

NORTH SOMERSET

ISSUE 135 – MAY/JUNE 2017

LIFE



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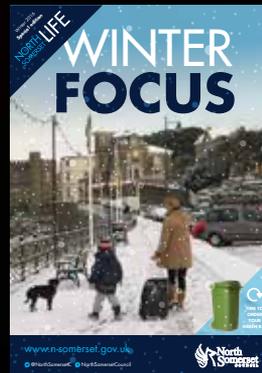
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Dear reader,



Recently I had the privilege of meeting the French ambassador and the chief executive of EDF, the company building the Hinkley Point C power station. They were interested in hearing about local involvement and opportunities as North Somerset has been involved for some years now. Colleges and universities across the West of England have been providing training and practical experience for the wide range of skills EDF will need over the coming years for construction and operation. Accommodation, transport, leisure, administration, suppliers, engineering and staffing will all be needed for many years to come. More than 75 companies across North Somerset have already won contracts, with hundreds more on the list to look at opportunities. Really good news for the whole region.

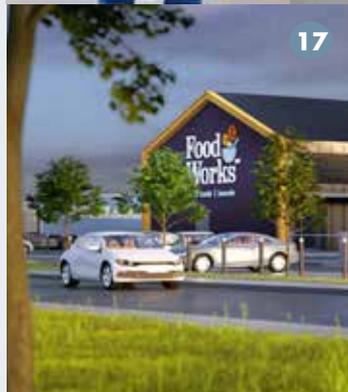
Since the beginning of April, the council has taken over responsibility for enforcing on-street parking regulations. This was previously done by the police but understandably it has not been a priority for them, given their other commitments. We have had many complaints over the years about bad parking, on crossing points, blocking driveways, on pavements, blocking roads at busy times, or just parking all day in limited spaces which stops others having a reasonable chance of a few minutes in the shops. The council is enforcing regulations across North Somerset but will concentrate on areas where people behave irresponsibly and are a danger to others. I'm sure that there will be some unhappy drivers who get caught but after a few months we should all see the benefits of clearer roads and more available spaces. Soon we will consult on any changes that local communities would like to see but it is sensible to get the new system up and working and coping with the summer visitors before we start making changes.

Lots more good news over the last few months. Negotiating with Government departments can take months, if not years, during which time ministers can change and you almost have to start again. Occasionally perseverance can pay off and all the travelling and waiting seems worthwhile. Council officers have just been told that North Somerset will get a total of £44m over the next three years to create more school places, as well as £1.2m this year for repairs. Highways England have agreed to spend about £2.8m to improve traffic flows around Junction 19, pending a full review of the area. Historic England has given us a grant of £590,000 to help us promote and maintain our important heritage. Finally, we have been given £7.7m over the next three years to help with the rising cost and demand for adult care services. The council has earned a reputation for getting things done and now it is seeing the rewards. Well done to all staff who made it possible.

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

Pill and Yatton libraries closed for refurbishment

Refurbishment work at Pill and Yatton library buildings is now under way as part of North Somerset Council's Community Access Review.

In Pill, the children's centre is moving from Crockerne Primary School to the library building.

During refurbishment, a temporary pop-up library can be found at the Salvation Army, in Heywood Road, every Friday.

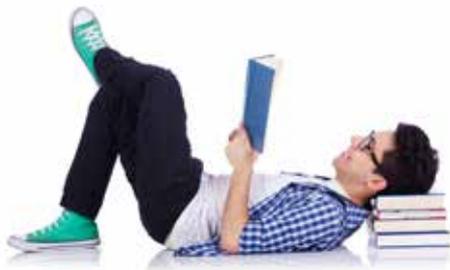
The provisional re-opening date of the building is Tuesday 11 July.

In Yatton, the children's centre will move into the library building in August.

During the closure, the mobile library is stopping at Hangstones Pavilion, in Stowey Road, every Thursday morning.

The provisional re-opening date is Monday 14 August.

The Community Access Review is a major review of the council run buildings and services run in the community, with particular focus on its 14 children's centres and 12 libraries.



For more information visit
www.n-somerset.gov.uk/car

Fines issued for illegal parking



Parking services manager Allan Taylor

Enforcement officers are now busy across North Somerset handing out fines to drivers who park illegally.

North Somerset Council introduced civil parking enforcement (CPE) in April after taking over responsibility from Avon and Somerset Police.

Bad parking can lead to congestion, restrict access for emergency vehicles, cause problems for local businesses when vehicles overstay their parking time, and cause problems for pedestrians, wheelchair users and those with pushchairs when cars are parked over dropped kerbs.

Under CPE, the council is now enforcing:

- double and single yellow lines
- blue badge bays
- limited waiting bays
- taxi ranks
- loading bays

- zig-zag markings at schools (if restrictions apply) and pedestrian crossings
- parking across dropped kerbs where there is a crossing point and tactile paving
- double parking or parking too far away from the kerb edge
- parking in bus stops.

This is in addition to the off-street car parks and on-street pay and display parking that the council already looks after.

The police continue to be responsible for dealing with dangerously parked vehicles, obstruction and moving traffic offences.

Any money from charges goes towards running the scheme and any surplus goes towards transport initiatives and road improvements.

For more information about CPE, the charges and appeals process visit
www.n-somerset.gov.uk/cpe



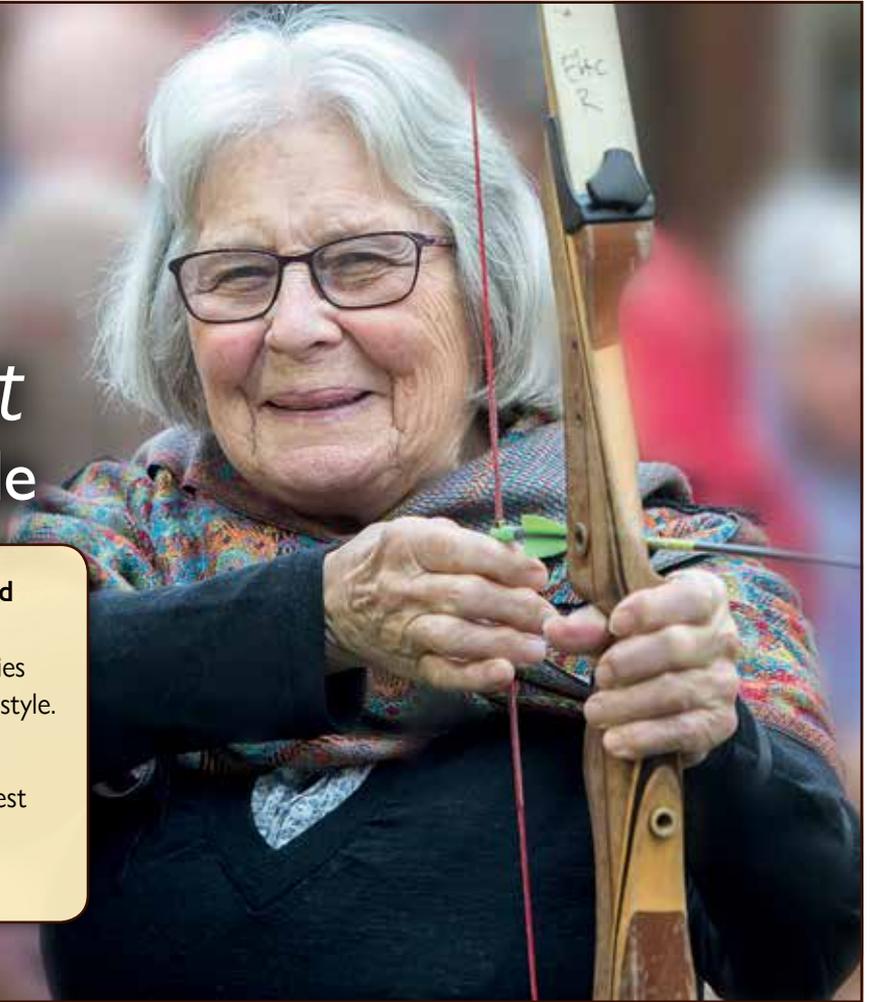
St Monica Trust

Enjoy a vibrant retirement lifestyle

In the heart of North Somerset is **Sandford Station**, a lively 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



Police team moves into Town Hall

Police officers in Weston-super-Mare have now moved into their new base at the Town Hall.

The local policing team for Weston is now based in the Walliscote Grove Road building, joining the police enquiry service which has been there since 2013.

There is no change to the police service provided in the town and it ensures officers are centrally located and can easily access the community.

The 16-strong team comprises one sergeant, six police officers and nine police community support officers.

Tina Robinson, local policing commander for North Somerset, said: "We are delighted to have created a more flexible working environment which reduces cost and enhances visibility in areas where the community need us.

"I can see huge benefits in co-location which will enhance partnership working and collaboration.

"Our teams will continue to be out in their communities and on patrol most of the time but it is important for us to be located close, or within easy access, to the areas we serve."



Police move in - some of the 16-strong policing team now based at the Town Hall

Book lovers needed to help summer reading scheme

Volunteers are needed in North Somerset's libraries to help run this year's summer reading challenge.

The annual scheme encourages children aged four to 11 to keep reading throughout the summer holidays.

This year's challenge runs from Saturday 15 July to Saturday 9 September and volunteers aged 14 and over are needed to talk to children about the books they have read and hand out rewards.

Flexible sessions are on offer and full training is provided.

No experience is necessary but an interest in reading and ability to communicate well with people of all ages would be useful.



To apply to volunteer visit northsomersetlibraryvolunteers.wordpress.com, email library.volunteers@n-somerset.gov.uk or call 01934 426 657

Closing date for applications is **Friday 9 June.**

Theatre and fun at the Tropicana



Live music, theatre, and thrilling fun are all on offer at Weston's iconic Tropicana this summer.

The Tropicana, on the seafront, is establishing itself as an arts and culture hub and there is a wide variety of acts coming up over the next few months to cater for all tastes.

North Somerset Council has teamed up with Theatre Orchard again for a series of performances.

These include Lost Dog's comedy dance version of Paradise Lost; Idiot Child's and Bristol Old Vic's hilarious What If the Plane Falls Out of the Sky? and the ever-popular Kid Carpet with his Super Mega Rockin Rockshow.

As well this, the Hazy Days festival returns in July with headliners Fun Lovin' Criminals, Newton Faulkner and Reef.



To find out more about what's on at the Tropicana, visit the new website www.tropicana-weston.co.uk • www.thetheatreorchard.org.uk

Universal credit coming to North Somerset soon



Universal credit is coming – the new benefit to support people on a low income whether they are in or out of work.

It is currently being rolled out across the UK and will come to North Somerset in July.

It replaces six existing benefits - income-based jobseeker's allowance; income-related employment and support allowance; income support; child tax credit; and working tax credit.

Read the next issue of *Life* for more information.

Universal credit is administered by the Department for Work and Pensions. Visit www.gov.uk/universal-credit

Improving mental health wellbeing

Good mental health means having a sense of wellbeing and self-esteem, as well as being resilient and forming positive relationships.

Mental Health Awareness Week runs from Monday 8 to Sunday 14 May and its focus is on cultivating good mental health.

A number of events are running in North Somerset throughout the week.

Activities include a two-day Healthy Selfie festival at the Healthy Living Centre, in Lonsdale Avenue, Weston-super-Mare.

This festival, running on Tuesday and Wednesday, will include yoga sessions, a foraging walk, singing, and arts and crafts.

On Thursday, charity 1in4 People is hosting an open day at their Clevedon branch, and the Samaritans will host an information stand at the Sovereign Centre, in Weston-super-Mare, the following day.



A new event will also be coming to Weston-super-Mare to improve awareness around mental health and suicide prevention.

The South West Walking out of Darkness event is supported by North Somerset Council and takes place from 10am on Saturday 24 June.

The event includes a 10-mile walk and festival.

Visit www.walkingoutofdarkness.com to take part.

Sign up for Race for Life

Women are being invited to sign up to the popular Race for Life event which is coming to Weston-super-Mare next month.

The 5km run takes place on Wednesday 28 June and takes in the Beach Lawns, beach and Grand Pier.

The popular non-competitive event raises money for Cancer Research UK and women of all ages, shapes and sizes are encouraged to take part.



To enter visit www.raceforlife.org or call 0300 123 0770.

Enjoy quality time in your garden

People across North Somerset are being encouraged to put down their tools and enjoy their own back gardens this month.

The first Somerset Garden Day takes place on Sunday 14 May to celebrate the county's gardening efforts inspire more people to experience the wellbeing benefits that gardens and gardening can bring.

You can join in however you want, whether hosting a picnic with friends, organising an afternoon of family games or sharing afternoon tea with neighbours.



www.gardenday.co.uk
info@gardenday.co.uk
[#SomersetGardenDay](https://twitter.com/SomersetGardenDay)

Are you a good listener?

Good listeners are needed to lend an ear and join a dedicated band of volunteers whose work can really make a difference.

The Samaritans of Weston-super-Mare and North Somerset need more volunteers to help answer the increasing number of calls.

Since the charity launched a freephone number in 2015, there has been a big increase in the volume of calls from people in despair or distress.

Informal recruitment events are now being held on the second Saturday of each month to give potential new volunteers information about the charity and the roles available, whether as a listener or helping with fundraising, finance or publicity.

