

North Somerset

Life

May-June 2016

ISSUE 131

Are you

Aware?

Deafness
Dementia
Mental health



North
Somerset
COUNCIL

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time to care...
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North Somerset



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www.n-somerset.gov.uk/fostering



Dear reader,

North Somerset has a strong track record of working well with the other three councils in the West of England area - South Gloucestershire, Bath and North East Somerset, and Bristol. I am keen that we continue to build on this, particularly in the coordination of strategic planning, infrastructure, skills and a range of procurement and back office services, wherever beneficial.

I also believe decision making should be local, wherever practical and of best value and support the principle of devolution. However, many of you will have seen or heard various reports about the West of England's proposed devolution deal with Government which would include the election of a Metro Mayor covering the four West of England local authorities. Some of the more mischievous reports claimed that a deal has already been agreed and that my personal view was in conflict with the views of our two MPs. Totally untrue.

I have made many trips to Whitehall in recent months to take part in discussions with the Treasury on the terms and scope of a possible deal, the main point of which would see some funding for infrastructure investment being made available over the next 30 years. In return for this, we would have to accept a combined authority and Metro Mayor. Government has made it clear that in future even more powers and resources would be devolved directly to the Mayor. The public do not have a say in whether they want to be part of a city region and ministers were trying to get agreement from the leaders. I did not agree with this, there was a referendum in Bristol when they voted to have a city Mayor but no referendum on a West of England Mayor that will have far greater powers. However, we all agreed that we would take the final proposals back to each of our councils, that is why I stayed in the discussions.

Being involved over the last few months, I obviously had my own views both on the content and the way it was being done, but we were asked not to comment on the deal until after the Budget statement. It was only when some others went public and various forms of the media released untrue statements, that I commented.

Whatever your views are, please let us know by contacting the council or your local councillor. You can find details of the proposals and how to let us know your views on the council website at www.n-somerset.gov.uk/devolution.

Depending on the outcome of the votes in each of the four councils, I would be proposing to go back to Government with a programme for growth that better fits our local circumstances, and builds on the strong collaborative arrangements that already exist – rather than create a new layer of control. If this is really about investment for growth as some would have us believe, there are better ways of doing it.

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

Older people encouraged to get vaccinated against shingles

People in their 70s in North Somerset who are eligible for the shingles vaccine are being encouraged to protect themselves against the painful virus.

New figures from Public Health England show a drop in vaccine coverage so all eligible people are now invited to get protected.


Shingles is caused by the reactivation of the chickenpox virus, which is commonly caught in childhood.

After a person has had chickenpox, the virus can lie dormant in the nervous tissue but may reappear as shingles. The main symptoms are pain, followed by a rash.

People who are eligible but have not yet been vaccinated remain eligible until their 80th birthday. These are people who were 71, 72 or 79 on 1 September 2015.

Natalie Field, interim director of public health at North Somerset Council, said: "You only need to be vaccinated once to protect you against this painful condition and it's important that you get it while you're the right age."



 Visit your GP practice for more information. • www.nhs.uk/shingles

Promoting good oral health

Good oral health means being able to eat, speak, and socialise without active disease, discomfort or embarrassment.

National Smile Month runs from Monday 16 May to Thursday 16 June and it aims to improve the UK's oral health.

Preventing dental decay is crucially important for children because the problems of disease can last a lifetime, and extracting decaying teeth with invasive procedures and general anaesthetic carries unnecessary health risks.

For adults, poor oral health can lead to pain, premature tooth loss, dry mouth and sleep deprivation. It might create difficulties in communicating and eating, affect general physical and mental wellbeing.



Top tips include brushing your teeth last thing at night and on at least one other occasion with a fluoride toothpaste; cutting down on sugary foods and drinks; and visiting your dentist regularly.

 www.nationalsmilemonth.org



New community clear up toolkit launched

Residents in North Somerset who want to get involved in cleaning up their neighbourhoods can now make use of a trailer full of tools and resources.

The community clear-up kit has been introduced through North Somerset Council's streets and parks partnership with Glendale for volunteer and community groups to use.

The new kit will be stored in a secure trailer and includes hand tools such as litter sticks, hoes and rakes, bin bags, and safety equipment such as gloves, hi-visibility clothing and risk assessments for the work being carried out.

Glendale will deliver the trailer before each event and collect it afterwards, along with any waste.

David Buckley, general manager for Glendale in North Somerset, said: "Our experience shows that communities really want to be involved in improving their neighbourhood but often feel there is little or no support available to do so.

"Now they are able to, through the support of the clear up kit."



Any groups who would like to book the community clear up kit can contact Glendale on **01934 611 450** or **northsomerset@glendale-services.co.uk**

Search your family history

Delving into your family history will be a little easier from this month with new advice sessions in North Somerset libraries.

Volunteers from Weston-super-Mare and District Family History Society are expanding their free monthly sessions so more people can get the chance to trace their family tree locally and nationally. Sessions run at:

- Portishead Library, 2-4pm, second Wednesday of month from 11 May
- For All Healthy Living Centre, 11.30am-1pm, third Tuesday of month from 17 May
- Worle Library, 2-4pm, fourth Thursday of month from 26 May



To find other regular sessions in libraries visit www.n-somerset.gov.uk/events www.wsmfhs.org.uk

North Somerset Shared Lives

Mental Health Event

Monday 16 May 2016

10am – 4pm

The Campus, Highlands Lane, Weston-super-Mare BS24 7DX



Do you have an interest in Mental Health?

Shared Lives is a personalised and innovative service now available to people with mental health difficulties in North Somerset.

Shared Lives gives people in need of support the opportunity to live in a family home with ordinary people who will support them to be part of their home, family and community life.

Could you share your home and time with someone with mental health difficulties?

This could be for the day, overnight, a few weeks or sometimes longer. Shared Lives carers get a fee for the support they provide.

Want to find out more about Shared Lives or how to become a carer?

Come and meet the team and find out more.



Shared Lives 01934 427 600 www.n-somerset.gov.uk



New interactive iPoint launches

An interactive information point has been installed in Weston-super-Mare to make it easier for people to find out about travelling around the district.

The new information point, known as the iPoint, has been installed outside McDonald's in Regent Street.

It gives users the chance to buy paper and smart card bus tickets, top-up their smart cards, plan journeys across the region and even browse news and events pages on the touch-screen system. It is the first of its kind in the UK to offer all of these functions.

Bus and rail departure screens provide public transport users with live information to help plan their journeys, with a Twitter feed providing live transport updates from across North Somerset and the wider region.

North Somerset Council worked closely with Region Services and 21st Century, a transport information systems specialist, to install the iPoint.



It also has a map of the town centre with bus stop locations, the train station, and other places of interest and local attractions.



www.travelwest.info

Celebrating the work of unpaid carers

About 22,000 people in North Somerset look after friends or family who could not manage by themselves.



Carers Week runs from Monday 6 to Sunday 12 June to raise awareness of these unpaid carers who look after others due to ill health, mental health, a learning disability, or alcohol or substance misuse.

During the week Carers Trust Phoenix (formerly Crossroads Care) will be running events to provide information and advice on the support available.

On Monday 6, an event will be held from 10am-2pm at Clevedon Baptist Church.

Throughout the week, Avon and Wiltshire Partnership (AWP) will run events at the Long Fox Unit in Weston General Hospital, and at the Coast Resource Centre in Locking Castle, Weston-super-Mare.

At Weston General Hospital, a carer support worker will visit that month's dementia café and also be in Rafter's café.

Sainsbury's in Portishead will also host an information stall during the week.



For more information contact Carers Trust Phoenix:
01934 411 840. • www.carersweek.org
www.awp.nhs.uk

Swimming for people with MS

Swimming sessions have launched in Weston-super-Mare specifically for people with multiple sclerosis.

MS Swim Fit sessions, organised by the North Somerset branch of the MS Society, take place at Hutton Moor leisure centre every Friday afternoon.

They are led by two instructors who have been trained to deal with MS issues.

Sessions run from 3pm to 4pm, with 30 minutes of swimming. They cost £3 each and carers swim for free.

Classes are available through North Somerset Council's Go4Free scheme.

 For more information contact Hutton Moor leisure centre: **01934 425 900** • www.n-somerset.gov.uk/go4free
MS helpline: **0808 800 8000** • www.mssociety.org.uk
nsomerset@mssociety.org.uk

Hope in the Square

A fair to celebrate hope in the community can be enjoyed in Clevedon this month.

Hope in the Square runs from 10.30am to 4pm on Saturday 21 May, in Queen's Square.

The event is organised by Churches Together in Clevedon and will feature stalls, music, bouncy castle, food and more.

 For more information contact Kris on 07794 703783 or Sandy on cticcomms@gmail.com
www.churchinclevedon.org.uk

The perfect rural retirement

In the heart of North Somerset is **Sandford Station**, a vibrant retirement village with a great community spirit. The excellent facilities and staff provide the perfect retirement lifestyle.

To book a personal tour or to simply find out more call **0117 919 4262**. See our latest video of life at Sandford Station just type ow.ly/XSYGw into your browser.

Registered Charity 202151



St Monica Trust



School term dates agreed

Term dates for the 2017-2018 academic year have now been agreed following a public consultation.

The dates are:

Term	Day	From	Day	To	No. days
1	Mon	4 September 2017	Fri	20 October 2017	35
2	Mon	30 October 2017	Tues	19 December 2017	37
3	Thur	4 January 2018	Fri	9 February 2018	27
4	Mon	19 February 2018	Fri	23 March 2018	25
5	Mon	9 April 2018	Fri	25 May 2018	34
6	Mon	4 June 2018	Tues	24 July 2018	37
					195



Anyone with any queries can contact Julia Burgess: julia.burgess@n-somerset.gov.uk • www.n-somerset.gov.uk/schools

Save money by switching energy suppliers

Households in the UK could save about £200 by switching energy suppliers.



A new national campaign, The Power To Switch, has launched to encourage people to visit www.beanenergysopper.com to check, switch and save on their bills.

www.beanenergysopper.com
www.n-somerset.gov.uk/homeenergy

Free family festival

Family fun can be enjoyed in Weston-super-Mare this summer when a children's centre celebrates its 10th birthday.

Ashcombe Children's Centre, in Stepping Stone Walk, off Earlam Grove, is hosting its big birthday bash from 2-5pm on Saturday 2 July and all local children and families are invited.

There will be live music, drama groups, police dog displays, food and craft stalls, and refreshments.

Activities will also include face painting, bouncy castles, drumming, football games, and a children's entertainer.

