

**Welcome to
the Brentford
community.**



A brag* guide

***Brentford Recycling Action Group**

Community Groups

It's not just brag who work in this community for the good of this community. Why not support these local organisations – or join them.

Brentford Recycling Action Group –
020 8583 5060

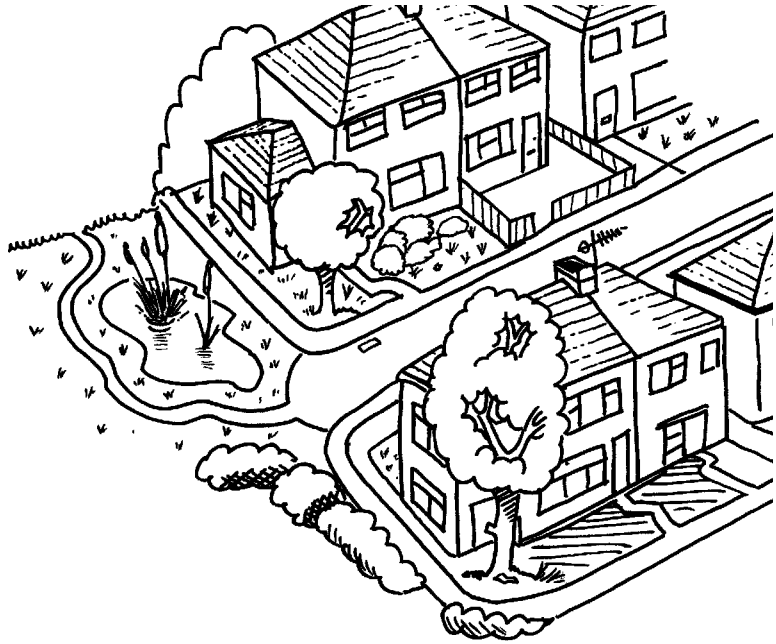
A fun and inspiring group made up of local residents who are committed to promoting waste reduction and recycling in Brentford.

Brentford Community Council – 020 8568 1283
Running since 1989, this independent community forum reviews planning applications and provides an apolitical voice for Brentford.

TASHA – 020 8569 9933

The foundation works to address mental health issues through counselling, mentoring and carer support. Volunteers can get involved in activities including administration, computing and group work.

Broadvale Association – 020 8568 7331
A good organisation to donate your bric-a-brac to for reuse. Their shop and workshop is open weekly 10.30am to 2.00pm – just opposite the White Horse Pub.



Brentford Local Exchange Trading Scheme (LETS) – 020 8568 7331

Forget the Pound and the Euro – here is your chance to start trading your skills in Bees!

brag TIP: Join a local group – your time is worth more than your money when it comes to making a difference in the community.

Why we are here – our history

Brentford sits on the north bank of the River Thames, close enough to the sea to have twice-daily tides, so this stretch is called the Tideway and is under the control of the Port of London Authority. Before bridges were built Brentford was one of the lowest points on the Thames you could wade across at low tide. Caesar probably crossed with his legions in 54BC on his way to conquer Britain and presumably King Edmund Ironside would have in 1016 to fight the Vikings who were threatening London.

Prince Rupert also crossed here in 1642, during the Civil War, trying to occupy London. He fought two battles against the City apprentice boys (Syon Park – draw; Turnham Green – defeat) – he was chased away. Sadly the town was so ruined that many of the residents emigrated; even today many families in Brantford, New England can still trace their ancestry back to this migration.

From around 1690, a local publican William Parish, started to develop the Butts Square with its fine houses. This was used in the 18th century to hold the County of Middlesex Parliamentary Elections – the nearest Brentford ever came to becoming the County Town.

