

CONNECT

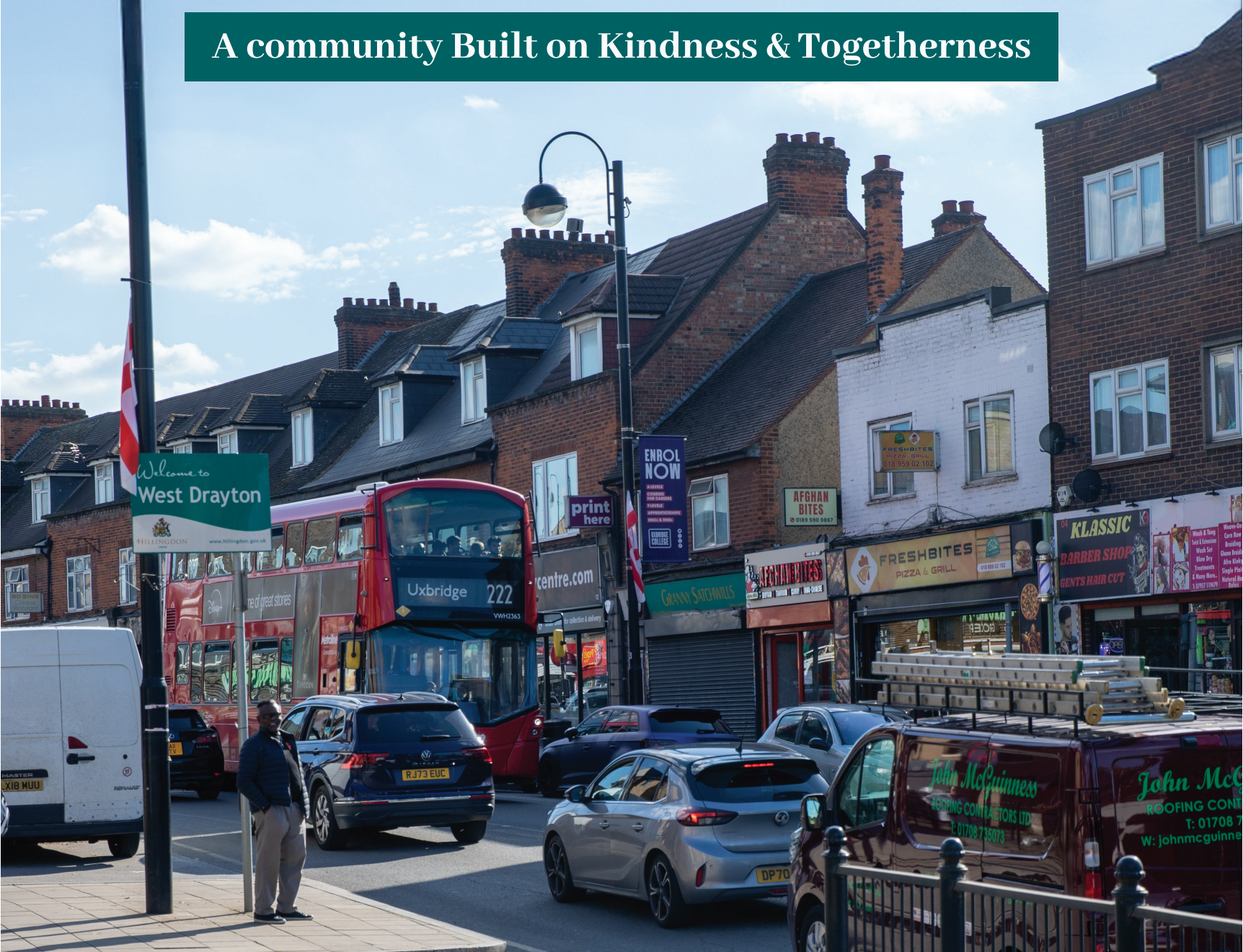
ADDING VALUE TO LIVES

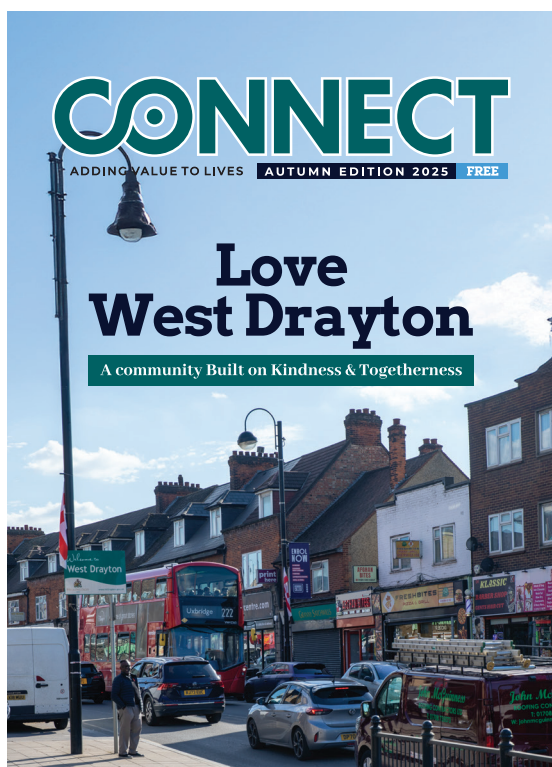
AUTUMN EDITION 2025

FREE

Love West Drayton

A community Built on Kindness & Togetherness





In this Edition

Starters with PT	3
Jokes Apart	4
The Journey of St. Matthew's	5
From Good to Great	6
A Community Built on Kindness & Togetherness	8
Brain Teaser	10
Bell Farm Church	11
Taste West Drayton	12
18 Years in West Drayton	14
Whispering Wind	15



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STARTERS WITH PT

A Call to ACTION!

BY TUNDE BALOGUN

Good news is often said not to travel as quickly as its counterpart- the bad news! That is the reason this 2025 Autumn Edition of Connect magazine is focusing on turning the tide of the misfortune going around about West Drayton, to amplifying the voice of positivity, goodness and togetherness that has shaped the community for many generations. West Drayton has openly welcomed the notions and cultures from around the world into its fabric of community experience, while it continues to be a place of great success in family, business, faith and peaceful self determination and relevance.

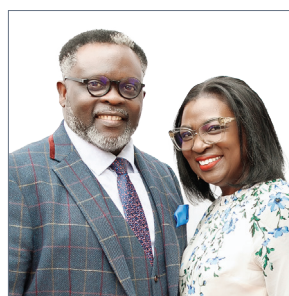
LOVE WEST DRAYTON, is a call to action by Connect magazine to pull the sense of right reasoning that "those who are for us, are more than those who are against us" (2 Kings 6:16). This is our deliberate effort to turn up the lone voices whispering good in the street corners as they have done for many generations, resulting in it becoming the location of world busiest airports. Heathrow Airport dated back to 1929 when the Great West Aerodrome was built, but was officially opened as a civilian airport on March 25, 1946.

