

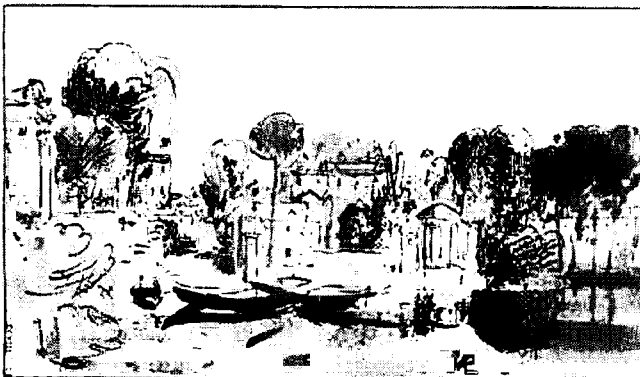


<http://www.sgra-isleworth.org/>  
 mail to: [admin@sgra-isleworth.org](mailto:admin@sgra-isleworth.org)

**February 2016**

### Did You Know?

In 1804, William Turner lived for a short time in Sion Ferry House in Isleworth, where he drew inspiration from the picturesque banks of the River Thames. His paintings thereafter include the Houses of Parliament and Hampton Court from the Thames.



The Thames at Isleworth with All Saints' Church, Sion Ferry House, the Pavilion and Syon House Among Trees 1805

### How to Annoy Cold Callers

If you're fed up of being forced to give a phone number when filling in a form online and then being badgered by nuisance cold calls, here is the answer.

Often when you buy things online you are required to enter your personal details including a phone number when you check out.

There's usually a chance to tick the box that says not to pass on your details to third parties, but somehow your number ends up in the hands of cold callers.

Instead of putting in your own mobile or landline phone number and potentially opening yourself up to a raft of cold callers, instead simply enter the number 0333 88 88 88 88.

This diverts the cold caller to the free call blocking firm Truecall38. This means that whoever is calling will get the following message: 'Truecall38 is handling my calls. I prefer not to be contacted by phone so please contact me via my email address.'

If you're not able to put the full number into the website then take off the last 8.

Remember - some companies actually do need your phone number - maybe they need your mobile number to send you a text as part of their validation process, or it's a flight booking, or a form at a hospital. In these cases it may be better to give them your real number.

### Hounslow Women's Bike Club

Cycle Experience is proud to host a women-only bike club in Hounslow. This club is a supportive, social and fun environment for women to build their cycling confidence and fitness, regardless of ability.

They meet at Hounslow Civic Centre on Wednesday evenings at 18:00 and every other Saturday morning at 10:00. They use the tennis courts at Lampton Park as well the local roads and cycle routes for training. Sessions last two hours, cost £3.00 and must be booked in advance online. If you don't have a bike, you can also hire a one for £10.00 per session.

The club is open to all women age 14+ who live or work in Hounslow.

Whether you're a complete beginner or more experienced rider looking to develop your skills the experienced instructors are very supportive and able to cater for all cycling abilities. At each session participants work in small groups according to their ability level.

#### Beginners

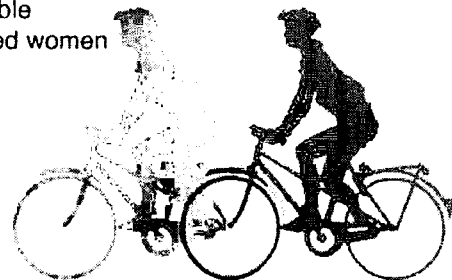
Perfect for complete beginners, nervous riders and women who are returning to cycling.

- Build confidence and develop basic cycling skills
- Safe off-road environment
- Experienced instructors
- Bike lights and high visibility wear provided
- Bike hire available
- Meet like-minded women

#### Improvers

Perfect for aspiring road cyclists and women building their fitness and confidence for commuting and weekend adventures.