The next events take place on Saturday 13 May and Saturday 10 June, from 10am-noon, at the Samaritans Centre, 137a High Street, in Weston (opposite the entrance to Grove Park).



For more information contact recruitment director Gill on **07507 990599**, samaritansrecruitmentwsm@yahoo.com or visit www.samaritans.org
Samaritans Freephone: **116 123**

Free events in Backwell for over-50s



Free events now take place in Backwell for older people to get more involved in their community.

A games and activities group has been set up for the over-50s on the third Sunday of the month.

It runs from 2pm-4.30pm, at the Lawnside, in Church Avenue, and the next events are on 21 May and 18 June.

An IT support group has also been set up every Wednesday at the Backwell Grill, in Rodney Road.

The courses are being offered by Community Connect, a free service for people over 50 in North Somerset who would like information, advice or guidance to help them keep living independently at home.

For more information about these events and Community Connect call Kathleen on **01275 888 803** or email kathleen.hutchison@curo-group.co.uk

Bumper line-up for air festival

Three iconic air displays will wow the crowds at this year's Weston Air Festival and Armed Forces Weekend.

The Red Arrows will be returning to the festival on both days of the event – Saturday 17 and Sunday 18 June – along with BBMF Lancaster, Hurricane and Spitfire, and the RAF Typhoon.

Other confirmed flights include Muscle Pitts Bi-Plane, TRIG aerobatic team, and Catalina Flying Boat.

As well as a full weekend of air displays, there will also be fun fair rides, military displays, an armed forces village, veterans parade and drumhead service, trade stands and activities to suit all ages.



www.westonairfestival.com

 /WestonSeafront

 @WestonSeafront

South Bristol Link given top transport award

A major road development in North Somerset has scooped a prestigious award from a leading UK transport institution.

The South Bristol Link road was named the South West Transportation Project of the Year by the Chartered Institution of Highways and Transportation.

The new 4.5km link road and express bus route was a joint project between North Somerset Council and Bristol City Council, and designed and constructed by Alun Griffiths contractors.

A unique building information modelling system was used to work more efficiently, which saved more than £1m.

The project was also praised for its sustainability, with 15,000 tonnes of excavated material from Bristol



Airport being recycled and reused on the South Bristol Link.

South Bristol Link project manager Alex Fear, from North Somerset Council, said: "This is industry recognition of how the councils and contractor worked together in an innovative way to make a difference within North Somerset and the south Bristol areas."

Quiz the council about the roads

Residents in the Portishead area will get the chance to speak to council highways officers and find out more about local road investment this month.

Officers will be at the town's Sainsbury's supermarket on Thursday 18 May with representatives from highways contractor Skanska.

Visitors will have the opportunity to find out more about the council's plans for continued investment in the roads across North Somerset and, more specifically, in the Portishead area.



www.n-somerset.gov.uk/portisheadroadshow

Bright futures ahead for foster children



Children and young people in foster care in North Somerset are overcoming difficult starts to achieve great things.

With lots of support, encouragement, love and understanding from their foster carers, the lives of young people are being turned around.

Paul* is now 15 and came into foster care when he was nine.

He said: "It was really hard to start with. I didn't know who I was going to be living with. I cried a lot and didn't get much sleep.

"It felt strange living in a family where things were completely different and I struggled."

Paul has remained with the same family since then but it took him two years to settle.

He said: "I wasn't well behaved because everything was different. I hated it. But it's lovely now that I know them and feel part of the family.

"The foster carers are really understanding and they help me when I'm upset.

"I have been given so many opportunities. We do lots of activities together and I like helping out. I'm learning how to cook and enjoy helping out with the car.

"I'm much more confident now and my friendships are better. I have good memories now.

"I also know I've got a good future in front of me and what I want to do when I'm older."

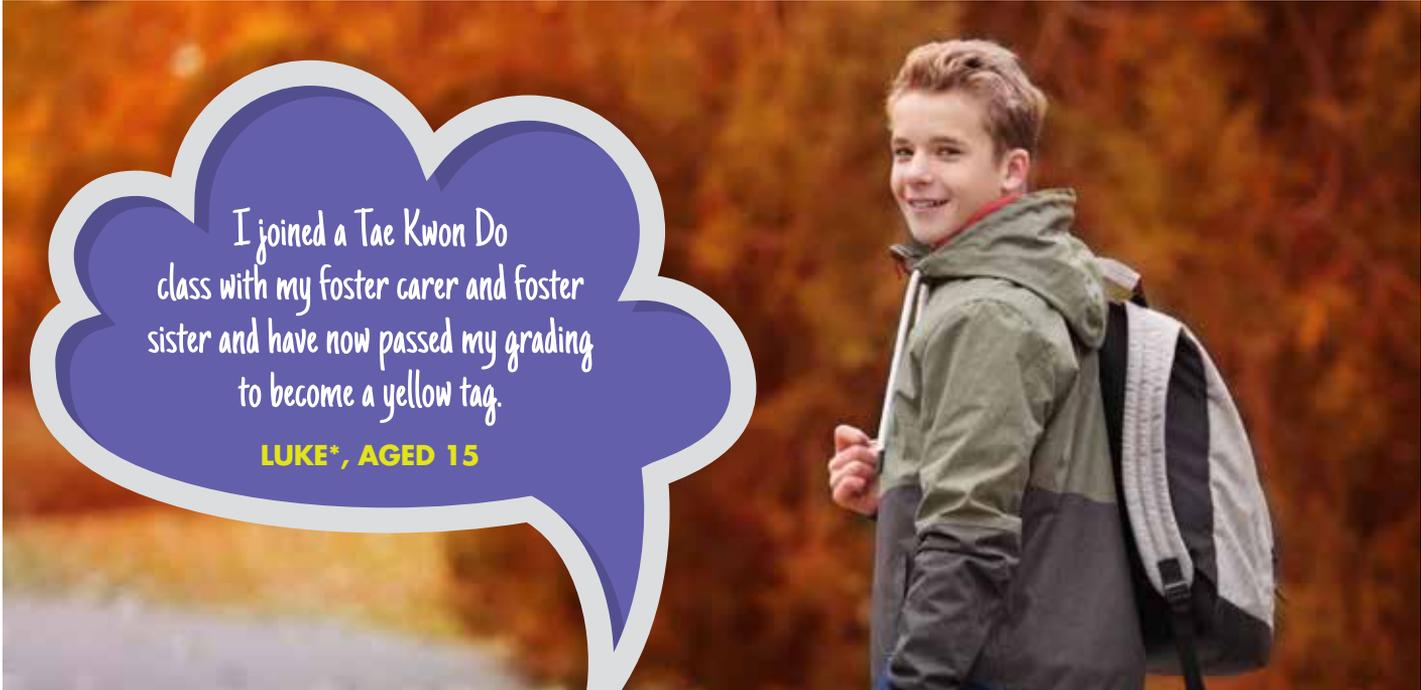
Paul's confidence has grown so much that he now speaks at recruitment events to encourage more people to become foster carers.

Does Paul have any advice for people thinking of becoming a foster carer?

I am now doing great at school. I have dreams and ambitions and am planning to do an apprenticeship at college and hope one day to have my own business.

AMY*, AGED 12





I joined a Tae Kwon Do class with my foster carer and foster sister and have now passed my grading to become a yellow tag.

LUKE*, AGED 15

"It's not going to be easy to start with but you cannot give up.

"It's important to have a sense of humour and realise that people make mistakes.

"Fostering will not be all singing and dancing and happy all of time. It is a big commitment and at times it can be really, really hard.

"Every child that goes into foster care is there for a different reason and at times you may have to empathise as to why they are upset or stressed.

"Don't give up, no matter how hard it is. When the children have grown up you will realise what a difference you have made to their lives."

Eric Brown, from north Somerset council's fostering team, said: "We are very proud of our young people.

"They are becoming confident people who have bright futures in front of them."



I used to get bullied. Now I am not afraid to stand-up for myself. I recently received a hero award for helping other children being bullied at my school.

THOMAS*, AGED 12

North Somerset 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. More are needed and a recruitment drive is under way to find carers for children of different ages and **#makeadifferencein2017**

To find out more visit www.n-somerset.gov.uk/fostering or call 01275 888 999

 @FosteringNS  /fosteringnorthsomerset

*names have been changed to protect their identities

Lounge about in style in Weston's newest bar

A popular café bar chain has opened its doors in Weston-super-Mare to provide the perfect place to lounge and watch the world go by.



Brunello Lounge opened in March in Princess Royal Square and is proving popular with people of all ages.

It is the latest opening in Weston's multi-million pound regeneration programme and has created 25 new jobs in the town.

The lounge is the latest site for the West Country-based café bar group and follows Impero Lounge in Portishead and Teatro Lounge in Clevedon.

The bar is a retro-inspired retreat with vintage artwork, old sofas and old school benches.

Loungers operations manager Hector Main said: "We're very family-friendly and look forward to becoming part of the community by supporting local groups and initiatives wherever possible."

A community noticeboard is available for anyone who wants to publicise events, there will be regular fundraising events, and there is also a book swap area.

There are also games, colouring pencils and pads to keep younger visitors entertained.

The lounge is open throughout the day for food and drinks, including a children's menu, vegan and gluten-free.



Historic sites helping Weston's regeneration



Weston's heritage will play a key part in its regeneration with help from almost £600,000 of funding through a new scheme.

Weston-super-Mare is the only town in the South West to be named as one of 10 Heritage Action Zones (HAZ) by Historic England.

North Somerset Council successfully bid for the money last year and the three-year project launched in March.

It aims to unlock potential in areas that are rich in heritage by bringing historic places back to life.

This in turn will attract residents, tourists, businesses and investors, and create economic growth.

Weston's HAZ will focus on supporting the ongoing regeneration of the town centre, which is home to many Victorian, inter-war and post-war buildings.

Plans include bringing buildings back into use as quality housing, developing clear heritage routes within the town centre to enhance existing trails to the beach and train station, and opening new pedestrian access to Weston Museum, the Italian Gardens and seafront.

Council committed to Portishead passenger line re-opening



Proposals to re-launch train services from Portishead remain a priority for North Somerset Council.

The plans form part of phase one of the MetroWest programme of transport improvements but recent reports of escalating costs have caused concern for the delivery of the scheme.

In March, the West of England Joint Transport Board discussed a report that advised indicative costs had risen from £58m to between £145m and £175m.

Detailed surveys and preparatory work carried out by Network Rail have shown that the work required at parts of the line is much more complex than originally thought and these findings have added significantly to the costs.

North Somerset Council remains committed to the Portishead line re-opening and it sees it as vital to strengthening the transport infrastructure of the area and being key to the success of a thriving West of England economy.

The scheme also continues to be backed by the Department for Transport (DfT) and Network Rail.

Mark Langman, route managing director (Western) for Network Rail, said: "Progressing MetroWest is a key priority for us so please be assured of our continued focus and support to deliver this exciting project."



Chris Grayling MP, secretary of state for transport, also said in a letter to MP Liam Fox that the department recognised the benefits of the MetroWest scheme and the positive impact it will have on local people.

Proposals for phase one include half-hourly train services from Portishead, with new stations at Portishead and Pill, as well as a half-hourly service for the Severn Beach line and local stations between Bristol Temple Meads and Bath Spa.

The West of England Joint Transport Board has agreed that phase one should still go ahead but will now be completed in stages.

The first phase of this will be improvements on the Severn Beach and Bath lines and an initial rail passenger service from Portishead, but with hourly rather than half-hourly services.

The second stage is to get two trains an hour to Portishead.





Dunleavy owner Ingrid Bates (Photo credit Steph Wetherell)

Award-winning wines tickle the tastebuds

A small corner of North Somerset is fast becoming a distinguished and recognised wine region.

Nestled within the Yeo Valley area, Aldwick Court Farm, Dunleavy, and Sutton Ridge vineyards are producing award-winning wines.

Aldwick Court Farm, near Blagdon, is a vineyard, wedding and conference venue.

The 11 acres of vines were planted by fourth-generation arable crop and pig farmer Chris Watts between 2008 and 2010.



Chris tragically died in 2011 so his sister Sandy Luck took over as managing director.

Sandy said: "The symbiotic relationship between venue and vineyard appeared obvious.

"My experience in hospitality and interior design meant these became my initial focus in 2012, along with running the farm."

With help from Chris's farm manager Tim Mewton, his head pigman Barry Parsons and vineyard manager Elizabeth Laver, the first round of clean, ripe grapes were harvested in 2013.

Since then, the single-estate wines have secured medals in national and international competitions.

Sandy said: "I'm especially proud of the 2013 sparkling wine, Jubilate.





Photo credit Pete Axford

Its first disgorgement received 90 points from Decanter magazine and the second took silver in the International Wine Challenge. We also received gold for our Mary's rosé in 2016.

"My objective is not to conquer the mass market but to secure a reputation for providing high-quality wines for the enjoyment of our venue clients, guests and visitors."

This year, the first Pinot noir red wine will be released, along with the 2014 Jubilate sparkling rosé.

Dunleavy Vineyard, near Wrington, is owned and managed by Ingrid Bates and Stephen Dunleavy.