In this edition, we are delighted to feature some historical narrative, the journey of it becoming , the socio-economic culture and the foundation of its Christian faith which has to date openly accommodated, many other faiths and religions from the other part of the world. This is a gesture which must never be taken for granted, in-tolerated or

dishonoured. You will have the rare opportunity to read some amazing contributions from personal experiences and research work.

Finally, you would also find out a bit more about the reality of the collaborative partnership of The Kingsborough Centre and The Hillingdon Foodbank as they both move their operations to The Technology House, West Drayton. We rejoice in the ongoing services that the churches and their leaders are already providing in the heart of the West Drayton community. We are delighted to join you at this time in the mission to love and serve the people and this community together.

It is my profound joy and privilege as the Chief Editor of Connect magazine, I would like to give recognition to all regular writers for all your consistent invaluable contributions. My appreciation also goes to all those who have made this edition - Love West Drayton a great success.



Tunde Balogun is the lead pastor of The Kingsborough Church. He is also the Chief Executive of the Kingsborough Centre, the organization overseeing The Hillingdon Foodbank and the Coat of Many Colours Nursery. He is married to Ohuwatoyin.



J o k e s *Apart*



My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.

- Q. Can a kangaroo jump higher than the Empire State Building?
A. Of course. The Empire State Building can't jump.