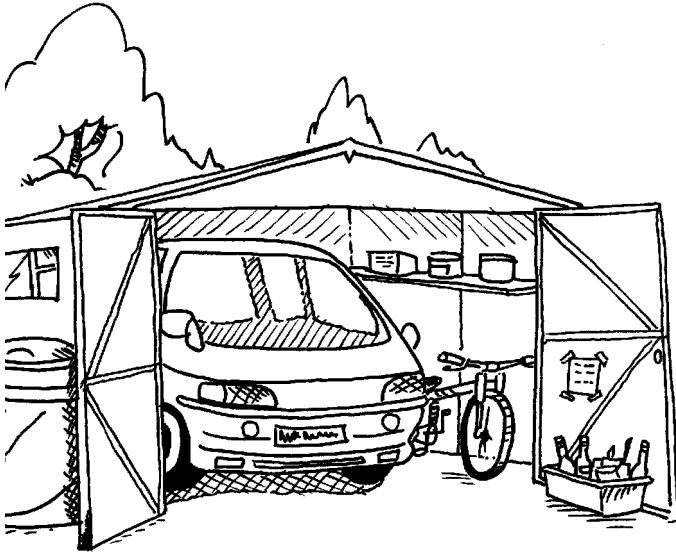
Later that century the canal was built, first to Uxbridge and then linking all the way to Birmingham, becoming the Grand Union Canal we know today.

Brentford has always sat astride London's main western artery; the old Roman Road was found under Somerfield's car park and today we have the M4, A4 and rail links passing through. It's the constant renewal of our community that keeps it so lively – welcome!



Travel

Leave your car at home. Give the environment and people some breathing space. Use your bike, walk or use public transport. It may not feel like it sometimes but even in Brentford we're surrounded by water and green spaces.



brag TIP: Only use the car for journeys when walking or public transport is not an option.

Brentford Station. National Rail Enquires – 08457 484950

Southwest trains (Windsor to Waterloo) and Silverlink trains (Basingstoke to Norwich).

Nearest Underground Stations – 020 7222 1234
Boston Manor or Northfields stations on the Piccadilly Line (Heathrow Airport to Cockfosters).

Use that Bus (Armchair buses) – 020 8847 0561
Running North/South the E8, E2, 65 or 391 – running East/West the 237, 267, 235, and H91 on the A4. Don't forget the N97 all night Bus from the heart of London for those special nights!

Use that boat (Kew Pier) – 020 7930 2062
Ride a boat downstream to London, or upstream to Richmond or even Hampton Court.

Use that body (Brentford Fountain Leisure Centre) – 020 8994 9596
Swimming, squash courts, sauna and sun beds and much more.

Use those legs (Thames Path & Canal Path) –
Walk West to the source of the Thames, East to the sea or use the Canal as your guide to walk to Birmingham or 'The Capital Ring' also known as the London Loop.
For walk info. visit www.londonwalking.com

Watermans Art Centre – 020 8847 5651
With its own theatre, cinema and exhibition space to rival any city venue this is the centre for the arts in Brentford and it has one of the best river views from its bar and restaurant.

Osterley House & Park – 020 8560 3918
A Tudor mansion turned into a neo-classical palace for the banker Robert Child, it was recently renovated by the V&A Museum. A huge 258-acre park and many events throughout the year make this worth a visit.

Hanwell Flight & Brunel's Three Bridges – Windmill Lane, Hanwell.
This flight of six locks raises the Grand Union Canal out of the Thames Valley – more than 16 metres. Nearby, the great engineer Isambard Kingdom Brunel built a remarkable feat of engineering in 1859 – a railway line crossed over by the Grand Union Canal topped by the Windmill Road bridge.

Brentford Walks – 020 8560 3718
Hounslow Heritage guides you through historic Brentford every Sunday from June to October. Meet at Goddards Corner on the High Street.

Griffin Park

BRENTFORD



Brentford FC – your local football club. The Bees play at Griffin Park, Braemar Road Brentford in the Football League. Offering excellent value for money with cheap children's tickets and exciting football, they are a friendly community club. In addition to offering live football, the club has an excellent Football in the Community Programme in partnership with Ealing and Hounslow Councils.