Ingrid grew up near Taunton and returned to the south west after studying biology in London.

Her viticultural career began 10 years ago when she took up a job maintaining a local vineyard.

Dunleavy's first vines were planted in 2008 and the first wines were released in 2013.

The vineyard is a square block of mainly Pinot noir vines and a few thousand bottles of Pinot rosé are produced every year.

A sparkling wine is now also being produced, ready for sale in 2018.

Ingrid said: "Despite being a

relatively small vineyard, we have made a big name for ourselves with most of the Sunday Times top 100 restaurants in Bristol selling our Pinot noir rosé.



Photo credit Steph Wetherell

"We have also won 'best local wine' at the Bristol Good Food Awards every year, as well as bronze at the International Wine Challenge and silver at the regional UK competition."

At Sutton Ridge vineyard, near Butcombe, four generations of the Ford family have come together to produce quality wines.

Founder Luke Ford got a taste for wine while at university and after graduating he began studying viticulture.

The two-acre site was planted with 1,750 vines in 2011.

Luke said: "The site was carefully selected for its unique microclimate and gentle slopes, which warm early in the morning and provide protection from the cooling south westerly winds."

"This environment allows our grapes a slow and gentle ripening process which produces wines that are fresh and elegant."

There are five different varieties which are all hand-picked to produce the range of award-winning still and sparkling wines.

This month the 2016 vintage still wines and 2014 sparkling wines are being launched.

They are only available directly from the family or from local retailers, including the Wine Shop in Winscombe, Lye Cross Farm Shop at Redhill, and Brockley Stores on the A370.

Tours and tastings take place at Aldwick Court Farm. Visit www.aldwickcourtfarm.co.uk/vineyard

Group visits are available by appointment at Dunleavy. Visit www.dunleavyvineyards.co.uk

 [DYvineyards](#)

 [@SuttonRidgeWine](#)  search for [Sutton Ridge Vineyard](#)



Cooking up a storm in libraries



Cookery skills are being passed on to people in North Somerset during a unique programme of workshops being held in local libraries.

Cook2Learn is a new project where participants follow and prepare simple recipes while learning about food and healthy lifestyle choices.

It launched in January and those taking part have developed new skills in cooking and preparing meals, improved their confidence and gained a better understanding of the importance of a balanced diet.

The free workshops are delivered by library staff, volunteers and health trainers.

Each two-hour workshop has a different theme, including portion sizes; healthy lunchboxes and snacks; sugar, salt and fat; money and meal planning; food labels and getting your five a day.

One participant said: "There was a nice relaxed atmosphere and it was very helpful and informative. I enjoyed the workshop and will be signing up for another one."

The project is funded and supported by Carnegie UK Trust, as part of the Carnegie Library Lab programme.

North Somerset community librarian Frances Tout was inspired to develop the programme after visiting the Free Library of Philadelphia's Culinary Literacy Centre while on a study tour of public libraries in the United States.

Frances said: "Libraries are community spaces where people can gain new skills and knowledge and Cook2Learn demonstrates how libraries can make a valuable contribution to communities' health and wellbeing."

As part of the Cook2Learn project, new collections of cookery and food books are available in all North Somerset Libraries for members to borrow.

North Somerset library users can also read popular magazines on their smartphone, computer or tablet.

Nearly 30 titles are available through the emagazines service and new titles include BBC Good Food, Healthy Food, Olive and Women's Health.



To find out more about Cook2Learn and book onto a free workshop, visit www.cook2learnblog.wordpress.com or visit your local library.

To find out more about library online services and how to download emagazines onto a smartphone or tablet visit www.n-somerset.gov.uk/libraries

Ingredients in place for **new** food and drink centre



The creation of a flagship food and drink innovation centre on the outskirts of Weston-super-Mare has moved a significant step forwards.

North Somerset Council successfully secured £9.36m funding from the West of England Local Enterprise Partnership to create FoodWorksSW.

The centre, within Junction 21 Enterprise Area, will provide a regional hub of excellence for food and drink manufacturers to help new businesses get started and established producers to innovate and grow.

It will be part of the Food Enterprise Zone, which will play a pivotal role in the drive to support the food and drink sector in North Somerset and wider region.

The Local Growth Deal funding will go towards the £11.3m phase one of the development, situated on five acres of land within Weston Business Quarter.

FoodWorksSW will be built near the new North Somerset Enterprise and Technology College and The Hive managed work space and create about 250 jobs.

Phase one will include a business engagement hub, four product development units and 12 food-grade business units of between 1,000 and 1,500sq ft.

Larger units of between 3,000 and 5,000sq ft will be provided in phase two of the project.

A private sector-led project advisory group is advising the council on the specific needs and requirements of the food and drink industry.

Chair of the group, Chris Smith, managing director of Marshfield Bakery, said: "This is an exciting step forward for the food and drink industry in the South West and will not only raise awareness of this important sector, but will also help to secure future growth and investment."

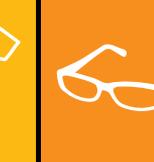
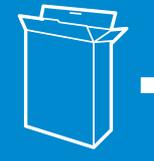
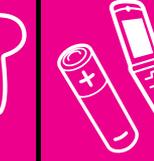
Building work is due to start this autumn, subject to planning approval, with an anticipated opening at the end of 2018 or early 2019.



Contact the economic development team for any business enquiries about FoodWorksSW or Junction 21 Enterprise Area: **01934 426 266**
business@n-somerset.gov.uk

Stickers to help sort your recycling

Stickers are helping people in North Somerset sort out their recycling boxes to help speed up crews and reduce traffic congestion.

Box 1					
	household plastic packaging	household metal packaging	mixed paper	mixed textiles and clothes	spectacles
Box 2					
	cardboard	cartons	mixed glass bottles and jars	small appliances	batteries and mobile phones



The new recycling and waste service started in March and all residents have been sent an information pack with new stickers to illustrate how your recycling should be sorted.

Sorting your boxes so the right items are in the right one helps crews collect more quickly, which helps alleviate traffic congestion around North Somerset.

All items need to be separated except plastic and metal, which can be mixed together, and cardboard and cartons.

This is because they are placed in the same section of the collection vehicle.

Residents with more than two boxes can keep using their additional ones, as long as items from box 1 and 2 aren't mixed up.

If you only have one box, items still need to be separated as much as possible.

Everything except glass can be separated using untied plastic bags.



Anyone who hasn't received their stickers can contact Council Connect or pop into the Town Hall in Weston-super-Mare or Castlewood office in Clevedon.

To order a second recycling box, visit www.n-somerset.gov.uk/recycling

Missed collections must be reported with 24 hours (Monday-Friday).

Resident permits coming to recycling centres later this year

Residents in North Somerset will soon need to apply for a free permit to use one of the area's three recycling centres.



Permits are being introduced later this year to stop people from outside the area using the sites, as they are only meant for North Somerset residents to dispose of their household waste.

More information about the registration process will soon be available on the council's website and in the next edition of *Life*.

www.n-somerset.gov.uk/recyclingcentres

Get old items repaired at community café



Old broken items are being given a new lease of life thanks to a repair café which has recently launched in North Somerset.

The café started at the Lynch Chapel in Winscombe in March with skilled volunteers repairing a wide variety of objects.

It has been set up by Claire King, who said: "We live in a throwaway society.

"Many things which practically have nothing wrong with them end up in the bin.

"People have either forgotten that many things can be repaired or they don't have the skills to do it. The repair café wants to change that."

It is all about fixing things for free within the community. People bring along their broken belongings and volunteers use their skills and knowledge to fix them.

The group has a number of skilled fixers covering electrical and mechanical repairs, sewing, bicycle mechanics, carpentry and general DIY.

Items could include toys, bicycles, lamps, hair dryers, clothes, crockery or more.

The repair café is also about getting neighbours of all ages together to chat, help each other out and share skills.

Claire said: "Even if you don't have anything to repair, join us in the café for a drink and cake, see what we are doing and perhaps help others with their repairs."

Repairs can save money and resources, help minimise carbon emissions, and can be fun and sociable.

New repairers are always welcome to help out.

The repair café runs on the third Saturday of every month

 Search for **Repair Café Winscombe**

www.repaircafe-winscombe.org.uk • info@repaircafe-winscombe.org.uk

Green-fingered groups working hard



Green-fingered volunteers are working hard in parks, woods and open spaces across North Somerset to improve the environment for everyone to enjoy.

In Grove Park, in Weston-super-Mare, a Friends of Grove Park group has recently launched and is already making a big difference.

The group coppiced overgrown vegetation in the rockery, which has opened up this key area of the park for visitors.

Many plants hiding in the seed bed, such as snowdrops and crocus, started to reappear thanks to getting more fresh air and light.

Samantha Phillips, North Somerset Council's natural environment officer, said: "We called on the local community to help maintain many important features within the park and the Friends have quickly become integral to it."



This follows on from a number of refurbishment projects that North Somerset Council has carried out in Grove Park over the last few years.

The Victorian bandstand has been renovated and the old tennis courts have become 3D football pitches in partnership with Weston College.

The council has also worked with the Civic Society to create a wisteria archway to the fragrance gardens.

Most recently, a facelift has been given to the much-loved Jill Dando's garden.

Weston College is also working with the Friends and council to launch some new projects.

These include planting a herb garden and foraging plant area so students can develop the planting beds and grow herbs from scratch to use at community events and in their own college projects.

The college is also hoping to hold an event in the park this summer with a catering and hospitality theme.

The Friends of Grove Park have also received support from the Friends of Prince Consort Gardens, including advice on the best plants to cope with the unique growing conditions of the rockery.

Samantha said: "Supporting all the friends groups is important to the council, but also connecting the groups to each other provides valued links and knowledge-sharing."

Throughout North Somerset, many volunteer groups exist to keep the area clean and green.

Friends groups work to agreed management plans to develop parks and open spaces in partnership with North Somerset Council.

Other recent projects across North Somerset include...

- **Clevedon Wood Cutters** – restoring grassland on Dial Hill by pushing back scrub and removing invasive Sumach
- **Friends of Poets' Walk** – uncovering the gun battery on Wains Hill
- **Friends of Trendlewood** – planting wildflower areas within the community orchard and coppicing in the woods
- **Portishead in Bloom** – planting cherry trees along the edge of Lake Grounds
- **Pride in Portishead** – carrying out regular litter picks
- **Friends of Maltlands Park** – creating habitat piles in the wildlife area of the park

- **Friends of Watchhouse Hill** – working within the community orchard to improve the area for events.

A new network has recently launched to provide support to these volunteer wgroups.

North Somerset Nature Net is led by YACWAG (Yatton and Congresbury Wildlife Action Group) and aims to help groups connect with each other and share training, experiences, skills, social events, publicity and resources.

Samantha added: "We fully support this network and all the fantastic work carried out by our volunteer groups."

North Somerset Council also has a range of equipment available to residents who want to help clear up their neighbourhoods.



The community clear-up kit is stored in a secure trailer and includes hand tools such as litter pickers, hoes and rakes, bin bags, and safety equipment such as gloves and hi-visibility clothing.

As a result of volunteers' hard work, there are now seven Green Flags flying across the area – a sign that they are kept to the highest standards.

For more information about getting involved contact Samantha Phillips on **01275 888 930** or samantha.phillips@n-somerset.gov.uk

For more information about North Somerset Nature Net, email contact@yacwag.org.uk

To borrow the community clear-up trailer contact Glendale, North Somerset Council's streets and open spaces contractor, on **01934 611 450**

Groups also advertise their work days or events on their own Facebook pages, in newsletters, or on their websites.