The event is being organised by friends and parents of Ashcombe Children's Centre, Ashcombe Primary School, Ashcombe Nursery, and Springboard Opportunity Group.



Anyone who would like to volunteer at the event can contact Ashcombe Children's Centre: **01934 426 380**

Download free library e-books



Library members across North Somerset can access thousands of e-books for free on their smartphones, tablets or computers.


Up to five e-books can be downloaded at a time through the One Click Digital app, along with up to 15 e-audio books.

The books can be downloaded for 21 days but can also be returned early or renewed. They will be automatically deleted after the loan period.

To sign up, search for the One Click Digital app on your smartphone or visit <http://somerset.oneclickdigital.eu>

You need to be a library member to register and enter your library number as well as choosing a username and password.

Once registered you can start browsing and downloading books (using 'librarieswest' as the name of the library).

 www.librarieswest.org.uk

Sponsor a roundabout


Businesses in North Somerset can take a unique opportunity to promote their trade.

North Somerset Council has 17 sponsored roundabouts across the district.

Prices start from £1,400 for the year and are advertised when they reach the end of their current sponsorship.



Three in Weston-super-Mare will be available in May.

 For more information contact tim.brown@n-somerset.gov.uk
www.n-somerset.gov.uk/advertising

Reducing the stigma of mental illness

Events will be held this month to raise awareness of mental health issues and help reduce the stigma associated with it.

One in four people will suffer from mental illness at some point in their lives so Mental Health Awareness Week runs from Monday 16 to Sunday 22 May to show what support is available.

A number of events will run throughout the week, organised by Avon and Wiltshire Mental Health Partnership NHS Trust, with partner organisations including North Somerset Council and local charities.

On Monday 16 May there will be an information stand at Somewhere To Go, a support centre for vulnerable adults based in the Boulevard, Weston-super-Mare.

On Wednesday 18 May, an information stand will be on display in Rafter's café at Weston General Hospital.

An anti-stigma display and information stand will then be in the Sovereign Shopping Centre, in Weston-super-Mare, on Friday 20 May, to help break down mental health barriers.



 www.awp.nhs.uk • www.n-somerset.gov.uk/onlineDirectory

World-renowned design team bring their expertise to Weston

Internationally-renowned design team HemingwayDesign is bringing its expertise to Weston-super-Mare to help regenerate the former Tropicana site.

North Somerset Council has commissioned the award-winning agency to develop plans for the seafront site and explore its potential to become a multi-use creative arts and entertainment venue.

HemingwayDesign is led by two generations of the Hemingway family – Wayne Hemingway MBE and his son Jack – with a pool of talented designers.

It has an excellent track record in regeneration projects and has worked across the country creating and transforming urban environments.

The agency is renowned for breathing new life into old concepts with powerful, visionary design.

Wayne and Jack are now working with the council and local community and the process was kick-started in March when the pair hosted two sessions involving more than 80 creative minds from across the region and beyond.



Designer Wayne Hemingway MBE with his son Jack lead workshops at the Tropicana site, with creative minds from across the region.

The workshops explored possibilities for the site and a huge range of potential creative uses were discussed, including it becoming a year-round events space.

Life caught up with Wayne to find out more...

What made you interested in the Tropicana?

Quite simply...my visit to Dismaland, and then realising this site and town have so much potential.

What do you think of Weston-super-Mare?

It is a town that has a lot to offer, being located so close to Bristol, which is increasingly highly thought of nationally by a creative, forward-thinking and sustainable generation.

So many seaside towns are thriving after being kick-started by the halo

effect of a dynamic city. Brighton achieved this half a century ago on the back of 'swinging London'. Margate is doing it now on the back of 'cool east London', and Boscombe on the back of the burgeoning tech industry in Bournemouth.

Internationally you can look at St Kilda in Melbourne and coastal strips of the San Francisco and Los Angeles conurbations.





Weston-super-Mare just needs to be outward-looking. When people come to the town they can't fail to be inspired by the views across the sands and the water. The architecture is strong and, on the whole, attractive and the Tropicana reeks of opportunity!

There have been a number of ideas to revive the Tropicana building over the years, none of which have come to fruition. What kind of new lease of life could you envisage for the site?

To come up with the right solution for this site, the ideas need to come from the creative community.

We should think big and keep our minds open to the possibilities that the site presents.

There are lots of examples from elsewhere of under-used buildings injecting new life into an area. It needs to be high quality thinking and content, but it doesn't need to cost a lot of money.

 To find out more about the ideas under discussion visit www.tropicanafutures.co.uk



The former lido saw a dramatic revival last year when it hosted Banksy's Dismaland exhibition.

The five-week event drew international interest with global media coverage, an extra 200,000 visitors to the town, and estimates that it brought £20m into the local economy.



A series of festive Theatre @ The Bay productions were then performed in the space thanks to a partnership between North Somerset Council and local arts development charity Theatre Orchard.

Rachel Lewis, regeneration manager at North Somerset Council, said: "Dismaland started to make people think differently about what the Tropicana could be and to 'think big' about its future.

"It showed the potential of the creative arts in attracting people to the town, with huge benefits for the local economy, and expanding the range and quality of what is on offer in the town centre.

"This complements the development of new town centre housing, including modern urban apartments at Walliscote Place, which will bring in a new audience who will be looking for a greater variety of leisure and cultural activities.

"The creative sector has an important role to play, both in terms of the contribution of an emerging creative business sector, to local economic growth and the role of the arts and culture in making Weston a more attractive place to live."

Paint the town purple

Evening visitors to Weston-super-Mare can be confident the town centre is a vibrant and safe place to enjoy once the sun goes down.

The town received prestigious Purple Flag status earlier this year in recognition of its night time entertainment and the safety and wellbeing of visitors and residents.

This supports North Somerset Council's ambitious plans to regenerate and develop a more prosperous town centre.

Jo Mercer, safer and stronger communities manager at North Somerset Council, said: "This is a fantastic achievement and a major milestone in our joint work to make the evening and night time economy safer, more attractive and diverse."

Attracting more people into the town centre will bring more opportunities for a range of activities, such as arts and culture, leisure, food and dining, and events.

Initiatives during the last year have included Alive After 5ive summer sessions, monthly multi-agency nights of action, anti-social behaviour enforcement, a traffic light scheme for licensed premises and introducing Mavis the Streetsafe bus.

The national Purple Flag accreditation scheme is managed by the Association of Town and City Management and assessors rated Weston as 'above standard' in all criteria needed to gain the status.

The joint submission was a partnership between North Somerset Council, Avon and Somerset Police and Weston Business Improvement District.

This partnership work was also recognised in March when the night time economy team received a Police Crime Commissioner (PCC) Pride award.

"Both the Purple Flag status and Pride award mark the culmination of a great deal of partnership work since the Home Office named Weston as one of only 20 Local Alcohol Action Areas in the country around two years ago," said North Somerset Council's community safety manager Howard Potheary.



By working together, agencies can spot potential issues early on and step in to prevent problems, whether it is through targeted police patrols, radio contact, supporting licensees, CCTV monitoring or information sharing.

Sharon Bennett, Avon and Somerset Police neighbourhood inspector for Weston-super-Mare, said: "This is recognition that the council, police, licensees, local agencies and community groups share the goal of making sure Weston stays a safe place for a night out."

**ALIVE
AFTER
5IVE**
**WESTON
SUPER MARE**
RETURNS

More early-evening entertainment for families will be on offer this summer as part of an exciting initiative in Weston-super-Mare.

Alive After 5ive launched last year with a series of street games, sports, music and dance sessions throughout the school summer holidays.

This year, free activities will take place in Princess Royal Square on six consecutive Wednesdays between 27 July and 31 August.

See the next issue of *Life* for more details.





The multi-agency team winning a Police and Crime Commissioner (PCC) Pride Award for their outstanding contribution to community work. Pictured (from left) Chris Parsons (South West Ambulance Service), Steve Townsend (town centre manager), Insp. Sharon Bennett (Avon and Somerset Police), Sioux Isherwood (senior licensing officer at North Somerset Council) and Howard Potheary (community safety manager at North Somerset Council).

“Behind the scenes there has been two years of planning and we’ve already seen reductions in crime. We’re keen to build on this success and develop this approach.”

Weston town centre manager Steve Townsend said: “It’s really great to be recognised for our efforts.

“We’ve got a really good group of organisations and agencies who work together to manage the town centre.

“It’s key to make sure that families, local residents and visitors have a safe and enjoyable time.”



Bus becomes a safe haven

People can enjoy a safer night out in Weston-super-Mare thanks to a big purple bus.

The multi-agency vehicle in service, affectionately known as Mavis, is a remodelled bus which now provides a hub for police, ambulance, street wardens, street pastors, licensing and other local agencies working through the night.

On pay day weekends and during major events the distinctive bus is

parked at the junction of High Street and Regent Street so anyone can pop in if they need help or advice.

Mavis is also used as a community resource during daytime, as a mobile platform to deliver outreach work such as health care awareness and training.

Any groups who would like to hire Mavis can visit www.n-somerset.gov.uk/mavisbus for more information.



Artisan apple juice is proving a tasty business



Hand-picked apples and traditional pressing techniques go into creating a popular range of artisan thirst-quenching juices.

Bradley's Juice comes straight from the Orchard at a farm in Hewish, near Weston-super-Mare, and is now sold across the country.

Life spoke to managing director Miles Bradley to find out more...

How did Bradley's Juice begin?

We started selling a vegetable box scheme and began adding juices to increase the value of deliveries. We found that customers were ordering cases of juices and this soon became a major part of our offering. We also added free range eggs and, as time went on, the juice and egg sales kept increasing but vegetables didn't increase as quickly.

Five years ago I decided to stop vegetables and passed the box scheme onto one of our employees.

We sold the hen houses, planted 400 apple trees, and built a barn for our new production

facility. We invested in a small press, a bath pasteuriser, and hand-filled our first juices in a cleaned-out stable.

In the first year we made 18,000 bottles, working late into the evenings and applying labels by hand to sell through the box scheme and farmers markets.

The support from local shoppers and other small producers was the reason we were able to grow, and none of this could have been achieved without the dedication and loyalty of our staff.

What traditional methods do you use?

Our production methods have remained traditional and artisan. We still use a rack and cloth press, all our apples are hand-picked from the trees, and hand-sorted before pressing them. We do not add anything so all you get is the juice from freshly-pressed apples.

How large is your range now?

We have increased from 18,000 bottles a year to more than 700,000. The range starts at fairly dry and tart made from Bramleys and Cox apples, to a mid-range Jonogold, to a sweet Russet.

