring collection. Enquiries Tel: 8997 7691 or hmather@bloopenworld.com Full details: www.st-marys-perivale.org.uk

Saturday October 1st 7.30PM Ealing Symphony Orchestra - St Barnabas Church, Pitshanger Lane: Copeland, Sibelius, Rossi: Battle of the Somme with celebrated 1916 film. Tel: 8567 4075 See www.ealingso.org.uk.

Saturday 15th October 7.30PM West London Synfonia - St Michael & All Angels, Turnham Green: Includes Sibelius and Tchaikowsky Symphony No 4 See: www.westlondonsynfonia.org

Saturday November 19th 7.30PM. Ealing Youth Orchestra - St Michael & All Angels, Turnham Green: Programme includes Rossi: Battle of the Somme with 1916 film. See: www.eyo.org.uk

Saturday 19th November 7.45 PM Bach- Christmas Oratorio - Ealing Choral Society - St Barnabas Church Pitshanger Lane W5 1QG. Info/tickets: www.ealingchoralsociety.org.uk

Saturday November 26th 7.30PM Ealing Symphony Orchestra - St Barnabas Church, Pitshanger Lane, W5 Includes Dvorak, Mahler: Symphony No. 5 See: www.ealingso.org.uk

November 26th 7.30PM West London Synfonia - St Michael & All Angels, Turnham Green: Music by Chausson, Ravel, Poulenc and Debussy - See: www.westlondonsynfonia.org

Neighbours’ Paper

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There’s an invisible yet powerful connection between modern-day West Ealing and the musical life of the teeming tenements of late 19th century New York. In those days, the style of close-harmony singing, which became known as Barbershop, was one of life’s few affordable pleasures, and today in Ealing it still has devotees who believe there’s no better hobby.

The Great Barbershop Revival began during the 1930s in America. It spread to Britain in the 1960s, and the West London Barbershop Harmony Club was founded in Ealing in 1983. So what’s the attraction? ‘There’s something infectious about the harmonies’ says Khusro Ali-Khan, who sings baritone with Capital Chorus, the club’s Barbershop choir. Another chorus member, Tom Fitch, who’s a tenor, agrees: ‘When you’re part of it and you can feel that the chord is right, it’s like nothing else,’ he says.

Modern barbershop

So how much does modern Barbershop in West London still have in common with those early days in the USA? ‘The basics are still the same,’ says club chairman Paul Gordon. ‘The barbershop harmony-style is now well-defined, and some of the oldest and best-loved songs are still sung in common by barbershoppers around the world.’ But other things are changing. ‘We moved on years ago from the boater hats and big moustaches,’ he says ‘and more modern songs, from the Beatles and Billy Joel to Adele and Uncle Kracker are constantly being adapted and arranged to be sung in four-part harmony.’

The Chorus director, Pippa Goodall, believes Barbershop is benefiting hugely from the current wave of enthusiasm for a cappella singing. ‘TV shows like Glee and films like Pitch Perfect have really fired the imagination of younger people,’ she says. ‘The great thing about Barbershop is that it’s probably the most accessible form of a cappella singing there is.’

The future is bright

Capital Chorus is currently enjoying one of its most successful spells. In May the chorus achieved its best ever score in the nationwide contest held by the British Association of Barbershop Singers. Capital Chorus is also appearing at a series of events around West London including the Barnes Food Fair on 17 September. Paul Gordon, who is a founder member of the club, believes the future for the chorus is bright. ‘There’s a real buzz at the moment,’ he says. ‘We’re growing in numbers and though the singing has always been fun, people seem to be enjoying working together particularly well right now.’

Capital Chorus welcomes men of all ages who’d like to try singing in the barbershop style. Just come along to any Monday evening rehearsal, from 7.45 until 10.15pm at Kingsdown Methodist Church, Northfields Avenue, W13 9PR. For more information visit www.capitalchorus.co.uk
Haven Green developments

Friends of Haven Green works to keep Haven Green as a pleasant open space for the public to enjoy. We disagree with the way the clutter associated with Ealing Broadway station is overflowing into it. The character and the tranquility of the Green is getting lost and the situation will deteriorate when Crossrail comes on stream.

