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Dear reader,



This is the Summer Special edition, highlighting many of the activities taking place across North Somerset during the next few months. Most of the events are organised by voluntary groups who rely on our support as visitors. Please take the time to look through what's on offer as there is something for everyone to enjoy this summer.

One of the most common complaints we still get is: "Why does the council grant so many planning permissions which threaten to overwhelm our local community and environment?" It is frustrating because the council has a constant battle with central government and planning inspectors who overturn our decisions. I have mentioned many times, that while we know we need some new housing for our own growing population, it is nothing like the numbers being forced on us. Following the recent general election, we will have yet another housing minister to try and persuade.

Over the last year we have had the American presidential election, the European referendum, the French election, local elections and our own general election. Sadly we have also seen dreadful terrorist activities in Manchester, London and across Europe.

While paying great respect to those who have been so brutally and mindlessly murdered, and to those brave people who constantly risk their lives to keep us safe, we have generally agreed that those responsible for the atrocities cannot be seen to force us to change the way we live. We insist on carrying on our democratic process and the freedom we enjoy and profess to value so much. However at the same time we have allowed our elections, at all levels, to descend to ridicule and unrest.

Perhaps the best tribute we could pay to those killed and those who protect us, would be to get back to discussing important issues rather than allowing this trend towards constant personal abuse which seems to dominate the press, TV and so called social media. If we really value our democracy, perhaps we should give it more respect ourselves.

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



Take time out North Somerset this summer

Whether you want to delve into history and heritage or discover fun attractions on your doorstep, take a look at what is on offer here in North Somerset...



1 Off shore

Westward Ho! www.mwmarine.org

Steep Holm www.steepholm.org.uk

Weston-super-Mare

Blakehay Theatre www.blakehaytheatre.co.uk

Grand Pier www.grandpier.co.uk

SeaQuarium www.seaquarium.co.uk

Pirate Adventureland www.pirateadventureland.com

Playhouse Theatre www.theplayhouse.co.uk

Tropicana

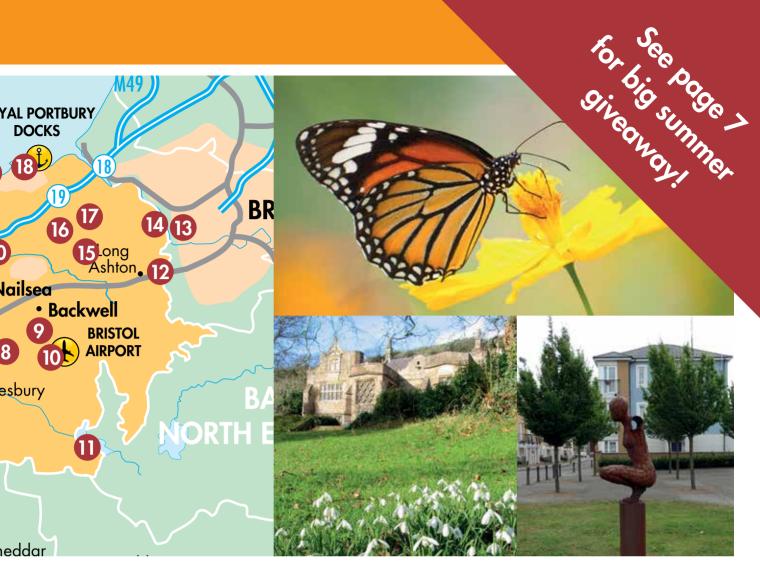
www.tropicanaweston.co.uk

Weston Water Adventure Play Park

www.wsm-tc.gov.uk/parks

Weston-super-Mare Museum www.westonmuseum.org/

- Helicopter Museum www.helicoptermuseum.co.uk
- Court Farm Country Park www.courtfarmcountrypark.co.uk
- Puxton Park www.puxton.co.uk
- 6 Strawberry Line www.strawberrylinecafe.co.uk www.strawberryline.org.uk
- Mendip Snowsports Centre www.mendipsnowsport.co.uk



- North Somerset Butterfly House www.nsbutterflyhouse.com
- Goblin Combe www.goblincombe.org.uk
- 10 Barley Wood Walled Garden www.walledgarden.co.uk
- 11 Burrington Combe www.walkscene.co.uk/description_13
- 12 Ashton Court www.bristol.gov.uk/ashtoncourtestate
- 13 Clifton Suspension Bridge Visitor Centre www.cliftonbridge.org.uk
- 14) Leigh Woods goo.gl/g4OthT
- 15) Tyntesfield Estate (NT) www.nationaltrust.org.uk/tyntesfield

