

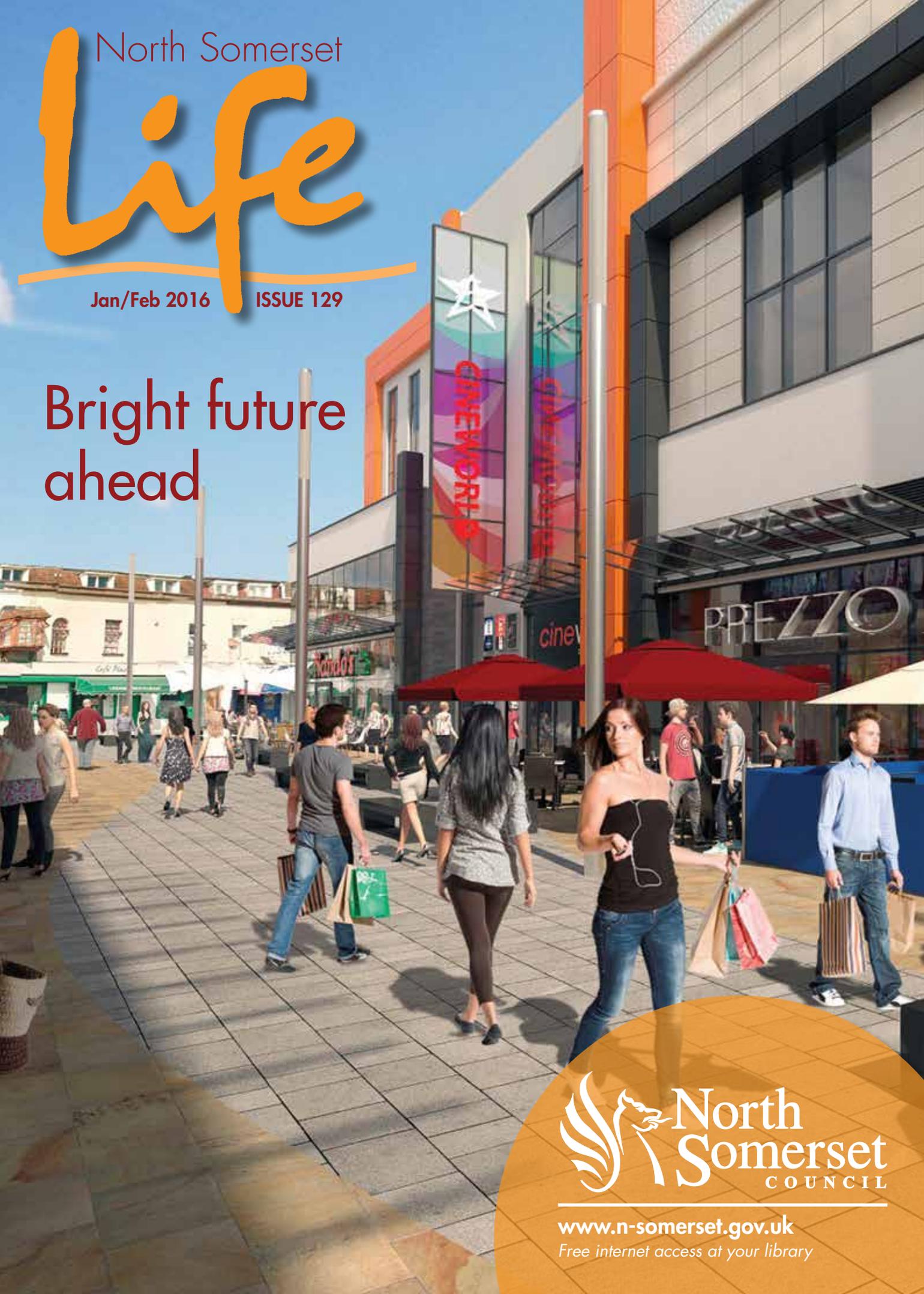
North Somerset

Life

Jan/Feb 2016

ISSUE 129

Bright future ahead



www.n-somerset.gov.uk

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WESTON
COLLEGE

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ALL
AREAS**

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13 JANUARY 2016

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Dear reader,

Welcome to 2016. I hope you had a good Christmas and are looking forward to a successful and peaceful year to come.

Last year had many great moments but sadly it was dominated by dreadful acts of violence around the world and visions of hundreds of thousands of migrants seeking a new life as they trudged across Europe or floated helplessly in the Mediterranean.

Did the recent terrorist murders in Paris seem all the more dreadful because it is a familiar place to many of us and so close? That may be understandable but it also means that, right or wrong, the reaction of bombing in Syria seems remote and easier to accept. If we think those in power there are so evil that they justify bombing, we can't blame anyone for wanting to leave.

However, is resettling people thousands of miles away in a different culture really helping, or just recreating the divisions that caused the problems in their own land in the first place? Wanting to help a family is easy, trying to help on such a huge scale isn't always as straightforward as it seems.

Locally, the first big issue for North Somerset is whether or not to be part of the proposal to have a 'Metro Mayor' covering the four local authorities – North Somerset, Bath and North East Somerset, South Gloucestershire, and Bristol. The Government are very keen on directly-elected regional mayors and are offering access to investment funds in return for an agreement – but no-one has explained why.

There are strong arguments on both sides. Additional funds for major infrastructure projects would be very welcome but would North Somerset's interests be overshadowed by the city's? Would local authorities have greater control over planning decisions and housing numbers without being overruled by inspectors, which is what we have asked for, or would the powers of the regional mayor grow in future years? Is a directly-elected mayor more democratic as the Government claim, or is it further centralising control, even if it is called devolution? Terms of any agreement and how it would be managed have not been completed but when they are, we will be asking for local views.

On a lighter note, congratulations to Weston College on gaining university status. It will be a major boost to the whole area and is part of our regeneration plans, providing the skilled workforce to help our own businesses grow and also take advantage of the huge nuclear development at Hinkley.

We have started our five-year plan with almost double our investment in road improvements, our planned housing growth is moving ahead, and we are working with agencies to attract more local employment.

Councillor Nigel Ashton, Leader of North Somerset Council



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This publication is available in large print, Braille or audio formats on request. Help is also available for people who require council information in languages other than English.

Life editor: 01275 884 139

Consultation on new licence for private rented housing

Have your say on a new licensing scheme for Weston-super-Mare's town centre which aims to improve housing conditions in private rented housing.

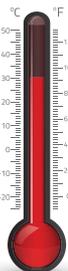
Housing conditions in the private rented housing sector are sometimes not of the same standard as those in other tenures so North Somerset Council is consulting on a new type of licensing scheme.

If it goes ahead, the scheme will require all landlords who rent out properties in the proposed area to be licensed by the council.



To find out more and have your say visit www.n-somerset.gov.uk/rented

Free room thermometers on offer



Free room thermometers are available for residents in North Somerset to raise awareness of the dangers of living in a cold house.

Being too cold can cause serious breathing problems and may lead to a bad chest.

This can put pressure on the heart and blood circulation, which in turn could lead to serious problems including heart attacks and strokes in vulnerable people.

To keep warm and well, your living area should be 21 degrees and your bedroom should be 18 degrees.

For a free room thermometer call North Somerset Council:
01934 426 885

Keep January dry

Anyone who overdid it at Christmas is urged to take a 31-day booze-free challenge and help raise money for charity.

Dry January is an annual fundraising campaign organised by the charity Alcohol Concern.

More than two million people took part last year and this year's is expected to be even bigger.

Participants often report losing weight, sleeping better, having more energy and clearer skin, as well as saving money.



Sign up at www.dryjanuary.org.uk



Older residents help spread the word about scams

Older people in North Somerset are helping to spread the word about rogue traders and mass marketing scams.

Senior Community Link (SCL) groups are older people who give their views to North Somerset Council and other key services about the issues and concerns that affect them.

They are now supporting North Somerset trading standards team to help spread information about scams.

Principal trading standards officer Helen Heskins said: "I am delighted that we have key individuals in SCLs who can provide a direct link with older people in the community, passing vital information to and from our department, to help keep older people safe from scams and fraud."



i To find out more about SCL or join your local group, call **0300 123 2463** or email **SCL@curo-group.co.uk**

Training academy helps fill carer shortage

A new training academy in North Somerset is helping to attract much-needed staff to a career in care.

Housing association Alliance Homes launched the CARE training academy along with North Somerset Council and Weston College.

It offered three-weeks training to help people gain a qualification and a guaranteed job interview at the end. Within a month of being set up, the first recruits were offered jobs.

Steve Chinn, managing director at Alliance Living, said: "We set up the academy to help us recruit much-needed staff and try to break down some barriers that stop people from applying for roles in care."

The academy will run again in February. To find out more call: **03000 121 447**



From left, Weston College staff Sue Packham and Sue Brown with Chantelle Walton, Jodie Nicholas and Natasha Fudge



Could you be a sports leader?

Sports fans who would like to lead activity sessions in their community can now undertake a national qualification.



The Level 2 Award in Community Sports Leadership is a nationally-recognised qualification for anyone aged 16 or over who wants to lead groups of people in a sport or activity, under indirect supervision.

The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork.

There are no entrance requirements or final examinations.

Previous participants have gone on to access further employment, paid sport coaching opportunities and other coach education programmes.

i For more information contact the sport and active lifestyles team: **01275 882 732**
sport@n-somerset.gov.uk

Changes for registration service

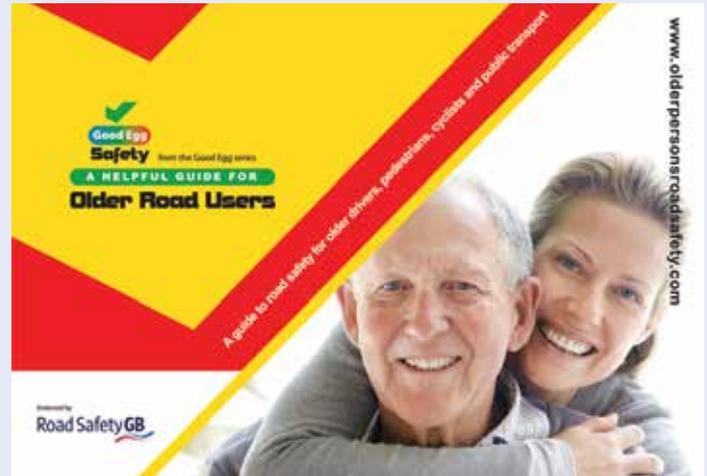
Registering births, deaths and marriages is set to become easier for North Somerset residents.

In December North Somerset Council's executive members agreed to enter into a shared arrangement for registration services with Somerset County Council.

The shared service will start from next April but will continue to be delivered from the Town Hall in Weston-super-Mare and the register office in Clevedon, and arrangements for weddings at approved premises will not be altered.

Find out more in the next issue of *Life*.

Free guide to keep older road users safe



Older road users can pick up a new safety guide which gives practical advice when out and about.

More mature drivers are relatively safe and have fewer accidents than younger ones but as people get older they may benefit from some advice to deal with today's traffic conditions.

According to the 2011 census, 21 per cent of North Somerset's population is aged 65 or over, and this age group made up 13 per cent of car casualties in the area.

The guide covers driver, pedestrian, bike and bus safety and includes tips such as keeping vehicles in a good driving condition, ensuring grandchildren are transported safely in correctly-fitted car seats, understanding how some medicines might affect driving, and when might be the right time to stop driving.



i Guides are available to pick up in your local library. Any organisations wanting multiple copies can contact roadsafety@n-somerset.gov.uk
www.olderpersonsroadsafety.com



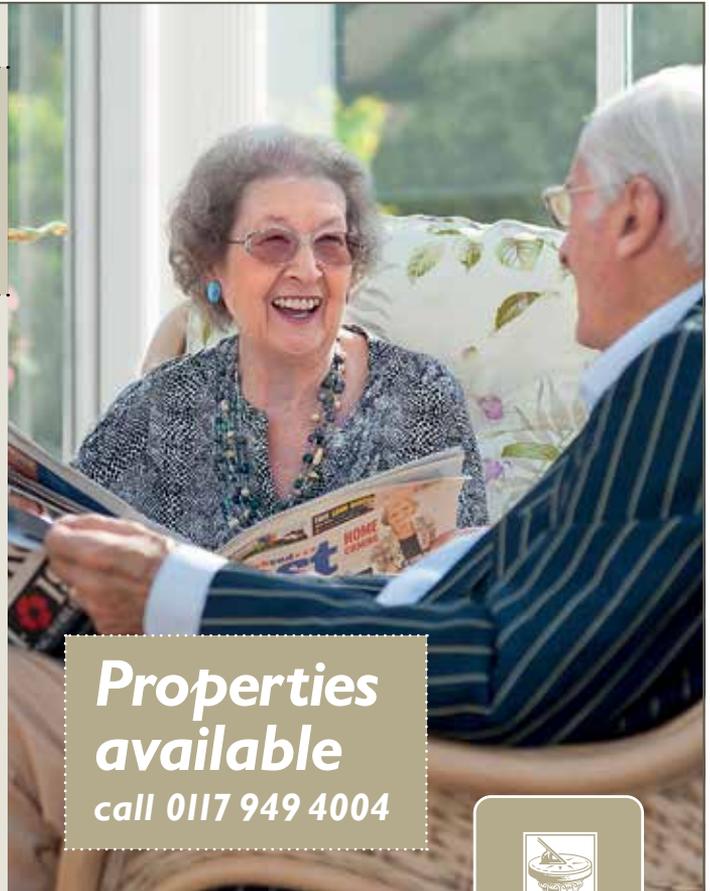
Time to explore your retirement options?

