

**UNITED REFORMED CHURCH**

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Email: ickurc@aol.com

**ST GILES' CHURCH OF ENGLAND**

Rector: vacant  
Administrator: Stephanie White  
Email: office@stgileschurch.co.uk  
Tel: Church 01895 622971



**April 2024**

**May 2024**

<p><b>URC Morning Services</b> Sunday - 11.00am Children's space available during all services Holy Communion, 3rd Sunday</p>	<p><b>St Giles' Morning Services</b> Sunday - 8.00am BCP (said) Holy Communion - 9:30am Family Praise (video bible story, action songs &amp; object lessons for families with younger children) - 10:30am CW Communion with songs (except 1st Sunday - 10:30am All-age Service) Thursdays - 10.00am BCP (said) Holy Communion</p>	<p><b>Sunday Evening Services</b> Please keep an eye on the Church websites for details: <a href="http://www.stgileschurch.co.uk">www.stgileschurch.co.uk</a> <a href="http://www.ickenhamurc.org.uk">www.ickenhamurc.org.uk</a></p>
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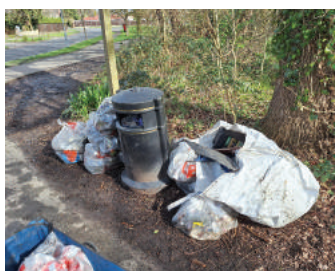
**... STOP PRESS ... STOP PRESS ... STOP PRESS ...**

It has just been announced that the next Rector of St Giles' will be Revd Christine Britton who is currently curate at Emmanuel Church, Northwood. She will be joining St Giles' in the summer and the date for her licensing as Rector is Tuesday 16th July at 7.00pm. We're hoping that she will write an introductory paragraph or two about herself for a future edition of the ICN.

**PICKING LITTER IN ICKENHAM**  
Have you noticed that Ickenham's been looking smarter lately? The refurbishment of our lovely Pump is the most obvious recent change, while the sterling work of the Hillingdon Litter Pickers has helped to neaten outlying areas of the village.



In February 2024, for example, the Pickers cleared the A40 slip roads and island, woodland entrances and footpaths. They collected a grand total of 28 sacks of rubbish along with some larger items; which was a distinct improvement over the two visits and 90 sacks pulled out from the area in February 2023!



As for the woods behind Vyners School, Warren Road and the A40 slip road from the Swakeleys roundabout heading towards Hillingdon, the Pickers collected 36 bags of rubbish from these areas in February and March 2024.

Picking closer to home in

Ickenham, the team filled 28 bags of assorted rubbish from amongst the brambles and wilder areas at the Compass Theatre in February, with an extra prize of finding 10p!

Bearing in mind that Hillingdon Council already put a great deal of money and effort in to providing effective rubbish collection and street cleaning services, as well as bulk rubbish and recycling services, it's amazing that the Pickers are kept so busy.

Obviously we can all help to keep the environment clean by disposing of our own rubbish carefully and, when safe to do so, picking up street litter.

Also, please keep your eyes open for an Ickenham Litter Pick - to get Ickenham looking great in time for Festival Week in June.

RACHEL EVANS



**EASTER SERVICES IN OUR ICKENHAM CHURCHES**

*The services held in our churches on Maundy Thursday, Good Friday and Easter Sunday, all help us to enter into the story of the first Easter.*

*We hope that you will be able to attend as many of the services as possible and use them to identify with Jesus' Passion (suffering), Death, and Resurrection.*