Be prepared for an emergency

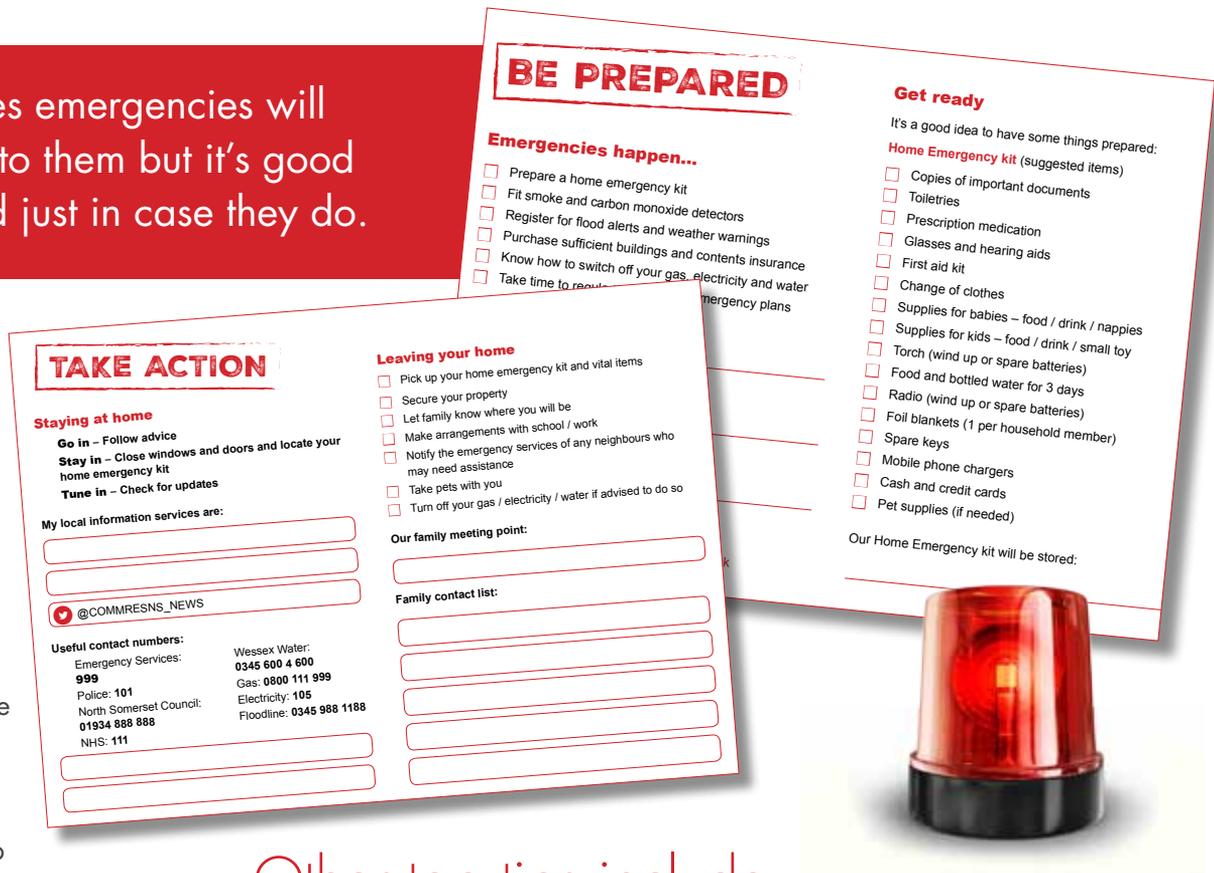
Everyone hopes emergencies will never happen to them but it's good to be prepared just in case they do.

A scheme in North Somerset is helping communities across the area prepare for the worst, whether it is flooding, severe weather, utilities failure or more.

Community Resilience North Somerset has been running for more than five years to help residents help themselves.

The team has recently produced a postcard-sized five minute checklist to complete as a family so everyone knows what to do if the worst happens, including what to put in a grab-bag or emergency box.

Download a copy at www.communityresilience-ns.org.uk or pick one up from your nearest library or the Town Hall in Weston-super-Mare, or Castlewood office in Clevedon.



Other top tips include...

- be aware and stay informed about flooding. Check the risk in your area and sign up for warnings at www.gov.uk/check-flood-risk
- have an ICE (in case of emergency) number stored on your phone so emergency services can contact a loved one on your behalf. Smartphone apps are available or take a photo of your details and save it as the screensaver.
- summer is coming so plan your journeys in advance. The Highways Agency, RAC and AA have some excellent tips.
- help build resilience in your neighbourhood by volunteering with Community Resilience North Somerset. Training and resources are provided, as well as links with professional partners, such as the Environment Agency and emergency services. Any North Somerset resident over the age of 14 can join, no matter what their skills, availability, or previous experience.



Community Resilience: 01934 426 322 • www.communityresilience-ns.org.uk

CommResNS_News search for Community Resilience North Somerset

Music festival returns to Clevedon



Live music, delicious street food and local ales and ciders can be enjoyed in Clevedon this month when a festival makes a welcome return.

The Curzon Music Festival takes place on Saturday 20 and Sunday 21 May at Clevedon's historic cinema.

Reef frontman Gary Stringer will headline on Saturday night with a set of new and classic songs, and Devon-based folk group Show of Hands are headlining on Sunday.

This year's line-up has again been curated by Songs from the Shed, which developed in a former World War One 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.

The weekend features back-to-back live bands, local and global street food, a cocktail bar and local ales and ciders.



Other musicians on the bill include Samuel Jack, Worry Dolls, Foreign Affairs, Elles Bailey, Low Chimes, Pete Williams and more.

Last year's inaugural festival was a huge success, with an eclectic line-up including Midge Ure and The Magic Numbers.

www.curzon.org.uk
info@curzon.org.uk

More musical highlights

JUNE

Saturday 2 and Sunday 3

Let's Rock Bristol, Ashton Court, Long Ashton. A festival of '80s and '90s music.

www.letsrockbristol.com

JULY

Saturday 1 and Sunday 2

Backwell Festival, Backwell Junior School, Church Lane. Annual festival of music, dance and live entertainment.

www.backwellfestival.co.uk

Friday 7 and Saturday 8

Hazy Days Music Festival Tropicana, Weston-super-Mare. Arts and music festival showcasing lots of local talent. Line-up includes Newton Faulkner, Fun Lovin' Criminals, Reef, Cast and Sophie Ellis-Bextor

www.hazydaysfestival.co.uk



Seek out the animal sculptures

Hidden within the woods near Wraxall are small stone sculptures waiting to be discovered by keen-eyed walkers.

Walk information

Distance:

About one mile

Difficulty:

Easy/medium. Steep steps on path from Jacklands Fishing Lake. Stony/uneven tracks through the woods, with some sharp uphill sections.

Duration:

Allow a leisurely 90 minutes



How to get there

The main pedestrian entrance to Towerhouse Wood is directly from Towerhouse Lane along the grass track. There is no easy parking here though.

Instead, free parking is available at Jacklands Fishing Lake, on Clevedon Road, if you support the farm shop. It sells fresh trout, smoked trout paté, local produce and refreshments. Trail maps can also be picked up here.



Ty Sculpture Trail opened last year in Towerhouse Woods, between Nailsea and Wraxall, in memory of local resident Ty Partridge.

Ty died suddenly at the age of 21 of leukaemia but as a child he loved exploring the paths, climbing trees and building dens in the woods.

He would always ask for a treasure trail through the woods for his birthday party so the idea of creating a trail in his memory was born.

All the woodland animal sculptures are dotted along the paths so you have to seek them out and become a 'noticer' of nature.

The sculptures have all been carved by Piers Partridge and Phil Carter, the father of Ty's best friend Sam.

Life followed the route from Jacklands Fishing Lake. Follow the sign and cross the crystal-clear stream from the car park.

Follow the path up past the houses. There are some very steep steps to get up onto the trail so it might not be suitable for all.

There is then a steady climb up into the woodland before levelling off.

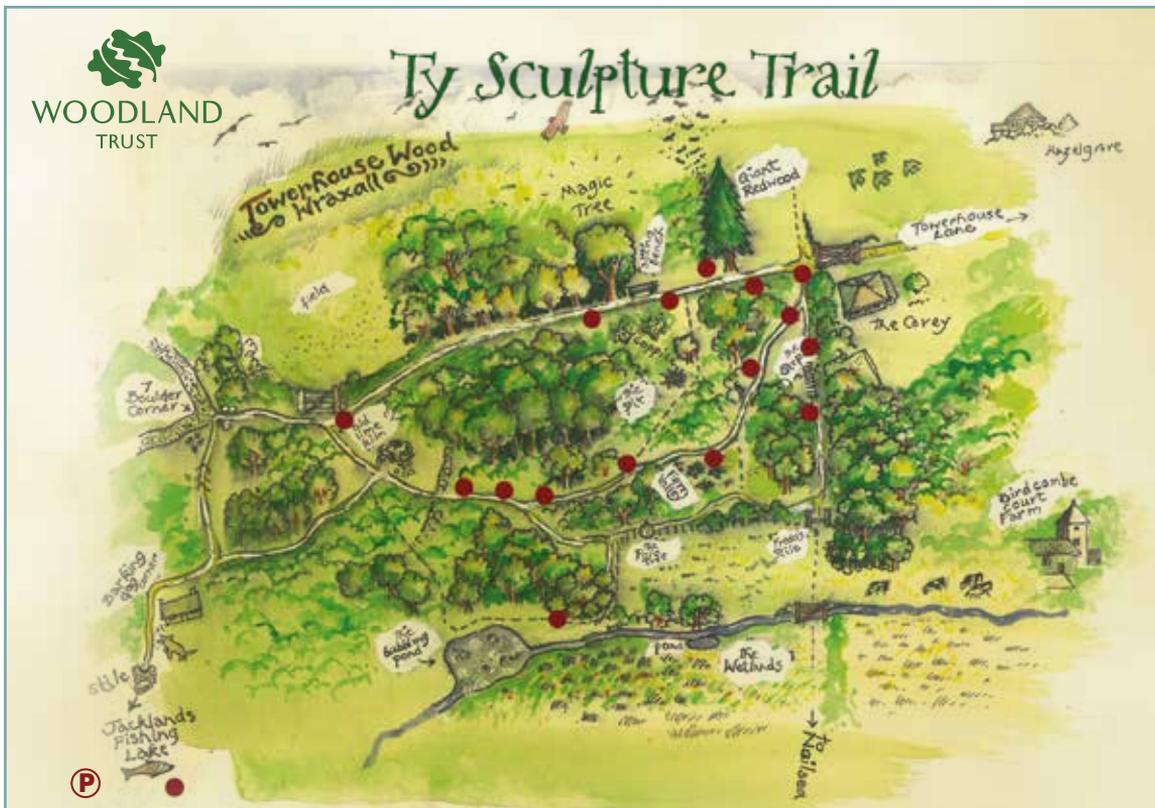
Follow the signs pointing the way to the Ty Sculpture Trail. The path then forks and you can take a circular route around in either direction.

Other paths lead off from the main one, if you want to explore the woods further.

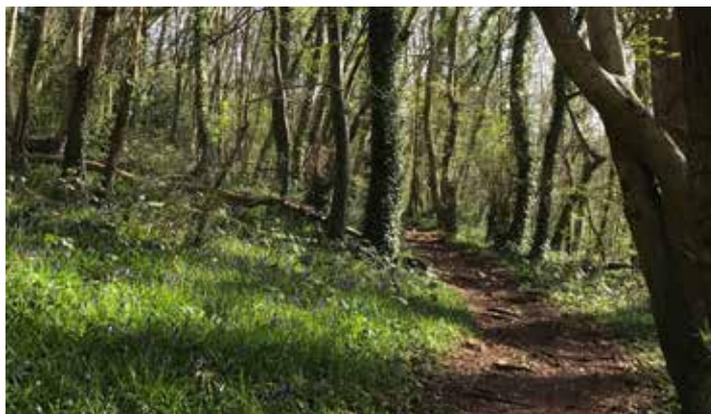
On your way around look out for an old lime kiln, a fern valley and a giant Redwood tree.

The red dots on the trail map indicate the locations of the sculptures, so keep your eyes peeled.

If you picked up a trail card, the reverse shows which animals you can find. Tick them off as you go along.



Map courtesy of the Woodland Trust. The red dots indicate sculpture locations.



Visit www.tysculpturetrail.co.uk for information about the trail and all the animals featured in the sculptures.

f Search for Ty Sculpture Trail

Towerhouse Wood is owned and cared for by the Woodland Trust. Visit www.woodlandtrust.org.uk or call 033 033 33 300

Jacklands Fishing Lake is open Tuesday-Sunday (and bank holiday Mondays) from 8am to dusk for fishing. Fly fishing, coarse fishing and a learners' lake are available. The tea room and farm shop are open 9am to 5pm.



LOCAL EVENTS

MAY

Saturday 6

Clevedon Flower Show plant sale 9am-1pm, Queen Square, Clevedon. Including vegetables, fuchsias and dahlia plants. Also on Saturday 20 May

West Mendip Orchestra concert 7.45pm, St Mary's Church, Yatton. Tickets £10 (members £8), children and students half price. Available on the door or from church office.

Saturday 13

Hope in the Square 10.30am-4pm, Queen's Square, Clevedon. Stalls, music, activities, bouncy castle, crafts, prayer tent. Organised by Churches Together in Clevedon. Free event. 07794 703 783

Sunday 14

Cadillacs and Copters classic American car rally Helicopter Museum, Locking, Weston-super-Mare www.helicoptermuseum.co.uk

Saturday 20

Blagdon Church and Village Fete 1-4.30pm, Blagdon Court, Station Road. Entry £1. If wet, it will be held at St Andrews Church, Blagdon.

World War 2 Hangar Dance Helicopter Museum, Locking, Weston-super-Mare. With live band The Hot Tin Roofs. www.helicopter-museum.co.uk

Tuesday 30 – Friday 2 June

Intensive swimming lessons 9-9:30am (beginners/stage 1), 9.30-10am (intermediate/stages 2 and 3), 10-10.30am (improvers/stage 4). Churchill Sports Centre. £21.60 for the four days. 01934 852 303

JUNE

Saturday 10 and Sunday 11

Dig for Victory Show North Somerset Showground, Bristol Road, Wraxall. Celebrating the 1940s. www.digforvictoryshow.com

Saturday 17

Mendip Society walk around Star, near Winscombe Meet 2pm, at 'Apple Acre', down the lane by the side of the Star Inn. A moderate 4-5 mile walk. 01934 843 789

Saturday 17 and Sunday 18

Air Festival Beach Lawns, Weston-super-Mare

JULY

Saturday 1 and Sunday 2

Woodspring Wings Model Aircraft Show Woodspring Model Aeroplane Club, Claverham Drive, Lower Claverham. Family day out. www.woodspringshow.co.uk

CHURCH CONCERTS

- **Saturday 6 May** Mendip Recorder Consort
- **Saturday 20 May** keyboard virtuoso Richard Lennox
- **Saturday 17 June** Soprano Ann Clewlow and friends

All take place noon-1pm at All Saints' Church, All Saints' Road, Weston-super-Mare. Tickets £8 on door, including a free light lunch and glass of wine.