We have increased from single variety apple juice to ones mixed with other seasonal fruits, such as raspberry, rhubarb and wild blackberry. We have also developed our Quench range, still only using fresh ingredients rather than processed fruit flavours and concentrates. This now includes our ginger beer which is brewed for up to 10 days before bottling. The ingredients are fresh and it is made in a similar method to the old fashioned ginger beer plant, but without the explosions under the stairs.

We now include freshly-squeezed orange juice sold in bottles as well through our own dispensing machines, which are given on free loan to customers such as schools, universities, hospitals and visitor attractions.

And what Somerset apple producer would not bottle a bit of cider? Our very popular Bradders cider is dry medium. When it all goes wrong we turn this into unpasteurised cider vinegar.

Where are your drinks sold?

We sell through a large number of outlets in the West Country and beyond, such as restaurants, pubs, tearooms, coffee shops, museums, hotels, universities, schools and hospitals. We even delivered to Buckingham Palace as the non-alcoholic drink option for Pitch to the Palace, which was a great opportunity to showcase our produce to national companies.

Miles Bradley and his wife Elizabeth

How do you support the local economy?

Having started as a cottage company we now employ six people, including two fantastic foragers who pick all our hedgerow fruits.

We support local growers and producers by buying things locally and then exporting nationally.

We need to work with the larger-established companies and this in turn creates diversity.

Somerset is blessed with a wide range of local and national food companies. If we support each other we can continue to grow and build a very positive and vibrant food culture here in North Somerset that can rival many well-known foodie destinations in the UK.

What are your biggest achievements to date?

We are very proud to have won a number of prestigious awards, including best drinks from the Best of Bristol and Best of Bath. In March we were delighted to win a Great Taste Award for best non-alcoholic drink.

What are your plans for the future?

To continue to be innovative, producing great drinks using only the freshest ingredients, and working with other local growers to produce a unique and high quality product range. Very importantly we want to be part of the North Somerset economy for years to come.



www.bradleysjuice.co.uk



Recognising the volume, quality



Highways engineers continue to be busy across North Somerset, with a notable increase in the volume, quality and speed of road repairs.

Last year North Somerset 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 so that treatments carried out offer the best value for money in the long-term.

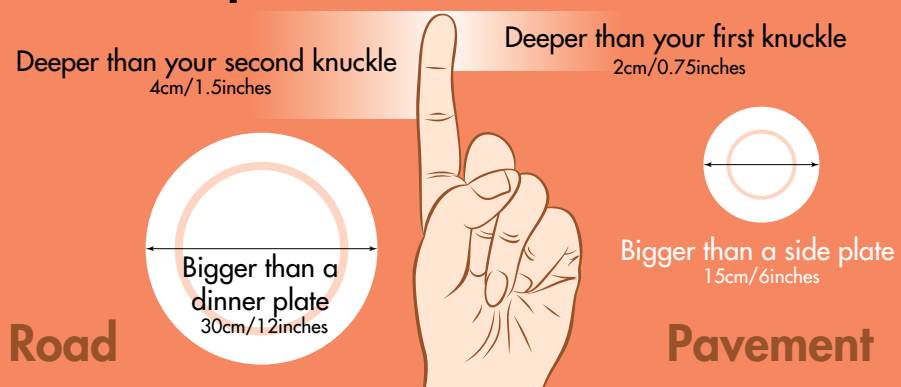
Reports of potholes dropped by nearly a quarter last year, showing that this commitment is bringing early success.

What is a pothole?

Potholes are sharp-edged holes usually created by water, weather damage or heavy vehicles.

The council aims to investigate reports of dangerous potholes within 24 hours of being told about them and to fix 95 per cent of holes within 28 days if they are not more than 4cm deep and 30cm across in the road, or not deeper than 2cm and more than 15cm across on a pavement.

What is a pothole?



Holes in the road that are larger or deeper than this and in a location likely to cause a vehicle to lose control are classed as dangerous.

On-the-spot repairs to make dangerous potholes safe are carried out when the council first inspects the problem, while a more permanent fix is arranged.

National guidelines are followed to determine whether or not a defect is a pothole.

If the defect reported doesn't meet these guidelines then it is monitored so that a repair can be carried out an appropriate time.

It is often cheaper to treat a road before it deteriorates to the point where complete replacement is necessary, which is why it may sometimes appear that a 'good' road is being replaced.

Quality and speed of road repairs

Highway highlights

767
pot holes
were repaired this month



That's **1** every
13 minutes

Assuming
253 working days per year
and an 8 hour day

Potholes repaired February 2016 

3,250
gulley
were cleaned this month
(92 per cent of those scheduled)



That's the same as the
distance between
Yatton
and
Congresbury

Assuming the average gully
is 1m in depth

Gulleys cleared February 2016 

985
square metres of
patching
completed



That's
the same as
85.5
parking spaces

Assuming a parking space of
4.8m x 2.4m dimensions

Patching completed February 2016 

Looking after North Somerset's roads

A new £16m highways services contract has now begun to maintain and improve North Somerset's roads.

North Somerset Council awarded a two-year contract to Skanska to look after its 1,100kms of roads across the area.

The contract began in April and it will help deliver the council's £40m investment in roads over the next five years, to halt the deterioration of roads and start to improve them.

Skanska has a strong history of building, maintaining and operating highways across the UK.

It delivers other highways services contracts in the south west region, including Bath and North East Somerset and the region's motorways.

Extra cash for filling potholes

Extra cash has been announced to help fill thousands more potholes in North Somerset.

In April, the Government announced North Somerset Council will receive £199,000 during this financial year from the Pothole Action Fund, which is expected to fill 3,755 potholes.

Funding is calculated according to the size of the local road network in each area.

Take your first steps on the fostering journey



Becoming a foster carer is a life-changing moment so it can often be a long journey between the initial idea and welcoming a child into your home.

Fostering Fortnight runs from Monday 16 to Sunday 29 May and North Somerset Council is using the time to promote fostering and reach out to the people who may be considering it.

The council currently looks after about 200 children but there are only about 70 active fostering families who are approved for one to three placements each.

This means more foster carers are needed throughout North Somerset for a wide range of families and schemes.

John and Lynne Purcell began fostering in 2012 but had thought about it for many years beforehand.

John said: "Lynne and I had our three children in our early 20s and we always thought we might foster or adopt in the future.

"As the children grew up it never seemed the right time but in 2011 I was made redundant for the third

time. It was about 10 years before I would have ideally finished work so we just thought to ourselves, 'why not foster?'"

John phoned North Somerset Council's fostering team the very next day, they went along to an information evening, completed the Skills to Foster course, and were then approved by a panel of professionals.

"It was a very moving moment when we were endorsed to foster," he said.

The couple were called upon straight away to take an emergency placement and two siblings were placed with them.

John said: "It doesn't matter what training you've been given, nothing can prepare you for when that child walks into your home for the first time."



John and Lynne Purcell

In the last four years John and Lynne have taken in a wide range of young people, from short-term respite care, young children, teenagers, to the long-term placement they now have living with them.

John said: "It is really lovely to see the children go from being forlorn and having no spark in their eyes to being bright and bubbly."

It hasn't always been easy but John added: "The children who come into care do so for a reason and they have challenges which you need to overcome."

"The hardest thing is accepting the children for how they are. You cannot compare them with other children."

"It's not the same as looking after your own children, whose background you have known since the day they were born."

"People need to go into it with their eyes open. It's a challenge, and you can make a difference by accepting that challenge, and accepting the support that is available."

"It's the hardest job I have ever done but the most important and most rewarding."



"What can be more important than helping a child have a future?"

When a child needs fostering, the council's in-house foster carers are explored first so a better match can be found with people the council already knows.

But when there are not enough in-house carers to meet the demand for placements, the council must approach independent fostering agencies and outsource the placement.

This is expensive and not always in an ideal location, close to where the child goes to school and has friends and family connections.

To combat this shortfall, North Somerset Council is currently recruiting carers who would consider caring for children of all different ages.



Placements could be on a short-term, long-term, or respite basis.

All you need is a willingness and the time to support a young person, a spare room, and be over 21-years-old.

There is no upper age limit, you do not have to own your own home, and you can be of any gender, sexuality, culture or religion.

For people working full time, other schemes are available which can be undertaken during weekends and holidays. Full training and support will be provided.

Contact the fostering team for more information.

Meet the team

Meet North Somerset Council's fostering team face-to-face and get your questions answered during an information evening this month.

Find out more about what is involved and whether you've got the right skills during the event, which runs from 6.30-9pm on Thursday 19 May, at Ashcombe Primary School, in Earlam Grove, Weston-super-Mare.



 Fostering service: 01275 888 999 • www.n-somerset.gov.uk/fostering • fostering@n-somerset.gov.uk
 [fosteringnorthsomerset](https://www.facebook.com/fosteringnorthsomerset) • www.thefosteringnetwork.org.uk



Have your say in EU referendum

Voters in North Somerset will soon get their chance to have their say on whether the United Kingdom remains part of the European Union.

The referendum about EU membership takes place from **7am to 10pm on Thursday 23 June.**

Can I vote?

To be eligible to vote you must be on the electoral register, aged 18 and over, and a British, Irish or Commonwealth citizen registered to vote, or a UK citizen who is a resident overseas and registered to vote at a UK address in the last 15 years.

Anyone who would like to sign up to postal voting must do so by Wednesday 8 June.

Key dates:

- ★ **Tuesday 7 June** – deadline for receiving applications for registering to vote
- ★ **5pm, Wednesday 8 June** – deadline to apply for a new postal or proxy vote, or to make changes to existing postal or proxy applications
- ★ **5pm, Wednesday 15 June** – Deadline for receiving new applications to vote by proxy
- ★ **7am to 10pm, Thursday 23 June** – polling day



Visit polling stations this week

An election to choose the next Police and Crime Commissioner for Avon and Somerset police force takes place on Thursday 5 May.

Visit polling stations any time from 7am to 10pm to cast your vote.

www.avonpccselection2016.org.uk

 Electoral services: **01934 634 909**
www.n-somerset.gov.uk/eureferendum

Take time out

Enjoy an eclectic mix of music during a new festival in Clevedon this month...

Inside

Walk	22-23
Local events	24-25

Eclectic musical treat in Clevedon

Music fans can hear an eclectic mix of genres at a new festival in North Somerset this month.

Legendary songwriter and musician Midge Ure is headlining the first Curzon Music Festival at the historic cinema in Clevedon.

Midge Ure was a leading figure in the 1980s synth pop and New Romantic eras as the frontman of Ultravox, with hit singles Vienna and Dancing with Tears in My Eyes.