<p><b>28th March, Maundy Thursday</b> <b>10am</b> BCP Communion at St Giles' <b>7.30pm</b> A joint service followed by Seder Meal at the URC</p>	<p><b>29th March, Good Friday</b> <b>10:30am</b> Walk of Witness sets out from Ickenham URC reaching St Giles' for approx. 11am <b>11am</b> (approx.) A joint all-age service for Good Friday at St Giles' followed by refreshments <b>3pm</b> Stations of the Cross at St Giles'</p>	<p><b>31st March, Easter Sunday</b> <b>8am</b> BCP Communion at St Giles' with Bishop Lusa Nsenga-Ngoy <b>10:30am</b> Family Easter Communion at St Giles' with Lusa Nsenga-Ngoy <b>11am</b> Easter service at the URC</p>
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*Editor: Jim Lee Email: [editor@ickenhamchurchnews.co.uk](mailto:editor@ickenhamchurchnews.co.uk) Visit ICN Online at: [www.ickenhamchurchnews.co.uk](http://www.ickenhamchurchnews.co.uk)  
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Donations: c/o Alison Summerfield at The Office, St Giles' Church, Ickenham, UB10 8BG  
Ickenham URC at: [www.ickenhamurc.org.uk](http://www.ickenhamurc.org.uk) St Giles' at: [www.stgileschurch.co.uk](http://www.stgileschurch.co.uk)*

## DEAR ICKENHAM...

**'Christ is risen' is the cry Christians greet each other with on Easter Sunday Morning and the reply is "He is risen indeed!"**

But what does it mean to the increasing number of people in our post-Christian society who know very little about the Easter story? No matter what I believe and how wonderful for me as a Christian disciple and minister – it's not easy to explain the deep meaning of Easter.

Easter has lost out massively to Christmas in contemporary society. Christmas has an easily-understood story; a new baby that makes people smile, brightens the mood and provides optimism for the winter months. But Easter is a whole lot darker. It's about an innocent man being put on trial, tortured and executed. Jesus dies in excruciating pain, a criminal and an outlaw. This presents a real challenge for churches and Christians who want this story to connect with their non-Christian friends.

The cross on which Jesus died on Good Friday is a symbol of our faith. The Bible and tradition teach us that Jesus had to die, so that he could rise again, victorious over sin and the devil. But there is another deep meaning that may resonate more with our contemporary world.

Jesus suffered, and that means that God understands pain, injustice and suffering. Whatever situation we find ourselves in, God understands it. God understands the pain of what we may be going through, because he has been through it too. I find that message connects with many people.

Good Friday is the day we linger in that suffering, we linger

in the liminal space between suffering and death; and then we head towards Easter Day, to find the empty tomb and see and experience a living Jesus. On Good Friday we consider the suffering of so many people in today's world. To understand that God, in Jesus, stands with people in their anguish and brokenness is to align ourselves with the suffering of others.

Holy Saturday is the day when Jesus's family and followers mourned their loss, the death of their beloved Jesus. We wait and feel that deep sadness, suffering and loss, we experience hopelessness. Just as many bereaved families and people are today experiencing loss.

And only then do we move to Easter Day, to celebrate on that Sunday, the new life, the new beginning, the new dawn that opens with Jesus's resurrection. A new start, free from the past. Christmas is about new birth and Easter, is about resurrection-offering new hope, new life to everyone who puts their faith in the risen Christ. That is the deep meaning of Easter, that we are challenged to declare afresh in every generation.

REVD NAVINA THOMPSON (ASSOCIATE PRIEST, ST GILES')



## OUR WORLD'S DAY OF PRAYER

**On Friday 1st March at 2.00pm the URC had the privilege of hosting the 2024 World Day of Prayer. The service this year was prepared by an ecumenical group of Christian women from Palestine, the land in which Jesus was born, ministered and died and where the Christian faith began and is rooted.**

As the service progressed you became aware that this day we were part of a great wave of prayer in native languages encircling the globe, beginning as the sun rose over Samoa, continuing as it made it way around the Earth, ending back in the Pacific as the sun set over American Samoa. We were a small part of the 146 countries and islands around the world to pray with and for the people of Palestine.

It was a service that shared stories which illuminated the experiences of three Palestinian Christian women, from three different generations, who bring witness to the power of bearing together in love; something which resonated with me, considering what our world is experiencing today in Palestine, Israel and Ukraine, along with many other countries that never make the headlines of our newspapers or our televisions.

We listened to their stories told to us by the excellent team, who gave life to the prepared script. We said their prayers together and sung the hymns together. All were united in hoping for our world to find just and harmonious solutions that would bring

the end to human suffering; and commit ourselves to that journey with each other to achieve security and peace for all people around the world.

May God's richest blessings overflow abundantly as we support one another in informed prayer, prayerful action and accept the invitation, and challenge, to bear one another in love.