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Jokes are culled from laughfactory.com/jokes

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The Journey of St Matthew's

- Then and Now



In the early part of the 19th Century Yiewsley was a small outlying district of the great parish of St John the Baptist, Hillingdon, and although some Yiewsley people may have attended St Martin's Church, West Drayton, for Sunday Services, they all had to go to St John's for weddings, baptisms and funerals

It was a long walk to the Parish Church and, after the coming of the Great Western Railway and the population increasing owing to the brickfields being opened in the district, the inhabitants of Hillingdon set to work to provide for the building of a Mission Church (also referred to as a Chapel of Ease) capable of holding 280 people for the district of Yiewsley. This Church, designed by Sir George Gilbert Scott and dedicated to the Glory of God under the patronage of St Matthew, was consecrated on the 6th July 1859 and was staffed by curates from St John's. The influence of St Matthew's on Yiewsley further increased with the opening of its Church School on 8th April, 1872.

No paint brush has touched Harper's work since he left it in 1898. It remains an outstanding feature of the Church, lovely in itself and as a memorial of the offering of a devout teenager's work



St. Matthew's is a church serving the communities of Yiewsley and West Drayton, situated on Yiewsley High Street. The mission of St. Matthew's is "Loving God, Loving Our Community." Most recently this community focus was shown at their Community Fun Day. There were a variety of stalls, games with prizes, tea, coffee and cake. You could even soak their Vicar, Urmila, with wet sponges, and everything was completely free!

There are regular Community groups hosted within the church, Brownies, Talk Time, Little Monsters Toddler Group, Foodbank, Doorway Advice Service, Outline Theatre and a weekly Community Café to name just a few. They have a successful youth group, Ignite, aimed at those in Year 7 and older. Meeting on alternate Friday evenings the team aim to provide a safe space for our teenagers, with a mixture of structured and unstructured sessions.

St. Matthew's have also recently started a branch of Ignite aimed at older children, Year 10 and above. Ignite Plus gives those going into young adulthood a separate space to be together, and to develop "life skills". While the sessions are delivered by the leaders, the subject and content is decided by the young people themselves.

Regards and God bless,
Revd Urmila Kurkalang
Vicar,
St Matthew's Church Yiewsley



From Good to Great!

Christine Bamigbola

It was William Shakespeare who said - "Some are born great, some achieve greatness, and some have greatness thrust upon them."

In the hustle and bustle of daily living in West Drayton, you may not realise it's greatness and rich history which has evolved distinctly over hundreds of years.

West Drayton has evolved from a rural agricultural village to an industrial centre driven by canals and railways, to a modern commuter hub influenced by Heathrow Airport and major road networks.

West Drayton's economy and transport infrastructure reflect its new role as a commuter town with even stronger transport links and economic activity.

It serves as a link to London, Heathrow and as a corridor to Berkshire and Buckinghamshire. It is home to Stockley Park where numerous multinational corporations, including Canon, BP, Marks & Spencer, HP and IMG Studios have their offices, with extensive amenities, such as an 18-hole championship golf course and the Video Assistant Referee (VAR) hub for English football. It is also a major area for recreational amenity for boating and walking.

- **Ancient roots:** The first record of West Drayton dates to 939 A.D. For centuries, its economy was centred on agriculture, managed by the Dean and Chapter of St Paul's Cathedral and later by the Paget family, who owned the manor. Small-scale local trade served the village's agricultural community. Records from 1766 reveal an old shop on The Green that sold a variety of staples and even exotic goods, indicating a modest connection to broader trade

routes.

- **The Grand Union Canal:** Completed in 1805, the canal connected West Drayton to London and the Midlands. It dramatically improved the transport of goods and raw materials, fuelling local businesses.
- **The brickmaking industry:** The canal facilitated the growth of a large brickmaking industry in West Drayton and neighbouring Yiewsley. At its peak, the brickfields produced millions of bricks per year. The industry drove significant housing development to accommodate the workforce.
- **Former RAF West Drayton:** The former Royal Air Force base was an important site for military and civil air traffic control, with the London Air Traffic Control Centre operating there from 1966 until 2008.
- **The Elizabeth Line** - West Drayton railway station is one of the oldest in the country, opening in 1838 as a Great Western Railway (GWR) station. The original building was replaced in 1884, and the station has undergone several transformations over its history, including the more recent upgrade for the Elizabeth line. Branch lines were later added to Uxbridge (1856) and Staines (1884), further increasing connectivity, though these lines later closed to passengers. It underwent a significant upgrade for the Elizabeth line, which opened in 2022. The extended platforms and improved facilities support longer trains and better connections for commuters.
- **Heathrow Airport:** In recent decades, West Drayton has been defined by its proximity to Heathrow Airport and its strong road and rail links, evolving into a commuter town. The presence of Heathrow Airport is a major economic influence. Numerous aviation-related businesses, including British Airways and British Midland International, have offices and headquarters in the area.