FREE MUSIC CONCERTS IN GROVE PARK

- **Monday 29 May** Tim Pitman
- **Sunday 4 June** Burnham and Highbridge Band
- **Sunday 11** North Somerset Community Band
- **Sunday 25** Worlewind Band
- **Sunday 2 July** Cricklade Band

Concerts sponsored by Grove Park Café, Weston-super-Mare. All start at 2.30pm.

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.clevedon-choralsociety.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, Victoria Methodist Church Hall, Station Road, 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

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. 01934 643 823. 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.nailseachoral.org.uk

Trinity Singers (E) 7.30pm, Churchill Primary School, Pudding Pie Lane, Langford. www.trinitysingers.co.uk 01934 415 301

Tra La Community Choir (A) 7.30pm, Club Room, Community Centre, Long Ashton. 07932 623 672

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

Highly Strung Community Band (E) 6.30-9.30pm. Folk/country music. www.highlystrungcommunityband.co.uk 01275 847 909

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

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

KEY: (E) Every • (A) Alternate • (1) First • (2) Second • (3) Third • (4) Fourth • (L) Last



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

**Footlights Community
Choir (E)** 7.45-9.15pm,
Community Entrance,
Nailsea School,
Mizzymeard Road. No
experience necessary.
07818 065 015
footlightspersformance@
gmail.com

**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

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

**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 (I)**
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 (I)
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

Friday

**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) 7-8pm,
Backwell WI Hall, Station
Road. 01275 855 016

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

**Nailsea Scottish Dancers
(E)** 8pm, Christchurch
Hall, Christchurch Close,
Nailsea. £2.50.
01275 790 937

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

Tuesdays

**Social Morning with
Historic and Country
Dancing to Live Music
(E)** 9.30-11.30am, Folk
Hall, Portishead. £3 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

**Ballroom and sequence
(E)** 7.30-10.30pm, Town
and Country Lodge,
Bridgwater Road. With
or without a partner. £2.
0117 9778 200

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

**Brazilian carnival style
dance with live drummers
(E)** 8-10pm, All Saint's
Hall Clevedon. Call
07780 641 427

Portishead LeRoc (E)
8-10.30pm, Portishead
Primary School, Station
Road. Modern jive.
07909 063 624
heather@portisheadleroc.
com

In Motion Dance (E)
8-11pm, Banwell Village
Hall. 07903 655 924.
www.in-motion-dance.
co.uk

Wednesdays

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

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

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

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

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

Abanico Salsa Classes (E)
7.30-10:30pm (3 classes,
beginners to improvers),
Clevedon Triangle Club.
Call in advance:
07971 565 406

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

Thursdays

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

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

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

**Weekly Sequence Dance
Club (E)** 2-4.30pm,
Claverham Village
Hall. 01275 851 221
**Egyptian Bellydance
(E)**(term time only)
7.30-8.30pm, 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

Friday

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

**North Somerset
Intercultural Dancing
Association (E)**
7.45-9.30pm, Nailsea
Methodist Church, Silver
Street. Admission £2.
www.nida.site40.net

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

Social dance (I)
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 203 642

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



Hive of activity at popular community venue



A vibrant community hub in Weston-super-Mare has expanded the range of services it offers local people, groups and businesses.

The Campus, in Highlands Lane, Locking Castle, attracts more than 5,000 people a week.

North Somerset Council's award-winning venue also houses two schools – Herons' Moor and Baytree – and a children's centre.

Recent upgrades include a new BMX track, along with a refurbished library with a larger children's section, and improvements to the café.

Paul Hillman, manager at The Campus, said: "The café, part of a major refurbishment of the building in 2015, has been a big success and is proving very popular with people attending various activities and training courses."

The Campus has also been working in partnership with local charity North Somerset People First to provide work experience for students with learning disabilities from Weston College and some older students from Baytree School.

The students have been working in the café area and reception to gain experience in a customer-facing environment while supported by a member of North Somerset People First.

The Campus is also a meeting place for local groups and a popular venue for children's birthday parties and holiday clubs, as well as activities during the school breaks.

Visitors make use of the sports hall, a multi-purpose hall, hydrotherapy pool, and a number of meeting rooms which can accommodate anything from two to 100 people.

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

Outside, the 11-acre site includes one adult and two junior football pitches with changing rooms, a skate park, a multi-use games area, the new BMX track and about 130 car parking spaces.



The Campus is open seven days a week, including weekday evenings. To enquire about hiring facilities, pop into the centre, call **01934 427 427** or email **campus@n-somerset.gov.uk**

Extensive first aid training courses are now held throughout the year. These include full first aid at work and requalification courses, paediatric first aid, appointed persons and a bespoke one-day first aid session.

To find out more about first aid training, visit www.n-somerset.gov.uk/training www.the-campus.org.uk

 @TheCampus_WSM •  /TheCampusweston

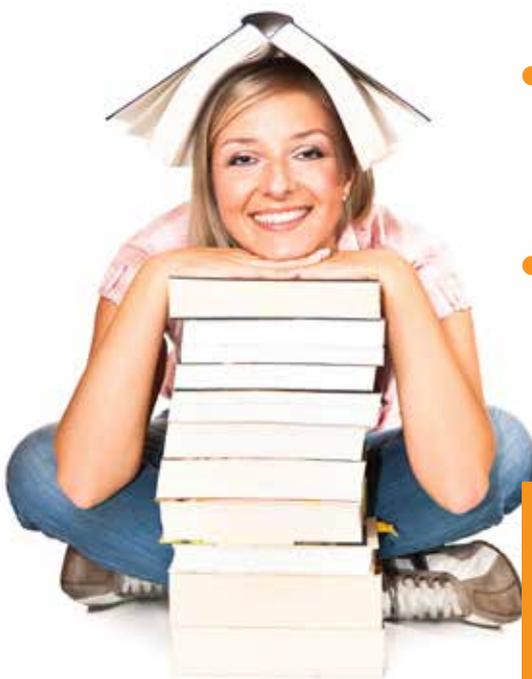
Brush up your learning and skills



Fun and informal courses take place across North Somerset for people to learn new skills or brush up on old ones.

North Somerset Council's community learning team offers courses in local community venues for North Somerset residents who are aged 19 or over, with few or no qualifications or receiving certain benefits.

Courses range from help with the driving theory test, to cooking, sign language, or setting up your own business.



Upcoming courses include...

- **Building confidence for work: a guide for parents and carers**
Improve your skills and confidence when seeking or returning to work, including how to prepare an action plan and develop transferable skills.

Runs 10am-noon on Thursdays from 4 May for six weeks. Free, and a crèche is available.
- **Introduction to British Sign Language**
A 10-week course to help you communicate better with people with hearing difficulties.

Runs 6-8pm on Thursdays, from 11 May, at the Campus, in Locking Castle, Weston-super-Mare. Costs £10
- **Prepare to pass the driving theory test**
Improve your chances of passing the theory test by feeling more confident using the computer and practising answering questions.

Runs 6-8pm on Tuesdays for seven weeks, from 6 June, at the Carlton Centre, Carlton Street, Weston-super-Mare. Free.
- **Improve your customer service skills**
Develop skills for reception, retail or telesales work, including listening, questioning and understanding customers.

Runs 9.45am-12.45pm over four weekly sessions, from Monday 3 July. Free.
- **Becoming your own boss: an introduction to self-employment**
Learn to research your market, manage your finances, pitch your ideas and more.

Runs 10am-1pm, over three Thursdays from 6 July, at the Campus, in Locking Castle, Weston-super-Mare. Free.

To reserve a place on any of these courses, contact Julie Evans on **01934 426 725** or email julie.evans@n-somerset.gov.uk

For general information about the community learning team contact **01934 427 504** or community.learning@n-somerset.gov.uk

Addressing North Somerset's roads

Surface dressing forms a major part of North Somerset Council's annual road maintenance programme.

About 18 miles of North Somerset's roads are due to undergo the treatment this summer, so *Life* found out more...

What is surface dressing?

Surface dressing is an effective and efficient way of extending and protecting the life of roads, and enhancing the skid resistance which improves road safety.

The treatment is suitable for roads that are structurally sound but where the surface is deteriorating.

Timely intervention can prevent them from worsening and requiring a much more expensive repair later in the future.

Peter King, principal highways engineer, said: "As a council we've adopted a 'whole life' approach to road maintenance.

"The costs of maintaining a road over its lifetime are considered and treatments carried out are the ones which offer better value for money in the long-term.

"This means that roads in relatively good condition will be treated with preventative maintenance treatments, such as surface dressing, before they deteriorate further and cost much, much more to put right."

And the approach is paying off, with the number of potholes being filled increasing and the number of potholes being reported decreasing.



Results from the 2016 Department for Transport road conditions survey are positive in North Somerset too.

The survey looks at the condition of roads and gives a percentage to show how many should be considered for maintenance.

The higher the percentage, the higher the number of roads that are in poor condition.

Results from North Somerset are...

- **Principal A roads**
two per cent (compared with five per cent in Bath and North East Somerset, four per cent in Bristol, and two per cent in South Gloucestershire)
- **B and C roads**
three per cent (compared with 17 per cent in Bath and North East Somerset, five per cent in Bristol, and five per cent in South Gloucestershire)
- **Unclassified roads**
four per cent (compared with 11 per cent in Bath and North East Somerset, four per cent in Bristol, and 12 per cent in South Gloucestershire).

The treatment

Once roads have been identified and prioritised, they have to be prepared for treatment.

About a month before surface dressing takes place, engineers visit the site to carry out pre-works.

Peter said: "We'll remove any vegetation or debris from the side of the road so that we treat the entire road surface, patch any potholes or defects that have appeared since we surveyed, and remove any cat's eyes."

During surface dressing, the road is sprayed with bitumen and covered with gritstone.

It's then rolled which, along with the action of the traffic, embeds the chippings into the surface.

The works are carried out at this time of year because the treatments work more effectively in warmer weather.

It's normal for there to be excess chippings left behind afterwards – these are swept up within 48 hours and at least two more sweepings take place within the following 28 days.

Signs are put up on the roads which have been dressed to warn drivers to keep to a 20mph limit.

This helps make sure the chippings bed-in properly and minimises the risk of loose chippings causing damage to paint work or other road users.

Peter added: "If the weather is particularly warm, the bitumen can become fluid.

"This means the chippings could be picked up on footwear, wheelchairs, pushchairs or pets' paws, then carried into houses.

"So we ask people to avoid walking or driving on the carriageway and to take special care keeping children and pets away from treated areas."

Highways engineers will then inspect the treated roads at regular intervals after the treatment and reinstall the road markings once they're satisfied with the completed road surface.

Why do surface dressing?

- it seals the road, preventing water seeping in and causing potholes - prolonging the life of the road by up to 10 years
- it is a quick, cost effective treatment - maximising limited council resources and limiting the amount of time roads need to be closed
- it enhances skid resistance – improving road safety
- it is sustainable – any surplus chippings can be swept up, washed, graded and re-used in the following year's programme



Upcoming works

- A369 Abbots Leigh Road, Abbots Leigh
- B3124 Clevedon Road, Clevedon/Portishead
- B3133 Frost Hill, Yatton/ Congresbury
- B3133 Kenn Road, Clevedon
- Oxhouse Lane, Failand
- North Road, Abbots Leigh
- Yanley Lane, Long Ashton
- Highridge Road, Dundry
- Upton Lane, Dundry
- Kingston Lane, Winford
- Sandmead Road and Churchill Green, Winscombe/Churchill
- The Rhodyate, Banwell
- Christon Road, Banwell
- Whitley Road (from Bridewell Lane to Christon Road), Banwell
- Banwell and Christon Road, Christon



Public Health
England

WALKING

BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

It gets your blood pumping faster and clears your head, as well as reducing your risk of heart disease and some cancers. So, take the first step and **download the free Active 10 app today.**

ACTIVE
10

BECAUSE THERE'S ONLY
ONE YOU

Walk your way to better health

travelwest

Walking can be the perfect start to a healthier lifestyle and making it part of your everyday routine can bring lots of benefits.

Pounding the pavements is free and you can start at any fitness level and gradually build up.

Whether you stroll around the park with your dog, walk to the station as part of your daily commute, head to the shops or join a local walking group, there are lots of ways to explore your local area and get fit.

Pound the pavements

About 70 per cent of pupils walked to school a generation ago but now it's less than half.

To help young people make healthy travel habits, National Walk to School week runs from Monday 15 to Friday 19 May.

North Somerset Council's sustainable travel and road safety team will be provided resources and promoting the event at schools throughout the area.

Adults will also be encouraged to walk to work during the same week and a Travelwest roadshow team will visit businesses and communities to provide tips and support to help you change your commute.



Health benefits

Walking is one of the most effective and enjoyable forms of exercise.

