

Golfers cut up rough over council plans to turn clubhouse into wedding venue



"Beautiful surroundings": Haste Hill Golf Course in Northwood

Ross Lydall
Chief News Correspondent

IT'S EVERY golfer's dream... to have their name carved into their club's varnished board of honours and placed where all can see – but a Tory council stands accused of trampling on tradition and erasing sporting history by removing the prized wooden panels at one of London's best-loved courses.

Hillingdon council is seeking to market the clubhouse at Haste Hill Golf Course, in Northwood, for weddings and birthday parties. Club members have been told the boards listing tournament winners over past decades "detract from the premises" and cannot be hung on the function room walls.

Hillingdon borough's three MPs – Boris Johnson, John McDonnell and Nick Hurd – are being urged to help force the council, which owns the clubhouse and course, into a rethink.

The boards were removed to allow for redecoration but were not put back when work finished last month. Haste Hill Golf Club president John Paterson said: "I'm devastated. They have taken away the history of our club. I've played here since 1980 and now all my memories have gone. These people don't

HISTORY ERASED WINNERS' BOARDS REMOVED 'BECAUSE THEY PUT OFF COUPLES FROM HIRING CLUB'



Penalty stroke: Haste Hill Golf Club president John Paterson in the bare clubhouse, and right, the room before the boards were removed by Hillingdon council



really understand, do they?" Hillingdon council claimed people thinking of hiring the clubhouse would be "put off" by the boards, which were in two function rooms and the bar. They have offered to install a small digital honours board as a "gesture of goodwill".

Club members – 170 men and 70 women, aged from eight to 80 – said

the council failed to understand its wish to celebrate the achievements of golfers since its founding in 1930. Many members started as juniors and some names on the boards chart the success of families over three generations.

The club said there is no evidence the boards will deter people from holding functions, arguing that many host

events at golf, tennis and cricket clubs because of the history on show.

Hillingdon said it had spent £250,000 on renovation: "The public golf course and its clubhouse is very popular and open to everyone, and the venue is hired out for events and weddings to increase revenue. Haste Hill Golf Club is a separately organised group that

uses the course but does not contribute financially to the building or its upkeep, and their 26 wooden boards were dissuading people from hiring the venue. The council offered to replace them with a digital board. The clubhouse is set in beautiful surroundings and we hope the refurbishment will encourage more residents to visit." @RossLydall

Itching to quit job? GP prescribes meditation or a good breakfast first

Naomi Ackerman

THE New Year is a traditional time for advice on turning your life around – from taking up a sport to securing better-paid and less stressful work.

But while healthy exercising is widely viewed as a positive step, a new book by a north London GP argues that quitting a job might not be the best way to improve wellbeing.

Dr Ellie Cannon, who regularly sees people with anxiety, insomnia and

depression caused by unreasonable workloads, said that unless an employee is severely ill and unable to cope, there are alternatives to consider first.

Her book *Is Your Job Making You Ill?* advises people

New book:
Dr Ellie Cannon



not to give in to the "instinct to walk out instantly". She said: "I have seen work-related stress as a common practice across all jobs, whether people are stacking shelves in a supermarket or running a FTSE 100 company.

"I want to help people [feel better] without them jeopardising their livelihood. The idea is to provide a huge range of options so that they can continue their job."

She advises lifestyle changes such as exercising during commutes and

meditation apps. "People need to understand the power of what I call micro-actions, doing small things that probably seem trivial in the face of a terrible workload or a difficult boss, but that can have a big impact on how you feel and how resilient you will be.

"Get up earlier, give yourself the opportunity to nurture yourself with a good breakfast. Do a meditation, take an earlier train and arrive at work that little bit less stressed. And work-life balance is key. Not looking at phones,

for personal or work use, for several hours before you sleep and when waking up is important."

She also suggests discussing possible changes to work arrangements: "Speaking to your health professional, a psychologist, and your employer can help... if people are open and have the right conversation at the right – ringfenced – time, it can be very helpful."

■ *Is Your Job Making You Ill?*, published by Piatkus, is available in bookshops and online for £14.99