Book a tour that suits your timetable and discover what the award-winning **Sandford Station** retirement village has to offer you.

You will be given the opportunity to view the wide range of facilities provided, including the Pullman restaurant, pool and gym, indoor and all-weather outdoor bowls, as well as a variety of leisure activities and social events.

For those with care needs, tailored care and support can easily be arranged.

Call **0117 949 4004** to book your place or find out more.
www.stmonicastrust.org.uk | info@stmonicastrust.org.uk



Properties available
call **0117 949 4004**



Delivering well-being
Registered Charity 202151

Time running out to apply for school places

Time is running out to apply for school places if your child is due to start a primary or infant school this September.

Children who were born between 1 September 2011 and 31 August 2012 can start school this September and the closing date for applications is **Friday 15 January**.

Apply online at www.n-somerset.gov.uk/admissions. Paper application forms can also be downloaded from the site, or call the admissions team on **01275 884 078, 884 014** or email admissions@n-somerset.gov.uk.

Paper forms need to be returned to School Admissions and Transport Team, North Somerset Council, Town Hall, Walliscote Grove Road, Weston-super-Mare BS23 1UJ



A consultation is also running on school admission procedures for the 2017-18 academic year.

The consultation includes proposed admission numbers and over-subscription criteria for primary and secondary schools, including church schools and academies.

Comments can be made until **Sunday 31 January**. Visit www.n-somerset.gov.uk/admissions and click on 'consultations on arrangements and policies 2017-18'. Paper copies available on request.



For more information call **01275 888 327**



Crematorium to mark 50 years

Weston-super-Mare's crematorium is reaching its 50th birthday soon and an open day is being planned to mark the occasion.



The site, in Ebdon Road, opened on 3 February 1966 and nearly 70,000 cremations have taken place since then.

The crematorium is now operated by Dignity on behalf of North Somerset Council and an open day is being planned for later on this year.

Visitors will have unrestricted access to the chapel, grounds and surrounding buildings and the chance to ask staff about the facilities and cremation process.

A special service will also be held in memory of those who have been laid to rest.

Details of the event will be released later in the year.

Could you be a Shared Lives carer in North Somerset?

FREE events

Scotch Horn Leisure Centre – Nailsea BS48 1BZ
Monday 18 January 2016, 9am-4pm

Sovereign Centre – Weston-super-Mare
Tuesday 9 February 2016, 9am-4pm



To find out more, please contact us on
01934 427 600

www.n-somerset.gov.uk

Avon and Wiltshire 
Mental Health Partnership NHS Trust


North Somerset
Clinical Commissioning Group

 NSCP

 North Somerset
Council

Could you share your home?

Anyone with a spare room in their home and time to give is being urged to think about sharing their lives with those who need extra help.

North Somerset Council's Shared Lives team and fostering service are hosting recruitment days soon for people to find out more.

The Shared Lives scheme sees people welcoming an adult into their home who needs some help and support to live a fulfilling life. This could be someone with a learning disability or mental health difficulties.

Carers receive from £360 a week, as well as full training and support.

Foster carers open up their home to a child or young person, and can help turn lives around by simply providing love, security and encouragement.

Meet the Shared Lives and fostering teams, meet carers, and ask any questions at:

- Scotch Horn leisure centre, Nailsea – Monday 18 January, 9am-4pm
- Sovereign Centre, Weston-super-Mare – Tuesday 9 February, 9am-4pm

To find out more contact: Shared Lives:
01934 427 600 • jenny.evans@n-somerset.gov.uk
Fostering: **01275 888 999**
fostering@n-somerset.gov.uk
www.n-somerset.gov.uk/fostering





Families needed to host young exchange visitors

Families from Weston-super-Mare are needed to host young German visitors this Easter as part of a popular youth exchange scheme.

The youth exchange takes place twice a year when young people from Hildesheim visit Weston at Easter, and then a return visit takes place during the October school holidays.

Since the scheme began in 1970, more than 1,600 young people have taken part.

The next exchange takes place between Friday 18 and Wednesday 30 March.

It is a unique opportunity for a young person aged between 12 and 17 to meet people of similar ages from another country, to learn a different language and experience a different culture.



Photo courtesy of Weston, Worle and Somerset Mercury

 For more information contact Debbie Stone:
01934 429 036
debbiestone67@btinternet.com

Celebrate your local library



Visit your local library next month for some fun-filled activities for younger members of the family.

National Libraries Day is on Saturday 6 February and Gruffalo-themed stories and activities for children will take place in libraries across the area.

Visit your local library to find out more.

 @nsomlibraries
www.n-somerset.gov.uk/events

Website changes

Visitors to North Somerset Council's website will start to see some changes from next month.



The new-look website is the first stage in a redesign, which will make it easier for people to navigate and view on smartphones and tablets.

Visit www.n-somerset.gov.uk

Regeneration in Weston town centre gets under way



Artist's impression of Walliscote Place

Regeneration in Weston's town centre has taken a major leap forward with significant progress being made on several big projects.

Building contractors have now moved into Dolphin Square to start construction of the £18m third phase of the site.

Piling is due to start this month, with construction of the shell expected to be finished by spring next year ready for a summer 2017 opening.

Big names already signed up include restaurants Nandos, Prezzo, Pizza Express, Mimosa Buffet and the Brazilian restaurant Preto, as well as Costa Coffee.

The complex, by developers McLaren Life, will also include a 1,600-seater eight-screen Cineworld, one of the most advanced cinemas in the South West, as well as indoor climbing and soft play company Rock Up and a health and fitness operator.

Regeneration manager Rachel Lewis, from North Somerset Council, said: "Development of this site right in the heart of the town centre is fantastic news.

"It's great to see the big names that have signed up, showing real confidence in the town's future and prosperity.

"As well as attracting new interest in the town and making it an even better place to live, Dolphin Square will be a catalyst for further investment. This marks a major

step forward in our wider plans to improve Weston town centre."

The vision for the town centre is to make it a vibrant place for people to live and learn, with diverse year-round retail and leisure opportunities and a thriving night-time economy, and Dolphin Square is just one of a number of prominent projects.





Another site earmarked for development is the police station, former magistrates' court and adjacent sites, now known as Walliscote Place.

Modern urban apartments are due to be built there to create a more welcoming space for the town centre while showcasing some of Weston's heritage.

Attracting more people to live in the town centre is vital to its future prosperity and Weston is one of just 20 areas outside London to be designated as a Housing Zone.

North Somerset Council is buying the police station and magistrates' court with the support of the Homes and Communities Agency. The purchase is expected to be completed by the end of March.

It is hoped that by taking the lead on a high-quality residential development, the council will set a new standard in town centre housing and attract young professionals to live there.

Also within Walliscote Place, the council is working with owners of The Centre, opposite the Town Hall, to restore and revive this prominent art deco terrace.

At the same time, Weston College's flagship project to create a new Law and Professional Services Academy at the Winter Gardens is poised to get started soon.

Planning permission was granted in October and all the legal agreements on the building transfer have been completed.

Redevelopment and modernisation of this landmark building will attract new students to live and study in

Weston, as well as addressing local skills gaps and creating new jobs.

The cultural and creative sectors also have an important role to play following the success of Dismaland.

Banksy's bemusement park showcased the economic benefits of a thriving creative sector. To build on this, North Somerset Council is now looking at developing a creative hub to support the development of the arts and creative sector.

As well as helping the town's prosperity, it will also make Weston's town centre more attractive for a more diverse range of people, such as young professionals, thanks to new jobs, better leisure opportunities and high-quality housing.

This could include managed workspace and studio space to help new creative businesses to grow, which would inject new life in the town and foster an exciting urban culture.

Artist's impression of Weston College's new Law and Professional Services Academy.



Planning future

Planning officers at North Somerset Council are looking again at housing numbers following Government pressure to build more homes.



The council's local plan for the area is now being revised after a Government inspection concluded more houses must be built in North Somerset.

The core strategy is the main planning document for the council and it sets out how the area will grow and develop in the near future.

It covers the period 2006 to 2026 and was adopted in 2012 but a legal challenge the following year meant there was uncertainty over the proposed housing numbers.

The Secretary of State re-examined the figures and in September last year confirmed the housing target should be 20,985, much more than the 14,000 originally identified.

The majority of these have already been accounted for but North Somerset Council still needs to find an additional 1,715 dwellings to meet the target.

The council also needs to reassess some policies within the core strategy in light of the new housing target, to ensure that the growth can be accommodated in sustainable locations. The proposed changes will be independently examined.

North Somerset Council is committed to a plan-led approach to identify new allocations and to consult with local communities, but this takes time.

Detailed housing sites will be identified in the site allocations plan, a document which will review the sites previously proposed in 2013 and identify new ones to address the core strategy shortfall.



At the same time, the council must comply with the Government requirement that there is a five year supply of deliverable housing sites.

Given the development pressures caused by the increase in the housing target, the council needs to act quickly and grant permission on suitable sites.

housing growth



The wider region

A West of England region-wide plan is now being developed to address growth, housing and transport needs up until 2036.

As reported in the last issue of *Life*, the Joint Spatial Plan is forecasting an additional 29,000 houses will be needed across North Somerset, Bath and North East Somerset, South Gloucestershire, and Bristol in the next 20 years, on top of those already planned for.

This plan is looking a decade further ahead than the council's core strategy and it is not yet known how many

of the 29,000 extra homes will be allocated to North Somerset.

This number will supersede the existing core strategy housing target and provide the context for a new North Somerset local plan up to 2036 to be prepared.

Consultation in the initial issues and options paper of the Joint Spatial Plan runs until Friday 29 January.

The four unitary authorities have outlined possible ways to enable this growth to happen, along with pros and cons of each.

Residents can meet planners and transport planners face-to-face during some drop-in sessions this month:

- Nailsea library – Tuesday 12 January, 10am-noon
- Town Hall, Weston-super-Mare – Thursday 14 January, 10am-noon
- Weston College atrium, Knightstone Campus – Friday 15 January, noon-2pm

For a full list of events across the area and more details about the consultation visit

www.jointplanningwofe.org.uk



 www.n-somerset.gov.uk/corestrategy
For more information contact
Michael Reep: 01934 426 775
michael.reep@n-somerset.gov.uk



A driving force in mobile communications



Mobile technology is a fast-paced industry but one small start-up in Weston-super-Mare is proving a driving force in new communications.



Will Jeffries

Authentic Digital began life in a small attic office but three years later it now boasts international clients including aerospace leader Rolls-Royce.

Life spoke to managing director Will Jeffries to find out more...

What does your company do?

We are a specialist mobile marketing agency, focusing on using mobile technologies to connect companies and their potential mobile customers. We design responsive websites, create smart apps and build mobile strategies.

How and when did you start?

It started as a very small operation from my grandparents' attic, with support from the Prince's Trust. Glamorous conditions they were not, but we were determined to

forge our own path and the business expanded quickly.

How has your business grown?

It wasn't long before Fletcher Bugg came on-board full-time as operations director and soon enough the business had grown to a staff of eight with an office in Weston's town centre.

Over a short period of time we've built up a client list including international powerhouses such as Rolls-Royce and SLR Consulting, and great local businesses including TDC Systems, the Grand Pier, Furniture Realm, and Just Recliners, who were our first-ever client.



What are the benefits of being based in Weston-super-Mare?

I previously worked in Bristol but have always lived in Weston and the support from family and friends has been vital. Operating from this area allows us to keep costs low, freeing us to focus on growth.

The myriad of local business assistance schemes, run by organisations such as InNorthSomerset, North Somerset Enterprise Agency and the expanded Weston College, has made it an exciting time to be running a business in Weston.

What do you think of the Weston Vision plans, to establish a cultural and digital hub?

We feel the Weston Vision plans, and in particular a prospective creative hub, are essential for the regeneration of the town. To prosper and attract outside investment, Weston needs to move away from its Victorian past and forge a new identity.