Last time I reported how Ealing Council wants to deregister part of Haven Green as common land in the face of objections of the Friends of Haven Green. Many other members of the community also objected to this erosion of the historic common land. The Planning Inspector has now announced there will be a Public Inquiry to hear the arguments, probably this autumn.

The Council has now announced plans for a separate cycle hub in the car park on the south side of the Green. The rows of cycle racks could then be cleared off the diagonal footpath to Gordon Road. This is an idea FoHG would like to support since we think the ‘temporary’ stands are an eyesore and should be somewhere less prominent. Unfortunately, the idea is for the cyclists to get to the hub by cycling along the footpath along the south side of the Green and then through a gap in the boundary wall. This will create conflicts between cyclists and pedestrians and is quite unnecessary as the cyclists could use the car park’s existing entrances and exits.

Much better news is the success of the railings that now line the diagonal road across the Green. FoHG worked closely with Ealing Broadway Ward Forum on their design to ensure they were right for this historic area. The railings are already proving successful in achieving their main purpose which is to deter people from walking across the grass and wearing it out. Previous attempts to help the grass recover with plastic matting were ugly and hopelessly ineffective.

More on www.friendsofhavengreen.com

Ealing Fields Free School

It’s great news that a much needed new high school in Ealing is opening its doors on 5 September near Southdown Avenue Hanwell W7. Ealing Fields is a state funded, co-educational, non-denominational, secondary free school and will provide school places for young people aged 11-19. It will start with entry into the first year of secondary schooling and build up the other school years gradually. “Building learning power” is the guiding principle. “Brave hearts: bold minds” is the school motto. Those interested can obtain information and an application form from the School’s admissions team at Ealing Fields High School, Tel no: 0203 488 0380 or from the School’s website at www.ealingfields.co.uk. The school will be housed temporarily in the old Evershed’s Sports Hall building, converted for the purpose. New buildings are promised for the future.

Ealing Central Library

We have heard alarming news. It is proposed Ealing Central Library moves to premises one third the size above Primark in Ealing Broadway Centre and the local history section relocates to West Ealing library. With little room at West Ealing library for storage, much is destined to be archived at a destination unknown. Also unclear is what will be retained and how public accessibility will be maintained. A row is brewing. More next time.
Latest News on Ealing Hospital

The battle is now on to save Ealing A&E!

Since the closure of the Charlie Chaplin Children’s Ward on 30 June, the A&E restricted to adults only. Kids can still be treated in the Urgent Care Centre next door, but for anything serious, they have to be taken elsewhere, outside of Ealing Borough.

Step by step local health bosses have been undermining the A&E. Departments like Maternity and the Children’s Ward that need A&E back up have been shut down, so we can see what’s on the horizon. Of course if the A&E closes, hundreds of beds would go as well: Ealing would be a small hospital with only some clinics, an ‘Urgent Care Centre’ and some beds for elderly and other long stay patients. It would be a huge blow.

Instead of replacement services, we’re being offered spin doctor claims that people don’t really need to go to A&Es or be in hospitals and that they can somehow be treated at home. In reality, the NHS is struggling to cope now, even before the threatened cuts. Doctors and medical staff are often in despair, and more and more are looking to emigrate.

But there’s huge support from the community. ITV’s ‘News at Six’ covered our protest on the day the Children’s Ward closed and press coverage can be found via Ealing Save Our NHS website. We have every intention of saving the hospital. A recent Care and Quality Commission report showed Ealing doing better than other local hospitals. Waiting times at Ealing A&E are far better than other local hospitals too.

Meanwhile Ealing Council, to its great credit, has stood up to pressure from the Department of Health and refused to sign up to a package of cuts to health and social care, a so-called “Sustainability and Transformation Plan”. (More on this on page 7.)

We will be asking local GPs to sign up to our campaign for commitments from Ealing CCG and others to continue to maintain a full A&E which must be properly staffed. Read more, support or donate at www.ealingsaveournhs.org.uk or on Facebook.

Heller House

We wrote in previous issues about the closure of Heller House in Southall. This is an Ealing owned Respite Centre for children with special needs. It catered for the most disabled children including those with physical and behavioural difficulties. It gave both children and their parents a much needed break. The Council said that they would ensure children would have somewhere else to go. This would be outside the Borough however and there was a considerable protest including a massive petition for the “Third Option”: a purpose built new Council run Centre on the existing site and paid for by selling off part of the rest of site. The latest is that the Council have promised to consider this option along with others. We wait to see what happens.