- 16 Noah's Ark Zoo Farm www.noahsarkzoofarm.co.uk
- 17 Oakham Treasures www.oakhamtreasures.co.uk
- 18) Portishead Quays Marina and Arts Trail www.publicartportishead.co.uk www.quaymarinas.com
- 19 Portishead Open Air Pool www.portisheadopenairpool.org.uk
- 20 Clevedon Court (NT) www.nationaltrust.org.uk/clevedon-court
- 21 Clevedon Craft Centre www.clevedoncraftcentre.co.uk
- Clevedon Pier www.clevedonpier.co.uk



Opening hours at Weston-super-Mare's Town Hall and library have now changed following a review of visitor numbers.

Only six percent of visitors use the service on Sundays so, to make the best use of resources, the Town Hall is now closed on that day of the week.

If you do want to access council services on Sundays, the Campus library in Locking Castle is open from 10am to 5pm.

Library members can also search for, renew and reserve items at any time of

the day or night using Libraries West, at www.librarieswest.org.uk

The Council Connect contact centre is also reducing its opening hours from Monday 3 July.

You can speak to an advisor any time from 9am and 5pm Mondays to Fridays by calling 01934 888 802.

You can also go online at any time to order a new recycling box or bin, report a pothole, report graffiti, find out more about social care and more

www.n-somerset.gov.uk/connect

School term dates agreed

School term dates for the 2018-19 academic year have now been agreed following a public consultation.

Term	Day	From	Day	То	No. days
1	Mon	3 September 2018	Fri	26 October 2018	40
2	Mon	5 November 2018	Fri	21 December 2018	35
3	Mon	7 January 2019	Fri	15 February 2019	30
4	Mon	25 February 2019	Fri	5 April 2019	30
5	Tue	23 April 2019	Fri	24 May 2019	23
6	Mon	3 June 2019	Tues	23 July 2019	37
Total					195

Check with individual schools as their agreed dates might differ slightly.

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

A&E temporarily closes overnight

Weston General Hospital is temporarily closing its A&E department overnight.

The temporary change is in response to the Care Quality Commission rating Weston Area Health NHS Trust as 'requiring improvement', and the urgent and emergency care services at Weston General Hospital as 'inadeauate'.

Patient safety is the NHS's number one priority so the temporary overnight closure of A&E will be between 10pm-8am, starting from Tuesday 4 July.

This is a temporary measure and no permanent changes to A&E or other services at the hospital will be made without a full public consultation.

Visit www.northsomersetccg.nhs.uk for more information about how to access services during this temporary closure.



In a serious life-threatening emergency, call 999 and an ambulance will be dispatched immediately.

Any patients then requiring emergency admission overnight will be taken to neighbouring A&Es in Bristol and Taunton.

Anyone feeling unwell and needing urgent care should call NHS 111. The service is available 24-hours-a-day and is free from both mobiles and landlines.

www.northsomersetccg.nhs.uk www.cqc.org.uk



great summer

Get set for the school summer holidays and help keep children entertained during the six week break with our fantastic prize giveaway.

North Somerset has a wealth of family-friendly attractions, beautiful countryside and stunning coastlines.

To help families get out and about, Life has teamed up with attractions across the area to offer free tickets in our special summer draw.

To be in with the chance of winning a free ticket, just answer the following question:

On what page in this magazine are the sunglasses hidden?

Tickets will be allocated on a draw basis and winners can't request which attraction they are given.

All answers must include your name, address, and contact number. Entries can be sent via email to editor@n-somerset.gov.uk or on a postcard to

> Life Editor, North Somerset Council Floor 1, Town Hall Weston-super-Mare BS23 1UJ

by Friday 28 July.

MPs retain seats

North Somerset's two MPs retained their seats in last month's snap general election.

John Penrose was elected MP for Weston-super-Mare with a majority of 11,544. The total turnout was 68.8 per cent.

Liam Fox was elected MP for North Somerset with a majority of 17,103. The total turnout was 77.14 per cent.

www.n-somerset.gov.uk/elections

Prizes on offer include tickets to:

- Noah's Ark Zoo Farm
- Puxton Park
- Curzon Cinema
- Helicopter Museum
- Grand Pier
- Clevedon Pier
- Mendip Snowsports Centre (learn to ski and learn to snowboard packages)

We're hiring Carers!