The creative sector provides the perfect opportunity to establish the town as a vibrant, exciting and energetic place to work. We're extremely excited about the prospect of building a creative hub that will bring together and nurture some of the most talented people this area has to offer.

In a nutshell, we're extremely supportive of these plans. We've seen what the likes of the WaterShed and Engine Shed projects have done for Bristol and we'd love to bring that kind of buzz here so we're already looking at how we can collaborate with other local creatives to get the ball rolling.

Can you tell me a bit more about the awards you have won?

In 2015 we were selected as one of a hundred UK companies to form the Small Biz 100 group, which is part of the national Small Business Saturday campaign. In addition we were highlighted as part of the Small Business Sunday scheme which is run by noted businessman and Dragon's Den star Theo Paphitis.

What are your biggest achievements to date?

In terms of our work, we are particularly proud of winning the contract to be an approved Rolls-Royce supplier. In disrupting the status quo of such a giant corporation, we've shown that small businesses can deliver outstanding work at much better value than large, expensive agencies. Outside that, we're very proud of how our team has developed. We've come a long way already and it makes us very confident about the future.



How do you think the company will grow in the future?

In the long term, we see our growth coming from continued expansion in the mobile market, driven chiefly by our creation of high-quality apps. That said, our focus is squarely on making our business better. By delivering fantastic systems and solutions, building strong relationships, and providing excellent value, our growth will naturally follow.

Advances in mobile technology continue to give us new and exciting opportunities to improve the way we view and interact with the world. We are passionate about working with other forward-thinking companies, showing them exactly how these advances can help them make a real difference in business and society alike.

 www.authenticdigital.co.uk



Keep your fitness resolutions on track

Early January is notoriously the busiest time for gyms and sports clubs as people make their 'get fit for New Year' resolutions.

Go4Life
North Somerset
www.go4life.org

Research shows that exercise reduces the risk of obesity, heart disease, diabetes, dementia, helps depression, and means people are less likely to get certain types of cancer.

So getting active is a great idea - but where do you start? *Life* takes a look at the opportunities available in North Somerset to help people live a healthier life...

Get active with free vouchers

Vouchers are available for adults in Weston-super-Mare to try some local sport and exercise classes for free.

More than 75 sessions are available to choose from, including circuit training, spinning, aerobic pump, boxercise, yoga, aqua aerobics, zumba, football, karate, archery and many more.

The Go4Free scheme, run by North Somerset Council, gives up to 20 free vouchers to each applicant and more than 800 people have already signed up.

One participant said: "Go4Free is great for people on low income, it's given me the chance to try lots of different classes I couldn't normally."

Another said: "It is a brilliant scheme, my husband and I are feeling fitter and we've really enjoyed making new friends."

The scheme is run thanks to National Lottery funding from Sport England's Community Sport Activation Fund.

Apply online at www.n-somerset.gov.uk/G4F and vouchers will be sent within two weeks to eligible residents.

Any sport and exercise providers in Weston-super-Mare who would like to add a session can also email go4life@n-somerset.gov.uk

www.n-somerset.gov.uk/go4free

 /GoforLifeNorthSomerset

Step into 2016

Put your best foot forward and walk your way to a healthier body and mind this year.

Walking is one of the best ways to get more active and organised health walks are paving the way for lots of people in North Somerset to get some fresh air, get fitter, and make new friends.

The free walks are part of the national Walking for Health scheme and all you need is a pair of comfortable shoes.

Walks are led by trained volunteers, last between 30 and 90 minutes, and take place in Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe and Yatton.



If anyone would like to become a volunteer walk leader, a training course takes place from 10am-3pm on Tuesday 19 January at Weston-super-Mare YMCA. Call 01275 882 731.

Visit www.n-somerset.gov.uk/healthwalks





Drop in to see a health trainer

A successful initiative which helps people lead healthier lifestyles is offering a range of drop-in venues this New Year to reach out to more people.

Health Trainers support adults living in Weston-super-Mare to reach personal goals and make changes to their lifestyles, whether becoming more active, cutting down on alcohol, eating differently, losing weight or giving up smoking.

Julie, who is in her early 50s, has seen her cholesterol reduce thanks to the service.

Her initial goal was to lose weight and lower her cholesterol because she did not want to go onto medication.

She was worried about her health and not sure she could succeed on her own but through the service she steadily lost weight and developed new eating habits, which also encouraged her husband to join in.

The next time they visited their doctor, Julie's cholesterol had reduced from 6.6 to 4.3 and her husband's had dropped from 8.3 to 4.4.

Meet the health trainers at...

| | |
|------------------|--|
| Mondays | 10am-noon, For All Healthy Living Centre |
| | 10.30am-12.30pm, Hutton Moor Leisure Centre |
| | 1-3pm, Town Hall |
| | 6.15-7.45pm, Tesco (in-store cafe) |
| Thursdays | 10am-noon, Town Hall |
| Friday | 10.30am-12.30pm, For All Healthy Living Centre |

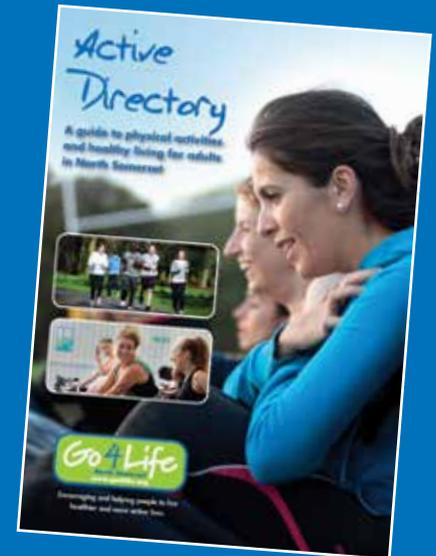
To find out more visit www.nshealthtrainers.co.uk, call 01934 427 661 or email health.trainers@n-somerset.gov.uk

 /NSHealthTrainer  @NSHealthTrainer



Active directory

For ideas about how to get fit and healthy this New Year take a look inside North Somerset Council's Active Directory.



The flagship publication for adult community sport and exercise groups in North Somerset provides information on a whole range of physical activity sessions in the area – anything from archery to walking, or badminton to yoga.

The directory also includes details of Doorstep Sport and Go4Free sessions, as well as Age UK Somerset Staying Steady activities for older people. It also supports the council's Sportarray initiative, which aims to increase the number of disabled people regularly participating in sport.

Copies can be picked up in libraries, leisure centres, GP surgeries and selected pharmacies, or download one at www.go4life.org

 Sport and active lifestyles team: 01275 882 730
sport@n-somerset.gov.uk
www.go4life.org

Flagship development goes from strength to strength



A community building hailed as a 'flagship development' when it opened has now got a new lease of life following a £270,000 refurbishment.

The Campus, in Weston-super-Mare, opened to the public in 2004 and the ground-breaking complex brought together a range of services under one roof.

It received the royal seal of approval when Her Royal Highness The Princess Royal officially opened it and since then the site has won several prestigious awards for its innovative design and has established itself as a vibrant community hub in the heart of Locking Castle.

The complex, in Highlands Lane, is home to two schools - Herons' Moor and Baytree - a children's centre, a library with public computers, a sports hall with two badminton courts, meeting rooms and a hydrotherapy

pool which can be hired by groups or individuals.

Outside, the 11-acre site includes one adult and two junior football pitches with changing rooms, a skate park and a multi-use games area.

About 5,000 people visit the centre a week, with the majority either taking part in an activity or using the library.

More than 50 regular adult and children's activities take place every week, from swimming lessons for babies to tai chi for over-50s.

It is also a popular venue for children's birthday parties, holiday clubs and activities during school breaks, a training centre for issues such as first aid and food hygiene,

and a meeting place for several local groups.

The council now uses the centre as its main training venue and other businesses are urged to get in touch to find out more about the wide range of courses and facilities available.



Improvements include...

- a bigger children's library, to reflect usage figures which show that more than half the items borrowed from the library are children's books
- a new café area offering a selection of hot and cold food and drinks
- a brand new fully-equipped training room, bringing the total number of meeting/conference rooms to seven which accommodate from two to 100 people
- refurbished reception area and toilets.



Following consultation with local people, work is due to start shortly on an outdoor BMX track.

Extra car parking is also being provided to meet increasing demand.

Campus manager Paul Hillman (pictured above in the new training room) said: "The refurbishment scheme is in keeping with the council's policy of making the most of all its buildings by ensuring they are used as much as possible.

"It gives the building a much more modern feel and provides additional facilities for the community to use, particularly in the evenings and at weekends. If you've not been before, pop in to see what we have to offer."

i The Campus is open seven days a week. For more information visit www.the-campus.org.uk, call **01934 427 427** or email campus@n-somerset.gov.uk

The Campus



"The updated facilities with the children's library and café make the Campus even more welcoming to visit."

"The centre has lots of activities for everyone and I use it a lot. I've attended training sessions here, and my children have enjoyed birthday parties, activity days during the school holidays and rhyme time sessions in the library."

Mum Louise with her son James



Renewing the recycling and waste contract



Changes are coming to North Somerset's waste and recycling collections in a bid to improve the service and get the best value for money.

North Somerset Council's seven-year contract with Kier comes to an end in March 2017 and it is now looking at alternatives.

Life found out what this means for residents...

What's changing and why?

The council wants to improve a number of things – being able to recycle small electrical items in kerbside green boxes, improving recycling facilities at flats and communal properties, being able to recycle mattresses and hard plastics at recycling centres, introducing reuse facilities for unwanted items

which still have value, and offering a small-scale commercial waste service for small to medium enterprises.

It is also proposed that wheeled bins are introduced for green garden waste collections.

Why change the garden waste collections?

Green bag collections were introduced 10 years ago. The new contract is a chance to update the service by designing one which is as safe and cost effective as possible, while encouraging residents to think about how else they might deal with their garden waste.

Why does the council want to bring in green bins?

Around the country, most councils use wheeled bins for their green garden waste service.

Residents, contractors and the Health and Safety Executive have all raised concerns to the council about the safety of green bags. They pose significant

How do we compare?

- **North Somerset** – up to £20, including delivery (one-off charge)
- **Bristol City Council** – £21 for a bin, plus £32 annual charge
- **South Gloucestershire** – £36 annual charge
- **Bath and North East Somerset** – £39.50 annual charge



risks to pedestrians, road users, residents and collection crews.

Using bins for garden waste addresses these safety issues. They are also more cost effective because routes can be planned and resourced better.

It is unfortunate the council is being forced into changing such a popular service but not addressing these concerns when awarding the new contract would be irresponsible.

As part of the changes, discounted composting bins will be available to help communities and parish councils develop community composting schemes.

Will I have to pay?

Residents will need to subscribe and pay a registration fee. The fee depends on the size of the bin but will not be more than £20 per bin, including delivery.

The bin is expected to last for at least 10 years, compared with green bags which cost £2.50 each and will need replacing a few times over the same period.



What about my refuse and other recycling?

Refuse collections will stay fortnightly and recycling collections remain weekly. As part of the new contract, the council is hoping to increase the types of

recycling that can go in green boxes and be taken to the area's three recycling centres.

Talks are also taking place with contractors about improving facilities at flats and other premises that aren't suitable for a standard collection.

The green garden waste collection will still be free of charge and the frequency stays the same – fortnightly from spring to autumn and monthly throughout winter.

How much green waste can I put in a green bin?

There will be three bins to choose from:

- 120-litre – equivalent of one to two green bags
- 180-litre (same as a standard black refuse bin) – equivalent of two to three green bags
- 240-litre – equivalent of three to four green bags.

Residents can have up to two green bins. So, if you choose two large 240-litre bins, you have the equivalent of six to eight green bags.

I produce a lot of green waste – what if I don't think it will fit in a green bin?

Information from the current service shows that most people put out three or less green bags, the equivalent of a single larger green bin.



If you want more than two bins, the council will contact you to discuss your requirements and look at how you might reduce your green waste.

Home composting is the best way of doing this. Look out for special offers as well as useful advice in *Life*. Composters can be bought from the council for £15. Visit

www.n-somerset.gov.uk/waste

Residents can still take their garden waste to any recycling centre.



What will happen at properties that can't have a wheeled bin?

Some properties might not be appropriate for a wheeled bin. In these cases, the council will work with residents to discuss their needs and offer an alternative.

Similarly, some residents are unable to put their refuse and recycling out for collection. Where a resident is unable to put a green bin out the council will assess their needs and, where appropriate, arrange for them to have an assisted collection.

When will things change?

The current services will continue as they are for the next year. The green bin scheme will start on March 1 2017 when the new contract begins. The council will try to make the change as easy as possible by keeping people informed.

Look out for more information in future issues of *Life*.

Budget planning for year ahead



Finance chiefs at North Somerset Council are taking stock of the funding they have available for the financial year ahead.