Brentford Football in the Community offers:

- Free tickets for Community Groups at League matches with free Face Painting & other Children's Activities
- After School Clubs, Birthday Parties
- Chairobics
- Womens & Girl's football
- Saturday Club (all abilities, various ages, bring your own kit)
- One 2 One Ability Counts Coaching for people with disabilities.

For further details about activities, please visit www.brentfordfc.co.uk or call 020 8847 2511.



London Broncos

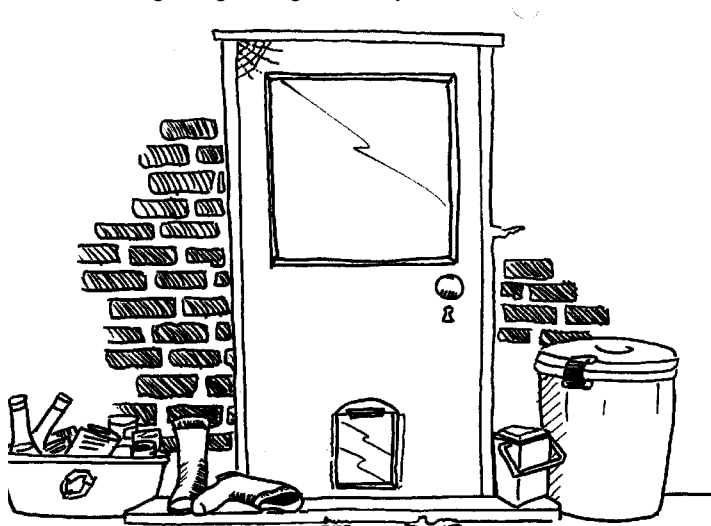
BRITISH RUGBY LEAGUE CHAMPIONS

The London Broncos also share Griffin Park and are proud to be the only Super League club in the south of England. Super League is rugby league's equivalent of football's Premiership and boasts some famous teams such as Wigan Warriors, Bradford Bulls and Leeds Rhinos. In fact you'll see these teams and a host of other great matches between March and September.



Reduce, Reuse, Repair, Recycle

Each household produces approximately 1.2 tonnes of rubbish every year. This is enough to fill a double-decker bus and all of this goes into landfill – a terrible legacy for future generations. The 4 R's are an easy way you can make a difference to the local environment, it just takes a little thought – go on, give it a try.



brag TIP: Aim to produce only one black bag of waste per week per household – remember the 4 R's.

Use the free weekly Green Box home collection scheme

It will take away most recyclable items such as: paper (even Yellow Pages), glass, cans, aluminium foil, shoes, textiles, small quantities of flattened cardboard and engine oil in sealed containers.

Use Real Nappies! – 020 8583 5060

The cheaper alternative to disposable nappies, plus they are healthier for your baby and the environment. Now redesigned for easy fastening, and you can have them washed by a nappy laundering service.

Your local milkman – 020 8570 7061

Use your local Unigate Dairy Crest milkman to cut down on plastics – milk bottles are used again and again.

The Mail Preferencing Service

Stop junk mail from being delivered to your address write to the MPS at Freepost 22, London W1E 7EZ

For further information about recycling contact
Hounslow Council's Recycling Team on 020 8583 5060
Email: recycling@hounslow.gov.uk
Website: www.hounslow.gov.uk

For a free Green Box call ECT Recycling on 020 8813 1331

For further information on recycling or waste issues
contact brag (Brentford Recycling Action Group)
Email: braginfo@yahoo.co.uk Website: www.bragonline.org.uk

Local (useful) Web Sites

www.brentford.org.uk – this is essentially the Brentford portal. No better place to start out, has links to loads of other sites and a guide to pubs.

www.bragonline.org.uk – for local recycling info.

www.grand-union.org – Grand Community Development – supporting regeneration activities in the Brentford area.

www.brentford.org.uk/bcc – Brentford Community Council – also gives easy access to sign up to the Brentford internet discussion list 'BrentfordChat'.

www.guides.org.uk – Girl Guides Association (Isleworth Div).

www.scouts.org.uk – Scouts.

www.abcscoutdistrict.co.uk – Scouts: Acton, Brentford & Chiswick.

www.chambersofcommerce.net – Brentford Chamber of Commerce.

www.brentfordfc.co.uk – Official Football Club Website.

www.gpgrapevine.co.uk – Griffin Park Grapevine for news on the football club.

www.watermans.org.uk – Watermans Art Centre.