Days Out by Coach from West London

The programme of day trips by coach that used to be operated by Impact Coaches is now arranged by Coach Trips From London Ltd. We invite you to join us on one or more of the following excursions. There are convenient pick-up points in Perivale, Shepherds Bush, Ealing, Hanwell, Greenford, Yeading and Northolt. Ask us to send you our latest brochure which gives you details of the coach trips on offer between now and next May. Phone 020 8422 2751 or 07557 026088. Lower prices apply for senior citizens and children on most UK trips.

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Saturday 1st October  IRONBRIDGE Victorian village £34  Saturday 8th October  BOULOGNE £36
Sun 9th October  ROCHESTER + Waverley paddle steamer trip £39  Sun 23rd October  DICTOC railway centre
Sat 29th October  BRUGES £39  Sun 6th Nov  SHEFFIELD PARK (entry fee extra) or Bluebell Railway £21

Putting the People of Ealing First
The sale of West Ealing’s Bhs store

By NP Editorial Team

The West Ealing branch of BHS made the national headlines in June when MPs investigated the BHS debacle. They shone a bright light on the murky relationship between developers and Ealing’s planners and the easy money up for grabs.

Billionaire Philip Green’s stepson, Brett Palos, told MPs how BHS sold the site for £7m to a company called Thackeray Estates of which he is a Director. He said this price was confirmed as fair by other offers for around that sum made both before and after Thackeray’s deal.

Palos explained how the value of a development site is set primarily by what can be built on it. The opinion of local planners is therefore crucial. So before acquiring the site, Thackeray discussed the options with Ealing who wanted a mixed commercial and residential use yielding around 100 new homes.

Local Authority planners must assess development proposals on the basis of adopted planning policies. With new homes so expensive the key policy concerns residential densities - the more homes you can squeeze onto a site the more it is worth. The Mayor’s Plan for London sets out optimal densities for developments in different locations in the capital. The plan was drawn up by experts and carefully examined by experienced inspectors. It clearly states that planners should resist proposals that compromise its density policies.

LBE’s view that the site could take 100 new homes was a pretty generous one as it was around 1.5 times the maximum the London Plan says is right for West Ealing. Thackeray and their team were content with it and set to work drawing up plans for a scheme.

Their work was interrupted in March of 2015 when property wheelers and dealers decamped to the MIPIM property fest in Cannes in the South of France. Also enjoying MIPIM were the Leader of the Council and Senior Planning Officers all of whose expenses were paid by local developers.

Soon after their return Thackeray was astonished to receive a £10m offer for the site giving them a straight £3m profit from its three month ownership of the store. Palos says the developer ‘knew exactly the values and he was very bullish what he could get on the site’.

How could the store’s value have risen so fast? Answers seems to lie in the planning application lodged by the site’s new owners Southern Grove in November 2015. This provides 136 new homes, at a density double the maximum in the London Plan. Objections to this extreme form of town cramming included a plea from the nearby West London Islamic Centre that ‘the development will tower over adjoining properties and is certainly not in context with the existing street line’. Such nimby sentiments were brushed aside by Ealing’s planners as they commended the ‘high quality design’ of Southern Grove’s scheme, and the February 2016 planning committee waved the scheme through.

Southern Grove’s gamble in paying such a premium has paid off, but how could they be so confident of the outcome? Why would the London Borough of Ealing create such huge profits for land speculators by overriding the London Plan’s carefully crafted policies and approving such an oversized scheme? Who is it anyway who makes the decisions like this and what oversight are they subject to?
Putting the People of Ealing First

Local Authority and NHS bosses in North West London have been meeting in secret for months to create a five year Sustainability and Transformation Plan (STP). The STP will, apparently, achieve the impossible twin goals of reducing annual health and social care services’ spending by £1.3 billion and improving these services. In Ealing the cut in annual care spending could be £160 million.

Unachievable targets

England has been divided into 44 ‘footprints’ – ours is NW London – and each of these footprints has to submit its draft STP to NHS England by October / November 2016. NHS England dictates that STPs must clear all existing NHS debts, deliver seven day NHS working, reduce the number of Acute hospital beds and replace them with care at home or in the community, and integrate healthcare services with social care services. The latter goal is well-nigh unachievable as healthcare is delivered by the NHS free at the point of use and social care is delivered by Local Authorities and private care homes and is means tested.