Budget-setting is a year-round process and in November chancellor George Osborne announced his spending review which set out the framework for the coming years.

This review, which has become a 'mini budget' in recent years, outlined a significant reduction in direct government funding.

Savings of about £55m have already been delivered in North Somerset since 2010 but the council's latest Medium Term Financial Plan (MTFP) now proposes a further £21m savings over the coming years.

Malcolm Coe, head of financial management, said: "The council has a strong track record of delivery despite significantly reduced funding over the last five years.

"We will retain strong financial management while maintaining focus on the priorities for North Somerset and providing excellent frontline services to our residents."

A key priority in North Somerset is to have structured and planned growth, delivering new homes and increasing economic activity, which will increase revenue from council tax and business rates.

By 2020, 100 per cent of all business rates will be kept within

local government, alongside new responsibilities devolved from central government.

Council tax consultation

Government grants have been available in recent years for councils who choose to freeze their council tax.

No such grant was mentioned in November's spending review though, so North Somerset Council now needs to form a strategic view on council tax over the next few years.

The spending review also proposed increasing council tax by up to two per cent specifically to fund the growing cost of adult social care.

This will be considered as part of the council's budget setting meeting in February.

Equality assessments

All budget proposals are subject to Equality Impact Assessments (EIAs). EIAs are completed to assess the potential impacts of any budget reductions on different groups in the community.

The council is committed to reducing any negative impact wherever possible and considers what action it can take to achieve this as a part of the EIA process.

Call equality and diversity manager Louise Roberts for more information: **01934 634 832**

 To find out more about the budget proposals and have your say visit www.n-somerset.gov.uk/MTFP2016, call **01934 634 618** or write to North Somerset Council, Financial Management Team, Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ by **Friday 29 January.**



Take time out

Theatre comes to The Bay



Comedy, music and theatre are creating an exciting line-up of events in Weston-super-Mare.

The former Tropicana building on the seafront is the venue for the Theatre @ The Bay shows, following on from the hugely successful Dismaland exhibition last summer.

The shows have been organised by North Somerset Council in partnership with North Somerset's arts development charity The Theatre Orchard.

They launched last month and include daytime and evening performances suitable for both adults and children.

The shows are just the start of establishing the old lido as an arts and entertainment centre, which is part of the council's wider regeneration plans for the town.

All performances are inside the area behind the café which was used as the gallery during Dismaland. Some facilities are located outside though, so wrap up warm.

For more information about the shows, including times, ticket prices and age suitability, visit www.tobaccofactorytheatres.com/whats-on, click on 'venues' and select 'Theatre @ The Bay'.

Tickets can be booked through this website or by calling the Tobacco Factory box office: **0117 902 0344**. A limited number of tickets are available from The Bay café.

Facilities on-site include The Bay café with a licensed bar and toilets. Book in for a pre-show dinner by calling **01934 427 300**.

Inside

| | |
|--------------|-------|
| Walk | 24-25 |
| Local events | 26-27 |

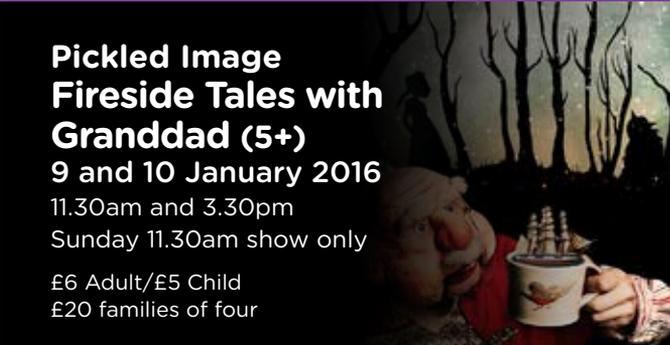
The line-up this month includes:



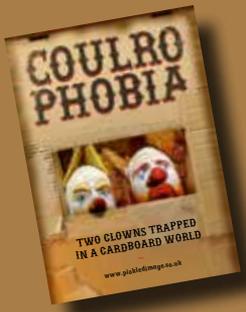
**Living Spit
A Christmas Carol
(14+)**
5 and 6 January 2016
7.30pm
£10
£8 for groups of six or more



**Instant Wit
(12+)**
8 and 14
January 2016
7.30pm
£10
£8 for groups of six or more



**Pickled Image
Fireside Tales with
Granddad (5+)**
9 and 10 January 2016
11.30am and 3.30pm
Sunday 11.30am show only
£6 Adult/£5 Child
£20 families of four



**Pickled Image
Coulrophobia
(16+)**
16 - 18 January 2016
7.30pm
£10
£8 for groups of six or more
*contains nudity



Tree trail

around
Churchill and
Langford



This walk has been designed by the Churchill Tree Warden Team to introduce walkers to the diversity of trees within the parish boundary. It includes ancient woodland, an arboretum, fine specimen and field trees, rich hedgerows, and new urban planting.

Park on Langford Road, in Langford, opposite Blackmoor. Walk west, turning right into Maysmead Lane. Carry straight on, keeping the wall to your left, behind which is an arboretum. After almost 1km at the end of the wall keep straight ahead, across a field to a gate in a hedge and turn left down Redshard Lane. Turn right onto Stock Lane, taking care, and after 65m turn left into Poole Farm's drive. Go over a stile to the left of the gate ahead and continue diagonally left through the garden to a stile. Continue to another stile where you turn right and carry on around the perimeter of the mushroom farm, with the fence to your right. Eventually you will come to a stile, where you turn left in the field towards a gate and stile.

Go straight over Jubilee Lane and take the footpath to Pudding

Pie Lane. Turn right and then left into Broadoak Road, before turning left again into Rowan Way. After 30m turn right along a hawthorn hedge and go through a gap ahead. In front of you are seven trees planted by the local community as a QEII Field in Trust. Continue diagonally across the grass and join a tarmac path to the exit. Turn left onto Broadoak Road for 150m and take a path on the right by two bollards. Turn left onto Ladymead Lane, ignoring a marked path and after 35m go through the second metal gate. Turn right along the fence in the field. Carry on through a gap in the hedge ahead and then through a second gap.

Carry on ahead, going to the right of the pylon and through a gate at the field corner. Go ahead through another gate and continue straight ahead with the hedge to the left and through two further gates. At the



How to get there

Start at map ref:
ST464606

Car:
Langford can be reached off the A38. Please park considerately.

next gate you will see the church ahead (which is worth a visit), turn left to another gate. Keep ahead with a hedge on your left and after a gap in the fence, bear slightly right to a gap in another fence. Continue on to a kissing gate.

Turn right on Front Street for 180m, turn left into Hilliers Lane and continue to the A368. Ignore a path next to the bus stop, but turn left on the main road for 25m where you turn right onto a track. On entering ancient woodland, take the footpath straight ahead uphill and at the gate keep the hedge to right. Go through a metal gate and keep the hedge to your left. Where there is a gate entrance on your left, turn right uphill and follow the path, which bears left slightly and eventually go through a gate. Continue on the path. On reaching a track, turn left and go downhill for 400 metres then turn sharp right onto the signed path down to the A38.



At the A38 take the road signposted Dolberrow. Turn left at Walnut House and just before a five bar gate, turn left into woods. After 350m, take the right-hand path. Go over a stile then keep ahead. The canopy opens out and you keep straight on where another path crosses. Go through two five-bar gates, the second more distant, following a signed permissive path with woods to the right (8 km point). Go through yet another five-bar gate onto a track with pine trees to your left. After 350m, turn left at the bridleway. Keep to the left-hand fork across the field. At the wooden gate turn left into Stoney Lane, with a row of beeches. Cross the A368 and take the footpath alongside Pear Tree Garage. Keep straight on and at the end of the field turn right for 25m and cross a basic stile. Walk with the hedge to your right and then eventually meet the A38 at a metal gate. Cross and go through a kissing gate, before heading straight across to the right-hand top corner of the field, where there is a metal gate, from which you continue straight ahead to the start of the walk.

Route information

Distance:
6.7 miles

Difficulty:
Moderate, but long
Alternatives: Could do in two halves by catching A2 bus between Churchill and Langford.

Duration:
Allow up to 4.5 hours

Map:
OS Explorer 154 and 141

Keep dogs on leads if livestock is present but do not hang onto your dog if you are threatened by cattle. Let it go and allow the dog to run to safety.

Use common sense and appropriate footwear if completing this walk in winter months.



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This map is for guidance only and walkers should carry and use the OS 1:25000 map when out.



LOCAL EVENTS

JANUARY

Sunday 10

Model Railway Show

10am-4.30pm, The Campus, Locking Castle, Weston-super-Mare. At least 25 working layouts, plus trade stands and demonstrations. Tickets from 01934 425 075 or www.westonsupermaretrainshow.com. In aid of Weston Hospicecare.

Tuesday 19

Clevedon Music Club

7.30pm, Teignmouth Room, Clevedon Community Centre, Princes Road. A recital by mezzo soprano Alison Bell. £8 on door. 01275 879 099 or andrea.argent@hotmail.co.uk

Saturday 30

Yatton Music Society concert

7.30pm, St Mary's Church, Yatton. Hannah Marcinowicz (saxophone and clarinet) with Philip Mountford (piano)

FEBRUARY

Thursday 25 - Saturday 27

The Spitfire Girls

by The Portishead Players

Somerset Hall, Portishead. A new drama set in WW2. Tickets from 0333 666 3366, www.portisheadplayers.ticketsource.co.uk, or Morgan Westley / Mother Nature in Portishead High Street.

Saturday 27

Yatton Music Society concert

7.30pm, St Mary's Church, Yatton. Julia Hammersely on harp with Michelle Krawiec on flute.

MUSIC

Mondays

Portishead in Harmony (E)

(women only) 10.30am-12pm, The Folk Hall, Portishead High Street. £5 per session. www.wendysergeant.vpweb.co.uk, 01275 814 220

Clevedon A Cappella (E)

(women only) 1.15-2.45pm, Kenn Road Methodist Church, Clevedon. £5 per session. www.wendysergeant.vpweb.co.uk, 01275 814 220

Mixed Company Community

Choir (E) 7.30-9.30pm, Golden Valley Primary School, Nailsea. £6 per session with free taster

Clevedon Choral Society (E)

7.15 pm, Methodist Church Hall, Kenn Road, Clevedon. www.clevedonchoralsociety.org.uk

Clevedon Light Opera Club

(E) 7.30pm (Juniors Thu 7pm) Princes Hall, Clevedon Community Centre. 01275 791 556

Vocalise Choir (E)

7.30-9.30pm, United Reform Church, Waterloo Street, Weston. £5 inc refreshments. 01934 627 709

Clevedon Players

(and Wed, Fri)(leading up to a play) 7.30-10pm, the Stables, behind Princes Hall, Princes Road, Clevedon. 01275 853 975

RAFA Concert Band (E)

8pm, Blakehay Theatre, Weston-super-Mare. www.rafaconcertband.org.uk 01934 820 205

Tuesdays

A Musical Tea Time (2)

2-4pm, Lady of Lourdes Church Hall, Milton, Weston-super-Mare. £1.50 inc tea/cake. 01934 413 571

Cadbury Wind Band (E)

(term time only) 7.15-9.15pm, Yatton Rugby Football Club. 01275 792 300

Lyrical Ladies Choir (E)

7.20-8.20pm, Nailsea School. £4 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

Waves of Harmony (E)

7.30pm, Victoria Methodist Church Hall, Station Road, Weston-super-Mare's 4-part acapella group. www.wavesofharmony.co.uk

Cheddar Male Choir (E)

7.30pm, Draycott Village Hall. New members welcome. www.cheddarmvchoir.co.uk

Winscombe Community

Choir (E) 7.30pm, Winscombe Primary School, Moorham Road. www.winscombcommunitychoir.org.uk

Weston Choral Society (E)

(term time only) 7.30pm, Milton Methodist Church Hall, Milton Hill, Weston-super-Mare. 01934 813 255

Clevedon Music Club (3)

7.30pm, Community Centre, Princes Road. Classical concerts by professional musicians. £8 per concert on the door. 01275 879 099

Nailsea Choral Society (E)

7.30pm, Vestry Hall, Christ Church, Nailsea. 01275 875 533 www.nailseachoral.org.uk

Trinity Singers (E)

7.30pm, Churchill Primary School, Pudding Pie Lane, Langford. www.trinitysingers.co.uk 01934 415 301



Portishead Town Band (E)

7.45pm, Methodist Church Hall, High Street. New players welcome. 07816 544 474, 01275 818 575

Pill Community Choir (E)

7.45-9.15pm, Pill Community Centre. £5 per session or £4 if paying for a term. Free taster session. www.wendysergeant.vpweb.co.uk, 01275 814 220

Congresbury Singers (E)

7.50pm, Old School Rooms, Congresbury. 01934 876 104

Samba Drumming (E)