Regular walks can reduce the risk of major health conditions, such as heart disease, stroke, type 2 diabetes and some cancers, by up to 50 per cent.

Walking also boosts your immune system, helps you sleep better and gives you more energy throughout the day.

It can also be a good social activity, is an effective way of reducing depression and reduces stress and anxiety.

Completing a one-mile walk in 20 minutes will burn 100 calories.

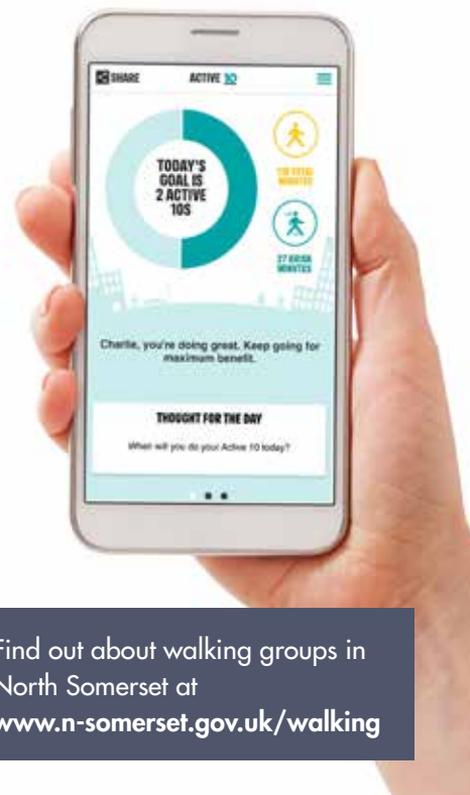
Daily walks can also improve your memory and endorphins are released into your body which can improve your mood.

Motivation through your mobile phone

Motivation to move more and get walking can be found in a new activity app.

The Active 10 app by Public Health England encourages you to make walking part of your daily routine by taking a brisk 10-minute walk each day.

The app tells you how much brisk walking you are currently doing and you can build up to 30 minutes a day to get the long-term health benefits.



Find out about walking groups in North Somerset at www.n-somerset.gov.uk/walking



Flying high to raise awareness of dementia

Kites will be flying high throughout North Somerset this month to raise awareness of dementia.



Dementia Awareness Week runs from Sunday 14 to Saturday 20 May and this year's theme is 'united against dementia'.

Kite-related activities will take place because kites have been around for decades, conjure up memories of the past, and bring a smile to people's faces.

Kites are loved by people young and old, and they bring opportunities for people to spend time together and enjoy the simple pleasures in life.

The Alzheimer's Society in North Somerset will be organising kite-related activities during Dementia Awareness Week and is encouraging local people to get creative and join in too.

North Somerset Alzheimers Society: **01278 663 927**
www.alzheimers.org.uk
north.somerset@alzheimers.org.uk

Raising awareness of important issues

Charities and organisations work hard in North Somerset to help people lead full and active lives.

Many organisations hold annual awareness events to highlight the work they do and where people can go for help if they need it.

Life takes a look at some events happening soon....

Celebrating the support for deaf people

Support is available to help deaf people and those with hearing loss lead full and active lives.

A Deaf Awareness Week will be held in North Somerset from Tuesday 2 to Friday 5 May and it aims to showcase the work of different organisations and support available.

North Somerset Council is working with Weston College, Citizens Advice North Somerset, and the audiology team at Weston General Hospital on the joint campaign, which has a 'celebration' theme.

During the week there will be advice and information at the Town Hall, in Weston-super-Mare, as well as Weston General Hospital, run by the audiology team.

Vision North Somerset will be demonstrating equipment which people can try out, and hearing dogs and their owners will be in the Town Hall every day.

In addition, there will be an online hearing test, lip reading taster sessions, competitions, story time sessions accompanied by British Sign Language in some schools, and displays in libraries.



Support groups for deaf people

Four social groups are held regularly in North Somerset for deaf people.



Friday group

Fourth Friday of the month, noon-3pm, St Andrews church hall, Old Church Road, Clevedon. Mainly for BSL and bi-lingual users, this social group share a meal, invite speakers and sometimes go on visits. The group worker is hearing and fluent in BSL so can interpret for any hearing speakers.

Communication café

Third Thursday of the month, 10am-noon, Coffee #1, High Street, Weston-super-Mare. This sociable group is open to both deaf and hearing people. It appeals to all ages and is the most popular with younger deaf people. Health professionals, charities and organisations also drop in to consult and get feedback.

Hard of hearing group

First Monday of the month, 2-4pm, Vision North Somerset, Neva Road, Weston-super-Mare. This popular social group is mainly for older people who have lost their hearing later in life. It features regular speakers and lip reading skills. Costs about £3, including refreshments.

Deaf church and social group

Second Sunday of the month, 3pm, Emmanuel Church, Oxford Street, Weston-super-Mare. This Church of England service is held in both BSL and English. A social tea afterwards starts at about 4.30pm and everyone is welcome.

Equipment officer for deaf people based at 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

Weston College runs British Sign Language classes and support for deaf students. Contact Emm Sharpe on **01934 411 411** or text **07780 701 556**

Liz Watkins, social worker for deaf people: **01275 882 826** or **07917 265 576** • Care Connect: **01934 888 801**

Celebrating the work of unpaid carers



The CarersSupportAlliance
Supporting carers

Unpaid carers who look after loved ones provide an invaluable service which means people can live in their own homes for longer.

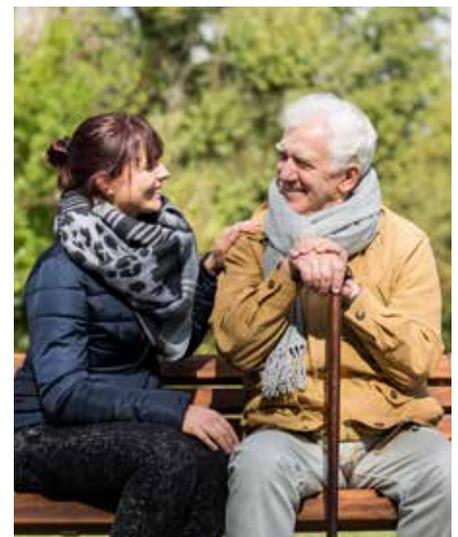
More than 22,000 people in North Somerset care for a family member or friend living with a long-term health problem or disability.

Many don't recognise themselves as being a carer but see their responsibilities as just being a husband or wife, son or daughter, or friend.

Carers Week is an annual campaign to highlight the challenges that carers face and celebrate the difference they make to families and communities.

It runs from Monday 12 to Sunday 18 June and North Somerset Carers Support Alliance will use the week to focus on people who are rurally isolated, as well as those juggling caring responsibilities with employment.

Advice and information sessions will be held throughout the week, including at Weston Air Festival, and carers will get the chance to take part in arts and crafts workshops and wellbeing events.



For more information call the Carers Support Alliance team:
03000 120 120 (option 3)

Help available to get best value from your care services



Adults in North Somerset can access a wide range of social care support but many may need help getting the right services for the right price.

North Somerset Council's Care Navigator service points people in the right direction and helps those who are paying for their social care to get the best value for money.

Life spoke to one care navigator to find out how this innovative, free service is helping people live independently.

Sam Taylor has been a care navigator for North Somerset Council for the last three years.

She said: "I wanted to work face-to-face with people and really make a difference to their daily lives."

What is the care navigator service?

It is a free service to help individuals and their families make decisions about the best way to stay as safe and independent as possible and reduce social isolation.

We use our local knowledge of community services and care options available to help people find the support they want.

This can be anything from making links in the local community, to finding care at home such as support with personal care, mealtimes and shopping, or day centres, respite care, care home placements and housing options.

Care navigators can help people get the best value for money, as well as simplify the process of finding services tailored to their needs.

Who do you help?

Anyone who has savings or investments of more than £23,500, or joint savings of more than £46,500, can use the care navigator service.

For example, we support people who live either at home or in a care home, or those who are about to be discharged from hospital.

How can people contact you?

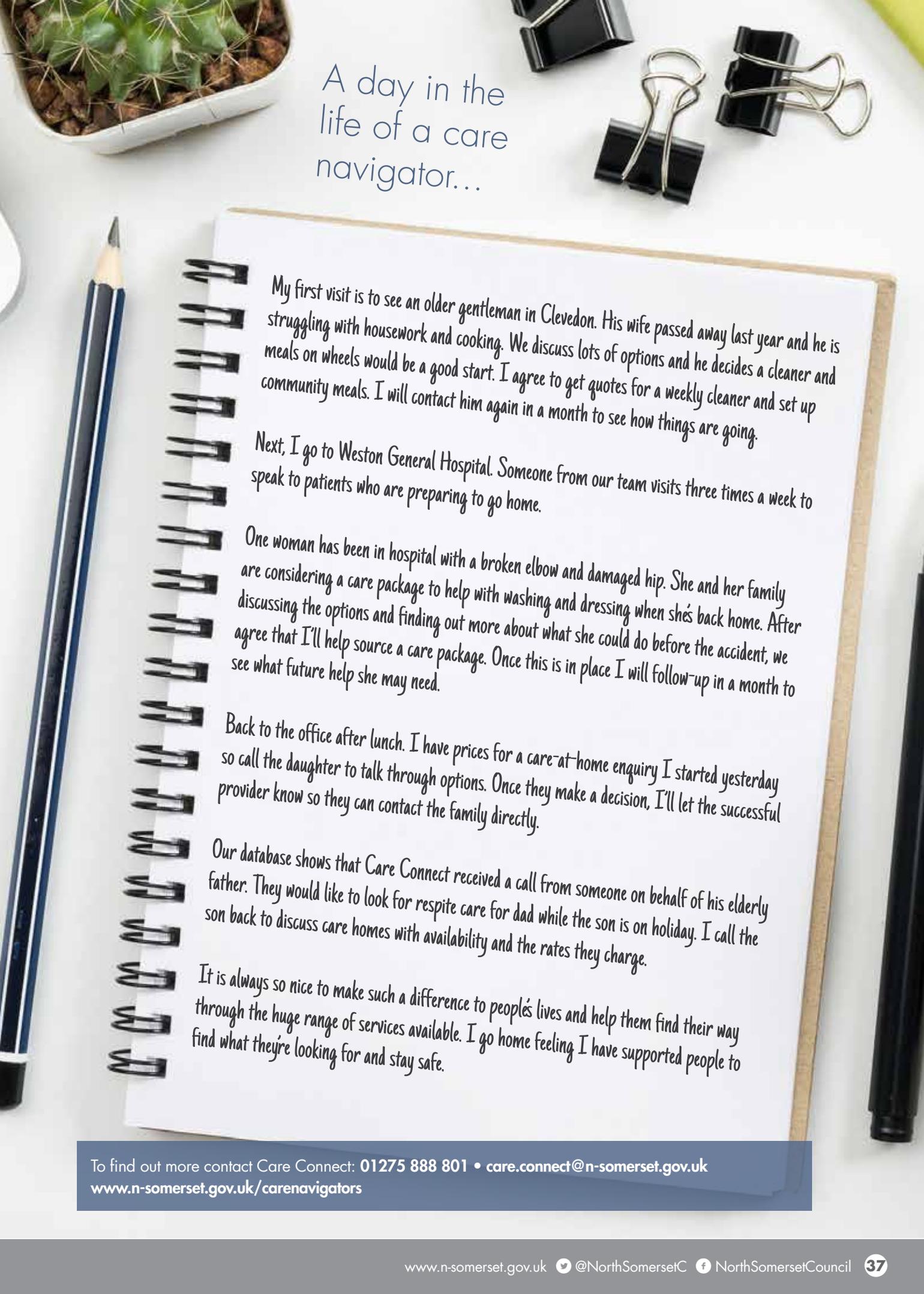
You can ring us through Care Connect, and we aim to ring you back within five working days.

What do people say about the service?

The people we help and their families are very grateful for our support. We help them find the support they need to continue living as independently as possible, while negotiating costs of care on their behalf and getting the best value for money.

We are a friendly and caring team and can help as much or as little as you want.





A day in the life of a care navigator...

My first visit is to see an older gentleman in Clevedon. His wife passed away last year and he is struggling with housework and cooking. We discuss lots of options and he decides a cleaner and meals on wheels would be a good start. I agree to get quotes for a weekly cleaner and set up community meals. I will contact him again in a month to see how things are going.

Next, I go to Weston General Hospital. Someone from our team visits three times a week to speak to patients who are preparing to go home.

One woman has been in hospital with a broken elbow and damaged hip. She and her family are considering a care package to help with washing and dressing when she's back home. After discussing the options and finding out more about what she could do before the accident, we agree that I'll help source a care package. Once this is in place I will follow-up in a month to see what future help she may need.

Back to the office after lunch. I have prices for a care-at-home enquiry I started yesterday so call the daughter to talk through options. Once they make a decision, I'll let the successful provider know so they can contact the family directly.

Our database shows that Care Connect received a call from someone on behalf of his elderly father. They would like to look for respite care for dad while the son is on holiday. I call the son back to discuss care homes with availability and the rates they charge.

It is always so nice to make such a difference to people's lives and help them find their way through the huge range of services available. I go home feeling I have supported people to find what they're looking for and stay safe.