Ure also created the charity supergroup Band Aid with Bob Geldof and produced the legendary single Do they know it's Christmas?

Curzon Music Festival is presented by local music promoter Jon Earl, of Songs from the Shed, and can be seen on Saturday 21 and Sunday 22 May.

Saturday's line-up includes Nuala Honan, Beth Porter and the Availables, Kezia, James Shead and The Magic Numbers.

Sunday's line-up is Mary Spender, Gitta De Ridder, Snow Apple, Sound of Sirens, Benjamin Folke Thomas, and Midge Ure with India Electric Co.

A fringe line-up will also play at the Teatro Lounge over the weekend, including local and upcoming bands.



There will also be festival food and a bar serving ciders, ales, lagers and wine.

Songs from the Shed developed in a former World War 1 army building in North Somerset.

The shed is owned by Jon Earl and he set it up as a venue for bands to record acoustically. These recordings now have a big online following.

Day tickets for Curzon Music Festival cost £29 or £24 concessions, and weekend tickets cost £50 or £42 concessions.

 www.curzon.org.uk • Box office: 01275 871 000
info@curzon.org.uk • www.songsfromtheshed.com

Music and humour tell important story

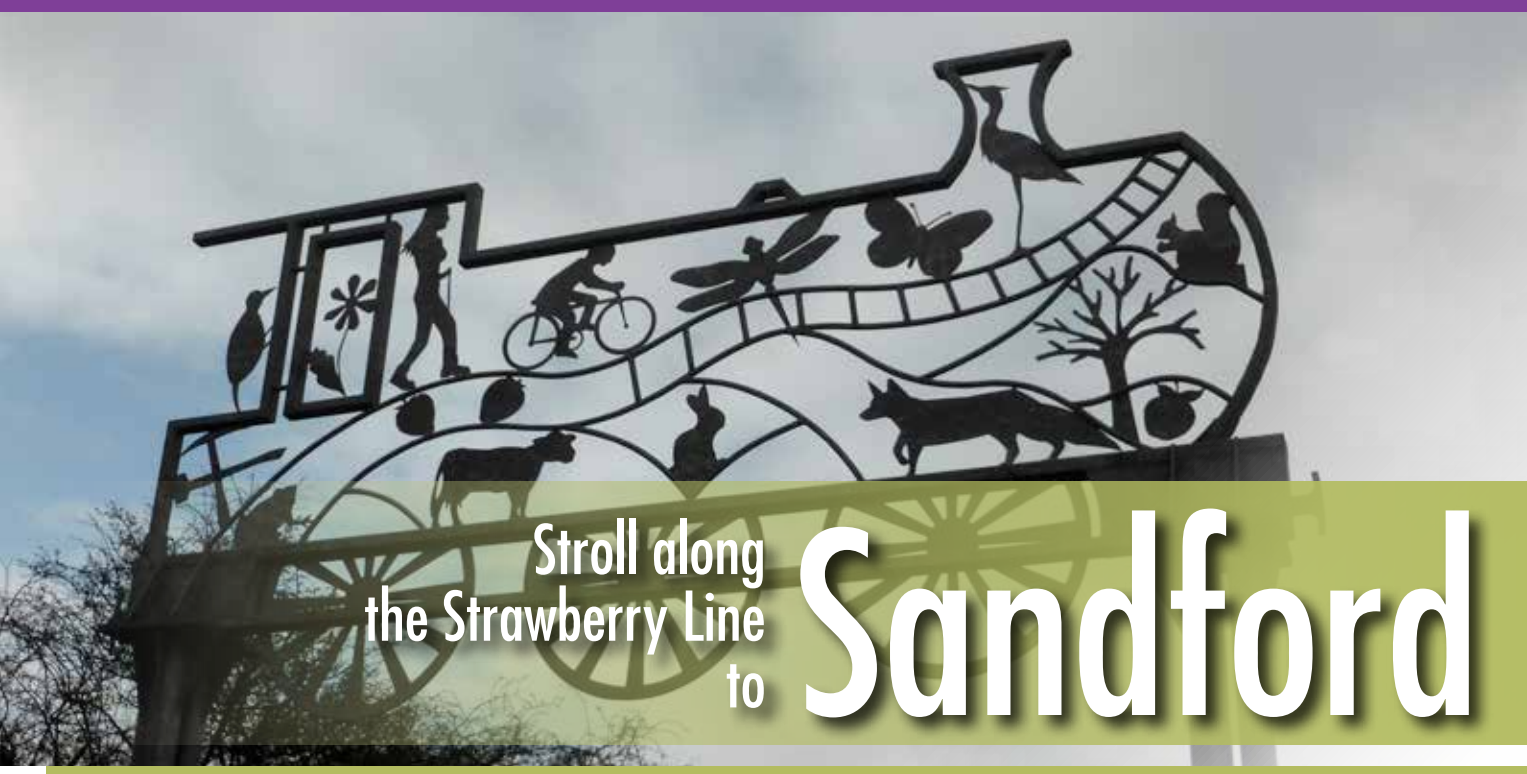
Music, humour and storytelling will be used to tell the history of Romany Gypsies during an engaging show in Churchill.

Crystal's Vardo can be seen at Churchill Academy on Thursday 26 May to raise awareness of Gypsy and Traveller issues, in the run up the Gypsy Roma Traveller History Month during June.



It is aimed at students and their families from St Andrew's and St Anne's primary schools and Churchill Academy; members of the traveller community; the wider Congresbury community; and anyone with an interest in the Gypsy and Traveller community.

The show runs from 7pm to 8pm and will appeal to everyone from aged seven to adult. Entrance is free, with voluntary donations to charity.



Stroll along the Strawberry Line to Sandford

Rolling green fields, reedbeds, rhynes and orchards make the flat and accessible Strawberry Line an ideal route for families, dog walkers, cyclists and pedestrians.



The heritage trail follows the old railway route that ran from Yatton to Cheddar and Wells for 100 years until it closed in 1963.

It takes its name from the strawberries that were grown on the Mendip Hills and transported by railway.

Starting at Yatton station, pass under the metal arch which celebrates the diverse wildlife. As well as being a scenic route for walkers and cyclists, the Strawberry Line links different habitats, helping wildlife travel between them.

You will soon see a special wildlife seat designed by children of Yatton junior school to celebrate Roman remains found nearby in 2000.

Along the path, information points tell you about the line's history as well as wildlife, wetlands, birds and bats to look out for in different months. Watch out for whitethroats, swallows, house martins, greenfinches and goldfinches if visiting in May. You might even see common or pipistrelle bats if visiting early morning or at dusk.

Continue on, taking in views of Biddle Street Site of Special Scientific Interest (SSSI) on your right. Its rhynes, hedges and wet pastures form part of the Avon Levels and Moor, It is home to many plants and animals, including otters, grass snakes, toads, newts and many varieties of butterflies, birds and bats.



How to get there

Start at map ref:
ST 425661

Car:
Park at Yatton station or on-street nearby. Please park considerately if parking in residential roads.

Bus:
W1 Weston-Bristol service Carmel 88 connection to Clevedon

Train:
Trains stop regularly at Yatton

Follow the path to the right and go over a small wooden bridge. A little further on you get to Nortons field, part of Congresbury Moor Nature Reserve. See the nesting boxes that have been built to encourage birds, including kestrels and barn owls.

Follow the line south towards Congresbury, You can see the spire of the 13th century St Andrews Church as you near the village. Continue along the path as it crosses the River Yeo and zig zags down to the A370. Use the pedestrian crossing to cross the main road, then go right to follow the line to Sandford.

At Congresbury, you will see more information boards and a beautifully carved sign made by Somerset Wood Recycling. Following recent clearance work you can also see where the station platform once stood.

The line then takes you across the ancient Northmarsh, also known as North Somerset Levels. Rhynes run either side of the path, which is wider here to allow access for vehicles working on local farms.

After a short time you'll reach Congresbury Station Reedbed on your right. This important habitat for birds supports both native species and those migrating. Look out for reed buntings and reed warblers.

Continue along this long, flat section and take in views of green fields. As well as grazing farm animals and horses, you might see native wildlife such as deer, rabbits and ducks. Keep an eye out for horse riders here as riding is allowed between Dolemoor Lane and Cardith Drive.

A little further on you'll see the putting greens and sand bunkers

of Mendip Spring Golf Club, then the shining panels of Cardith Drove solar farm on your left.

At the end of this long, wide section, follow the path as it narrows and takes you past Thatcher's cider orchards.

Keep to the path and step down onto a wider track, which takes you right onto Nye Road. Turn left along Nye Road and follow a slight incline over a stone bridge as the road bends to the right.

Keep to the road for a few minutes until you see a sign pointing you right onto Katy Way. Follow this through more picturesque cider orchards, which generate more than 25,000 tonnes of apples every year.

Keep straight along the stone path as it rises up slightly. Go through the gateway, keeping to the footpath as it winds left and narrows, before it bends right and takes you onto Station Road in Sandford.

From there you can visit the Sandford Station Railway heritage centre (open at weekends, April to October), sample Thatcher's cider in the Railway Inn, or continue along the Strawberry Line to Winscombe, Axbridge and Cheddar.



Route information

Distance:

Yatton to Sandford is 5.3 miles

Difficulty:

easy – the route is level and mainly off-road, with a very short on-road section near Sandford

Duration:

Yatton to Sandford takes about 90 minutes on foot or 45 minutes by bicycle

Map:

OS Explorer 154 (with small overlap onto 141)



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This pull-out is an update about your recycling and waste service. It replaces the information found on the back of your collection calendar which was delivered with your council tax bill.



Collections every week

Green box recycling



Box 1

- All tins, cans, aerosols and foil along with plastic bottles and containers. No black plastic, plastic film or expanded polystyrene
- Cardboard, brown paper and food and drink cartons, such as Tetra Pak (please flatten).

Box 2

- Paper, magazines and newspaper
- Glass bottles and jars
- Mobile phones
- Spectacles
- Batteries
- Clothes and textiles (must be dry and in a non-black carrier bag) and shoes (tied in pairs).



Food waste

You can line your caddy with plastic bags, newspaper, kitchen roll, or compostable corn starch liners.



Please place your containers out for collection at the edge of your property by 7am on the morning of your collection.

- Cooked and raw food
- Meat, bones and fish
- Dairy products
- Cut flowers
- Fruit and vegetables
- Egg shells
- Tea bags and coffee grounds



every other week

Green garden waste

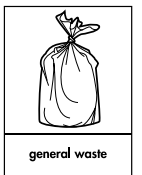
(monthly during Dec, Jan and Feb)

- Grass cuttings, prunings and hedge clippings, plants, flowers, leaves and weeds
- Twigs and branches (max 10cm diameter)
- Soil, rubble and other general rubbish should not be put in the bag. The bag should not weigh more than 20kg.