- **Strategic road network:** The area is surrounded by major motorways (M25, M4, M40), offering excellent road access and making it attractive to logistics and industrial companies.

Stockley Business Park: West Drayton has been shaped by Stockley Park, a business estate and public country park located between Hayes, Yiewsley, and West Drayton in the London Borough of Hillingdon.

It was formally opened on June 6, 1986, by Prince Charles and is considered the UK's first modern business park. It was a radical land reclamation, transforming a derelict, polluted landfill site into a pioneering and phenomenally successful business park and public green space. The project was one of the first of its kind in the UK and set a new standard for business parks. The empty gravel pits were then used as a landfill, with waste from London transported by barge along the Grand Union Canal.

The site was filled with domestic and industrial refuse for decades, closing in 1984. In the early 1980s, developer Peter Jones saw the potential of the contaminated 416-acre wasteland, given its strategic location. When Jones's company encountered financial trouble, the project was taken over by Stuart Lipton of Stanhope Securities, who secured funding from the USS pension fund.

Stanhope hired the multidisciplinary firm Arup to develop a strategy. The work, which began in April 1985, involved moving over five million tons of refuse and was the largest landfill transfer civil engineering project in Europe at the time. The waste was sculpted into a new landscape of hills for the golf course, with careful measures taken to control the pollution and methane from the buried refuse. Landscape architects designed the park with a geometric style featuring lakes and formal hedges, contrasted with the naturalistic form of the golf course. Prominent architectural firms like Foster + Partners and Skidmore, Owings & Merrill (SOM) designed the high-tech office buildings.

Stockley Park's presence has added several lasting benefits to the West Drayton area that we enjoy today.

- **Employment Opportunities:** Stockley Park is a business park with many large corporations,

which creates a significant source of employment for residents.

- **Investment and Capital Growth:** It supports demand for rental property, contributing to the investment case for West Drayton and potential capital growth in the area.
 - **Transport Links:** The proximity of Stockley Park to West Drayton has driven a need for better transport links. A water shuttle service on the canal has been discussed to connect West Drayton station to Stockley Park. Funding has been secured to improve existing bus services and upgrade bus stops to meet accessibility standards.
 - **Pedestrian and Cycling:** There is a recognized need to improve pedestrian and cycle routes between the areas.
- **Recreation and Green Spaces:** Stockley Park provides green space, walking trails, and a pleasant environment for residents, contributing to West Drayton's appeal as a place to live.
- **Living Environment:** It contributes to a lower-crime rate in the area, alongside other benefits like proximity to the Colne Regional Park.
- **Grade II Listed Status:** The project proved that a high-quality business park in a suburban, landscaped environment could attract major corporate tenants away from the city centre. Its design was widely copied across Europe. In 2020, it received Grade II listed status and was added to the business park and country park to the Register of Historic Parks and Gardens, recognising it as a pioneering landscape design from the 1980s.

As you go around West Drayton, whether on your daily commute, walking or driving through, remember that it is a great place to be!

"The greatness of a community is most accurately measured by the compassionate actions of its members." - Coretta Scott King

Sources: https://wikishire.co.uk/wiki/West_Drayton; www.propertyloop.co.uk <https://en.wikipedia.org> ; <https://www.hillingdon.gov.uk> <https://www.guinnesshomes.co.uk/> ; <https://www.heritagegateway.org.uk/> <https://www.visionofbritain.org.uk/place/>



A Community Built on Kindness and Togetherness

West Drayton may sit on the edge of London, but for those who live here, it feels like the heart of something much bigger—a place where neighbours know one another, families gather in shared spaces, and the spirit of giving runs through daily life.

For our family, West Drayton has always been home. Much of that sense of belonging came from our parents.



The super glue that binds us all together, quickly turning acquaintances into friends and melting the hearts of those around her, our Mum (Grandmama) was the quiet force who made West Drayton more than just a town, but a home filled with love and harmony. Without her vision, our story in West Drayton might have been very different.