8-10pm, Kingsley Hall, Clevedon. Beginners welcome, £6 with free taster session. 07786 753 198

Weston Brass Band (E)(and

Thu) 8pm, Church Road Methodist Church, Upper Church Road, Weston-super-Mare. 01934 842 461

Nailsea Folk Club (2)

Grove Sports Centre, Nailsea. (4) Prince of Orange Inn, Yatton. All musicians and singers welcome. 01275 857 784

Wednesdays

Clevedon Ladies Choir (E)

(September-June) 2.15-3.30pm, St Peter's Church Hall, Alexandra Road. £25 per year. 01275 876 131 or 01275 858 246

J-u-ke Box Ukulele Club (E)

6.30-8 pm, St Mark's Primary School, Worle. £5 per session. All abilities welcome. 07870 788457

Somerset Singers (E)

7.30pm, Meeting House, Sidcot School, Sidcot. 01934 743 965

Yatton Ladies Choir (E)

7.30-8.30pm, Yatton Infants School. £4 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

Harmony Plus Choir (E)

7.45-9pm, Emmanuel Church, Weston. 01934 629 112

Portishead Community Choir

(E) 8-9.30pm, Avon Way Hall, Portishead. £5 per session or £4 if paying for a term. Free taster session. www.wendysergeant.vpweb.co.uk, 01275 814 220

Weston Music Appreciation

Society (A) 7.30pm, St Jude's Hall, Baytree Road. 01934 814 752

Upstaged Drama Group

(E during term time) 7-8.30pm, Theatre in the Hut. Sessions and workshops for 16 to 25-year-olds. upstaged@hotmail.com

Thursdays

Music Is Fun (E)

(babies, toddlers and pre-schoolers) Methodist Church, Nailsea. 30 min session £3, 40 min session £3.40. 07722 298 550, gillatkinson15@blueyonder.co.uk

Singing Mums Choir (E)

7.10-8.10pm, Nailsea School. £4 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

Portishead Choral Society (E)

7.30 pm, St Joseph's Catholic Church, West Hill, Portishead. 01275 849 278

Weston Music Appreciation

Society (A) 7.30pm, St. Jude's Hall, Baytree Rd. 01934 814 732

Cantiamo Ladies Choir (A)

(grade 8+ musicians only) 8.15-9.30pm, Nailsea School. £5 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

Weston Organ and Keyboard

Club (1) 7.30pm, Somerset Suite, Weston Football Club. £5 members, £6 non-members. 01934 812 759

Worle Community Choir

(E) 7.30pm, Becket Primary School, Tavistock Road, Worle. New members welcome. 07972 909 939

Muskrats Jazz Band (1)

8.30pm, Clarence House, High Street, Portishead. £3. Bar and dancing, all welcome. 01275 814 434

Traditional jazz night (2)

8.30pm, Salthouse pub, Clevedon. Resident band, the Dixieland Rascals. Free entry

Fridays

Singing for Pleasure (E - 20-

week course starts 26 Sept) 1.30-3pm, Tickenham Village Hall. 01934 512 669

Singtastics Junior Choir (E)(Y3-

Y7) 3.40-4.30pm, Hannah More School, Nailsea. £3 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

Lions Brass 4 Youth (E)

5.30pm/6.15-7.45pm, 1st Clevedon Scout Hall. County brass band. 07815 733 886

Weston Youth Orchestra (E)

6-7pm (8-12 yrs), 7-9pm (12-20 yrs). Boulevard United Reformed Church, Weston-super-Mare. 01934 622 519 or 07787 520 230

Male Choir (E) 7.30-9pm,

Victoria Methodist Hall, Weston-super-Mare. 01934 529 728

North Somerset Community

Brass Band (E) 7.30-9.30pm, Puxton and Hewish Village Hall. 01275 397 582

Congresbury Brass Band
(E) 7.30-9.30pm, Methodist Church Hall, Congresbury. 01275 849 611 / 07986 007 829

Nailsea Concert Orchestra
(E)(term time only), 7.30-9.45pm, Christ Church, Nailsea. www.nailseaconcertorchestra.org.uk

Clevedon Gilbert and Sullivan Society (E) 7.30-10pm, St Peter's Church Hall, Alexandra Road, Clevedon. New members welcome. 01934 838 713

West Mendip Orchestra (E) (term time only) 7.45-10pm, Lynch Chapel, Winscombe. 01275 463 480

Harmony Plus Brass (E) 7.45pm, Emmanuel Church, Weston. 01934 629 112

Nailsea Concert Orchestra (E)(term time only) Nailsea Methodist Church. New players welcome. 01179 248 313 or 01275 866 192

Nailsea Theatre Club (E) 8pm, Nailsea Little Theatre, Union Street. 01275 852 275 (Box office: 07772 981 037)

Saturdays

Pret A Chanter Ladies Choir
(A) 9.30-11.30am, Southfield Church, Nailsea. £8 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk
Cadbury Saxophone Band (A) 10.15am-12.30pm in Cleeve/Yatton. 01934 830 072 or www.cadburysaxband.co.uk

Sundays

Barley Rye choir (E) 6.30-8.30pm (winter) 7-9pm (summer), Ring o' Bells, Nailsea. New members welcome. 01454 411 052

DANCE

Mondays

DB's Dance Club (E) 10-11am, Clevedon Community Centre. Line dancing. 01275 854 375

Ballroom and sequence beginners dance lessons (E) 10am-noon, Corpus Cristi church hall, Weston. 01934 510 749

Latin and jive – next step/improvers (E) 1.30-3.15pm, St Peter's Hall, Clevedon. £5. 01275 876 314

Egyptian Bellydance (E) (term time only) 7.30-8.30pm, Dance Studio, Nailsea School, Nailsea. 01275 855 016

Easy Strollers line dancing (E) 7-8pm (intermediate), 8-9pm (improvers), Clevedon Triangle Club, Old Church Road. 01275 875 235

Social dancing (E) 7.45-10.15pm, Lady of Lourdes Church Hall, Milton. 01934 644 691

Portishead Square Dancers (E) 8-10pm, Folk Hall, Portishead. 01275 817 964 £2.50 each class

Tuesdays

Social Morning with Historic and Country Dancing to Live Music (E) 9.30-11.30am, Folk Hall, Portishead. £2 per person. 01275 847 909

Movement to Music (E) 10-11am, Methodist Church, Portishead. 07899 754 937

DB's Dance Club social tea dance (E) 2.30-5pm, Clevedon Community Centre. 01275 854 375

Avon Dance Club (E) 8-10pm, Somerset Hall, Portishead. Ballroom and Latin practice night. 01934 823 128

Weston Folk Dance Club (E) 8-10pm, Corpus Christi Church Hall, Weston-super-Mare. 01934 514 226

Portishead LeRoc (E) 8-10.30pm, Portishead Primary School, Station Road. Modern jive. 01275 846 247

Ceroc dance lessons (E) 8-11pm, Banwell Village Hall. www.ceroclebeat.net, ceroclebeat@outlook.com

Ballroom and sequence (E) 8-11pm, Town and Country Lodge, Bridgewater Road. 0117 9778 200

Wednesdays

Easy Strollers line dancing (E) improvers 9.15-10.15am, 1st Clevedon Scout Hall, Great Western Road. 01275 875 235

DB's Dance Club line dancing (E) 10.45-11.45am, Clevedon Community Centre. 01275 854 375

Sequence tea dance (E) 2-4pm, Avonway Hall, Portishead. 01934 644 745

Latin and jive – absolute beginners (E) 7-8.15pm and 'next steps' from 8.30pm. (Also Thurs 2-3.45pm) St Peter's Church Hall, Clevedon. £5. 01275 876 314

Easy Strollers line dancing (E) beginners 7-8pm, 2nd Clevedon Scout Hall, Coleridge Vale Road North

Abanico Salsa Classes (E) 7.30-10.30pm (3 classes, beginners to improvers), Clevedon Triangle Club. Call in advance: 07971 565 406

50s and 60s rock 'n' roll (E) 8pm-late, Tavern Inn the Town, Regent Street, Weston-super-Mare. 01934 412 826

Thursdays

Easy Strollers line dancing (E) 9.15-10.15am (improvers) 10.20-11.20am (intermediate) 1st Clevedon Scout Hall. 01275 875 235

New and Old Sequence dance class (E) 10.30am-12.30pm, Kewstoke Village Hall. 07437 203 642

DB's Dance Club line dancing (E) 11am-1pm, Folk Hall, Portishead. 01275 854 375

Weekly Sequence Dance Club (E) 2-4.30pm, Claverham Village Hall. 01275 851 221
Egyptian Bellydance (E)(term time only) 7.15-8.15pm, Mead Vale Community Centre, Redwing Drive, Worle. 01275 855 016

Social dancing (E) 7.45-10.15pm, Lady of Lourdes Church Hall, Milton. 01934 644 691

Nailsea Le Roc (E) 8-10.30pm, Scotch Horn Leisure Centre, Nailsea. Beginners/intermediates. £6. 07816 649 077

Fridays

Ballroom, Latin and sequence dancing (E) 2-4.30pm, Kewstoke Village Hall. 07437 203 642

T&A Burlesque (E) 6-7pm, Victory Hall, Uphill, Weston-super-Mare. 01934 627 122 or 07732 799 918

North Somerset Intercultural Dancing Association (E) 7.45-9.30pm, Nailsea Methodist Church, Silver Street. Free admission. 01275 854 366

Clevedon Sequence Dance Club (E) 7.45-10.30pm, Walton St Mary's Church Hall. 01275 847 293

Social dance (1) 8-11.30pm, Somerset Hall, Portishead. £5. 01275 831 884

Streetdance (2)(4) 7-8.30pm, Claverham Village Hall. For 8-15-year-olds. 01934 838 017

Social dance (4) 8-10.30pm, St. James Hall, Winscombe. £4. 01934 516 852

Saturdays

Chelis Theatre Company (E) 2-5pm St. Saviours Church Hall, Weston-super-Mare. Drama, dance and singing for 6-18-year-olds. 01934 625 301

Sundays

Social dancing (E) 7.30-10.30pm, Hutton Moor Leisure Centre, Weston-super-Mare. £5. 01934 518 529 www.westonsocialdancing.co.uk

Avon Dance Club Tea Dance (Monthly) 3-6pm, Somerset Hall Portishead. 01934 823 128

MARKETS

Thursdays

Winscombe Country Market (E) 8am-noon, Community Centre, Sandford Road. 01934 842 304

Fridays

Portishead Country Market (E) 9.45-10.45am, Folk Hall, Portishead. 01275 843 851

Nailsea Country Market (E) 10-11.15am, Vestry Hall of Christ Church, Christchurch Close, Nailsea

Clevedon Country Market (E) 2.30-3.30pm, The Barn, Great Western Road. 01275 871 321

Saturdays

Long Ashton (1) 9.30am-1pm, Community Centre. 07956 323 546

Kingston Seymour (1) 10am-noon, Village Hall

Hutton (1) 9.30am-noon, Hutton Village Hall. 01934 814 823

Tickenham (2) 9.30am-noon, Village Hall. Fundraiser for Tickenham Primary School.

Kenn (2) 10am-noon, Village Hall

Yatton (2) 10am-noon Village Hall. 01934 832 681

Bleadon (3) 9am-12.30pm, Coronation Hall. 01934 812 370

Claverham (3) 10am-noon, Village Hall

Pill Community Market (4) 10am-noon, Pill Community Centre.

Backwell (4) 10.30am-1pm WI Hall, BS48 3QW. Fundraiser for Backwell Judo Club. 07870 598 770

FARMERS' MARKETS

Saturdays

Portishead (2) 9am-12.30pm, Waitrose Piazza

Weston-super-Mare (2) 9am-12.30pm, High Street

Worle (2) 9am-12.30pm The Lamb pub car park

Nailsea (3) 9am-1pm Crown Glass Place

Clevedon (4) 9am-12.30pm, Queen's Square





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COUNCIL

Every 15 cigarettes you smoke cause
a mutation that can become cancer

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SMOKEFREE
NORTH SOMERSET

Charge your electric car on the go

Electric charging points have been installed in car parks across North Somerset for people to power up their eco-friendly vehicles on the go.

travelwest+
www.travelwest.info



An electric car charging at Long Ashton park and ride

Zero emission electric vehicles are becoming more popular because they have cheaper running costs with no car tax or fuel duty.

They are ideal for short journeys in towns and cities and more companies are using them as fleet cars because they are convenient for site visits, such as airports, ports or industrial estates.

Eleven electric charging points have now been installed across North Somerset thanks to Source West, a scheme funded through the Local Sustainable Transport Fund to promote the introduction of electric vehicles.