Extracts of our STP have leaked out over the last two months. On the beds front we have variously seen Acute bed reduction by 500, 592 beds reduced and no loss of beds! So no agreement on that one. The survival of traditional GP surgeries is under threat by the prospect of Multispeciality Community Providers (MCPs).

MCPs are all about providing integrated services. GP surgeries could be subsumed into MCPs which might serve 50,000 people. MCPs might be newly formed Ltd companies, Community Interest Companies (CICs) or NHS Trusts. Fixed price contracts would be for 10 to 15 years. NW London wants to form an MCP to deliver mental health services. Under the STP spending reductions the annual mental health spend in Ealing could be reduced by £10 million.

Public consultation? No sign

Local Authority social care budgets have been cut in recent years as a result of the Government’s austerity measures. Our STP says precious little about social care. There’s no sign that private care home operators are involved in STP plan making. There has been no public consultation and Parliament has not had the chance to debate the STP. There is no act of Parliament which mandates or legitimizes STP.

In many ways STP threatens to carry on the destruction created by the NHS NW London 2012 ‘Shaping a Healthier Future’ (SaHF) plan. SaHF boasted in 2012 that NHS cost savings of 4% would be achieved each year. In 2014 SaHF closed two hospital A&E units which resulted in disastrous regional A&E performance still being felt now. No SaHF cost savings have ever been announced and many think a similar financial failing will bedevil STP.

For more information see www.healthwatchealing.co.uk and www.ealingsaveournhs.org.uk.

Traditional GP surgeries under threat?
The National Refuge for Destitute Children

By Rosemary Wallis

You may have noticed an unusual building of flats at 50 St Mary’s Road W5, roughly opposite West London University. It’s now called Ealing Mansions. Long-time Ealing resident Rosemary Wallis sent us this article about her mother and aunt who lived there in the 1920s when it was a children’s home. Her grandfather was James Poole and there were three children. After her grandmother died and when her grandfather was sent to an asylum, her uncle Joe lived with a destitute aunt for a year then walked from Bermondsey to Dagenham and became a Fords apprentice. Her mother Rose and aunt Mary entered the work house and then this Ealing Children’s Home. Her grandfather’s first home on release in 1933 was in Broughton Road, Ealing.

“Before 50 St Mary’s Road was the Ealing Court Mansions it was the Home for Destitute Children, for girls only. On the plus side, it was a welcoming refuge for the poor deprived. But on the debit side its sole aim was to provide live-in servants, for the surrounding ‘gentry’ when a shortage occurred after the First World War. This limited any educational opportunities to the minimum.

My Mother Rose and her sister Mary were ‘inmates’ from 1920 when they arrived from Bermondsey on the orders of the Board of Guardians. Having already lost their mother and grandparents the final blow was when their loving and conscientious Father was injured at work, and his brain injury resulted in his committal to Banstead Asylum on the diagnosis of a workhouse doctor.

The two girls said there were no personal possessions and the Home’s food was poor and only improved on the periodic visits of Trustees to inspect conditions. A cold pork pie on Sunday was the best of the week.

The worst and most painful experience for my Mother was on the occasion when her septic chilblain hands had bandages removed and these hands were caned by the superintendent. Soon afterwards she suffered a bout of St. Vitus Dance.

On moving on to their inevitable future they found the annual wage was £10 per annum. (According to a book called ‘The Victorian Servant’, wages were quoted as £150 p.a.) Hours as a ‘tweeny’ or housemaid started at 6 am and often lasted until midnight. A bed was provided in the kitchen and time out was half day once a fortnight. Luckily they found solace in the Baptist church and girl guides. Their refuge was a Christian fellowship house where homeless retired servants lived. This house was located in the Uxbridge Bridge, opposite Ealing Town Hall.

Although too timid and indoctrinated by their past, ‘gentlemen are born, not made’ both sisters survived and had valuable lives. Even to the extent of releasing their Father from his unnecessary time in an asylum.”