To find out more contact Care Connect: 01275 888 801 • care.connect@n-somerset.gov.uk
www.n-somerset.gov.uk/carenavigators

Improving care in the home



Providing care and support for older people in the home is important to help them remain as independent for as long as possible.



This could range from shopping and domestic help to supporting a person back to independence after a fall or illness, or personal care such as helping with medication or nursing.

For the past two years North Somerset Council has looked into ways of improving the way care in the home is delivered.

As a result, North Somerset has been split into five areas based on population size.

New providers have been appointed for these areas and all new care arrangements will be delivered by them.

Existing care being provided will gradually transfer to the new providers, and existing staff will be eligible to transfer with the work.

This means they can stay with the people they currently look after and it causes as little disruption as possible.

Karen Franklin-Bell, from the council's commissioning team, said: "Many people prefer to stay in their own homes and this is definitely a good choice as, in most cases, the council can organise the right care at the right time.

"It's important that everyone receiving care currently feels happy and settled about the future of their care."

The five areas:

- Weston-super-Mare will be served by Alliance Living Care
- Kewstoke, Worle and Banwell will be served by Notaro Homecare
- Clevedon and Portishead will be served by Brunelcare
- Long Ashton, Backwell and Churchill will be served by Notaro Homecare
- Nailsea, Yatton and Congresbury will be served by Notaro Homecare

Karen added: "The new contracts are very flexible and allow for support to be given to residents when and where it is needed."

In addition to these, other providers still continue to deliver care across the area, mainly to people who fund it themselves.

Other options for care also include extra-care housing schemes.

These are supported-living options for people over-55 which give the opportunity of living independently but with the peace of mind of additional care if it is needed.

Developments include Tamar Court, Lakeside Court and Diamond Court in Worle, Weston-super-Mare, and Waverley Court in Portishead.



For advice and information call Care Connect: **01943 888 801**

The new care providers will hold open days for staff to find out more about transferring. Dates and venues will be publicised in local media.

30 hours of free childcare coming soon



Free childcare will soon be extended to 30 hours a week to help parents of three and four year olds extend their working hours.

All three and four-year-olds are currently entitled to 570 hours of free early education a year – commonly used as 15 hours a week for 38 weeks.

From September, the government is doubling this to 30 hours a week to support working parents manage the cost of childcare and enable them to increase their working hours.

This entitlement will still be for 38 weeks a year though, so the weekly allowance will be less if it is spread over the whole year.

Parents or carers need to meet the eligibility criteria to take advantage of the scheme...

- both parents must be working, or the sole parent working in a lone parent family
- each parent must earn, on average, a weekly minimum equivalent to 16 hours at the national minimum wage or national living wage
- each parent must have an annual income of less than £100,000.

Childcare providers are not obliged to offer the extra hours though, and some might not because of restrictions on their premises.

Some might also introduce extra charges, such as for food, or ask for contributions to help cover costs.

Parents who are not eligible for 30 hours will still receive the 15 hours free childcare that is currently available.

Tax-free childcare

Parents will be able to open a new account to save money which will then be used to pay their childcare provider.

For every £8 a parent pays into their childcare account, the government will pay in an extra £2, up to £2,000 per child per year.

Parents can use tax-free childcare alongside the 15 and 30 hours free childcare schemes.

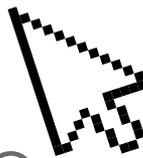
However, tax-free childcare cannot be used at the same time as receiving childcare vouchers, Universal Credit or tax credits.



To find out what help is available and the best options for you, visit www.childcarechoices.gov.uk

Information about all types of childcare can be found at www.n-somerset.gov.uk/fis

Online portal for social care advice



Information, advice and resources about all types of care in North Somerset is available online in one place.

North Somerset Council's online directory brings together the different elements of social care in one place so people can find information quickly and easily.

It is split into three sections...

- families - information about schools, children's centres, childcare and more
- local offer - services for children and young people with special education needs or a disability
- adults - adults and older people who may need support because of illness, accident, disability or ageing.

Three new features are now available in the adults section...

Take the self-help questionnaire

People who need extra support or services to stay independent can now take a self-help questionnaire to discover what is best for them.

The tool is available from the main adults section of the online directory and takes about 15 minutes to complete.

The personalised response will direct you to specific information, advice or details of services that could help you.

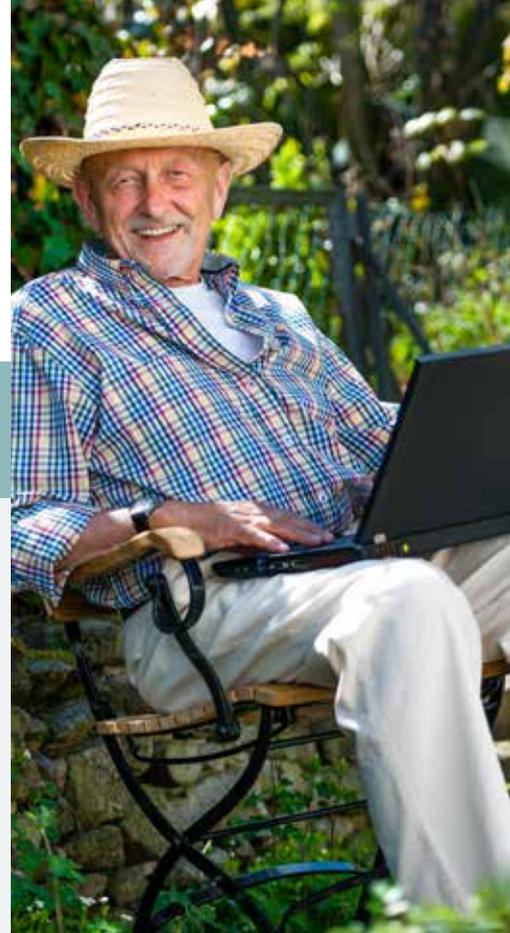
It can be filled in anonymously and at the end you will have the chance to make a referral to North Somerset Council if you want to.

Carers' hub

Carers are people who look after an ill or disabled friend, relative or partner.

It can be emotionally and physically draining so information and advice is now available online for carers aged 18 and over.

The carers' hub can be accessed from the main adults section and it includes a self-assessment tool to point you in the direction of specific help.



Buy equipment and products

A wide range of equipment and products are available to assist with day-to-day life and keep you independent for longer.

Find out what is available by clicking on the 'equipment and living aids' link and go to the product showroom page.



Browse and search for products and buy directly from retailers, or read the self-help guide and useful factsheets to help you choose.

To try equipment in person, visit the Equipment and Demonstration Centre in Weston-super-Mare.

www.n-somerset.gov.uk/onlinedirectory • If your situation is serious or urgent, call Care Connect: **01934 888 801**

The Equipment and Demonstration Centre is run by We Care and Repair and based at the Motex Centre, Winterstoke Road, Weston-super-Mare BS23 3YW. Open 10am-4pm, Monday-Saturday. Call **0300 323 0700** • www.wecr.org.uk



Reducing the risks of drug-related deaths

Drug-related deaths have hit record levels in England and Wales so work is under way to reduce the risk here in North Somerset.

According to a count of coroner's rulings, there were a record 3,674 drug poisoning deaths involving both legal and illegal substances nationally in 2015.

North Somerset Council's community safety and drug action team has worked for many years reviewing, responding to, and carrying out preventative measures around local drug-related deaths.

This responsibility also covers alcohol-related deaths and near-misses, such as overdoses.

The council's substance misuse manager Ted Sherman said: "Deaths related to drug and alcohol use cause misery and place a significant strain on public services.

"The national increase in these types of deaths shows how important it is for local government and its partners to get to grips with preventing the avoidable loss of life."

Multi-agency reviews look at any gaps in service provision, any problems with practice or procedures, any recurring themes, and agree ways of reducing the risk of similar incidents happening again.

Key findings from recent reviews show...

- Mental health problems featured in about 75 per cent of the deaths reviewed in North Somerset.
- 40 per cent of those with a substance use problem who took their own life had made previous suicide attempts.
- The importance of naloxone in saving lives has become clear. The medication can reverse the effects of a heroin overdose and be used by anyone following a short training session. Naloxone has been used at least nine times in North Somerset and in one case enabled a local resident to turn their life around.
- Using drugs and/or alcohol while taking medication can be risky. For example, excessive alcohol use can make diabetes medication less effective. If you know anyone who takes regular medication and drinks alcohol, encourage them to speak to their GP or Addaction and limit their alcohol intake.



If you are concerned about yourself or someone else, call:

- 999 in an emergency
- your GP
- Addaction – 01934 427 942
- the Samaritans - 116 123 (freephone)

Addaction provides substance misuse support and treatment to adults in North Somerset. This includes help with reducing use to safer levels, providing information about risks, and intensive treatment. It also runs naloxone training sessions. Call **01934 427 940** for information.

Visit www.talktofrank.com for information about substances, effects, health risks and the law.

Revellers can visit MAVIS



St John Ambulance volunteers

Revellers in Weston-super-Mare now have a safe place to go, wait for friends, or even just charge their phones, every Saturday night.

MAVIS bus - a multi-agency vehicle in service - offers a safe, warm and non-judgemental place to go for help.

The bus was previously used during times of high demand, such as pay day weekends and big events, but thanks to volunteers from St John Ambulance it will now be parked in Princess Royal Square from 9pm to 3am every Saturday night until September.

MAVIS provides a hub for police, ambulance, street wardens, street pastors, licensing and other local agencies working in the night-time economy.

St John Ambulance's volunteer area manager Damien Macdonald said: "It's all about working together for a safer Weston.

"Everyone wants to have a good time at the weekend but high spirits can sometimes lead to accidents or illness and that's where we come in.



"With our first aiders close to the action, ready to take care of people who are sick, injured, or worse for wear, we're making sure that – should anyone's night out come to an abrupt halt for any reason – they'll be in safe hands."

A safe space is a collective term for schemes that provide triage, recovery and pastoral care to people out in the evening who may be drunk,

have taken illegal drugs, or be lost or vulnerable.

Safe spaces may also offer information to town centre visitors, as well as provide a physical base for the crews working at night.

There are about 50 established 'safe space' schemes in the UK, including Hereford, Chelmsford, Swansea, Bournemouth and Exeter.

every Saturday night



Police and ambulance services use a traffic light system for each Saturday night to anticipate footfall and decide what staffing levels will be needed.

Sergeant Mark Jenkinson, from Avon and Somerset Police, said: "MAVIS provides an unrivalled operation which joins our partners together to provide a safe and friendly service.

"It is somewhere people can go to seek help, advice or even pop in just for a chat.

"MAVIS is a visual crime prevention bus. Our local community know police officers work from MAVIS and are on-hand to prevent any offending behaviour.

"Weston's night life is fun, vibrant and safe. MAVIS is part of that life and is something we, and our partners, fully support."

MAVIS has a separate private medical area at the back of the bus for paramedics and trained first aiders to carry out their work.

By providing this help, it means patients are diverted from Weston General Hospital's A&E department, so helping to reduce waiting times there.

The bus is also linked by radio to licensed premises, the police and CCTV so staff on-board can monitor what's going on in the town centre and respond to any calls for help.



MAVIS available for hire



Organisations or groups from across North Somerset can hire MAVIS to use at their community events.

MAVIS was used at 45 events last year, including outreach work, roadshows, health care awareness and training, and even as an emergency command centre.

It is fully equipped with audio visual equipment, mains sockets, wi-fi, and has a large flexible space with fold-down tables and chairs.

There is also a separate room at the back with a table and chairs, and a medical bed and equipment.

MAVIS can be booked for £50 per day, or £25 per half day, which goes towards its running costs.

It can be delivered to a location of your choice at a specific time, and collected at the end of your event. For more information about hiring MAVIS call **01934 427 265** or email mavis.bus@n-somerset.gov.uk

www.n-somerset.gov.uk/mavisbus  search for MAVISbus



Student journalists share good news stories

Students in Weston-super-Mare are learning news gathering, writing and video editing skills as part of a new 'good news' journalism project.

The project has been set up by students from Worle Community School and Priory Community School, with funding from the Big Worle Partnership, to help develop the skills and talents needed to become journalists.

The Good News group meets at the Big Worle Hub in Clovelly Road, Worle, every week and is supported by teaching staff from both schools as well as visiting professional journalists and PR experts.



The group's mission is to seek out stories from the local area and share them with the wider community using a variety of media.

Ex-Priory student Alex Crowther was involved in setting it up.

He said: "Young people in this area are fantastic. They are full of good news. We want to cover their stories, get them to write about community champions and involve as many as we can in this wonderful project."

Alex is also involved in the Weston Eagles volunteer project, which was set up last year to give local teenagers the chance to get involved in community initiatives and raise money for charity.

Funding from the Big Worle Partnership has helped buy 10 iPads and keyboards for the Good News project, which students are now using to write stories, take photos and create videos.

Denise Hunt, chair of the Big Worle Partnership, said: "We are delighted to be able to support the students and are looking forward to lots of positive stories about people who live and work in the Big Worle area."



Makayla Nunn and Liam Byrne

Jacqui Scott, head of school at Worle, said: "This is a wonderful project and our students are already at work finding lots of stories."

Jane McBride, head of school at Priory, said: "Our students are full of amazing stories and we want to tell both the school and wider community just how brilliant they are."