Non-recyclable rubbish

Only non-recyclable materials such as plastic film, black plastic, expanded polystyrene and foam, carrier bags, nappies, pet litter and broken glass (wrapped in newspaper).



Please do not put food waste into your black bin, this should go in your food waste collection caddy.



COMPOSTING

LET'S GET DOWN TO EARTH



Create your own perfect compost

Creating your own compost is the most environmentally-friendly way of dealing with kitchen and garden waste.

It produces a nutrient-rich compost which can be used as an excellent soil improver to help grow prize-winning fruit and veg in your own back garden.

Composting month takes place throughout May with events across North Somerset to encourage people to give it a try.

A new composting guide has also been produced which is full of hints and tips as well as directions on how to get started.

One Nailsea resident composts all his own food and garden waste.

He said: "I made two composters myself from 45-gallon drums. With the right mix of green and brown waste, and rotating them every other day, it takes about six weeks from putting it in to getting it out.

"Rotating the drums helps get the air in so it breaks down much more quickly."



He composts grass cuttings and leaves from his trees and has a shredder for any big bits.

He also has a wormery and said:

"When the numbers of worms build up and I have more than I need, I then advertise them for people to have for free."



"Using homemade compost saves a lot of money rather than having to buy fertilisers because the compost has everything you need in it already."





During composting month, a limited number of compost bins will be sold at a reduced price of £10, down from £15, on a first-come first-served basis.

The free composting guide will also be included to give information about how to start composting and the benefits of doing so.

To order a bin call Council Connect on **01934 888 802** or visit a composting roadshow taking place across the area.

Officers will be on hand during the roadshows to answer any questions about composting or general recycling.

WHY COMPOST?

- great for your garden
- saves money on expensive shop-bought compost and fertilisers
- improves soil quality
- maintains soil moisture levels
- neutralises soil pH
- provides essential plant nutrients
- helps suppress plant disease

VISIT A COMPOSTING ROADSHOW THIS MONTH...



- **Saturday 7 May**
9am-4pm
Queen Square
Clevedon
- **Thursday 12 May**
8am-2pm
Winscombe Community Centre
Sandford Road
Winscombe
- **Saturday 21 May**
9am-4pm
Next to
North Somerset Reuse Project
James Scott's Garden Accessories
Smallway
Congresbury



More roadshows will take place throughout the summer. Visit www.n-somerset.gov.uk/composting for details.

Composting guides are also available from all council libraries.



WHAT ABOUT WRIGGLING WORMS?

Wormeries could be the perfect solution for anyone who wants to try composting but hasn't got the space for a compost bin or heap.

A wormery is a container with a colony of special worms that feed on kitchen and some garden waste, turning it into compost and liquid fertiliser.

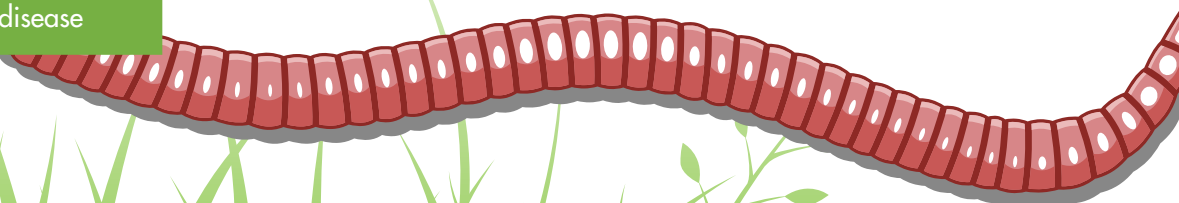
The same food waste goes into a wormery that you'd put into a compost bin, as well as small amounts of garden waste and some cooked food scraps.

It usually has two compartments, a lower level where liquid is collected and an upper composting level where food waste is put in and the worms get to work.

The wormery can be kept indoors but can produce odours if they're not maintained properly.

The best spot is a shed or a sheltered area of the garden that doesn't get too hot in summer or too cold in winter.

The wormery will produce rich, natural, organic compost and a highly concentrated and balanced liquid feed.



Recycling tips:

- use untied carrier bags to separate materials, except glass bottles and jars, to help crews collect quicker
- place all clothes (even if damaged) and shoes in a plastic bag to keep them dry
- wash and squash all containers and rinse all jars and bottles
- brown and coloured paper gets recycled with cardboard so please keep this separate from white paper, newspaper and magazines
- please remember to put batteries in a bag, as if they are left loose in your box they may not be collected
- order additional boxes at www.n-somerset.gov.uk/connect
- nets are available to cover your box and stop items blowing away. Visit www.n-somerset.gov.uk/recycling to find out how to buy one.



Household waste recycling centres

A van permit scheme is in operation at our recycling centres. For more information visit www.n-somerset.gov.uk/vanpermits.

Changes in 2017

From March 2017 a new recycling and waste contract will start. The garden waste service will be changing to bins and collection days may change. We'll let you know more nearer the time.





LOCAL EVENTS

MARCH

Saturday 7

Nailsea Concert Orchestra presents *One Night in Vienna* 7.30pm, Nailsea Methodist Church, Silver Street. £10 (£1 for under 16s) in advance from Nailsea Music Shop or on the door.

MAY

Saturday 14

Collegium Singers concert 7pm, All Saints' Church, Weston-super-Mare. Uphill-based musicologist, composer and conductor Peter Leech with his Taunton choir. Five centuries of European choral music. Adults £12, friend £10, students £6, under 12s free, from www.collegiumsingers.org.uk, the Heritage Cafe, or on the door.

Rock Around The Copters 7.30pm, Helicopter Museum, Locking, Weston-super-Mare. Jive dancing, live swing music and wartime characters. Tickets £14 including evening buffet. 01934 635 227

Saturday 21

Blagdon church and village fete 1pm Blagdon Court, Station Road, Blagdon. Traditional fete with live music, children's entertainer and many stalls.

Mendip Society special interest walk 2pm Crown Inn, Crown Hill, Winford. A walk to Regilbury Park Farm to see the workings of a modern farm, including milking. The host is Nick Baker of Lye Farms. Easy. 01275 472 797

Nailsea Choral Society summer concert 7.30pm, Holy Trinity Church, Nailsea

JUNE

Saturday 11 and Sunday 12

Dig For Victory Show North Somerset Showground, Wraxall. 1940s themed, family friendly festival. Vintage stalls, farmyard animals, children's trial, live music, dance lessons, Spitfire flypast and more. Tickets from www.digforvictoryshow.com

Saturday 25

Worle Community Choir summer concert 7pm, Priory Community School, Worle. Songs covering spring, summer, autumn and winter. Tickets £6 from 01934 622 542

Sunday 26

Garden Trail 1-5pm, around Yatton. A joint venture between Yatton and District Horticulture Society and YACWAG. Tickets £5 each from Loaders and Clive's on Yatton High Street. Refreshments at some venues and some plants for sale. Proceeds to Children's Hospice South West. 01934 833 813

JULY

Saturday 2

Afternoon tea 3pm, Hutton Village Hall. In aid of Weston Hospicecare. Tickets £4.50 from 01934 813 339

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

Afternoon singing group (fortnightly) 2-4pm, St Jude's Hall, St Peter's Church, Baytree Road, Worle. 01934 413 571

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

Footlights Community Choir 8-9.30pm, Community Hall, Trinity School, Portishead. No experience necessary.

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. Women'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.winscombecommunitychoir.org.uk

Campus Choir (E) 7.30-9pm, The Campus, Locking Castle Weston-super-Mare. 01934 832 283 www.singoutlouduk.com

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.nailsaechoir.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, All Saint's Church Hall, Clevedon. Beginners welcome, £6 with free taster session 01275 545 714

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

Juke 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



The Baytree Singers (E) 7.30-9.30pm, St Jude's Hall, St Peter's Church, Baytree Road, Worle. No experience necessary.

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

Singstastics 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

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

Nailsea Concert Orchestra (E)(term time only) 7.30pm, Nailsea Methodist Church. www.nailseaconcertorchestra.org

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 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) 8-10pm, St Marks Church, St Marks Road, Worle. 01934 644 691

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

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

Backwell Sequence Dance Club (E) 8-10.15pm, WI Hall, Backwell. £3 per person. 07710 460 550

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.cerocbeats.net, cerocbeats@outlook.com

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

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) 7.30-8.30pm, Castle Batch Community Centre, Bishops Avenue. 01275 855 016

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

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

Ballroom and sequence (E) 7.30-10pm, Kewstoke Village Hall 07437 203 647

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

Get your skates on for a big summer celebration

Skaters in Nailsea will be showing off their flips and tricks during a popular festival in the town this summer.

Nailsea's annual skatepark festival takes place on Saturday 9 July, in Millennium Park, and special celebrations will take place this year to mark the opening of the revamped skatepark.

The new skatepark is due to open this month following a £110,000 fundraising drive from festival organisers, local people, North Somerset Council, Nailsea Town Council and other organisations.

Festival organiser Phil Williams said: "We wanted to say a huge thanks especially to all the organisations and individuals who have assisted with this fantastic project.

"It has been an amazing journey to see the community come together and see this dream become a reality."

The original skatepark was about 15 years old and extremely well used but was increasingly becoming more run-down. The new park is being built on the same site as the original one.

The skatepark festival has become a regular date in Nailsea's summer calendar and continues to grow in popularity.

This year's event, now in its 14th year, will combine with Nailsea Community Showcase.

During the afternoon visitors will get the chance to see performances by local musical talent, enjoy displays, and try their hand at different activities.

The festival runs 1pm to 4pm, with the skating competition award ceremony at 5pm.

 For information about stalls and opportunities at the festival contact Georgina Batt: **01275 866 787**
gbatt@nailseaschool.com

For information about the skatepark competition contact Phil Williams:
phil@christiansurfers.co.uk



Red Arrows return to wow crowds

WESTON
AIR FESTIVAL



Stunning aerial displays will wow the crowds in Weston-super-Mare next month when the world-renowned Red Arrows make a return visit.

The Royal Air Force Aerobatic Team will be performing on the Saturday of Weston Air Festival, which takes place over the weekend of 18 and 19 June.

The festival is one of the highlights of the summer calendar and last year's event saw more than 170,000 people pack the seafront.

The Red Arrows are returning to the event for the fourth year running to perform their spectacular precision flying display, complete with trademark formations, close passes and dynamic loops and rolls.