The charging points have been installed at Bristol Airport, Avon and Somerset Police HQ, Leigh Court Business Centre, Long Ashton park and ride, and Harmsen Tilney and Shane in Flax Bourton.

Electric vehicles are noticeably quiet and drive more like an automatic car, and most have good acceleration at low speeds.

The business grants have helped Bristol Airport buy an on-site electric vehicle for staff use and to install charging points for visitors.

Melanie King, environment manager at Bristol Airport, said: "The introduction of electric vehicles and charging points is only one of several initiatives we are progressing over the next 12 months in recognition of Bristol's status as European Green Capital.

"Staff also had the opportunity recently to test drive a Nissan Leaf electric vehicle. It helped to highlight the benefits of using an electric car compared to other alternatives and have questions answered by the experts on the day."



A growing number of private electric vehicle charging points are also being installed in homes and businesses across North Somerset.

North Somerset Council has also put in a joint funding bid with the West of England to increase the number of ultra-low emission vehicles.

This could mean there will be support in the future for businesses to buy new fleet vehicles and to install more charging points at locations such as railway stations, public car parks and at other major employers.



To find out more visit www.travelwest.info/drive/electric-vehicles

To check where you can charge your electric vehicle visit www.sourcewest.info

Investment in roads



Reports of potholes dropped by nearly a quarter last year, showing that North Somerset Council's commitment to investing in roads is showing early success.

Last year the council announced it would invest £40m over five years to maintain and improve its 1,100km road network.

As well as this extra investment, a 'whole life' approach has also been adopted by the council.

This means the cost of maintaining a road over its lifetime is considered and treatments carried out are the ones which offer best value for money in the long-term.

Now, early indications show that this investment and approach is working.

In the 2013/14 financial year, 3,994 potholes were reported to the council, a slight rise on the previous year.

However, in 2014/15 this number dropped 28 per cent to 2,862.

The total number of complaints about roads also fell from 5,758 to 3,832 over the same period.

Colin Medus, the council's head of highways and transport, said: "Over the last few years the council has committed to investing more in roads across North Somerset.

"The extra £40m investment means that not only can we work to halt the deterioration and stop them getting worse, we've also been able to start making improvements to our highway network."

The council recognises that a whole-life approach doesn't address the roads in the very worst condition, so a proportion of these are included in the yearly maintenance programme.

However, it is much more cost-effective to treat a road before it deteriorates to the point where it needs to be completely resurfaced or, even worse, totally replaced.

Colin added: "That's why you might sometimes see a road being repaired that seems to be in a good condition.



"While it might seem okay to the human eye, the scanner vehicle will pick up structural issues below the surface and indicate if it needs work to maintain its condition and prevent it getting worse.



is paying off



Which road to repair?

- Every two years the entire network is surveyed using a scanner vehicle
- This data is fed into a management system which produces a list of possible repairs across North Somerset
- Engineers investigate the list, visit sites and calculate estimated costs. Repairs are prioritised according to national guidelines, while taking other factors into account such as customer and area officer reports, the importance of the road, and whether any other highways works are due to take place nearby, because combining works can minimise disruption as well as save money.



“By carrying out the right repairs at the right time we can try and prevent potholes appearing in the first place, and early intervention means that we can actually treat more roads.”

In 2012/13 North Somerset Council resurfaced just under 22km of road. By 2014/15 this had nearly doubled to just over 40km.

In the past, resurfacing works tended to focus on main A and B roads, but more C and unclassified roads are now being done, those that link housing estates or villages to the main road network.

Working smart

The fall in the number of potholes and other defects being reported can also be credited to the introduction of smart gangs.

Specialist teams are carrying out high quality, urgent repairs and operate on a ‘fix it once, fix it well’ basis.

There are three crews who tackle road defects, emergency repairs and other highway works when needed.

The council aims to investigate all reported road defects within 10 workings days and if the defect is considered dangerous, it will be made safe within 24 hours of being reported. If a pothole meets the intervention level it will be repaired within 28 days. Not all defects or holes meet national intervention levels though, so they will be monitored by officers and repaired when they get worse.



To report a road problem visit www.n-somerset.gov.uk/connect or call **01934 888 802**.

Report abandoned vehicles



Vehicles which have been abandoned by their owners and left to rust can cause a nuisance and have a negative impact on neighbourhoods.

About two million vehicles reach the end of their lifespan every year in the UK, whether through age or because they have become unusable following an accident.

Most of these are disposed of legally but some end up being abandoned by their owners and just left behind.

North Somerset Council is responsible for co-ordinating the collection of abandoned vehicles from roads across the area.

All reports are dealt with by the waste management team who investigate and establish whether or not a vehicle has been abandoned.

Once it is confirmed the vehicle is abandoned, the team arrange for it to be removed and either sold or destroyed in a safe, responsible and legal way if it is not reclaimed.

Spotting an abandoned vehicle

Abandoned vehicles are often confused with nuisance vehicles which might be poorly parked, causing an obstruction, broken down, untaxed or involved in residential parking disputes.

An abandoned vehicle is one that appears to have been given up on, with no apparent owner, but sometimes it can be difficult to tell the difference.



Last year in North Somerset 271 vehicles were reported as abandoned but, after investigating, it turned out that only seven were.

Ian Price, the council's waste contracts officer, said: "Once we receive a report of an abandoned vehicle, we inspect it to check its condition, look for signs it has been abandoned, and check to see if it is taxed.

"If we think the vehicle has been abandoned then a warning notice is placed on it to advise that it will be removed.

"This gives the owner an opportunity to reclaim it. If it isn't claimed then we arrange for it to be removed.

"As a council we only have powers to deal with abandoned vehicles, so if a vehicle is untaxed but not abandoned then the council won't be able to remove it.

"Instead, untaxed vehicles should be reported to the Driver and Vehicle Licensing Agency (DVLA).

"Similarly, the council can't remove a vehicle involved in a parking dispute. Parking issues should be reported to the police."

 Report untaxed vehicles to the DVLA online at www.gov.uk or write to Enforcement Section W070/D12, DVLA, Longview Road, Swansea SA7 0XZ.

Report parking issues to Avon and Somerset Police online at www.avonandsomerset.police.co.uk or call 101.

How can you tell if a vehicle has been abandoned?

Look out for these tell-tale signs...

- flat tyres or missing wheels
- litter, weeds or leaves under the vehicle, indicating it hasn't moved for some time
- broken windscreen or windows
- missing number plates
- mould growing on or inside the vehicle
- vandalism such as dents in the bodywork, graffiti, missing bumpers or spoilers, stolen stereo or slashed seat covers.
- waste inside the vehicle, such as tyres, old newspapers or general rubbish
- signs the vehicle has been 'hot-wired'
- a vehicle that suddenly appears in a road, neighbours don't recognise it and no-one claims to own it
- the vehicle is untaxed – check online at www.gov.uk.

If you believe a vehicle has been abandoned, report it online at www.n-somerset.gov.uk/connect



Getting to the heart of dementia care



Emotional wellbeing is at the heart of a new approach to dementia care in North Somerset.

An empathetic, person-led approach is now being used in dementia care homes across the area to help improve the lives of people with the condition.

North Somerset already has a higher-than-average older population and cases of dementia will increase as the population continues to age.

An Alzheimer's Society report in 2014 showed there are now 850,000 people living with the syndrome in the UK, which costs the country £26bn a year.

This number is forecast to increase to more than one million by 2025 and more than two million by 2051.

During the last year North Somerset Council has worked with culture change organisation Dementia Care Matters to improve the quality of care in care homes in the district.

The focus is on a positive person-led approach, with emotional care and feelings at the forefront rather than just matter-of-fact, task-based care.

Dementia Care Matters has worked with five homes in North Somerset and two of these have successfully gained their 'butterfly quality'

award: Manor Park in Weston-super-Mare and The Elms in Congresbury. Three others are working towards gaining the status: Annabel House and Earlfield Lodge in Weston-super-Mare, and Haven Lodge in Portishead.

Manor Park care home is specifically for people living with dementia and Dementia Care Matters said it feels like a home where people are sharing their lives together.

Lead nurse Lauren Allen: "Since adopting this philosophy of care, the key difference is how people's quality of life has increased.

"It has enhanced their wellbeing and family members say how happy they are with the new changes.

"It has gone from being a clinical nursing home to a more homely environment. Staff and residents appear a lot happier and enjoy the new environment."



One relative said: "The scheme divides residents into different 'houses' according to their abilities.

"They eat meals, watch TV and can make coffee in their room. Residents have the same staff which provides continuity and they get to know their carers.

"Carers are dedicated and happy, so the care home is very relaxed and geared up totally to making



Activities at Manor Park. Photos courtesy of Weston, Worle and Somerset Mercury

the resident's life as pleasant and fulfilling as possible."

Chief Executive and founder of Dementia Care Matters, David Sheard, said: "Providing sensitive dementia care is all about focusing primarily on emotional care.

"When people cannot rely on facts, logic, memory or reason because of their dementia, then an emphasis on feelings really matters most.

"Butterfly care homes are all about bringing out the best in people. It is really possible to still have a sense of well-being living in a care home. We cannot yet fix dementia but we can fix our approach.

"Accepting people as they are, going with people's memories from the past and helping people to feel busy, occupied and having a purpose, helps them flourish.

"Dementia Care Matters is delighted to have had the opportunity to work in North Somerset, training care staff in new approaches, and developing butterfly care home projects."

Gerald Hunt, assistant director for strategy, commissioning and quality assurance for North Somerset Council, said: "We would like to congratulate the two butterfly homes and hope it will inspire others.

"With the challenges facing health and social care, in a growing older person's population, good support and care of people with dementia is so important."

i www.dementiacarematters.com For more information about the butterfly scheme in North Somerset call Michelle Pankow: **01934 427 611**



Inside a Butterfly home you will see:

- Personalised bedroom doors
- Sensory rummage boxes to provide stimulation
- Personal possessions in communal areas
- Areas in the lounges for people to prepare drinks and snacks
- Colourful and stimulating decoration in hallways and lounges

Providing a helping hand in the community



Winter weather can cause real problems for householders, whether falling leaves are blocking gutters, fences are being blown down or boilers won't start.

But practical help is available for older, disabled and vulnerable people in North Somerset who need support during the cold, dark months.

Not-for-profit organisation WE Care and Repair is contracted by North Somerset Council to offer practical help and be a trusted source of support.

The organisation employs handy people to carry out small jobs either inside or outside the home at reasonable rates.

It can also provide help in finding funding to help pay for the work.

One local resident, Mrs Brown, had lived in her house for 36 years and never had the electrics renewed.

Her daughter contacted WE Care and Repair and, through one of their trusted contractors, they renewed the

electrics and lighting for the whole house.

A full home safety and security check was also carried out because Mrs Brown also had concerns about the security of the building and it was affecting her mood and sleep.

Her locks were changed, which instantly put her at ease, and the handyperson team also replaced a rotting floorboard that had started to come loose so she could get into the garden without worrying about falling over.

Residents can find out more about WE Care and Repair at the Equipment and Demonstration Centre, based in the Motex Centre, Winterstoke Road, Weston-super-Mare.

Here you can also make an appointment to see a trained assessor, try out a range of equipment and adaptations, or consult an occupational therapist for expert advice.



WE Care and Repair:

0300 323 0700

www.wecr.org.uk

The Equipment and Demonstration Centre, part of the Motex building, is open 10am-4pm, Monday to Saturday. Call the centre directly **01275 888 804**



Keeping young children safe from falls

Watching your baby learn to crawl and walk are proud moments for any parent.

Once your bundles of joy are on the move though, the house suddenly seems filled with potential dangers at every turn.

In North Somerset, about 50 babies and young children under the age of five are taken into hospital each year because they've had a serious fall, often at home or in the garden.

But there are plenty of steps that adults can take to reduce this risk...

Babies

- ✓ The floor is the safest place to change your baby.
- ✓ Babies sitting in a bouncing cradle or car seat can wriggle around, so always keep these seats on the floor too.
- ✓ Highchairs and pushchairs should come with a five-point harness to stop a baby from falling out.
- ✓ Keep stairs and other areas clear of clutter to avoid tripping up when carrying a baby.

Crawling, first steps and toddlers

- ✓ Put 'soft' corners onto sharp pieces of furniture.
- ✓ Use safety gates on stairs until children are about two-years-old, with one at the bottom and one at the top. This can be put right at the top of the stairs but a better place might be further away, maybe across the landing or doorway to the child's bedroom.
- ✓ Board up bannisters if you have railings that are big enough for a small child to squeeze through. Keep children away from balconies or supervise them carefully.
- ✓ Do not put furniture near windows if there is any danger a child could climb onto it and fall out. Fit safety catches to stop windows opening wide enough.
- ✓ When babies start to climb, take big toys out of their cots so they can't climb onto them and fall out.
- ✓ Save bunk beds until children are at least six-years-old.