- Learn to cycle safely on the road
- Discover cycle routes in Hounslow
- Build fitness and confidence
- Bike lights and high visibility wear provided
- Bike hire available
- Meet like-minded women



To get involved in the Hounslow Women's Bike Club book online at :

[www.cycleexperience.com/hounslowwomensclub/](http://www.cycleexperience.com/hounslowwomensclub/)

### Fancy A Night Out?

Are you interested in what's going on in the local community? Want to meet up in a relaxed atmosphere over a drink?

Your committee meets up once a month for a few hours at the Milford Arms on a Tuesday evening and we'd love you to join us. No need to commit to any duties or roles, just come along and see what we get up to.

If you'd like to know more please contact any member of the committee or just turn up at 8:00 pm on Tuesday, 22nd March at the Milford Arms. Hope to see you there!

## Planning Matters as at 14th February 2016

### Hounslow Central

#### Applications

None.

#### Decisions

##### 31 Worton Way

Retrospective application for the erection of a two-storey side extension and single storey rear extension.

APPROVED 09/02/2015

### Osterley & Spring Grove

#### Applications

##### 1 Burlington Road

Erection of a two-storey side extension to the house.

#### Decisions

##### 44 Burlington Road

Erection of a two-storey rear infill extension and a single storey rear extension to the house.

APPROVED 12/02/2015

### Other

#### Appeals

##### Hounslow House 714-746 London Road

Redevelopment of site involving the erection of 250 residential units, 2,453sqm of A1, A2, A3, B1 and D1 floor space over 9 buildings between 3 and 21 storeys, car and cycle parking, servicing, pedestrian and vehicular access, hard and soft landscaping, public realm and associated works.

REFUSED 08/05/2015 APPEAL LODGED 05/02/2016

## Storytime for the Under 5's

A time to share stories and songs.

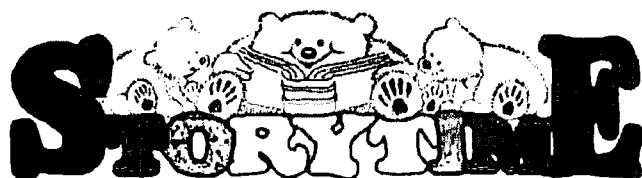
These weekly events last for approximately half an hour and are suitable for under 5s.

No booking is required, just turn up with your under 5's and join in the fun. (Term Time only)

Where: Osterley Library, St Mary's Crescent

When: Every Monday, 2:30 pm - 3:00pm

Admission: FREE



## grafting workshop

learn how to create your own tree

take home a new tree, personalised by you

15th March 2016, 10am-1pm


 Salopian Kitchen Garden

689 London Road, Isleworth TW7 4ES

Three of the best sustainability groups in London Cultivate London, Urban Orchard Project and Abundance are joining forces for this workshop

THE URBAN ORCHARD PROJECT  abundance London 

 A perfect gift, a great day out

Just £5 for training, tree to take home and tea  
HOW GOOD IS THAT?! 

Reservation strongly recommended:  
karen@abundancelondon.com

## National Careers Service

An advisor from the National Careers Service will offer practical help, support, information and advice to adults aged 19 and over regarding learning and work.

They can help you with: a skills assessment, advice on where to find suitable learning or training, help with finding voluntary or paid work, exploring how to overcome barriers for working, advice and practical help with creating CVs, information on other issues you may need to resolve before looking for work.

This is a weekly service every Friday from 10:00am - 3:30pm (45 minutes sessions).

#### APPOINTMENT NECESSARY.

Book in advance through Hounslow Library on 0845 456 2800

National Careers Service Employment & Skills Advice

Where: Hounslow Library

When: Every Friday, 10:00 am - 3:30pm

Admission: FREE

## AGM DATE FOR YOUR DIARY

The next SGRA AGM  
will be held on

Tuesday 19th April 2016

at St. Vincent de Paul's Church Hall  
7.30 for 7.45pm