This year the festival will also feature the RAF Eurofighter Typhoon, a twin-engine fighter plane, for the first time.

Down on the ground, attractions will include fun fair rides, trade stands and activities such as mini tanks, a zip-wire and giant inflatables.

During the weekend the Beach Lawns will be packed with military exhibitions and displays to mark Armed Forces Weekend, jointly organised with Weston Town Council.

Following the flag raising ceremony, there will be marching displays and performances from military bands.



www.westonairfestival.com
@WestonSeafront • #WsMAirFest

Support group launches for

People bereaved by suicide can now get support from a new group which has recently launched in Weston-super-Mare.

The volunteer-led group has been set up with help from North Somerset Council to offer bereaved loved ones the opportunity to share their experiences and feelings in an environment where everyone else faces a similar situation.

It is being led by Penny Thomas, who lost her 26-year-old son Damien five years ago.

Penny said: "My world just collapsed when Damien died. I was totally devastated.

"I felt very isolated. It's a difficult subject for people to talk about.

"I had my other two sons to support me and there was bereavement support available, but it wasn't tailored towards suicide."

Penny contacted the national charity Survivors of Bereavement by Suicide (SOBS) but their nearest support group was in Swindon.

This gave her the idea to set up a local one but it wasn't until last year that Penny felt ready to do it, after seeing a newspaper article about North Somerset Council looking for volunteers.

The group launched in February and Penny said: "I feel that I have found a purpose and that something positive has come out of something so devastating.

"It took nearly a year to set up but it has been worth it to see people sharing their experiences.

"I feel really humbled to be part of it and I think it proves there is a big need for this kind of support in the area."

The group gives people the chance to share their feelings and experiences in a safe environment where people will understand them.

It is linked to SOBS and based on the charity's model. It is open to anyone aged 18 or over who has lost someone at any time, whether it was in the last month or 30 years ago.

The group will develop depending on members' wishes, and ideas include fundraising events, guest speakers, and a lending library.

Penny added: "My message to anyone dealing with this terrible situation is you're not alone, and you don't have to go through it alone. Everyone at our group will have been through what you're going through."

"I felt very isolated. It's a difficult subject for people to talk about."



people bereaved by suicide



Helen Yeo, from North Somerset Council's public health team said: "Establishing the support group is just one measure that North Somerset Council is working on with its health partners to deal with issues surrounding suicide.

"The effects of suicide on the people left behind can be extremely traumatic and result in a range of physical and emotional reactions, and without support their mental health can be significantly affected.

"Nothing will take this pain away but we do hope that by setting up this group it will act as a safe place for people to come and share their experience and receive support."

Penny Thomas and her partner Tim Petteford, who also volunteers with SOBS, with a photo of her son Damien



Did you know?

Suicide is the biggest killer of men aged between 20 and 49, outnumbering deaths from road accidents, cancer and coronary heart disease.

Statistics show the suicide rate in North Somerset is higher than England, with 59 people taking their life between 2012 and 2014.

Every four minutes someone in the UK tries to kill themselves and every hour and a half someone succeeds.



Could you volunteer?

Volunteers are needed to help run the new suicide support group.

Anyone interested can contact Penny (see below).

i Sessions run in the centre of Weston-super-Mare on the second Thursday of each month, between 8pm and 10pm.

Anyone interested in attending should contact Penny on **07902 084 345** or email **sobs.westonsupermare@gmail.com**

Survivors of Bereavement by Suicide (SOBS) national helpline: **0300 111 5065** (9am to 9pm every day)

www.uk-sobs.org.uk



Keep young children safe this summer

Summer is just around the corner so many families will be heading out and about to enjoy the warmer weather.

If you have young children, a few safety tips will need to be followed so you can all have a great time without any injuries or hospital visits.

In the playground

- Children need active supervision to keep them safe and someone to appreciate their climbing, jumping and swinging efforts.
- Check your child's clothing before they play on equipment, such as bags, scarves or clothing with drawstrings that could get caught on equipment.
- Even helmets can be dangerous on a playground, so save those for bikes.



In the water

- Drownings can occur in as little as 5cm of water so pay full attention whenever a toddler is in or around water. Teach them to never go near or in water unless you are with them.
- Arm bands and buoyancy aids can create a false sense of security. On a beach remember that the wind can sweep airbeds or inflatable toys out to sea dangerously quickly. If an orange windsock is flying it means inflatables shouldn't be used. Red flags mean don't go in the water at all.
- Paddling pools can be great fun in the garden but it is important to empty them afterwards and turn them upside down.
- If you have a pond it will also be safer to fill it in, fence it off or securely cover it while your children are small.



On the bike

- Cycle seats for babies and young children should comply with the right safety standard. Make sure they are within the right weight range, too.
- Never use a seat without foot rests because these act as a shield between the child's feet and wheel.
- If you cycle carefully and wear reflective clothing, your child will be much safer too.
- Cycle helmets mean your child will be protected if you do have an accident. The extra weight of your child on your bike can change the way you cycle. Practise on quiet roads or paths before heading out.



Public Health
England

NORTH SOMERSET HOW ARE YOU?

In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life.

Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It's never too late to start.

Search One You and take the free health quiz to see how you score.

BECAUSE THERE'S ONLY
ONE YOU





Members of the communication café enjoy a cuppa

Breaking down communication barriers

Deafness and hearing loss can bring challenges every day but support is available to help people live full and active lives.

North Somerset Council is committed to raising awareness of people's different needs and helping them access the services and information they need.

Deaf Awareness Week, which takes place from Tuesday 2 to Sunday 8 May, aims to support the deaf community and showcase the work of different organisations.

Hearing loss affects up to 10 million people in the UK – about one in six of the population – and, this figure is expected to grow to 14.5 million by 2031 according to the charity Action for Hearing Loss.

In North Somerset, a number of social groups are run in the area for deaf and hard of hearing people to socialise.

The communication café, based at Coffee #1 in Weston-super-Mare, has been running for about a year and is proving popular.

It was set up by Derek Boardman, a former sign language teacher who was diagnosed as deaf when he was four years old.

He is active in the deaf community and has been visiting local primary schools this year to talk about deaf awareness with pupils.

Derek said: "There are some formal social groups but we wanted something much more informal.

"You can relax here and enjoy a hot drink. It's much better than being stuck at home."

Lucy Brewer is a student at University of the West of England and enjoys the social element.

She said: "It's nice to come out and see people."

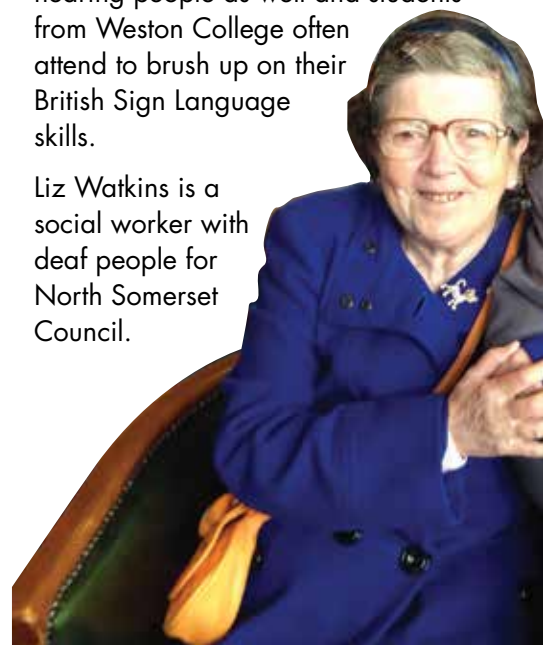
Lucy recently got a hearing dog after a five year wait and it has made her life much easier.

A hearing dog can alert their owner to sounds such as doorbells, alarm clocks or traffic.

Lucy said: "It's made a big difference. He has given me independence. People can't tell whether you are deaf but having the dog means I now have the confidence to go out and do things, like visit this group."

The communication café is open to hearing people as well and students from Weston College often attend to brush up on their British Sign Language skills.

Liz Watkins is a social worker with deaf people for North Somerset Council.



She supports individuals to access mainstream services, provides ongoing support to social groups, and works with other services to promote deaf awareness.

Liz said: "A lot of deaf people do not see it as a disability, it's about communication. We all have different ways of making ourselves understood."

Liz has also been working with Citizens Advice North Somerset to make their services accessible to the deaf community.

The organisation now has a specific worker for referrals from deaf people with issues such as debt, welfare benefits, employment, housing and more.

All advisers have taken deaf awareness training and a BSL interpreter, lip speaker or note taker can be booked.

North Somerset Council funds an equipment officer for deaf people who will visit people in their homes to assess what equipment could help them.

This might include a flashing doorbell system, amplified telephones or television aids.

Equipment can be viewed in the resource centre at Vision North Somerset, in Neva Road, Weston-super-Mare.

Marie and Albert Robinson at the communication café



Where to go for support

Four groups for deaf people meet monthly within North Somerset.

Hard of hearing group

2-4pm, first Monday of the month, Vision North Somerset, Neva Road, Weston-super-Mare. Mainly for older people who have lost their hearing in later life. Features regular speakers and lipreading skills.

Communication café

10am-noon, third Thursday of the month, Coffee # 1, High Street, Weston-super-Mare. Open to deaf and hearing people. It appeals to all ages and is the most popular for younger deaf people.

Friday group

Noon-3pm, fourth Friday of the month, Wickham Court, Sunnyside Road, Clevedon. Mainly for BSL and bi-lingual users. The group worker is hearing and fluent in BSL so can interpret for hearing speakers.

Deaf church and social group

3pm, second Sunday of the month, Emmanuel Church, Oxford Street, Weston-super-Mare. A Church of England service held in both BSL and English. A social tea afterwards from 4.30pm.



Events

Information and events will take place in the foyer of the Town Hall, Weston-super-Mare, during Deaf Awareness Week.

- Crack the code competition using BSL finger spelling
- Equipment advice and support from Vision North Somerset
- Lip reading taster sessions (need to book)
- Leaflets and advice about hearing impairments
- Weston Hospital audiology team
- Signed and finger spelling rhyme time and story time sessions will take place in libraries:
 - **Tuesday 3 May**
Clevedon, 11.15-11.45am
 - **Thursday 5 May**
Weston, 9.30-10am
Nailsea, 2.15-2.45pm
Yatton, 2.30-3pm



Vision North Somerset:

01934 419 393, 01934 613 949 (textphone)

hearingloss@visionns.org.uk

Citizens Advice North Somerset text relay advice line: **03444 111 445**

Action on Hearing Loss information line:

08088 080 123, 08088 089 000 (textphone),

07800 000 360 (SMS)

www.actiononhearingloss.org.uk



Handcrafted forget-me-nots raise awareness of dementia

Three thousand handcrafted forget-me-nots will be on display in Weston-super-Mare this month to represent the 3,000 people who live with dementia in North Somerset.