**One of the songs we sang was in Arabic...**

*Yarabba ssalami amter alayna ssalam.*

*Yarabba ssalami imla qulubana ssalam.*

**Which translates to...**

*God of peace, come among us,  
rain down your peace on the world.*

*Make a path for your goodness,  
fill every heart with your peace.*

May these words for peace in our time come true.

JOHN MILLER, URC ELDER

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## FROM THE CHURCHES' REGISTERS

### Baptisms

21st January Eloise Clare Bambrough

### Committals at Breakspear Crematorium

23rd January Mary Langham, aged 100 following a service in St Giles'

21st February Ian Knight, aged 80 following a service in St Giles'

### Services at Greenacres Woodland, Chiltern

23rd January Eugenia Osbourne, Infant

19th February Peter Cotmore, aged 86

27th February (Henry) Alwyn Lloyd, aged 87

### Service of Celebration

29th January Dennis Brownlie, aged 97  
Service of Celebration of his life at St Giles' Church

### ST GILES' CHURCH STREET PRAYER LIST

Each week we pray for all the people who live or work in a particular road in the Parish as follows:

7th April	Malcolm Road	5th May	Milton Court
14th April	Malvern Close	12th May	Milton Road
21st April	Melbourne Close	19th May	Milverton Drive
28th April	Melville Close	26th May	Narborough Close

### DROP-IN FOR THE BEREAVED

St Giles' Church Back Hall

2.00pm to 3.30pm third Monday in the month

Come in for a chat over a cup of tea with other bereaved people and bereavement visitors. The next drop-in's are on Mondays:

15th April, 20th May and 17th June

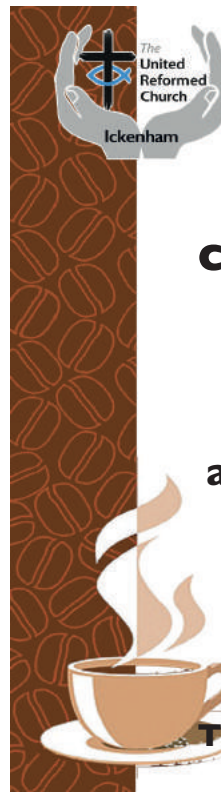
## MEMORIAL SERVICE REMEMBERING LOVED ONES

On Sunday 12th May there will be a Memorial Service at 3pm at St Giles' Church for those who are bereaved.

During the service the names of those who have died, whose funerals were conducted at Ickenham URC or by St Giles' Church staff between the beginning of March 2023 and the end of February 2024, will be read out. Members of the Bereavement Support Group will be present.

After the service, the congregation will be invited for refreshments in the St Giles' Church Hall.

Anyone who would find this service helpful is welcome to attend.



## The Oasis Café

**“Where the chat can be even better than the coffee”**

**On your own?**

**Why not call in on a Wednesday morning, meet new friends and have a natter!!**

**The Oasis Cafe:  
Open Monday to Friday  
10.30am to 12.30pm  
The United Reformed Church  
Ickenham Village**

## WORLD DAY OF PRAYER

On Friday 1st March 2024, Ickenham United Reformed hosted the World Day of Prayer service, whose committee – wearing the colours of the Palestinian flag - included the Anglican, Catholic and Methodist churches in Ickenham and Ruislip.

The targeted country, chosen many years ago, was Palestine, whose small Christian community needs our prayers more than ever. After the service, there was a sumptuous tea in the Oasis room, when the sixty-plus people who attended from all churches happily mingled, including some very welcome guests actually from Palestine.



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## ST GILES' NEWS

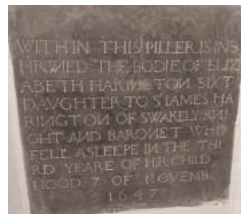
### Break-in at St Giles'

The village community was shocked to hear that St Giles' church was broken into on the evening of Monday 10th February. The intruder had attempted to gain entry by smashing a window in the porch but realised he could get no further and then proceeded to smash a panel of the Orchard Memorial stained glass window at the western end of the church through which he entered the church. The CCTV shows him being handed a crowbar through the damaged window before he went upstairs and broke in and ransacked the office before making off with two laptops and a small amount of cash. The police attended as well as SOCO officers and some useful forensic material was gathered.