Together with our Dad (Grandpapa)—a true man of the

people. Whether strolling down the High Street or sitting on a bench in Mulberry Park, he carried with him a warmth that made strangers feel like friends. Their life together created not only a loving household but also the foundation of a strong, three-generational family whose roots now run deep across West Drayton,

West London, and far beyond.

A Legacy of Togetherness

Grandmama played a pivotal role in binding us together and giving us the foundation for the memories we cherish. It was her decision to settle in West Drayton, choosing Lavender Rise as the place where family life would flourish. She encouraged us to reach out to neighbours, to build friendships, and to embrace the wider community as an extension of our family.

Her warmth transformed our home into a buzzing hub that drew relatives, friends, and visitors from all over England—and indeed, the world. For many, the journey through Heathrow wasn't complete without a stop at our family house first. Over cups of tea, large pots of jollof rice, shared meals, and hearty laughter, our home became a waypoint of joy, connection, and welcome.

It is no surprise, then, that our house became fondly known as Heathrow Terminal 5. The doors were never closed, the kettle was never empty, and the love that poured out from our parents ensured that everyone who came in left richer in spirit.

Building a Three-Generational Legacy

The story of our family is also the story of resilience, opportunity, and contribution. From those early days on Lavender Rise, Grandmama and Grandpapa worked tirelessly to raise children and grandchildren who would go on to become professionals, business owners, and health care practitioners.

This is not just a private family success, but a contribution to the wider socio-economic and cultural fabric of West Drayton, West London, and cities across the UK. Through stable family ties, our parents nurtured a network of strength and ambition that continues to uplift the community today.

Their influence extends across generations: one that honours their values, cherishes their sacrifices, and continues their legacy of service, hard work, and compassion.

The High Street: A Place of Stories

The High Street wasn't just a line of shops; it was a meeting ground. Every corner holds a memory—whether it was the bakery where Grandmama always bought extra rolls “just in case someone popped by,” or the friendly grocer who knew her order by heart.

Grandpapa was well known for his daily trips along the High Street. What could have been a simple errand always turned into a series of cheerful chats. It was a parade of greetings, handshakes, and warm conversations. He had a way of stopping to talk with shopkeepers, taxi drivers, or the team at the local cafés, proudly introducing us—his children, grandchildren, and close friends—as though we were treasures he wanted the whole town to share in.

A Respect for All

One of the qualities of the community of West Drayton is the tolerance and respect for all religious beliefs and cultures. West Drayton's diversity is something to be celebrated, a strength that brings richness to community life. Whether visiting a local place of worship or joining community events, our parents believed that unity grows stronger when differences are embraced with kindness and respect.

Mulberry Park Memories



Our weekends often centred around Mulberry Park, a green haven in the middle of the community. Families gathered there, and so did we—picnics spread out under the trees, children chasing footballs, playing on the slides and swings, or simply catching up with neighbours.

Grandpapa loved to sit on the benches, talking with locals while watching his grandchildren run free. Great-grandma enjoyed relaxing on the front porch, smiling as she watched her great-grandchildren in the park. Grandmama was often cajoled by her grandchildren to spend hours outdoors—always with plenty of goodies and ice cream to share, no matter the weather.

Those afternoons weren't just about leisure; they were about belonging. Every shared snack, every casual hello, stitched us closer into the fabric of the community. They reminded us that laughter and togetherness were the true joys of life.

Supporting Those in Need

Our parents believed deeply in caring for others.

Grandmama encouraged us all to support in any way we could, reminding us that no act of kindness was ever too small. Whether through donations, cooking meals, or volunteering, she taught us that generosity is the heartbeat of a community.

Grandpapa reinforced that lesson daily. He made sure we understood that community meant looking out for one another—especially in times of need. That spirit of generosity is something West Drayton continues to carry proudly today.



A Legacy of Love and Connection

What makes West Drayton so special is its sense of togetherness. Families and neighbours come together in parks, along the High Street, and at places of worship to make a real difference. Our parents embodied that spirit, and their legacy lives on in the everyday kindness of the people around us.

Although Grandpapa is no longer with us, his spirit remains alive: in the greetings along the High Street, in the local worship centres, on the U5 bus, in the smiles of neighbours, in the play of children in Mulberry Park, and in the quiet acts of generosity that ripple through the community every day.