Older children

- ✓ Children enjoy testing their skills and challenging themselves, particularly when playing outside.
- ✓ Children should wear a cycle helmet when they're out on their bikes.
- ✓ Give any outside areas a safety makeover by putting play equipment on soft mats, earth or well-watered grass.
- ✓ Ensure paving slabs are level and not cracked to stop painful trips and falls.



Looking after our ch



The upbringing, safety and welfare of more than 200 children a year is the responsibility of North Somerset Council.

Children come into care for a variety of reasons, whether because of abuse, neglect or because their family is unable to cope.

In other cases, a parental disability, death, illness or addiction means the child can no longer stay at home.

Other children may become the responsibility of the council because a parent or main carer is absent, in prison or because the child has complex needs that can't be met at home.

Placements can vary from a few days to long-term care over many years and it is hoped that about 25 per cent of children will return home at some point.

About 75 per cent of children being looked after by the council originally come from the Weston-super-Mare area and nearly half of placements are classed as long-term.

Omar's story

Omar is four and his 19-year-old mother Zara is a single parent.

Zara was admitted to hospital about nine months ago following an overdose of prescription sleeping tablets.

While she was in hospital Omar stayed with his grandmother, who has three children of her own under the age of 10.

Zara was diagnosed as being clinically depressed and schizophrenic. She requires ongoing treatment and agreed that it would be best for Omar to be placed in foster care until she felt ready to look after him again.

Omar cannot stay at his grandmother's long-term because of the lack of space.

Instead Omar is fostered by Lizzie, a single foster carer with no children.

Zara can now control her symptoms with drugs but is scared it will take time to get back on her feet so Omar will remain with Lizzie as a long-term foster carer.

Zara will continue to have contact with her son with a view to being reunited with him in the future.



NSSCB



children

Where do looked-after children live?

- About 77 per cent live with foster carers
- Roughly 12 per cent live in residential care
- Around 11 per cent live in supported lodgings or housing projects

How could a child come into care?

- **Voluntary** – the parent or legal guardian agrees to the placement and maintains parental responsibility
- **Emergency** – the placement is made through an emergency protection order or under police protection powers
- **Care order** – the council shares parental responsibility with the parent or legal guardian after being granted an order through the court
- **Remand** – a child is remanded into council care or committed for trial

Ian's story

Eleven-year-old Ian is an only child who lives with his mother, Rhona.

Ian witnessed domestic abuse between his parents before they separated two years ago.

Neighbours often called the police to the house and Rhona sometimes needed hospital treatment for injuries caused by her husband, Nick. Ian has not had any contact with Nick since his parents separated.

Rhona is finding it increasingly difficult to cope with Ian. She says he is physically and verbally aggressive towards her, constantly playing violent computer games, will not do anything she asks and it is difficult to get him to go to school.

As well as this, Ian is often out until very late at night and has been picked up by the police. He smokes, hangs around with older boys, and has tried cannabis and alcohol.

The family has received support from child and adolescent mental health services and Ian has been diagnosed with attention deficit hyperactivity disorder (ADHD) but hasn't been prescribed any treatment yet.

Despite receiving help for Ian's behaviour, Rhona feels increasingly unable to cope so it is decided that Ian will move in with foster carers on a short-term basis.

He moves in with foster carer David, who has also been fostering 14-year-old Johnny for the past four years.

David spends time getting to know Ian and working with him on some of his difficulties.

David also works with others to support a positive relationship between Rhona and Ian, in the hope that he will be able to return to his mother in the long-term.



Could you provide a loving home for a child?

Foster carers are urgently needed in North Somerset. The council currently has only 70 active fostering households.

As a result, nearly a third of looked-after children have to be placed with carers from fostering agencies. This is sometimes outside North Somerset, away from their school and local friends.

 To find out more about becoming a foster carer call **01275 888 999** • www.n-somerset.gov.uk/fostering



Children with learning disabilities are gaining independence, social skills and new friends thanks to a dedicated scheme which provides a home away from home.

Creating a home from home

North Somerset Council's Family Link scheme arranges short breaks for disabled children and young people so their families can enjoy a well-earned break and they get the chance to develop their independence and social skills.

Breaks can be overnight, regular weekends, or longer stays during school holidays and take place in the carer's home.

The scheme is for children up to the age of 18 but most are between five and 16. All will have a disability, whether it is a learning disability, autism, a mild physical disability or communication difficulties.

Laszlo Noszkay and Lynne Parkin, from Kewstoke, became Family Link carers in 2007 and have hosted Sophie for the last six years.

The couple work full time so Sophie visits for one weekend a month, as well as occasional longer stays.

Lynne said: "I'd been thinking about joining the scheme for a few years. We both work with adults with learning disabilities so wanted the opportunity to work with children too, and just give something back."

Sophie, who turns 15 in January, said: "It's really fun. I get to walk their dogs. I do baking, and help with cooking. We all go out shopping and I have my own money now."

Laszlo said: "As well as giving her family some respite, we are doing things with her that she might not do at home. We know when she is coming so we can plan the weekends around her."

Laszlo, Lynne and Sophie



Lynne added: "We have seen progress in her skills, she is growing into an independent young woman.

"By coming here, Sophie has made friends with all our friends and relatives and it has opened up her social circle. She is just part of our life now.

"It gives the young person an opportunity to see a different family life."

Anyone who wants to join the scheme must first go through an assessment.

This will give a clear idea about what skills and interests they have so that the most suitable link can be made.

Laszlo said: "It's really important that it fits in with your lifestyle. You want to be able to enjoy doing things together."

Potential carers then meet the young person and their family before a placement is agreed, so everyone has chance to decide if it is right for them.

Carers receive regular supervision and core training is updated every three years.

Lynne added: "The support is there and you know exactly where to turn if you need it.

"I would really recommend the scheme to anyone who has a little bit of free time. It's so worthwhile and it gives such a lot to the young person."

Anyone with experience or a genuine interest in caring for children with a disability can apply for the Family Link scheme. No special qualifications are needed but patience and understanding help.



Carers must be over 21 but there is no upper age limit as long as you are fit and healthy. You can be single, a couple or a family.

Regular support and training is provided, such as first aid and child protection, and travel and childcare costs may also be reimbursed.



To find out more call **01275 888 999** and ask for fostering recruitment.

familylinkscheme@n-somerset.gov.uk

www.n-somerset.gov.uk/familylink

Keeping our children cyber safe



The meteoric rise of social media platforms and online services has brought new challenges for many families.

Today, bullying doesn't just happen in the playground - it can also happen through text message, email, social media, in a chat room or during online gaming.

Parents and carers now need to protect their children from these dangers, which can take place 24 hours a day, 365 days a year.

The effects of cyber bullying and abuse can be devastating as there seems to be no escape from it, whether it takes place at school, home, or even while sleeping.

According to one leading mobile provider, the most common forms of cyber bullying are carried out through...

- **Text** - abusive, intimidating or threatening messages
- **Social networks** - posting or messaging cruel comments on sites like Facebook. Some bullies

will even set up fake profiles in order to do this

- **Email** and instant messaging - unpleasant emails and messages, sometimes sent individually or as part of a wider group chat
- **Images** - publishing or sharing photos, videos or webcam chat without permission, specifically in ways that could damage a child's reputation and self-confidence

- **Chatrooms** - saying mean and offensive things about people in public chatrooms

- **Gaming** - purposefully blocking, ignoring or excluding a child from multi-player games.

If someone you know is being bullied, the signs can often be hard to spot. Many children will not talk about what is happening to them and will often become withdrawn.



Other signs can include:

- Low self-esteem
- Friends disappearing or being excluded
- Reluctance to let parents or other family members anywhere near mobiles, tablets or laptops
- Losing weight or changing appearance to try and fit in
- Finding excuses to stay away from school
- Fresh marks on the skin that could indicate self-harm and dressing differently, such as wearing long sleeved clothes in the summer to hide any marks
- A change in personality, such as anger, depression or crying.

If you think your child or someone you know is being bullied online then try and talk to them. They need to know that this behaviour is unacceptable and can be stopped.



Don't ban them from using their phone, tablet or computer, though, as this will not tackle the issue.

Try and encourage them to find other activities they enjoy instead, such as sport, dance or music, in order to build confidence and escape the online world.

Family advice charity Family Lives gives the following advice to anyone concerned about cyber bullying:

- Make sure the child knows that help is available
- Encourage them to talk to a teacher or family member they trust so they feel they have someone safe to go to

- Take screen shots of the cyber bullying so they have proof
- Report all abuse to the relevant social media networks by clicking on the 'report abuse' button
- Keep a diary so they have somewhere safe and private to write down their innermost thoughts and feelings
- Give praise for being so brave and talking things through which will hopefully empower them to take responsibility and get help.

Sending abuse by email or posting it into a web board can be harassment. If this has happened then make a complaint to the police who can trace IP addresses.

Ask the school if they have a school liaison police officer that can help in this situation and talk to the school about the dangers and effect.

 For more information visit
www.nspcc.org.uk
www.bullying.co.uk
www.theparentzone.co.uk



Advice for disabled people struggling to keep warm at home

Free one-to-one energy advice is now available for thousands of disabled people across the West of England.

About 5,500 disabled people live throughout North Somerset, Bristol, Bath and North East Somerset, and South Gloucestershire and help is now available if they are struggling to keep warm this winter and can't afford their fuel bills.

The Centre for Sustainable Energy (CSE) is offering in-depth, personalised help through home visits, outreach events and advice surgeries thanks to a new support service funded by Big Lottery.

Ian Preston, CSE's head of home energy services, said: "This is one of our biggest grants ever and it means that thousands of people who desperately need our help will get it.

"Many disabled people and their carers are more likely to live in a cold home and suffer the negative impacts this can have on their health and quality of life.

"This is because they have lower than average incomes and additional fuel costs arising from disability."

The new service can help people to understand energy use, heating systems, switching suppliers and how to deal with fuel debt.

Energy efficiency measures can also be added to homes where possible, such as cavity or loft insulation, replacing old and inefficient boilers, and draught-proofing.

Project manager Kate Thomas said: "Amazingly, this project is the only one of its kind working specifically with disabled people to help them keep warm through the winter.

"We're aware that lots of vulnerable people dread winter, being cold and uncomfortable, often ill and in low spirits.

"With this grant we're really in a position to help."



i To speak to an adviser or arrange a home visit contact the Centre for Sustainable Energy: **0800 082 2234** (Freephone) or **0117 934 1957** home.energy@cse.org.uk

To speak to someone about this project contact Kate Thomas: **0117 934 1429** kate.thomas@cse.org.uk



Get vocal, be heard

Listening to residents' views is an important part of the democratic process.

North Somerset Council welcomes valuable feedback and, while every suggestion can't be acted upon, it makes changes where possible.

You said:

Can you make Winterstoke Road and Broadway in Weston-super-Mare safer for pedestrians and cyclists? They are busy roads and very dangerous for cyclists because of all HGV lorries.

We did:

An off-road shared path was created along the southern section of Winterstoke Road and Broadway to encourage more people to walk and cycle around the southern area of Weston-super-Mare.

The work involved upgrading and widening the existing footpath along the roads to allow space for a parallel cycleway.

This work is now complete, with directional signs due to be installed in late spring.

The improved path connects with existing and future walking and cycling routes.

It will help people travel more safely between Weston General Hospital, Weston College University Campus, local schools, Weston town centre, industrial estates, local businesses, and new housing and business developments planned for the old airfield site.

Feedback has been positive, with users saying they are very pleased and the routes are great news for cyclists.



You said:

Can you remind me when my library books are due back?

We did:

Yes, you can now register your email address with the library service and we will send out an email reminder two days before your item is due to be returned. Many library customers have signed up to this new service.



YOUR VIEWS



Dear Editor,

I would welcome the opportunity to publicly congratulate the five North Somerset students who have been awarded highly prestigious Arkwright scholarships.

The five scholars attend three local schools – James Cant of Gordano School in Portishead was awarded in 2014; while Alistair Mitchell of St Katherine’s School in Pill, and Anna Parry, Cody Isaac and Lewis Smallwood of Clevedon School were all awarded in 2015.

The scholarships are awarded to students who have achieved excellence in mathematics and science and have a burning desire to enter careers as professional engineers.

To receive a scholarship, they must pass a design examination to develop solutions to real-life situations, as well as interview. Interviewers are looking for knowledge of the branch of engineering the youngster

is interested in, a demonstrable practical ability, and real enthusiasm.

The scholarships are worth about £600 to the student, to help them in the sixth form or to fund external courses or engineering experience events. About £400 is also awarded to the school for each successful scholar.

But the real value is that the student can add to their university application form that they have been awarded an Arkwright scholarship.

The two 2013 scholars are now studying engineering at university, Chris Morris at Sheffield Hallam and Robert March at Pembroke College, Cambridge.