Looking for meaningful and rewarding work?

We continue to expand our home care teams in Clevedon and Portishead and are looking for caring individuals who share our passion for supporting people!

We provide our Community Carers with excellent working conditions - paying all the hours you work, not just for the time spent caring. We also pay for all your travel, provide comprehensive training and regular guaranteed hours.



To apply now, call 01275 879547 or email clevedonrecruit@brunelcare.org.uk







Volunteer drivers needed

More volunteer drivers are needed across North Somerset to help keep a vital service on the road.

Anyone who would like to give something back to their local community could join one of the area's 23 community transport groups and volunteer car schemes.

Drivers take people to doctors, hospital or other medical appointments. Volunteers need their own cars but will be reimbursed for mileage.

Minibus drivers are also needed in some larger groups.

For more information call Alice Griffin on 01934 426 711 Half price party discounts in Portishead

Anyone planning a party or celebratory event in Portishead this summer could now take advantage of a half price offer from one of the town's venues.

Somerset Hall, in The Precinct, is offering a 50 per cent discount on Friday evening bookings for large parties between now and August.

This could be anything from an 18th to 80th birthday, wedding anniversary, engagement party or wedding reception.

The venue includes a fully licensed bar, relaxed sofa seating lounge, ample parking, outdoor terrace and a large theatre/banqueting hall with stage.

Call 01275 884 100 or email somerset.hall@n-somerset.gov.uk



Find a local business you can trust

People who need to hire a trader - from plumber to a solicitor - can now take advantage of a trading standards-run scheme to find a trustworthy business.

Buy With Confidence is the largest local authority-run trader scheme in the UK, and ensures members are

approved by trading standards, offer great customer service and are legal, honest and fair.

Membership is only granted to businesses that meet strict criteria and, if approved, they are regularly checked for their ongoing commitment.



www.buywithconfidence.gov.uk

Start your holiday

in style

Take a first-class bus to Bristol Airport to help start your holiday in style.

First West of England has launched a new service from Weston-super-Mare to Bristol Airport.

The hourly A3 Airport Flyer travels daily (except Christmas Day) through Cleeve, Congresbury and Worle.

The first bus departs Weston-super-Mare train station at 3am and is hourly until 10pm. The return journey runs from Bristol Airport hourly between 4am and 11pm.



The new vehicles are wheelchair accessible and there is ample space for luggage.

Tickets can be booked in advance from www.bristolairport.co.uk, from the First Bus mTickets smartphone app or by paying the driver on the day of travel. They cost £5 for a single journey or £7 return, including connecting travel on any First Bus in Weston inner zone.



www.firstgroup.com/westonflyer

New sexual health service launches

A new specialist sexual health service has launched in North Somerset offering more services and self-testing

Unity Sexual Health has been set up following a partnership with University Hospitals Bristol NHS Foundation Trust and seven organisations – British Pregnancy Advisory Service, Brook, Marie Stopes International, Terrence Higgins Trust, Eddystone Trust, North Bristol NHS Trust and Weston Area Health NHS Trust.

People across the area will get local expertise but the unified approach has enabled a new joint website and a single telephone number across the region.

The website provides information on sexual health, contraception and pregnancy, including what services are available and where people can find them.

There will also be more evening and Saturday appointment slots in sexual health clinics, and the ability to order self-testing kits for sexually transmitted infections online.

The self-testing kits are returned to Unity and results will be confidential.

www.unitysexualhealth.co.uk 0117 342 6944

See the coast from the open-air bus

Feel the wind in your hair as you take a ride in a new openair double-decker bus along the coast.

First West of England's Somerset's Coaster – Service 20 - travels from Weston-super-Mare to Burnham-on-Sea, via Uphill, Lympsham, Brean and Berrow.

The distinctive double-decker buses run every half hour over the summer months from Regent Street.

A group ticket, for £13, allows up to five people to travel on the entire Weston-super-Mare network all day (after 9.30am Monday to Friday and all day Saturday, Sunday and public holidays).

This ticket can be bought from the driver or on the First Bus mTicket smartphone app.





Great way for men to tackle their weight

Men from North Somerset who want to tackle their weight can now get fit and have fun by joining a new free football league.