Their lives remind us that West Drayton is more than just a suburb—it's a community built on respect, generosity, and family values. For those of us lucky enough to call it home, it's a reminder that the strongest bonds aren't made of bricks and mortar, but of smiles, kindness, and care.

A Note to Our Neighbours

To everyone in West Drayton—thank you for keeping the spirit of our community alive. Every smile on the High Street, every act of generosity, and every moment shared in Mulberry Park keeps Grandpapa and Grandmama's legacy shining bright.

Let's continue to look out for one another, celebrate our diversity, and carry forward the kindness that makes this place so special.

Written by Lekan Hassan





brainteaser

You do not want to have it, But when you do have it, you do not want to lose it. What is it?

Credit: parade.com

Let's Play SUDOKU

"There seem to be two main types of people in the world, crosswords and sudokus."

- Rebecca Mckinsey

In playing Sudoku, the objective is to fill a 9 x 9 grid with digits so that each column, each row and each of the nine 3x3 subgrids that compose the grid contain all of the digits from 1-9. All the best!

EASY

9		3	4	2			6	8
	5					1	9	
6		7		1	5	3		
	7			3		6	8	
1					8	7		
		8		6			1	9
	9	1	2	5		4	7	3
3		5			1			
7		6					5	

MEDIUM

4				6		9		
				4	3	6	8	
	8		7		1	2		4
				8		4		
	9				7	1	6	
7	6			1			3	
		1			9			
3		9						
	5	6				8		1

HARD

				5			1	
	5				2		6	7
9		6		3		4		5
8	6						9	1
	2	9		6				
				9	7	6	8	
5								
2			3		5			
6	7	8				2	5	3



Bell Farm Church

Bell Farm Church has a rich history going back to 1956 when it was founded as part of a church planting initiative by Lord Shaftesbury.

I started my tenure at Bell Farm in May 2018, now a little more than 7yrs ago. Prior to joining Bell Farm, the ministry had been without a full-time minister for about 2 years and had a handful of faithful members attending church every Sunday.

When I arrived in West Drayton, I saw a huge dome of demonic oppression over the area. As I entered the area under the railway bridge coming down the high street I could feel the spiritual heaviness. The first thing God put in my heart was to establish a weekly prayer meeting at church. The Lord said that, "My house shall be called a house of prayer." After a while God revealed to me the pillars of demonic altars that were established in the area that are holding up the demonic structures. It is a little like the account in the bible where God told Gideon to pull down the altar to Baal and cut down the Asherah Pole.

In unity with our congregation we took authority over the demonic principalities in the area, cut them down and drove them out. The Lord showed me 1 Kings 18 where Elijah built the altar to God and put the stones in the correct order. God led me to put things in proper order in His Church and build an altar of worship to the great I AM, the living God. The Lord continued by showing me how David built a tabernacle of worship; for continuous 24/7 worship. So we introduced an evening of worship every Friday. As a church we worked to build a spiritual altar of prayer and worship, where we have offered our lives as a living sacrifice in service of our Lord.

We are committed to stand for our God and His word which is living and active, a fire and a hammer, Spirit and life, a double-edged sword. We have pledged to build a church community that is a safe place for children, teens and adults. A place for those who are hungry for the authenticity and reality of our living God. A place for those who are passionate for the fire and presence of God. A place for the broken hearted and hurting, a place of restoration, of love and care, a family and a home, a place for training, building up and equipping, a place from which to launch and send out and release God's people into their roles and callings, whatever they may be.

By God's amazing grace, love and supernatural power, lives are being transformed in the most amazing ways. With physical and emotional healings to spiritual cleansing and

release from addictions. Both young and old are growing in leaps and bounds full of the joy of the Lord. The demonic strongholds that have held this area and its people in bondage came crashing down at the name of our Lord, and we are honoured to have been an instrument in God's hand to bring his light to those who need it most.

We have services and opportunities to connect most nights of the week. With Bible studies, prayer meetings, worship and connect-groups. Our main family service is held on Sunday mornings at 10:30 with a dedicated children's ministry, teens and youth service and main services running concurrently. Our young adults meet on Sunday evening for a special time of fellowship and ministry.