During 2015, 397 scholarships were awarded throughout England, Wales, Scotland, Northern Ireland, the Channel Islands, and a handful in Europe and the United States.

Cllr David Oyns

Send your items to Editor, North Somerset *Life* North Somerset Council Floor 1, Town Hall Weston-super-Mare, BS23 1UJ or email editor@n-somerset.gov.uk

@NorthSomersetC

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Items submitted without a valid name and address will not be considered for publication. Please tell us if you do not want your details published. Due to space restrictions letters may be edited.

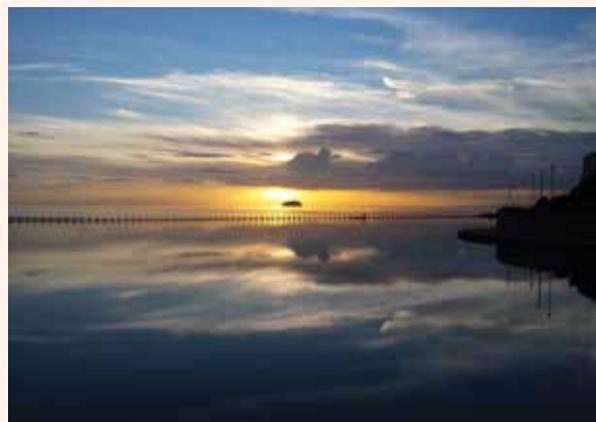
We can't show all of your photos in *Life* but you can see them at [pinterest.com/NorthSomersetC](https://www.pinterest.com/NorthSomersetC)



Colin Higgins



Chris Knight



Katherine Dale



Many topics are covered on Twitter and Facebook and last month these issues were raised.

Are your recycling men allowed to park in the middle of the road and load on both sides of the lorry?

North Somerset Council
Yes, they are allowed to do that as they are loading and not on a break so they are not required to pull in.

Still think the £15m improvements are working? J21 is back to terrible.

North Somerset Council
This is being monitored, with 'phase 2' improvements planned, including 2 lanes planned for the M5 on-slip. Timescales yet tbc

My 6yo asked me why there are missing times on the tide timetable in *Life*? I couldn't give her an answer.

North Somerset Council
Good question. The tide comes in twice a day, half an hour later each time. If high tide is at 6pm, low tide will be after midnight, on the following day.

North Somerset *Life* is the award winning magazine for the people of North Somerset.

Your copy should be delivered with your post unless you use Royal Mail's opt out service to block unaddressed mail. You can download this issue and back issues from www.n-somerset.gov.uk/nsl or pick copies up from council buildings.

Coming in the next issue

- Community response
- Domestic abuse survivor's guide

Your next issue of *Life* will be delivered from:
Monday 29 February 2016



www.n-somerset.gov.uk

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www.n-somerset.gov.uk/connect

8am – 6pm Mon – Fri

Council Connect for all streets and open spaces enquiries:
01934 888 802

Care Connect for all social services enquiries:
01275 888 801

care.connect@n-somerset.gov.uk

Main switchboard:
01934 888 888

Emergency (out of hours):
01934 622 669

North Somerset Council
Town Hall
Weston-super-Mare BS23 1UJ

Tide timetables for Weston-super-Mare

Tide facts

Approximate high water times at:

Clevedon: 10 min
Portishead: 18 min
later than
Weston-super-Mare.

Weather conditions which differ from the average will have an effect on the differences between predicted and actual tide times.

Strong winds can hold the tide in or push the tide out. Air pressure can also cause fluctuations in predicted levels.

Tidal predictions for Weston-super-Mare have been computed by the Proudman Oceanographic Laboratory.

Copyright reserved.

www.n-somerset.gov.uk/tidetimes

January 2016

| Date | High water | | Low water | | High water | | Low water | |
|--------|------------|------------|-----------|------------|------------|------------|-----------|------------|
| | Time | Height (m) | Time | Height (m) | Time | Height (m) | Time | Height (m) |
| | AM | | | | PM | | | |
| 1 Fri | 10:56 | 9.96 | 04:17 | 2.18 | 23:22 | 9.42 | 16:40 | 2.34 |
| 2 Sat | – | – | 04:59 | 2.51 | 11:39 | 9.40 | 17:27 | 2.66 |
| 3 Sun | 00:11 | 8.91 | 05:52 | 2.86 | 12:35 | 8.95 | 18:25 | 2.99 |
| 4 Mon | 01:17 | 8.63 | 06:58 | 3.17 | 13:48 | 8.81 | 19:43 | 3.19 |
| 5 Tue | 02:31 | 8.79 | 08:39 | 3.12 | 14:57 | 9.11 | 21:15 | 2.86 |
| 6 Wed | 03:33 | 9.37 | 09:42 | 2.55 | 15:57 | 9.72 | 22:05 | 2.26 |
| 7 Thu | 04:27 | 10.13 | 10:26 | 1.94 | 16:50 | 10.41 | 22:47 | 1.73 |
| 8 Fri | 05:16 | 10.86 | 11:09 | 1.47 | 17:38 | 11.02 | 23:32 | 1.36 |
| 9 Sat | 06:02 | 11.44 | 11:53 | 1.17 | 18:23 | 11.50 | – | – |
| 10 Sun | 06:45 | 11.86 | 00:15 | 1.13 | 19:06 | 11.86 | 12:39 | 0.98 |
| 11 Mon | 07:28 | 12.17 | 01:00 | 0.98 | 19:49 | 12.13 | 13:23 | 0.84 |
| 12 Tue | 08:09 | 12.37 | 01:43 | 0.89 | 20:31 | 12.26 | 14:09 | 0.77 |
| 13 Wed | 08:52 | 12.40 | 02:30 | 0.89 | 21:14 | 12.17 | 14:55 | 0.80 |
| 14 Thu | 09:37 | 12.19 | 03:13 | 1.01 | 21:57 | 11.83 | 15:40 | 0.97 |
| 15 Fri | 10:21 | 11.75 | 03:58 | 1.23 | 22:43 | 11.28 | 16:27 | 1.23 |
| 16 Sat | 11:10 | 11.15 | 04:44 | 1.52 | 23:33 | 10.65 | 17:17 | 1.56 |
| 17 Sun | – | – | 05:37 | 1.86 | 12:06 | 10.53 | 18:15 | 1.92 |
| 18 Mon | 00:33 | 10.08 | 06:43 | 2.22 | 13:13 | 10.06 | 19:25 | 2.24 |
| 19 Tue | 01:44 | 9.77 | 08:00 | 2.45 | 14:28 | 9.93 | 20:40 | 2.32 |
| 20 Wed | 03:02 | 9.88 | 09:15 | 2.35 | 15:42 | 10.18 | 21:47 | 2.10 |
| 21 Thu | 04:16 | 10.36 | 10:24 | 1.98 | 16:50 | 10.71 | 22:52 | 1.66 |
| 22 Fri | 05:16 | 10.99 | 11:20 | 1.48 | 17:45 | 11.26 | 23:41 | 1.21 |
| 23 Sat | 06:07 | 11.53 | 12:05 | 1.12 | 18:33 | 11.68 | – | – |
| 24 Sun | 06:51 | 11.89 | 00:23 | 0.94 | 19:16 | 11.91 | 12:45 | 0.95 |
| 25 Mon | 07:31 | 12.06 | 01:02 | 0.84 | 19:55 | 11.98 | 13:23 | 0.93 |
| 26 Tue | 08:09 | 12.07 | 01:38 | 0.87 | 20:32 | 11.88 | 13:59 | 1.01 |
| 27 Wed | 08:45 | 11.89 | 02:12 | 1.00 | 21:06 | 11.59 | 14:32 | 1.16 |
| 28 Thu | 09:18 | 11.55 | 02:44 | 1.19 | 21:37 | 11.14 | 15:02 | 1.37 |
| 29 Fri | 09:49 | 11.06 | 03:13 | 1.43 | 22:08 | 10.57 | 15:31 | 1.61 |
| 30 Sat | 10:19 | 10.47 | 03:44 | 1.71 | 22:37 | 9.94 | 16:02 | 1.89 |
| 31 Sun | 10:52 | 9.84 | 04:18 | 2.05 | 23:11 | 9.31 | 16:39 | 2.24 |

February 2016

| Date | High water | | Low water | | High water | | Low water | |
|--------|------------|------------|-----------|------------|------------|------------|-----------|------------|
| | Time | Height (m) | Time | Height (m) | Time | Height (m) | Time | Height (m) |
| | AM | | | | PM | | | |
| 1 Mon | 11:30 | 9.23 | 04:59 | 2.44 | 23:56 | 8.76 | 17:24 | 2.64 |
| 2 Tue | – | – | 05:52 | 2.86 | 12:25 | 8.75 | 18:24 | 3.02 |
| 3 Wed | 01:11 | 8.45 | 07:04 | 3.21 | 13:50 | 8.62 | 19:54 | 3.24 |
| 4 Thu | 02:41 | 8.76 | 08:58 | 3.02 | 15:12 | 9.12 | 21:29 | 2.71 |
| 5 Fri | 03:50 | 9.59 | 09:57 | 2.26 | 16:18 | 9.96 | 22:20 | 2.00 |
| 6 Sat | 04:49 | 10.54 | 10:46 | 1.62 | 17:14 | 10.83 | 23:11 | 1.46 |
| 7 Sun | 05:40 | 11.38 | 11:36 | 1.16 | 18:04 | 11.55 | – | – |
| 8 Mon | 06:28 | 12.01 | 00:01 | 1.06 | 18:50 | 12.10 | 12:25 | 0.81 |
| 9 Tue | 07:12 | 12.48 | 00:48 | 0.74 | 19:34 | 12.50 | 13:11 | 0.51 |
| 10 Wed | 07:55 | 12.81 | 01:33 | 0.51 | 20:16 | 12.74 | 13:57 | 0.31 |
| 11 Thu | 08:38 | 12.94 | 02:18 | 0.39 | 20:58 | 12.72 | 14:44 | 0.28 |
| 12 Fri | 09:21 | 12.77 | 03:02 | 0.47 | 21:41 | 12.37 | 15:27 | 0.47 |
| 13 Sat | 10:05 | 12.25 | 03:44 | 0.74 | 22:23 | 11.72 | 16:09 | 0.84 |
| 14 Sun | 10:51 | 11.47 | 04:26 | 1.15 | 23:10 | 10.91 | 16:51 | 1.31 |
| 15 Mon | – | – | 05:10 | 1.63 | 11:42 | 10.61 | 17:41 | 1.83 |
| 16 Tue | 00:03 | 10.10 | 06:07 | 2.15 | 12:42 | 9.85 | 18:45 | 2.34 |
| 17 Wed | 01:12 | 9.51 | 07:24 | 2.61 | 13:59 | 9.45 | 20:10 | 2.63 |
| 18 Thu | 02:34 | 9.40 | 08:52 | 2.62 | 15:22 | 9.61 | 21:27 | 2.39 |
| 19 Fri | 03:59 | 9.89 | 10:05 | 2.16 | 16:36 | 10.27 | 22:34 | 1.83 |
| 20 Sat | 05:03 | 10.67 | 11:04 | 1.55 | 17:32 | 11.01 | 23:24 | 1.26 |
| 21 Sun | 05:53 | 11.33 | 11:48 | 1.11 | 18:18 | 11.53 | – | – |
| 22 Mon | 06:36 | 11.73 | 00:05 | 0.92 | 18:58 | 11.81 | 12:27 | 0.91 |
| 23 Tue | 07:13 | 11.93 | 00:42 | 0.80 | 19:34 | 11.93 | 13:03 | 0.87 |
| 24 Wed | 07:48 | 11.99 | 01:16 | 0.79 | 20:07 | 11.93 | 13:35 | 0.90 |
| 25 Thu | 08:19 | 11.95 | 01:48 | 0.83 | 20:38 | 11.79 | 14:06 | 0.97 |
| 26 Fri | 08:49 | 11.76 | 02:18 | 0.93 | 21:07 | 11.49 | 14:33 | 1.09 |
| 27 Sat | 09:18 | 11.39 | 02:45 | 1.10 | 21:34 | 11.00 | 15:00 | 1.29 |
| 28 Sun | 09:46 | 10.83 | 03:13 | 1.37 | 22:02 | 10.37 | 15:27 | 1.59 |
| 29 Mon | 10:14 | 10.18 | 03:41 | 1.73 | 22:30 | 9.71 | 15:58 | 1.95 |

March 2016

| | | | | | | | | |
|-------|-------|------|-------|------|-------|------|-------|------|
| 1 Tue | 10:46 | 9.55 | 04:15 | 2.13 | 23:04 | 9.13 | 16:35 | 2.34 |
|-------|-------|------|-------|------|-------|------|-------|------|

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