The laptops are relatively easy to replace but the damaged windows require expert attention to restore them. The Orchard memorial window dates from 1971 and commemorates the Orchard family who were all killed in a holiday air crash.



Holy Mowers cleaning memorial stone February 2024



### St John's Chapel Needs Our Help

One of the most significant parts of St Giles' Church is the old mortuary chapel, built c 1640 – 1650, to house the bodies of the Harrington Family. This mortuary chapel, now called St John's Chapel, has unique and intricate plaster work, the significance of which is one of the reasons the church was given Grade 2\* listed status.

The bodies were removed from this Chapel in 1914 and reinterred in the north-west corner of the churchyard; a large marble stone commemorates those interred.

There is one body left in the wall, that of Elizabeth Harrington 6th daughter of James Harrington of Swakeleys House which was interred in 1647.

In 1960 the chapel was restored through the bequest of Mr Pool and in memory of Mrs Lockett. Most recently the chapel was used as a place for quiet prayer and for prayer ministry after services. Now the interior lime plasterwork is once again failing. The resultant remedial work will be expensive, our latest estimate is £85,000, and time consuming. The longer the work is left the more plaster work disappears.

Whilst there are grants that can be applied for to help us in funding this important work, such grants are limited and much sought after, and at best match 1:1 the funds raised locally. Additionally, it is worth noting that broadly only one application in twelve successfully receives any level of funding.

As a church we have been using Legacy monies to fund this work to date, but the PCC are now looking at ways to engage more with the community to enable us to raise the necessary funding. We know how important St Giles' is to the wider community, especially at those important times in our lives.

**And so, our lovely, centuries old, historic building now desperately needs our help, our efforts and yes, of course, money!**



## COME AND ENJOY A TIME TOGETHER

with soup, a roll and a speaker

The Oasis Café – Ickenham United Reformed Church  
1st Wednesday of each month 1.00pm – 2.00pm

Please sign the list at the URC or call the Church Administrator 07792 143888



### DONATIONS

to the ICN are very gratefully received and are individually acknowledged by email. Please make donation cheques out to "PCC of St Giles' Church" and send to Alison Summerfield at: The Office, St Giles' Church, UB10 8BG

Thank you!

This month our grateful thanks go to:  
K. Pearce, G. Tarling and S. Pierce

Thank you!

### ••• COPY DEADLINE DATES •••

The ICN needs your stories - deadline for the June/July Edition is:

**12noon on Friday 10th May**

and future editions by the following dates:

Friday 12th July - for the August/September Edition.

Friday 6th September - for the October/November Edition.

All items are subject to Editorial review.

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# ICKENHAM FESTIVAL NEWS

Ickenham Festival 2024 will be held from Saturday 8th June until Sunday 16th June 2024, with Village Day, including the Gala Procession, on Saturday 15th June. The theme of Ickenham Festival 2024 is 'Olympics'.

We are very much looking forward to running London's best local festival and we are finding that there is a lot of interest from local groups, schools, churches and other organisations. There will be nine days of local events, exhibitions, performances, sports and shows for local groups to promote themselves in our community.

We will be putting up our Ickenham Festival flags in the Village. Look out for that in June and come and say hello if you see us up ladders in the street.

We are now receiving substantial numbers of bookings for programme events, Open Gardens, Gala Procession, and Village Day stalls. If any group or organisation of which you are a part, would like to stage an event in Festival Week then please do contact us urgently now. There is also a chance for groups and businesses to place advertising in our programme.

There are booking forms for all of this online at our website, or you can email, or call us, to discuss.

Our free, full colour programme will be delivered to every home in Ickenham in May 2024. It will also be on sale from local shops, or from any member of the Festival Team.

In the run-up to Festival 2024, we are particularly glad of any offers of help or support at any time. If you have some time to help with simple stewarding or manual tasks in Festival Week then please contact us. We are also always glad to accept new members into our team.