Useful numbers

You are in the Parliamentary Constituency of Brentford & Isleworth. Brentford has two Council Wards – Syon and Brentford – check at Brentford Library to find yours.

Local Police – 020 8560 1212

Hounslow Council – 020 8563 2000

West Middlesex Hospital – 020 8560 2121

Samaritans – 020 8560 2345

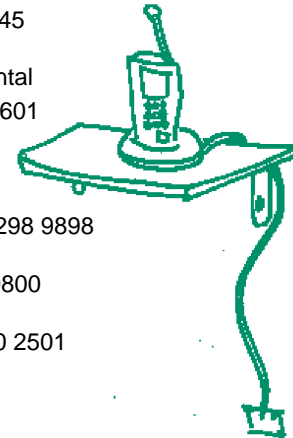
TASHA – Out of hours mental health helpline 020 8560 6601

British Gas – 0800 111999

London Electricity – 020 8298 9898

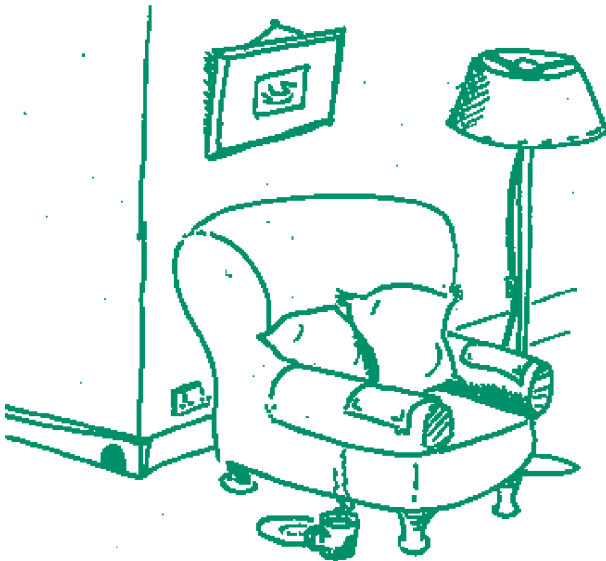
Thames Water – 0645 200800

Citizens Advice – 020 8940 2501



Out and About in Brentford

Don't be a couch potato – there's so much to do you should never be at a loss to do something locally. Take the Bus, use your bike or just walk – everything is so close.



brag TIP: Staying in? Turn the heating down by a degree – to save money and energy. Fit aluminim foil behind radiators to reflect heat back into the room.

Kew Bridge Steam Museum – 020 8568 4757
Housed in a Victorian waterworks (with its landmark tower) see the oldest working beam engine. Steam days at weekends and Bank Holidays.

Musical Museum – 020 8560 8108
Regular demonstrations bring to life this fascinating collection of instruments, including a full size Wurlitzer theatre organ. Regular Saturday concerts throughout the summer.

Boston Manor House & Park – 020 8560 6597
With an original Jacobean manor house as its centrepiece, this park has much to offer – bowling greens and tennis courts, a cricket pitch and a lake with ducks and squirrels eager to be fed.

Gunnersbury House Museum & Park –
020 8992 1612
Once the 'country' home of the Rothschild's, the famous banking family, this is now a museum holding local artefacts. A 'must see' to find out more about local history. Very large open park to run about in.

Syon House & Park – 020 8560 0881
The London residence of the present Duke of Northumberland. This stately home has many attractions – such as a Butterfly House, Aquatic Experience, Fly Fishing, a large Garden Centre and much more.

⋮

...and Vitality

And here are some of the local centres to stretch your body.