Dementia Awareness Week runs from Sunday 15 to Saturday 21 May to highlight the condition and ways to live well with it.

Alzheimer's Society in North Somerset is displaying the handcrafted forget-me-nots – the symbol of dementia awareness – at the Grand Pier on Thursday 19 May.

A number of special events will also take place during the week to encourage people to talk about dementia, ask questions and find out what support is available locally.

An information event will also be held in the foyer of Weston General Hospital during the week, hosted by Avon and Wiltshire Partnership's later life team and the dementia team at the hospital.

Care homes throughout North Somerset are also continuing to work towards 'butterfly' status, an approach focussing on compassionate dementia care developed by Dementia Care Matters.

The Alzheimer's Society runs many support services for people with dementia and their families, with funding from North Somerset Council and the NHS Clinical Commissioning Group.

This includes dementia support workers, activity groups such as singing for the brain, memory cafés, and carers groups throughout North Somerset.

Local Dementia Action Alliances are also active across North Somerset, groups to create dementia friendly communities where people understand the little things they can do to make life easier for people with dementia and their carers.

 For a dementia information pack visit www.n-somerset.gov.uk/dementiainfopack

Alzheimer's Society: **01934 414 214**

Providing a lifeline to older people



Loneliness and isolation can have a major impact on a person's physical and emotional wellbeing in later life.

Big life changes can also affect us as we get older, whether it is bereavement, retirement, changes in physical health, mobility or financial circumstances.

Community Connect is a free service which specialises in tackling these issues by working alongside communities and people in North Somerset and offering advice and support.

The service is run by housing and support organisation Curo, the West of England Rural Network village agents, and North Somerset Council.

Redhill resident Jane Hosegood met her village agent Tina Huckle-Mills when she was recovering from a fall.

Jane was unable to drive and, living in a rural area, social isolation was becoming a real issue.

Jane said: "The fall had a major impact on my life so I was absolutely delighted to have met Tina at a time of need.

"I now know there's someone I can contact in the future to help, should I need to."

Tina told Jane about the help and activities that were on offer to her.

One of these was Coffee and Company, a social morning recently set up in the village.

Jane said: "I went to the inaugural coffee morning in December and I'm still enjoying going today.

"It's lovely to get out and see old friends that I've not seen for some time."

Community Connect is available to anyone in North Somerset aged 50 and over.

The team of wellbeing workers and village agents can help with...

- how to stay living independently at home
- social groups and activities
- learning opportunities
- keeping warm and well
- keeping fit and active
- carer support
- money matters
- accessible transport
- electrical, gas and fire safety
- accident and fall prevention
- volunteering opportunities.

Confidential advice can be given over the telephone or through home visits.

Community Connect can also advise and support existing community groups with issues such as premises, funding, promotion and day-to-day activities.

People who are thinking of setting up a group in their local area can also get advice.



i Community Connect:
01934 888 803 or
01275 888 803
[www.curo-group.co.uk/
communityconnect](http://www.curo-group.co.uk/communityconnect)

f CommunityConnectNSC
t @CC_NSC

*North Somerset resident
Jane Hosegood with village
agent Tina Huckle-Mills*

Trading standards support for local businesses

Small businesses and start-ups throughout North Somerset can get a host of advice about trading fairly and honestly thanks to two local organisations.

North Somerset Council's trading standards team has joined forces with North Somerset Enterprise Agency (NSEA) to promote ethical trading and the national 'buy with confidence' scheme.

NSEA is a one-stop-shop offering free business advice, information and support.

It recently set up quarterly business breakfast sessions with trading standards officers to provide information about avoiding business scams, understanding key legislation and knowing where to go for more advice and support.

Helen Heskins, principal trading standards officer at North Somerset Council, said: "We want to help businesses spot pitfalls and NSEA wants to nurture new start-ups, and we both want local businesses to be successful and trade fairly."

Chief executive at NSEA, Angela Hicks, said: "When you're starting in business it's important that you get the essentials right.

"The one-to-one advice and the business start-up course delivered by NSEA provides information and guidance to help deal with the fundamentals."

Both organisations are also promoting the 'buy with confidence' scheme, a national, vetted, trading standards-approved members' scheme for small businesses.

Once joined, businesses can advertise themselves as being part of an approved scheme to show customers they are committed to legal, honest and fair trading.



Anyone interested in becoming a North Somerset 'buy with confidence' trader can contact Helen Heskins:

01275 888 802

NSEA: **01934 418 118**

www.northsomersetenterpriseagency.co.uk



Daniel, aged 9, and Korben, aged 8, enjoy the active travel breakfast

School children learn benefits of sustainable travel

Pupils in North Somerset are improving their health and wellbeing by walking, cycling and using other sustainable travel to get to and from school.

Walk to School Week takes place every May but a new scheme has also been launched in North Somerset to change behaviour and encourage healthier and safer journeys to school.

Modeshift STARS is a national scheme that has been established to recognise the schools that show excellence in promoting sustainable travel to school.

Locking Primary School is starting the accreditation process and is currently working towards the bronze award.

The school has worked closely with North Somerset Council's active travel team to promote sustainable travel and year 1 teacher Nicky Lewis said: "We have taken part in Walk to School Week, had scooter skill workshops, and our year 5s and 6s have had the opportunity to access bikeability training.

"We have also introduced Walk and Wheels on Wednesday, where children are encouraged to walk, scoot or cycle to school."

Active travel breakfasts have also been held to reward the children who travel actively by having a healthy breakfast and the chance to win a voucher towards a new scooter or bike.

A golden lock is also secretly placed on a child's bike, scooter or bag and they then win a prize.

Nicky added: "It's been really popular. One pupil said it was their 'best breakfast ever.'"



Modeshift STARS is free to join and any school can take part regardless of size, type or location.

Once a school registers on the website, the council then approves it and the school receives further guidance.

Every May, schools across North Somerset also get involved with national Walk to School Week.

This year's event runs from Monday 16 to Friday 20 May and pupils are encouraged to get walking to promote this reliable, easy and healthy mode of travel.

Walking to school is good for both parents and their children. As well as an opportunity for some extra exercise, it teaches children how to travel independently.

Getting more people walking and cycling means less cars on the road and less pollution.

 www.modeshiftstars.org

Make a big difference

Volunteers can make a huge difference to the people and places around them.

More than 21 million people volunteer in the UK at least once a year and this contributes an estimated £23.9bn to the UK economy.

Volunteers Week takes place every June to celebrate this work and showcase how volunteers make a big difference to individuals and communities every day.

This could be improving the environment, spending time with people who might otherwise be lonely, or contributing to a range of other essential services and support.

Volunteers Week is actually 10 days this year, spanning from Wednesday 1 to Sunday 12 June.

The additional five days will enable more people to take part and enjoy more events, as people are increasingly looking for flexible volunteering they can fit in around work and other commitments.

Life found out about some opportunities available in North Somerset...



Young people make their voices heard

Young people in Weston-super-Mare are getting their voices heard and bringing benefits to their local community by joining the youth council.

The youth council is a group of young people aged 11-18 who are passionate about making a difference – and new members are now needed.

It works closely with the community, making decisions on grant applications, undertaking community projects or organising fun events.

Current projects include organising an evening of activities and food for young people at Crossroad Young Carers, the group's chosen charity last year.

Dylan Poar became a member last year. He said: "I initially joined because I wanted to give back what I've previously received from the community."

Sam Dennis said: "Unfortunately I'll be leaving this year but I look forward to seeing how they will continue to work alongside the community."

Member Izzy Caine said: "I first joined the youth council because I wanted to be involved in the community more. I look forward to using the experience to help me with my future in journalism."

The youth council is currently recruiting members and welcomes any young person aged 11-18 who lives or studies in Weston-super-Mare. It meets regularly at the YMCA youth café, next to Grove Park.

Being a member looks good on your CV, is a way to meet new friends, and members know they are making a difference to where they live and supporting many local causes.

To find out more and get involved email Kevin Lilwall on kevin.lilwall@ymca-sc.org or call Weston YMCA's Youth Café: **01934 629 787**



through volunteering

Could you help young children with additional needs?

Volunteers are needed to help families in North Somerset who have children with additional needs and disabilities.

Springboard Opportunity Group works with children from birth to five years old, as well as supporting their parents and carers.

Volunteers are now needed to play with the children alongside experienced staff at its centres in Clevedon, Weston-super-Mare and south Weston.

This will benefit the children by giving them as much individual help and attention as possible.

Volunteers can take part in training, such as how to support children with disabilities and Makaton sign language, to help the children develop skills and achievements through play.

Other opportunities exist within the charity, such as fundraising support or gardening.

 To find out more contact **01275 341 113** (Clevedon), **01934 426 165** (Weston-super-Mare) or **info@springboardweb.org.uk** **www.springboardweb.org.uk**



A helping hand for disabled people

A national charity which supports disabled people is now looking for volunteers in Weston-super-Mare.

Leonard Cheshire Disability supports disabled people to fulfil their potential and live the lives they choose.



Volunteers are needed in a wide variety of roles, from helping residents with activities such as cooking, bowling, arts and crafts, to drivers who could drive an adapted vehicle for a few hours a week.

No previous experience is necessary. All volunteers receive a full induction, which can be completed as an e-learning package to fit around current commitments.

 For more information contact Carol Faulkner: **01934 626 498** or **carol.faulkner@leonardcheshire.org** • **www.leonardcheshire.org**

 Voluntary Action North Somerset runs weekly drop-in sessions in Weston-super-Mare for people to find out more about volunteering. Visit the Town Hall, in Walliscote Road, every Monday from 10-11.30am. VANS: **01934 410 192** • **www.vansweb.org.uk**
www.do-it.org.uk
www.volunteersweek.org

Changes to housing benefit and council tax support

People in North Somerset who receive housing benefit and council tax support are being reminded that new rules have come into force.

Changes have been introduced by the Government for this financial year as part of its ongoing welfare reform programme.

Family premium scrapped

Couples with children previously received an extra £17.45 a week over those with no children. From 1 May, this has been withdrawn for any new housing benefit claims by families, or changes in claims for couples having their first child.

New time frame for backdated claims

New rules mean the length of time has been reduced for a backdated claim.

North Somerset Council can now only backdate housing benefit claims by one calendar month. Council tax support can still be backdated by three months as long as the claimant can demonstrate there is a satisfactory reason for the delay, such as serious illness.