You can get in touch through our website [IckenhamFestival.org.uk](http://IckenhamFestival.org.uk) or our Facebook page, email: [Festival@IckenhamFestival.org.uk](mailto:Festival@IckenhamFestival.org.uk) or call/text us on 07516 984514.

DOUG NEILSON, VICE CHAIR, ICKENHAM FESTIVAL.



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Sat. 4th May	12.00 - 5.30pm
Sat. 1st June	12.00 - 5.30pm
Sat. 6th July	12.00 - 5.30pm
Sat. 3rd August	12.00 - 5.30pm
Sat. 7th September	12.00 - 5.30pm
Sat. 5th October	12.00 - 5.30pm
Sat. 2nd November	12.00 - Dusk
Sat. 7th December	12.00 - Dusk

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## SOW & GROW GARDENING CLUB

The Sow & Grow Club at Ickenham library will be launching their new season and announcing their schedule of weekly topical and craft gardening sessions with a coffee morning open to all 10-11am on Saturday 13th April 2024.

Fittingly, this is the day before National Gardening Day, when we're all encouraged to plant some seeds and kick off a beautiful year of homegrown bounty.

Protecting pollinators is now high on global agendas and we can all play our part by sowing and nurturing wild flowers and pollinator-friendly plants and shrubs; and by leaving leaves on the ground and soil unturned until outside temperatures are a constant 10°C, when new pollinators come to life from overwintering under fallen leaves and in the top layer of soil.

RACHEL EVANS

## BOWLS CLUB OPEN DAY

Come and join us on one of our Open Days on 27th April and 5th May, 2pm - 5pm, and give Lawn Bowls a try. It's a great way to keep active and make new friends. You will be most welcome; all we ask is for you to wear flat soled shoes.

We can provide coaching and loan of equipment on the day, and then also to get you started if you decide to continue.

We have our own car park and a lovely Club House with licensed bar. If you decide to join our club, reduced membership fee of only £30 for the first year.

Also any Tuesday evening from 6pm from May to October for our weekly 'roll-up'.

**Fassnidge Park Bowls Club,**  
Fassnidge Park, Uxbridge; UB8 2UW  
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Trevor Fitzgerald 07850 683466

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[www.woodlandsclub.co.uk](http://www.woodlandsclub.co.uk)

## SPRING INTO SPRING... AT THE URC!

Come Saturday 4th May the sun will be shining [terms and conditions apply] and we'll be holding our Spring Forecourt Sale from 10am to 12 Noon, admission FREE.

There'll be our famous plant stall, bric-a-brac, hundreds of books, toys and games and pretty well anything we are given, except clothes and shoes. Inside there will be a friendly coffee morning with homemade cakes alongside the higher quality books, collectables and a table of small, quirky objects including an otoscope [look it up!], a miniature travelling tool set, an RAF medal ribbon and some rather fine WW2 Red Cross certificates.

Proceeds will go to the work of the church and to our external charities for this year, which are THE SMILE TRAIN and PAPYRUS [prevention of young suicide], so there are extra reasons for grabbing a bargain.

The date is a change from the one previously announced but the two later dates of 8th June and 7th September still apply. If you have items to donate please bring them to the church on Friday 3rd May between 2pm and 6pm or ring Richard Piper on 01895 634348 for collection.

This is also the number for any enquiries or offers of help. Our earlier Coffee Morning and Coin Mountain raised £158, so many thanks to those who contributed to that and we look forward to your continued support on 4th May and during the rest of the year.

RICHARD PIPER

## ICKENHAM CHURCHES HOLIDAY CLUB - 2024

After last year's small but successful re-launch, the Ickenham Churches Holiday Club is planning to return again, bigger and better than ever. This popular event will run from Monday 29th July until Friday 2nd August (note the dates in your diary!) and is for children in current school years R - Yr 6.



Holiday Club takes place in the Ickenham URC building and is run by a great team of volunteers drawn from St Giles', the URC, and the wider Ickenham community. Both KS1 and KS2 children are invited to attend Holiday Club for morning sessions, which are a mix of activities in age groups and 'up-front' time for everyone to enjoy. KS2 children are additionally invited to attend the afternoon sessions, when the children can pick from a range of sports and crafts activities.