SWIMMING

Brentford Fountain Leisure Centre –
020 8994 9596

Swimming, Squash, Badminton Courts, Gym,
Sauna and Sun beds.

Chiswick New Pool – 020 8747 8811
Swimming and gym. Edensor Road, Chiswick.

Isleworth Recreation Centre – 020 8560 6855
Swimming, gym and sauna. Twickenham Rd, Isleworth.

ROWING

Tideway Scullers School – 020 8994 3502
Chiswick Bridge, Chiswick.

GOLF

Chiswick Bridge Golf Range – 020 8994 3314
Dukes Meadows, Chiswick.

FOOTBALL

Brentford Football & Sports Club Ltd. –
020 8560 2021
Griffin Park, Brentford.

GYM

The Topnotch Group – 020 8847 1940
Air conditioned Aerobic Studio & Fully equipped Gym,
Sauna, Beauty Therapy & Squash Open 7 days.
Parking available. West Cross Centre, Brentford.

Hounslow Leisure Card

Apply for a Hounslow Leisure card to receive a discount of up to 30% on leisure services in the borough.

The discount includes money off swimming, saunas and sunbeds, and concessions receive half price swims and free swims (during off peak times).

With your card you'll also receive a leisure directory which outlines other places you can get discounts with the card: including art centres, restaurants, hairdressers and entertainment venues.

To apply, pick up a leaflet at any one of Hounslow's leisure facilities, like our libraries.

brag TIP: Have you ever driven to the gym to use the cycling machine? There are more bikes than cars in the UK, so if you've got one – get on your bike!

Local Resources and Courses

Do you really need to travel all the way to larger centres to get what you want? The answer's no, so check out Brentford as it might just surprise you (think of all that time and money you'll save).



brag TIP: Turn screensavers and standby lights off on computers and other appliances to save energy.

Brentford Library – 020 8560 8801

A bequeath by Charles Clore to the residents of Brentford in 1904. It has a good computer database and access to the national loan system, plus a great children's section – use it or lose it!

Pyramid Centre, Brentford Library –
020 8569 5320

The Pyramid centre upstairs at Brentford Library is an Afro-Caribbean centre for local residents.

Brentford Community Resource Centre –
020 8580 1040

Situated on Brentford High Street this centre has many facilities for hire, advice and Age Concern facilities (lunches etc).

Courses at Gunnersbury Park –
020 8366 4442

Courses include Horticulture, Floristry, Balloon artistry, garden design, sports turf, plants & planting, organic & holistic studios, RHS General Certificate.

Learn Direct – call FREE on 0800 100900
National Learning and Careers Advice.

Your rubbish is a resource

There are many local services that can make use of the things you don't want anymore. Check out that 'rubbish' filling your garage, shed, loft and garden. It could be useful to someone. Don't throw it away – pass it on.

Community Re-paint – 020 8832 2494

Takes unwanted paint to pass onto schools and community groups.

Hounslow Furniture Project – 020 8744 0615

This is a FREE collection of unwanted reusable goods, which is then sold to people in financial difficulty.

Garden Waste Collection – 020 8583 5151 or 020 8583 5068

Purchase special sacks to have your garden waste taken away weekly for composting. This is a seasonal collection only.

Local Allotments – 020 8583 4511

Tidytown Collection – 020 8583 5000

An affordable bulky waste collection service, via an appointment system.

Space Way – 020 8890 0917

Hounslow Council's Waste and Recycling Centre, where you can purchase compost and recycle all sorts of items: e.g. wood, metal, glass, green waste.