For senior citizens, the three-month rule will still apply.

Temporary absence

People who go abroad temporarily can now only claim housing benefit for four weeks.

The rules for council tax support remain the same though, which allows a temporary absence up to 13 weeks. This temporary absence rule applies to everyone in the household.

Local housing allowance rates frozen

Rates for local housing allowance have been frozen for this financial year.

Weekly rates will remain the same as last year so, for example, in Weston-super-Mare's area this is:

- £66.50 for shared accommodation
- £97.81 for one bedroom
- £122.36 for two bedrooms
- £150 for three bedrooms
- £184.11 for four bedrooms



Chance to win £5,000

Residents in North Somerset have the chance of winning £5,000 in a prize draw thanks to a national council tax promotion.

North Somerset Council has signed up to the campaign launched by Bacs Payment Schemes, the not-for-profit organisation behind direct debit.

To be in with the chance of winning, residents must be registered to pay their council tax bill by direct debit by 30 September ready for the draw in October.

But the sooner you sign up, the sooner you will see the benefits. Direct debit means payments are made automatically by the bank so you get peace of mind that bills are paid on time, every time.

Residents who already pay their council tax by direct debit will automatically be entered into the prize draw.

To sign up to direct debit, register for My Account at www.n-somerset.gov.uk, using the 'register' button on the homepage.



For more information visit www.directdebit.co.uk/nationalcounciltax

Get vocal be heard



Residents who are on the receiving end of council services often have good ideas about how to make them better.

North Somerset Council strives to provide the best standards of customer care and it listens to residents' views and takes them into account, where possible, when making future decisions.

You said:

What are you doing to improve play facilities in residential areas?

We did:

Several new play areas have opened since last December to give children in residential areas in Weston-super-Mare the chance to get outdoors.

Following consultation with residents, North Somerset Council commissioned a large replacement play area on land next to Walford Avenue in St Georges.

This includes opportunities for climbing, sliding and swinging, with a 5.5m high climbing net, slide and zip wire. A toddler bike track has also been introduced, surrounded by a picnic area.

During winter there were muddy areas but the council is addressing this with better drainage.

In West Wick and Haywood Village, the council has worked closely with housing developers, such as Persimmon Homes, to complete two play areas.

Play areas are vital for these new communities because otherwise families would have to travel some distance to reach one.

A new play area, mainly for toddlers, has also been built within the new Bellway Homes development at Mendip Gate, off Locking Road. It



features a multi-play unit, rotator and swings.

Where housing developments are too small for on-site play areas, funding is often secured towards existing ones, provided there is a proven need to improve them.

All new play areas are safety inspected before they can open. They are then adopted by either North Somerset Council or leased to Weston-super-Mare Town Council. Developers provide a maintenance sum for 15 years.



YOUR VIEWS



Dear Editor,

I was disturbed by your article about rough sleeping [March 2016]. I do not think it is right to give the impression that people do not need to beg because support is available, as this is not always the case.

Begging is illegal under the Vagrancy Act 1824 but surely we have moved on a bit since then?

One of the charities you mentioned, St Mungo's, is in Bristol. I do not think we should shift responsibility onto another council. I work for a charity in Weston-super-Mare and many people come in after visiting the Town Hall and being told there is no support available for them.

Some people do not like giving to people begging as they think they will just buy drugs or alcohol, which is not always the case. People who want to give to individuals but not those begging can buy a Big Issue.

*A concerned citizen
(name and address supplied)*

Editor's response:

North Somerset Council works very closely with local homeless charities and organisations in the district. St Mungo's and the YMCA both receive funding from the council for outreach work and to support rough sleepers. This includes a weekly outreach walk to actively look for and help anyone sleeping rough.

The council does not have a statutory duty to everyone who is homeless but by working with relevant homelessness organisations and the outreach services, the people rough sleeping can be helped to access appropriate support and housing.

If people wish to help, we would always encourage them to donate to local charities.

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

NorthSomersetCouncil

NorthSomersetC

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)



Dave Tailby



Pete Williams



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

I have always separated items in my recycling box using 'bags for life'. I have now given up as my bags disappear every week. On a plus point though, they always put my boxes back neatly.

North Somerset Council
Some customers complained plastic bags were not taken so now crews collect them to be recycled. You don't need to use bags but it is helpful to separate types of recycling into various piles. You can order another recycling

box at www.n-somerset.gov.uk/connect

Just driving from Failand to Portbury, I cannot believe the vast amounts of litter. I've driven through some counties lately and this has to be the worst.

North Somerset Council
We usually carry out litter picks on main roads once or twice a year, as it often needs a road or lane closure to ensure the safety of litter pickers. Report litter online at www.n-somerset.gov.uk/connect

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/nsi or pick copies up from council buildings.



Your Summer Special issue of *Life* will be delivered from:
Monday 4 July 2016

www.n-somerset.gov.uk

Report it. Request it. Pay for it.

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.

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www.n-somerset.gov.uk/tidetimes

May 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 Sun	01:30	9.27	07:36	2.58	14:11	9.30	20:18	2.72
2 Mon	02:59	9.58	09:15	2.37	15:37	9.83	21:49	2.32
3 Tue	04:16	10.39	10:25	1.82	16:50	10.69	22:52	1.79
4 Wed	05:21	11.28	11:26	1.37	17:49	11.54	23:59	1.31
5 Thu	06:16	12.02	12:28	0.92	18:42	12.19	-	-
6 Fri	07:06	12.53	00:52	0.82	19:30	12.63	13:15	0.52
7 Sat	07:53	12.82	01:37	0.47	20:14	12.87	13:59	0.30
8 Sun	08:39	12.91	02:19	0.31	20:58	12.88	14:39	0.29
9 Mon	09:24	12.72	02:59	0.38	21:42	12.58	15:19	0.50
10 Tue	10:09	12.21	03:39	0.67	22:26	11.96	15:57	0.90
11 Wed	10:54	11.43	04:17	1.11	23:11	11.14	16:36	1.39
12 Thu	-	-	05:00	1.62	11:42	10.54	17:19	1.90
13 Fri	00:00	10.31	05:47	2.10	12:33	9.76	18:10	2.36
14 Sat	00:55	9.64	06:45	2.51	13:34	9.25	19:18	2.73
15 Sun	02:02	9.29	08:07	2.77	14:44	9.12	20:52	2.83
16 Mon	03:15	9.34	09:34	2.60	15:58	9.43	22:03	2.48
17 Tue	04:27	9.76	10:31	2.20	17:02	9.98	22:54	2.04
18 Wed	05:24	10.27	11:18	1.84	17:50	10.52	23:37	1.69
19 Thu	06:09	10.68	11:58	1.59	18:31	10.91	-	-
20 Fri	06:48	10.95	00:16	1.45	19:07	11.18	12:35	1.41
21 Sat	07:22	11.14	00:50	1.27	19:40	11.38	13:08	1.28
22 Sun	07:54	11.30	01:23	1.14	20:12	11.52	13:41	1.19
23 Mon	08:26	11.40	01:57	1.06	20:44	11.57	14:13	1.16
24 Tue	09:01	11.42	02:31	1.06	21:19	11.49	14:46	1.22
25 Wed	09:37	11.28	03:06	1.18	21:55	11.24	15:19	1.38
26 Thu	10:15	10.99	03:40	1.38	22:34	10.86	15:52	1.61
27 Fri	10:55	10.60	04:17	1.63	23:17	10.44	16:30	1.84
28 Sat	-	-	05:02	1.86	11:42	10.20	17:20	2.07
29 Sun	00:10	10.08	06:02	2.06	12:39	9.89	18:30	2.28
30 Mon	01:13	9.87	07:19	2.19	13:46	9.77	19:53	2.39
31 Tue	02:29	9.96	08:43	2.14	15:05	10.00	21:17	2.24

June 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 Wed	03:43	10.40	09:54	1.86	16:17	10.54	22:24	1.91
2 Thu	04:51	11.01	10:56	1.57	17:22	11.19	23:29	1.58
3 Fri	05:51	11.58	12:01	1.26	18:18	11.76	-	-
4 Sat	06:45	12.02	00:29	1.17	19:08	12.18	12:53	0.90
5 Sun	07:36	12.31	01:16	0.83	19:56	12.45	13:38	0.67
6 Mon	08:22	12.44	02:00	0.64	20:42	12.53	14:19	0.60
7 Tue	09:08	12.36	02:41	0.65	21:26	12.36	15:00	0.72
8 Wed	09:53	12.03	03:23	0.84	22:11	11.93	15:40	1.01
9 Thu	10:38	11.45	04:02	1.18	22:54	11.30	16:20	1.39
10 Fri	11:22	10.75	04:43	1.57	23:38	10.60	17:00	1.80
11 Sat	-	-	05:24	1.95	12:07	10.06	17:44	2.17
12 Sun	00:25	9.97	06:12	2.29	12:56	9.50	18:35	2.50
13 Mon	01:18	9.49	07:08	2.58	13:54	9.15	19:38	2.78
14 Tue	02:20	9.24	08:21	2.78	14:59	9.09	21:05	2.86
15 Wed	03:26	9.29	09:44	2.68	16:04	9.35	22:12	2.57
16 Thu	04:29	9.60	10:37	2.34	17:02	9.83	22:59	2.15
17 Fri	05:24	10.03	11:20	1.97	17:50	10.36	23:40	1.77
18 Sat	06:09	10.46	12:00	1.66	18:33	10.82	-	-
19 Sun	06:51	10.82	00:20	1.47	19:11	11.17	12:39	1.43
20 Mon	07:29	11.10	00:57	1.27	19:49	11.43	13:17	1.29
21 Tue	08:07	11.32	01:37	1.15	20:26	11.60	13:56	1.22
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25 Sat	10:48	11.21	04:22	1.34	23:11	11.14	16:38	1.59
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28 Tue	00:54	10.39	07:02	1.90	13:23	10.12	19:30	2.16
29 Wed	02:01	10.18	18:14	2.04	14:33	10.01	20:46	2.25
30 Thu	03:14	10.23	09:26	2.03	15:47	10.22	21:59	2.13

WESTON AIR FESTIVAL



Saturday 18 and Sunday 19 June 2016



Weston-super-Mare seafront, 10am – 6pm

The Red Arrows • Battle of Britain Memorial Flight • Sally B B17 Flying Fortress • PBY Catalina Amphibian Sea Plane
Gyro Air Display • RAF Eurofighter Typhoon • More flights to be announced • Military and Arena Displays • Trade stands



www.westonairfestival.com

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