This year's club promises to be great fun and a great place for our children to spend during the first week of their summer holidays. The theme from Scripture Union is called 'Guardians of Ancora', and is an epic digital-inspired adventure exploring the amazing stories of the ancient world of the Bible, then meeting Jesus and returning light to the city of Ancora.

To make the club a huge success we need children to sign up, and as many adults to volunteer as possible. Registration starts after Easter, and the relevant forms for children and helpers will be on the websites of the URC ([ickenhamurc.org.uk](http://ickenhamurc.org.uk)) and St Giles' Church ([stgileschurch.co.uk](http://stgileschurch.co.uk)).

Completed forms should be sent to: [ichckids@gmail.com](mailto:ichckids@gmail.com)

**If you are currently at Primary School, Come and join us for this year's Holiday Club Monday 29th July - Friday 2nd August 2024**



### Ickenham Residents' Association Centenary Exhibition

in the Village Hall on Saturday 8th June  
(first Saturday of Festival Week)  
from 10am to 4pm

All are welcome - come along and see what has happened to our village in the last century and more...  
**We are looking forward to seeing you there!**



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Please submit your event details online by following the prompts at [www.ickenhamchurchnews.co.uk](http://www.ickenhamchurchnews.co.uk)

## FORTHCOMING EVENTS

For which your support would be appreciated.

Please find FULL details of all events at [www.ickenhamchurchnews.co.uk](http://www.ickenhamchurchnews.co.uk) or email [events@ickenhamchurchnews.co.uk](mailto:events@ickenhamchurchnews.co.uk)

All submissions to be entered online by representatives of the church groups, clubs and societies themselves.

## APRIL & MAY EVENTS

One-off Events throughout these months - Open to all

### ICKENHAM & SWAKELEYS HORTICULTURAL SOCIETY SPRING SHOW

6th April 2.30pm-5pm Ickenham Village Hall, Swakeleys Road, UB10 8DG  
Free public viewing from 2.30pm. Refreshments including homemade cakes. Prize giving and raffle draw at 4.30pm Contact Rosemary Bennett 01895 633217 [www.ickenham-horticultural.org.uk](http://www.ickenham-horticultural.org.uk)

### HILLINGDON CHORAL SOCIETY SPRING CONCERT

27th April 7.30-9.30pm URC, Swakeleys Road UB10 8BE  
Fauré - Requiem  
Tickets: £15 adult and children free on the door (cash only) or from [hillingdonchoralsociety@gmail.com](mailto:hillingdonchoralsociety@gmail.com)  
[www.hillingdonchoralsociety.org.uk/contact](http://www.hillingdonchoralsociety.org.uk/contact)

### FASSNIDGE BOWLS CLUB OPEN DAYS

27th April 2pm-5pm & 5th May 2pm-5pm  
Fassnidge Park Bowls Club, Fassnidge Park, Uxbridge, UB8 2UW (next to Rusty Bike Cafe).  
Come and join us on one of our Open Days and give Lawn Bowls a try.  
It's a great way to keep active and make new friends. You will be most welcome; all we ask is for you to wear flat soled shoes.  
We can provide Coaching and loan of equipment. We have our own Car Park and a lovely Club House with licensed bar. If you decide to join our club, reduced membership fee of only £30 for the first year.  
Contact Keith Winchester 07887 542810 or Trevor Fitzgerald 07850 683466

## CHURCH ORGANISED EVENTS

Everyone is welcome - Open to all

### URC SPRING FORECOURT SALE & COFFEE MORNING

4th May 10.00am-12 noon  
URC, Swakeleys Road UB10 8BE  
A sale of plants, bric-a-brac, books, toys and games and collectables with a friendly coffee morning with homemade cakes.  
Admission FREE. Contact Richard Piper  
[richardpiper@btopenworld.com](mailto:richardpiper@btopenworld.com) or 01895 634348

### ST GILES' MOTHERS' UNION

Second Thursday of each month 1.45pm - 3.45pm  
St Giles' Church Hall, Ickenham, UB10 8LE  
Thursday 11th April: Melanie Aston - Hillingdon Women's Centre  
Thursday 9th May (with raffle): Shirley Gledhill and Edwin Lee - CLICK *Rukiga*  
Contact Brenda on 01895 636803