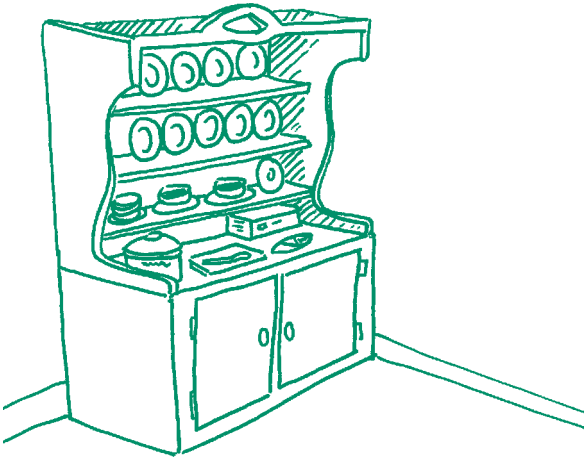
Make your own compost – 020 8583 5060

At least 33% of our weekly rubbish is organic, such as teabags, vegetable peelings and paper – all can be composted to make wonderful rich soil. So don't throw it away – compost it! For more information on how to get a FREE composter bin and details of workshops call the number above.

brag TIP: Don't forget the Charity Shops – your junk is their meat & potatoes!

Shop local, buy local

The more opportunities you make for local shops the healthier our community becomes. If your local shop hasn't got what you want ask them to get it for you – generate a local service. Here are a few of the more interesting local businesses you may want to explore.



brag TIP: Say no to unwanted plastic bags, take your own bag to the shops instead. You can recycle any unwanted bags in the local supermarket.

Osterley Park Farm shop – 020 8560 3918
Located in Osterley Park and run by the tenant farmer, buy locally grown seasonal products such as fruit, vegetables, eggs and honey and support the local economy.

Chiswick Farmers Market –
www.homestead.com/fodm/FarmersMarket.html
Fresh wholesome food, including a range of organic produce, direct from the people who grew it. The market is organised by The Friends of Dukes Meadows and the proceeds are used to restore the park. The market is in front of the Masonian Bowls Club, Dukes Meadow, Chiswick. Open Sundays 10am-2pm.

Fuller Smith & Turner – www.fullers.co.uk
Our local independent family brewers since 1845. Beers include London Pride and Chiswick Bitter. Have a pint of Fullers in the 'Brewery Tap' or look out for these beers in your local. Drinking local beer is better for the environment – they don't clock up as many miles in transportation.

West Middlesex Auction Rooms – 020 8568 9080
Auctions modern and antique furniture as well as art. Held every Tuesday, open for viewings Sunday/Monday/Tuesday. Brentford High Street.

No more bored kids!

Syon Park – 020 8560 0881

Snakes & Ladders is a wonderful in-door climbing frame, put them in and watch them go! You'll also find a mini railway in the park running at weekends – a special summer treat.

Hounslow Urban Farm – 020 8751 0850

A large working farm, approved as one of the few Rare Breeds Centres in the country. Kids can buy a bag of feed from the farm shop to feed the greedy goats and porkers. Also children's seasonal events, sheep-shearing, an educational facility to make an enjoyable day out for the whole family and a farm volunteer scheme for teenagers.

Hounslow Youth Counselling Service –
020 8583 2947

Childs Play information – 0208 569 6656

Scouts – 020 8560 5726

District Commissioner for Brentford and Chiswick Districts – Ross Walker.

Guides – 020 8560 5759

Division Commissioner for Brentford and Chiswick Districts – Diane Attwell.

Watermans Art Centre – 020 8232 1010

Art Centre with lots to do for kids.

Recreation Grounds – St. Paul's playing fields,
Watermans Park.

Brentford Football in the Community –

020 8758 9430

Age range 5-14 Boys and Girls welcome.

Karate Club Green Dragon School

Age range 5-11.

Brentford Toy Library –

020 8568 7442

St Pauls Centre.

Westplay – 020 8862 5871

Working for the improvement
and development of facilities
and activities for children and
young people.



brag TIP: 8 million disposable nappies are thrown away everyday in the UK, so why not use reusable nappies and a local Nappy Laundering Service?

This booklet has been compiled by members of brag and produced with the help of the following organisations:

 **Hounslow Council**



2000-2001
Dealing with Waste



BRENTFORD



London Broncos

Rugby League at Brentford FC

PRINTED ON RECYCLED PAPER

PRINTED ON RECYCLED PAPER