Prizes will be given to students who come up with the most inspiring stories.



If you've got a story that you'd like to let the student journalists know about, contact the Big Worle Partnership: **01934 708 119**

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 listens to residents' views and takes them into account, where possible, when making future decisions.

You said

What are you doing about the temporary mini roundabouts at the Cabstand junction in Portishead?

We did

Two mini roundabouts were trialled at the Cabstand junction following feedback from local people.

These are now being made permanent to provide a safe junction for road users and pedestrians.

The work started last month and is expected to take six weeks to complete.

It includes:

- making the Cabstand/Station Road mini roundabout permanent and raising the middle of it
- moving the existing zebra crossing five metres to the west to give one vehicle length from the give way marking at the mini roundabout
- adding a raised crossing point on the A369 High Street northbound, between the roundabouts

- steepening the ramps on the approaches to the raised crossings on A369 Station Road
- raising and making the A369 Wyndham Way/High Street/Station Road mini roundabout permanent, realigning it to incorporate the new road layout
- removing the existing speed cushion between the two mini roundabouts
- installing a new, raised zebra crossing on eastbound Wyndham Way (heading away from the town centre) and a new, raised puffin crossing on westbound Wyndham Way (heading towards the High Street)
- creating a maintenance vehicle layby on Wyndham Way westbound, on the approach to the mini roundabout.

A walkway is also being created at Brunel Court, and existing disabled bays re-marked so they can be enforced.

The work is costing £60,000 and is being carried out by Skanska on behalf of North Somerset Council.
www.n-somerset.gov.uk/roadworks

You said

I'd like to plant a tree in memory of a loved one. How do I do that?

We did

North Somerset Council officers can organise commemorative planting in memory of a loved one. This can be done throughout the area, not just in formal parks.

Each tree costs £250, which pays for the tree, planting, staking, protection if needed, watering, and weeding until the tree is self-sufficient and well established, along with any pruning.

A number of new trees were recently planted in Weston-super-Mare thanks to a donation from Weston Civic Society.

The money paid for 11 trees – one cherry tree on the Boulevard; five crepe myrtle trees in Locking Road; and five birches in Baytree recreation ground.

If you are interested in having a tree planted, email principal tree officer Linda Saretok: linda.saretok@n-somerset.gov.uk

Your views

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

NorthSomersetLife

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.

Dear Editor,

Thank you for highlighting the danger of ignoring the early signs of Lyme disease (March/April issue).

My son had a late diagnosis. He had to convince his doctor he had the disease and it needed a blood sample sent to Porton Down to prove he did.

To witness what he is going through is awful so thanks again for drawing people's attention to it.

Apparently by 2028 it will be an endemic so we need articles like this. Incidentally, like one-third of sufferers, he had no rash and does not recall a tick bite.

Elizabeth Griffiths, Backwell

Editor's reply:

I'm sorry your son has been so unwell. It is very important to be tick aware. NHS advice is to use a pair of tweezers that won't squash the tick (such as fine-tipped tweezers), or use a tick removal tool (available from pet shops or vets). Pull steadily away from the skin without twisting or crushing the tick.

Dear Editor,

Now that Backwell Lake has proved to be a safe and popular asset for all ages (March/April issue), could similar features please be factored in when considering future building projects?

It's clear that liaison with Wessex Water at the early design stages really made a difference for future generations.

With urban sprawl likely in future, such brilliantly designed amenities could be essential for general human welfare, as well as wildlife, at relatively low cost.

Allan Andrews, Clevedon

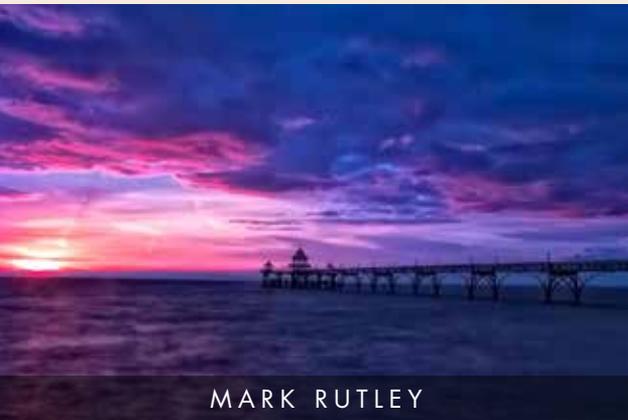
Dear Editor,

This week we had visitors and on a fine day used our bus passes to go to Weston seafront.

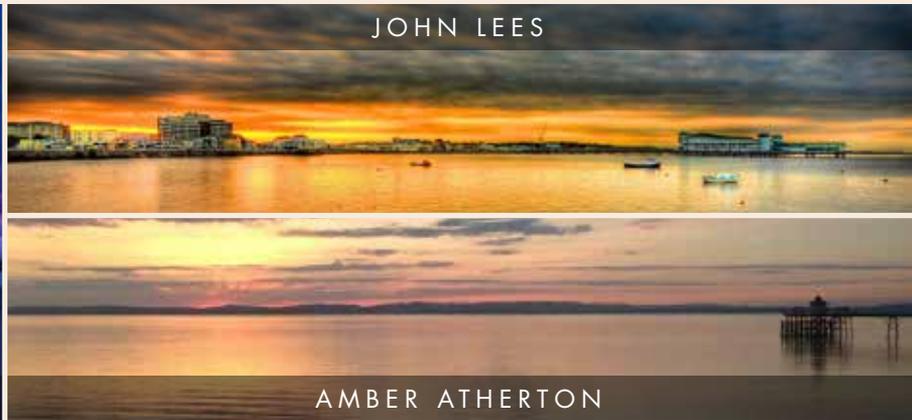
The pavements were clean, the tide was in, the beach had been swept clean, the sun was shining and Weston looked beautiful. I felt so proud.

Jo Higgins, Congresbury

North Somerset Life is on Instagram. Tag #northsomersetlife to share your photos



MARK RUTLEY



JOHN LEES

AMBER ATHERTON



Many topics are covered on Twitter and Facebook and last month the issue of civil parking enforcement was raised.

So NSC where would you like me to park my car? You have ticketed the whole of Hill Road and its surround but not provided an alternative for those of us who live here! It is not acceptable to just decide one day you will enforce an unworkable parking situation you have ignored for years!

North Somerset Council: We haven't ignored it, the police have. That's why we have taken on civil parking enforcement, as the police do not have the resources to ensure parking restrictions are monitored.

Why don't parents just park properly and then the council wouldn't have to waste their time enforcing it? If parents left earlier, they could park and maybe even walk a short distance to school. I never had a problem parking at the school or one of the many surrounding roads. This is about child safety not parent convenience!

27252 0417

North Somerset Life is the award winning magazine for the people of North Somerset. Your copy should be delivered with your post unless you use Royal Mail's opt out service to block unaddressed mail.

You can download this issue and back issues from www.n-somerset.gov.uk/nsl or pick copies up from council buildings.

Coming next issue:

- Summer special what's on guide



Sign up to *Life's* online edition and receive news straight into your inbox. Visit www.northsomersetlife.co.uk

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 2017

Date	High water		Low water		High water		Low water	
	Time	Height (M)	Time	Height (M)	Time	Height (M)	Time	Height (M)
	AM				PM			
1 Mon	11:13	11.35	04:38	1.13	23:32	11.04	17:00	1.42
2 Tue	-	-	05:24	1.61	12:05	10.50	17:51	1.91
3 Wed	00:28	10.27	06:24	2.08	13:06	9.81	18:56	2.35
4 Thu	01:34	9.74	07:43	2.43	14:18	9.49	20:25	2.56
5 Fri	02:50	9.65	09:12	2.39	15:37	9.68	21:46	2.30
6 Sat	04:11	10.03	10:20	1.99	16:50	10.27	22:48	1.84
7 Sun	05:16	10.64	11:19	1.59	17:47	10.89	23:40	1.44
8 Mon	06:08	11.11	-	-	18:32	11.29	12:05	1.31
9 Tue	06:50	11.35	00:22	1.22	19:11	11.50	12:42	1.21
10 Wed	07:27	11.46	00:57	1.14	19:45	11.61	13:15	1.19
11 Thu	08:01	11.52	01:29	1.10	20:18	11.67	13:45	1.17
12 Fri	08:31	11.53	01:59	1.06	20:48	11.64	14:13	1.15
13 Sat	09:01	11.44	02:28	1.05	21:17	11.46	14:40	1.19
14 Sun	09:32	11.19	02:56	1.14	21:47	11.11	15:08	1.33
15 Mon	10:02	10.78	03:25	1.34	22:18	10.62	15:37	1.57
16 Tue	10:36	10.29	03:56	1.64	22:52	10.09	16:07	1.87
17 Wed	11:13	9.79	04:32	1.96	23:33	9.60	16:47	2.18
18 Thu	11:59	9.36	05:19	2.27	-	-	17:39	2.47
19 Fri	00:27	9.24	06:22	2.53	13:00	9.11	18:52	2.73
20 Sat	01:39	9.14	07:46	2.65	14:19	9.18	20:24	2.77
21 Sun	03:05	9.52	09:17	2.42	15:40	9.76	21:49	2.39
22 Mon	04:17	10.30	10:23	1.92	16:47	10.60	22:50	1.88
23 Tue	05:17	11.14	11:20	1.49	17:45	11.41	23:50	1.45
24 Wed	06:11	11.83	-	-	18:36	12.04	12:20	1.11
25 Thu	07:02	12.32	00:46	1.03	19:26	12.48	13:10	0.75
26 Fri	07:50	12.61	01:32	0.69	20:12	12.72	13:55	0.52
27 Sat	08:38	12.71	02:16	0.50	20:58	12.75	14:37	0.46
28 Sun	09:26	12.57	02:59	0.51	21:44	12.52	15:20	0.61
29 Mon	10:12	12.16	03:44	0.72	22:31	12.01	16:03	0.93
30 Tue	11:02	11.51	04:29	1.08	23:20	11.33	16:49	1.34
31 Wed	11:52	10.78	05:15	1.49	-	-	17:39	1.76

JUNE 2017

Date	High water		Low water		High water		Low water	
	Time	Height (M)	Time	Height (M)	Time	Height (M)	Time	Height (M)
	AM				PM			
1 Thu	00:14	10.64	06:10	1.89	12:47	10.13	18:37	2.14
2 Fri	01:11	10.09	07:17	2.21	13:48	9.72	19:50	2.40
3 Sat	02:16	9.80	08:33	2.35	14:56	9.61	21:08	2.41
4 Sun	03:27	9.82	09:41	2.24	16:07	9.84	22:10	2.19
5 Mon	04:36	10.10	10:37	2.02	17:08	10.26	23:01	1.92
6 Tue	05:32	10.45	11:26	1.81	17:58	10.66	23:46	1.69
7 Wed	06:18	10.73	-	-	18:40	10.96	12:07	1.64
8 Thu	06:58	10.92	00:24	1.52	19:17	11.17	12:42	1.50
9 Fri	07:35	11.06	00:59	1.38	19:52	11.32	13:16	1.39
10 Sat	08:07	11.15	01:31	1.27	20:24	11.39	13:48	1.32
11 Sun	08:40	11.19	02:05	1.22	20:56	11.36	14:20	1.31
12 Mon	09:12	11.14	02:37	1.24	21:29	11.23	14:52	1.38
13 Tue	09:46	10.98	03:12	1.34	22:05	10.97	15:25	1.54
14 Wed	10:22	10.71	03:47	1.53	22:42	10.62	16:00	1.75
15 Thu	11:02	10.35	04:26	1.76	23:23	10.24	16:38	1.97
16 Fri	11:45	10.00	05:11	1.98	-	-	17:27	2.18
17 Sat	00:11	9.91	06:06	2.16	12:37	9.73	18:30	2.36
18 Sun	01:10	9.72	07:15	2.28	13:41	9.62	19:46	2.48
19 Mon	02:23	9.78	08:34	2.28	14:58	9.82	21:08	2.40
20 Tue	03:37	10.19	09:48	2.05	16:11	10.37	22:18	2.06
21 Wed	04:44	10.81	10:50	1.72	17:14	11.05	23:19	1.69
22 Thu	05:46	11.42	11:52	1.39	18:12	11.67	-	-
23 Fri	06:42	11.92	00:23	1.30	19:06	12.16	12:50	1.02
24 Sat	07:35	12.27	01:14	0.91	19:56	12.48	13:37	0.72
25 Sun	08:25	12.46	02:02	0.64	20:45	12.62	14:23	0.58
26 Mon	09:13	12.46	02:46	0.56	21:32	12.53	15:08	0.62
27 Tue	09:59	12.22	03:33	0.67	22:18	12.20	15:52	0.83
28 Wed	10:46	11.74	04:18	0.94	23:05	11.65	16:38	1.17
29 Thu	11:33	11.11	05:03	1.31	23:52	10.99	17:23	1.55
30 Fri	-	-	05:49	1.69	12:20	10.44	18:10	1.94

WESTON AIR FESTIVAL



Saturday 17 and Sunday 18 June 2017



Beach Lawns, Weston-super-Mare 10am – 6pm

 @WestonSeafront

 westonseafont



www.westonairfestival.com