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West Ealing Centre Neighbourhood Plan

By Eric Leach, Chair

Further to my article on Neighbourhood Forums in issue 77 of Neighbours Paper, West Ealing Centre Neighbourhood Forum (WECNF) has now created the draft spatial plan for the area. WECNF is a Government designated body of volunteers. A printed copy of the plan can be viewed at West Ealing Library. It can also be viewed at www.wecnf.org. Your comments are invited. Please reply by 5 October 2016.

The plan has been crafted using the local, regional and national planning guidelines. It details 17 land use policies – some site specific eg. Chignell Place and some general to the area eg. car parking. We realise that development is inevitable in the area. We seek to ensure that development is appropriate and proportionate. A significant element of the plan is identifying 22 heritage assets which WECNF members wish to be retained and maintained. Examples of these include the former Woolworths building façade at 96-100 Broadway, Royal Mail Sorting Office in Manor Road and Ealing Magistrates’ Court in Green Man Lane.

After comments have been assimilated into the draft plan, it will be handed over to Ealing Council for checking. Then an independent examiner will review the plan. After this hurdle is overcome two referendums will be held on the plan – one for businesses and one for residents. If 50% of those who vote say ‘Yes’ in both, then the plan becomes the legal spatial plan for the area.

Please see www.wecnf.org. For news of Central Ealing and Greater Central Acton Neighbourhood Forums please see www.centralealingforum.org and www.canforum.org

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Unsightly bins near Canberra Road by Shaz Moghaddam

Lastly the roll-out of wheelie bins seems to have generated a sharp increase in fly tipping. Anyone with an explanation please let us know.

Well Wheelie... Bin Heaven

By Arthur Breens

You have to abide by the rules. You must not put your wheelie bin “out” on the pavement. It makes sense if you can imagine being blind and having to use a stick. Last week the operatives left the whole road’s recycling bins on the pavement. Hadn’t LBE told them about the law in their contract? This action could be deemed to contravene the Highways Act 1980 Section 137 and the Road Traffic Act 1988 Section 22A. This is a new contract and this way of cutting corners, I am sure, will be stopped.

More importantly, in West Ealing town centre commercial wheelie bins, their overflowing contents and the flies and fly tipping they attract, has been a constant feature of Canberra Road - even the new bit the council have recently gentrified. The Environmental Protection Act 1990 Section 46(1) makes it illegal to leave wheelie bins permanently on the pavement. Ealing have the power to confiscate and fine the following companies (see photo)... Oops, two are Ealing Council bins! Readers may ask, “How do you fine yourself?”

Well Wheelie... Bin heaven
Allotments in Ealing have a long history and the Ealing and Hanwell (Boston Road) Allotment Association will celebrate its centenary in 2017.

During the First World War, the submarine menace to our food supplies increased demand for Allotments. Ealing Council took over a piece of land, owned by Colonel Clitherow, in Boston Road, Hanwell. The Allotments divided by a footpath, were called “Boston Road North” and “Boston Road South”. These original allotments were later lost to the Royal Hotel (now the Harvester). In the same way other allotments were created and given up as Ealing’s housing extended (one example was the cemetery ground in Popes Lane). But permanent allotments were also created.

First let on Good Friday 1917, an Association soon formed to look after the interests of the plot holders and also with the object of obtaining supplies at a cheap rate. The Ealing and Hanwell [Boston Road] Allotment Association was duly formed.

Trading formed one of the aims of the Association and shallots, lime, seed potatoes, pea sticks, chemical fertilisers and tools were obtained and sold. A local barn was obtained as HQ and regular monthly meetings using storm lanterns started to take place.

With the Second World War in 1939, the Association urged the Council to provide land for war-time Allotments. “Dig for Victory” was the slogan. Allotments were allocated in Walpole, Lammers and Elthorne Parks, Northfields Recreation, Northfield Playing Field, Almond Avenue and Chartered Banks. This brought the number of plots under the jurisdiction of the Association to just on 2,000 including permanent and war-time plots.

In 1918 the Hanwell Allotment Association merged with Ealing and Hanwell. In 1922 the old Ealing, Hanwell and District Allotment Association disbanded and joined up with us.

Later in the year the Drayton and Cleveland Association also joined us. In 1931 Ealing Council handed over to the Association the full control of all Allotments in the District south of the Uxbridge road, we being responsible for the collection of all rents and the maintenance and allocation of plots.