Our nation and the nations of the world are facing tough and terrible times. Our God has a plan and His children are part of His strategy. His instruments that He has called to be part of establishing His kingdom here on earth as it is in heaven.

We are called to defuse the fragrance of His glory in our homes, workplaces, schools and community. We are to be those who bring God's love to the hurting that they may taste of the goodness of God through us, His children. We are to contribute and bring solutions into difficult situations.

Our God is an awesome God, and we are privileged to be part of His plan on earth at this specific point in time in all of history.

Our prayer is that as we grow and we are transformed, that we encounter Him more and more every day. We want to see that His revival fire breaks out in our community and across the nations. That the ground we stand on trembles at the manifestation of His presence, that the air is thick and resonates with His love, that every soul encounters the living God.

We pray that God's supernatural miracles, healings, and signs and wonders are evident all day every day. That this area is ultimately transformed into a beacon of His light; a community that shines boldly with courage and faith.

Gary Foster
Church Minister
Bellfarmchurch.com





This episode will explore the rich food and people culture in the West Drayton area of the Hillingdon borough. Highlighting the social transformation from an early agricultural settlement to its current eating habits and food landscape, which have seen major changes over the past century. Celebrating the rich cultural diversity seated in the beautiful village of West Drayton. We and advantages of enjoying foods in season.

Previously West Drayton was based on market gardening as well as local pubs. Trade was encouraged by the Grand Union Canal and nearby railway, being a village, food was mainly seasonal farm produce, hefty British staples including root vegetables (for example potatoes, carrots and parsnips), game (for example venison, rabbit and various fowls), freshwater fishes, fruits and berries. These were served in local public houses as hearty stews, meat pies, bread and cheese etc. In early West Drayton, food was functional and local, enduring food culture like pie-making and Sunday roasts modelled daily life.

Demographic change was hastened by the growth of Heathrow and post-war housing developments. Workers from around the U.K. and abroad made their home in Hillingdon introducing new ingredients, flavours and cooking traditions. South Asian shops and takeaways succeeded earlier waves of Caribbean and Irish settlers; subsequent decades brought Eastern European, Middle Eastern and African influences. The once unchallenged culinary heart easily assessed in the local chip shop, has now been enveloped through the high street with curry houses, kebab shops, intercontinental restaurants, Polish bakeries, halal butchers and specialist spice outlets. Giving the village a dynamic flavour or blended cultural evolution.

Its community life and its food culture developed together. School dinners, church suppers and community centre events became places of culinary exchange — samosas next to sausage rolls, pilau rice

alongside mashed potatoes. Food served as both comfort and connector: the familiar anchored newcomers, while communal meals exposed neighbours to each other's histories.

It has been artisan and convenience-focused trends that have been building up for a few years now. An increase in independent cafés, craft bakeries and brunch venues has been fuelled by younger residents and commuters wanting quick-quality options. At the same time, markets (and global grocery chains) have introduced a much wider selection of ingredients to home cooks, who now easily can explore recipes from various parts of the world. Pop-up food stalls and weekend farmers' markets are popping up at local events, combining heritage produce with modern tastes.

It should also be mentioned that the practice of consuming local produce which are in season has several benefits. Foods in season are at its best quality and have a higher richness when in season. Being locally available and in season means that there is less need to transport things far and hence reducing the carbon footprint usually associated with long distance transportation. It also means that foods locally sourced and in season are cheaper because it is in abundance which is cost-effective for consumers.

Why not discover the foods in season this winter and explore the amazing recipes possible with the local produce, consider trying a recipe from another ethnic background and enjoy the flavours of the world.

Today, West Drayton's food culture is always changing and made up of many parts. It's like a layer cake: the long history of village pubs, the strong influence of migrant cuisines, the reach of global supermarkets, and the rise and fall of small local food businesses. Together, these layers tell a very London story; one of movement, adaptation, and the shared human desire to enjoy a good meal with others.

...roots in West Drayton




Jasmine Jobson

British TV and Film Actress

Award winning British actress best known for portraying Jaq in the television crime drama series "Top Boy"




Christopher Monaghan



Grime Music Artist


Upcoming grime rapper, with one of his early tracks "Entrance" highlighting his West Drayton roots

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18 Years in West Drayton:

A Personal Reflection



Discovering West Drayton

I moved to West Drayton nearly two decades ago. Until I began searching for a home, it was a place I had never heard of, nestled between the Heathrow villages, Sipson) and Uxbridge.