### FOOD FOR THOUGHT

1st Wednesday of each month 1.00pm-2.00pm  
Oasis Café, URC, Swakeleys Road, UB10 8BE  
Please sign the list at the URC or call the Church Administrator  
07792 143888

## CLUBS, SOCIETIES & INTERESTS

Weekly & Monthly - Open to all

### OASIS CAFÉ AT THE URC

Every weekday 10.30am-12.30pm  
URC, Swakeleys Road UB10 8BE  
Tea, Coffee, Cakes & Biscuits - Friendly, relaxed atmosphere - Monday - Friday. All Welcome.

### HILLINGDON BRIDGE CLUB

Every Monday and Thursday 1.00pm-4.00pm  
Every Monday 7.00pm-9.30pm  
Hillingdon Community Hall, 304 Long Lane, UB10 9PE  
Come and play Duplicate Bridge £1.50 or £2 per session including tea/coffee and biscuits. New members welcome.  
Contact 07808805033 or [www.hillingdonbridgeclub.co.uk](http://www.hillingdonbridgeclub.co.uk)

### HILLINGDON CHORAL SOCIETY

Every Monday in term time 7.45pm-9.45pm  
URC, Swakeleys Road UB10 8BE  
2023-24 Season. We are a friendly and hard-working choir of about 60 voices who celebrated 40 years in 2021. We rehearse on Monday evenings in Ickenham, and we perform three concerts each year.  
New members very welcome. No auditions required.  
Contact [hillingdonchoralsociety@gmail.com](mailto:hillingdonchoralsociety@gmail.com)

### OVER 60's FUN EXERCISE WITH ALICE

Monday, Thursday & Friday 10am-11am  
The Guide Hut, Community Close, Ickenham UB10 8RE  
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[www.exercisewithalice.co.uk](http://www.exercisewithalice.co.uk)

### HATHA YOGA

Every Tuesday and Wednesday in term time 10am-11.15am  
St Giles' Church Hall, Ickenham, UB10 8LE  
Improve your Mental & Physical Wellbeing.  
Beginners welcome.  
Classes £8 when booked in a half term block, can swap between classes. Contact Sally Baxter 07977 748820  
[yogawithsallyb@gmail.com](mailto:yogawithsallyb@gmail.com) website: [yogawithsallyb.com](http://yogawithsallyb.com)

### CHAIR FIT - MOBILITY • STRENGTH • DANCE

Every Tuesday 10-10.45am  
St Giles' Church Hall, Ickenham, UB10 8LE  
For anyone wanting a gentle session that doesn't include any floor work. Seated and standing exercises using light dumbbells and bands to maintain strength, plus moves for mobility, flexibility and balance.  
We also do a little dance for fun such as disco, 80s and salsa.  
First session free, then £8 per session or £27 monthly.  
To book a place contact Emma Boffo - 07956 315851 or email [emma@emmabfitness.com](mailto:emma@emmabfitness.com)

### ICKENHAM LIBRARY GARDENING CLUB

Every Tuesday 12-1pm  
Ickenham Library garden, Long Lane, Ickenham, UB10 8RD  
All welcome, please just turn up and speak to a member of staff

### TURKS BADMINTON CLUB

Every Tuesday Evening 7.30pm-9.30pm  
Vyners School Sports Hall, Warren Road, UB10 8AB  
We are looking for intermediate level players.  
Please just come along it's £10 a session and we have 4 courts.  
Contact John Heyes 07734 022719 or [john.heyes@blueyonder.co.uk](mailto:john.heyes@blueyonder.co.uk)

### ICKENHAM ART SOCIETY

Every Thursday 7.30-9.30pm  
Guide Hut, Community Close, Ickenham, UB10 8RE  
<https://www.facebook.com/ickenhamart/>  
or 01895 232569

### ST MARTIN'S THURSDAY LUNCHEONS

Every Thursday 11am-1.30pm  
St Martins Church Hall, corner of Ruislip High St/Eastcote Rd, Ruislip, HA4 8DG  
Everyone welcome for light lunch, tea, coffee, homemade cake, filled rolls, conversation & company, non-profit making.  
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Contact Church Hall Office 01895-625456 or [stmartinsruislip@btconnect.com](mailto:stmartinsruislip@btconnect.com)