By Nigel Sumner
At this time the Association had a membership of 1,461, a committee of 26 and three sub committees including Ground Management – with 19 Ground Stewards, two plot managers and eleven sites. There were also Chrysanthemum and Dahlia Committees. With the return of wartime emergency sites to their peacetime uses the number of Association members reduced substantially – but for a number of years continued to remain steady at around 600-700.

The enlarged Borough of Ealing Council in 1965 took over the administration of their Allotments, allocation of plots and collection of rents from the Association and appointed Plot Managers. This direct control of the Council over thirty years led to a sad decline of Allotment Sites and plot holders. Council Officers were not prepared to allocate either time or budget to ensure success.

During the nineties a fight back started led by members of Ealing and Hanwell [Boston Road] Allotment Association. The Local Agenda 21 Natural Environment and Biodiversity group and the LA21 Allotments Group were formed. Our Association increased Trading and Ground Stewards once again made regular reports from Haslemere, Northfields, Carberry and Ascott Allotments. We provided representatives to the Ealing Allotments and Gardens Society. We had one Councillor. We produced a regular newsletter and we had a very successful website “allotments.org”. We had regular “Fund Raising” parties and besides introducing like-minded people to each other – provided money to pay for guest speakers – to help our members learn how to grow vegetables and flowers more successfully. We persuaded the Council to appoint a dedicated Allotment Officer. The result – Allotments have queues of aspiring gardeners once again.

Since I joined the committee in 1989 – 27 years ago – I have watched lots of organisations around Ealing come and go but Ealing and Hanwell [Boston Road] Allotment Association is still here.

We would like to hear from anyone who was associated with our organisation over the years. Please also share with us memories that your extended family may have had on the Allotments. We are particularly keen to obtain photographs of Walpole Park and Lammas Park under War Time Allotment cultivation – but also your family photographs and stories.

Please send your email to Cllr Nigel Sumner at Nigel.sumner@ealing.gov.uk Or write to Cllr Nigel Sumner, Secretary of The Ealing and Hanwell [Boston Road] Allotment Association, 66 Chatsworth Gardens, Acton Hill, Acton W3 9LW

Would you like to rent an allotment? Information on this is to be found on: www.ealing.gov.uk/info/201133/allotments

Annual Allotment Shows are held every year. This year it was on 10 September At St Mary’s Church, St Mary’s Road South Ealing. The allotment holders’ produce is shown and judged. Normally the show is open to visitors and after presentations are made it is possible to buy some of the produce. Watch out for it next year!
SPORTS AND LEISURE IN EALING

By Michael Holmes

With the end of the Summer Olympic & Paralympic Games in Rio, why not keep the legacy going by engaging in sports and leisure in Ealing?

Sport is all forms of usually competitive physical activity or games which through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Usually the contest or game is between two sides, each attempting to exceed the other. Some sports allow a tie game; others provide tie-breaking methods, to ensure one winner and one loser. A number of such two-sided contests may be arranged in a tournament producing a champion. Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. In certain sports such as racing, many contestants may compete, each against all with one winner.

Also sport is generally recognised as system of activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition, and other organisations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports. However, a number of competitive, but non-physical, activities claim recognition as mind sports.

Leisure has been defined as a quality of experience or as free time. (Free time is time spent away from business, work, job hunting, domestic chores and education.) So with that in mind I see every good reason to take part in sport and leisure.

Ealing has a range of indoor sports facilities including swimming pools, gyms and dance studios. It also has many outdoor sports grounds, providing sports facilities for people who wish to play winter and summer team sports, as well as a vast number of parks and open spaces, many of which have free to use outdoor gym equipment or distance marker routes for people to use.

The Active Ealing sports development team deliver a wide range of sport and physical activity projects, with a specific focus on encouraging more young people, older adults and people with disabilities to become and stay more active. The team works in partnership with community sports clubs based in Ealing and national governing bodies of sport.

The following sites provide a wealth of information about sports & leisure for all: www.totallysporty.com Just type in your post code & find a sport nearest to you. www.ealing.gov.uk/info/201141/sports_clubs Also a list of sports clubs in Ealing.

Come on let’s get and stay fit together and keep the sports legacy following on from Rio 2016 alive. Especially as Team GB have done so well!

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