Wow, it was a great find and it quickly became my new base. Here I am today, living my best life!

Changing Landscape and Community

Saying that, West Drayton has evolved dramatically since I first arrived. The high street has seen its fair share of change, with shops coming and going, and brownfield sites redeveloped into residential flats to meet growing demand. The population has become more diverse, which is reflected in the variety of local businesses—from convenience stores and greengrocers to international supermarkets. Residents can walk easily to shops, and parents walk their children to schools scattered throughout the neighbourhood.

The Brunel Effect

Brunel University, located just nearby, has brought a vibrant mix of students and staff to the area. This influx has added to the diversity and energy of West Drayton, making it feel more cosmopolitan than ever.

From Quiet Nights to Urban Buzz

When I first moved in, the high streets of West Drayton and Yiewsley would quiet down by 8pm. Families would be indoors and people generally avoided being out late. Today, the area is livelier, though with growth has come with challenges. Some parts of the high street now have restrictions due to increased crime rates.

Nature and Serenity Along the Canal

One of my favourite features of West Drayton is the Grand Union Canal. It offers peaceful walking paths in both directions, lined with charming houseboats. I've enjoyed many walks there and often take visitors along to experience its calm beauty. Children love feeding the ducks—a simple joy that brings families outdoors.

A Commuter's Dream

One of the biggest transformations has been the local train station. Now part of the Elizabeth Line, West Drayton Station is modern, efficient, and well-connected. With more frequent trains stopping here, getting into central London is a breeze—just 20 to 25 minutes to Paddington. The station also serves as a hub for buses heading to Uxbridge, Heathrow, Hounslow, Hayes, and Harlington, making onward travel simple and convenient.

Looking Ahead

West Drayton continues to grow and change. Old industrial buildings have made way for new housing, and the community is adapting. Despite the challenges, it remains a hidden gem—offering quiet residential streets, council-supported amenities, and a diverse, welcoming atmosphere.





Whispering Winds

We are all ears!

Q *As I change from one physical location to another, how do I navigate the changes to ensure that my goals survive and I don't lose them?*

A Thank you for writing in with a question that most people would have experienced at one point or more, in their life.

Change is intertwined with life, like co-joined twins and both do life together, if you get the humour. Well, the first physical location you experience is when you are born, and additional locations come as you grow up. Sometimes you are aware of these changes and at other times it might be a blur, as you may be a child.

From your teenage and onwards, you are more aware of these changes especially as you go through schools and make new friends.

Sometimes, a change in life is drastic, it may be traumatising and leave a negative mark on you as a child, a teenager or as an adult. But there are times when change is a happy experience.

More to your question, a change in physical location is a decision, which means you can plan towards it, unless of course it is forced on you. Assuming the former, you can see this move as entry into a new season of life. This includes - a house move, a new job or business, a relocation, a marriage, due to domestic abuse, a faith-based move or perhaps due to fleeing persecution or sadly, war.

Whatever the circumstances, the change is at your doorstep

waiting for your embrace. You need to prepare emotionally and mentally, financially and socially.

Although, navigating these changes will take some effort and your temporary attention, your focus must stay on your goals. Ensure that you are not isolated as you need people to talk you through the change, support you, and hold you accountable for your goals. Let the reason for your relocation set the tone for the type of people that would support you. There is a saying that 'you can't be fleeing violence and make friends with your enemies'.

Although I have mentioned areas you can prepare for on this journey, many times you might not be able to prepare as you navigate the changes and that is alright too. Life is never static; it evolves by the minute and might not give you the chance for the preparation needed in an ideal world. You will need coping mechanisms attuned to you with your goals in sight.

Surround yourself with a plan of action when you can, mapping out the next steps and crossing out completed tasks. You might want to look at it as a set of mini projects.

Even though your goals look shaky at that precise moment;

keep them and guard them until you have moved into that new season of your life.

I hope the explanation will encourage you to approach this change with great expectations and success. I wish you the very best!

Whispering Winds is a column where we provide answers to readers' questions on emotional and relationship issues on a monthly basis. If you have a question, please send an email to whisperingwind@kingsborough.org.uk

**...there are times
when change is a
happy experience.**



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