### ICKENHAM KNIT & NATTER

Usually every 2nd and 4th Thursday 10.30am - 12.00pm  
Ickenham Library (Meeting room) Long Lane, Ickenham, UB10 8RD  
Please come and join us for friendly chat and knitting.  
Free admission.  
April dates - 11th and 25th  
May dates - 9th and 23rd  
Contact Jill Wakeman 07876 233545 or email [wakemanjill@gmail.com](mailto:wakemanjill@gmail.com)

### THE ICKENHAM MINIATURE RAILWAY

1st Saturday of the month April - December  
12 noon - 5.30pm  
Entrance in the car park of the Coach and Horses pub  
Free admission, rides £1  
Everyone is welcome to join us.  
Contact [www.idsme.co.uk](http://www.idsme.co.uk) and see our Facebook page

### HILLINGDON U3A MONTHLY MEETING

Winston Churchill Hall, Pinn Way, Ruislip HA4 7QL  
Second Monday of each month 10am-12noon  
Come along and meet us and join our u3a on the day.  
We also have frequent meetings of varied groups in both St Giles' Church Hall and the URC in Ickenham.  
Contact [www.u3asites.org.uk/hillingdon](http://www.u3asites.org.uk/hillingdon)  
or call our membership secretary on 07532 268002

### THE ARTS SOCIETY HILLINGDON

Uxbridge Golf Club, The Drive UB10 8AQ  
10th April 10.30am for 11am  
Lunch and lecture by Ketna Patel on her artwork.  
£30 please book in advance  
Contact Rachel on 01895 674484  
Lecture (as usual) on second Wednesday of the month,  
May 8th 1.45 for 2.00: Louise Schofield on 'Rescuing Zeugma from Floods'  
in regular venue Winston Churchill Hall, Ruislip HA4 7QL.  
Everyone welcome, just turn up; members free, visitors £7

### ICKENHAM FLOWER CLUB

2nd Thursday monthly 7pm - 9.30pm  
Ickenham Village Hall, Swakeleys Road, UB10 8DG  
Uxbridge and Ickenham Floral Art Society. Themed flower arranging demonstration. Watch a professional demonstrator create floral art designs - free for members - £8 for visitors - raffle on the night and refreshments.  
Contact Cristine Benn - [cristiebenn@hotmail.co.uk](mailto:cristiebenn@hotmail.co.uk)

### LIVE JAZZ

1st Wednesday of the month 8pm-10pm  
Ruislip Conservative Club, 56 Ickenham Rd. Ruislip, HA4 7DQ  
Admission £15  
Contact: 01895 637477

### LATIN AND BALLROOM DANCE CLASSES

Unleash your inner sparkle and have a go at Strictly Come Dancing - every Thursday  
Children: 5.15pm Basebox Studio, Ruislip Gardens  
Adults: 8pm Brunel Indoor Athletics Centre  
Book online: [www.dancelnb.co.uk](http://www.dancelnb.co.uk)  
Contact 07805 360709

### ICKENHAM AFTERNOON TOWNWOMENS GUILD

4th Monday of the month 2pm-4pm  
URC, Swakeleys Road UB10 8BE  
Contact Jennifer Thompson 01895 634851

### HILLINGDON LANGUAGE CLUBS

Spanish, French and Italian Clubs  
St Giles' Church Hall, UB10 8LE  
7.30pm one Thursday of the month each Club, from October to the summer  
For details, contact the club you are interested in:  
[hillingdonspanishclub@gmail.com](mailto:hillingdonspanishclub@gmail.com) or 07759 804960  
[hillingdonfrenchclub@gmail.com](mailto:hillingdonfrenchclub@gmail.com) or 07751 940934  
[hillingdonitalianclub@gmail.com](mailto:hillingdonitalianclub@gmail.com) or 01895 674292 / 01895 674586  
web: [www.hillingdonlanguageclubs.wordpress.com](http://www.hillingdonlanguageclubs.wordpress.com)