The MAN v FAT football scheme has been set up in 25 places around the UK and players have lost more than 30 tonnes of weight.

The FA-backed football scheme is now coming to Westonsuper-Mare on Monday 17 July.

Jack Howarth, 25, from Clevedon, said: "I'm joining because I played football in my teens but had an injury, which pretty much had a snowball effect on me.

"I'm 19 stone now and my aim is to get to 16. I'm hoping to gain the confidence and fitness to do football on a regular basis again."

Weston-super-Mare AFC will be hosting the league in the area, after receiving funding from North Somerset Council.

North Somerset Council was the first local authority in the country to team up with MAN v FAT, in 2015.

MAN v FAT football runs every Monday, from 8-10pm, at @Worle, New Bristol Road, Weston-super-Mare from 17 July.

Sign up at www.manvfat.com/westonsupermare call 0845 163 0042 or email football@manvfat.com

Changes to library opening hours

Opening hours at most North Somerset libraries have now changed as part of the area-wide Community Access Review.

This review focusses on the area's 14 children's centres and 12 libraries, and will see these two facilities combined in Worle, Yatton and Pill this summer.

Opening hours will also be extended at six libraries later this year as new technology is installed to provide selfservice facilities during times when the libraries might normally be closed.

To find the opening hours of your local library visit www.n-somerset.gov.uk/libraries www.n-somerset.gov.uk/car



Library reservations become free for a year

Reserving an item from any North Somerset library or from the wider LibrariesWest area is now free for a year.

The reservation fee has been suspended for 12 months to encourage more people to use the library services.

Charges will still apply to drama, music and reading group sets, as well as items not available within the seven local authorities making up the LibrariesWest consortium.

www.librarieswest.org.uk



Highways schemes scoop awards

Two highways schemes in North Somerset have scooped prestigious awards.

Engineers picked up the gongs from the Institute of Highway Engineers South Western Branch Awards.

North Somerset Council, along with Bristol City Council and contractors Alun Griffiths, won the large project of the year award for the South Bristol Link.

The South Bristol Link is a link road and express MetroBus route between the A370 Long Ashton bypass and Hengrove Park, with dedicated cycling and footpaths along the whole length.

North Somerset Council, along with Wessex Water, also won the highways partnership award for the Upper Bristol Road flood mitigation scheme, in Weston-super-Mare.

This £2.1m project aimed to reduce flooding to the highway and 20 nearby properties by installing 130 metres of kerb drainage, improving the sewer network and constructing a storage tank.

Help celebrate North Somerset's community spirit

Enjoy a fun family day out and help celebrate North Somerset's diverse communities during a popular event.

Your North Somerset takes place at the Tropicana, on Weston's seafront, on Sunday 24 September and features activities and entertainment as well as showcasing the work of charities and organisations from across the area.

This year it is being hosted by Voluntary Action North Somerset (VANS).



Organisations who would like a stall can call VANS on 01934 416 486 or visit www.surveymonkey.co.uk/r/JMF3VQ2 www.vansweb.org.uk

SUMMER FOCUS

Enjoy a summer staycation on your doorstep Millions of people flock to North Somerset every year to enjoy the beautiful countryside, glorious coastline and

This year, more and more British holidaymakers are choosing to stay in the UK rather than venture abroad because of the drop in the value of the pound.

extensive calendar of events.

Bookings from Europe and beyond are also on the rise and, locally, international visitors to Bristol are heading down the M5 to Westonsuper-Mare to see 'the place which hosted Dismaland'.

The 2015 event brought global publicity to Weston and the surrounding area and attracted an estimated 200,000 worldwide visitors.

That year First Great Western reported a 100 per cent increase in rail travel from London to Weston-super-Mare;

hotel and B&B stays in the town were up by almost 50 per cent on the previous year; and other attractions reported their 'best ever' summer.

This momentum is still going strong and a host of events is taking place at the Tropicana this summer season to continue to draw in the crowds to the former lido

Enjoy live theatre and comedy, see international rock stars at the Hazy Days festival, or face your fears on a fast-paced funfair ride.

Elsewhere in Weston, a huge event will take place in early August to celebrate work finishing at the Italian Gardens.

See a fire-breathing mechanical horse, a six-piece circus show band, street performers and more.

At the end of August, Portishead marathon man Ben Smith is organising the first Festival of Running in the town in aid of his 401 Foundation.

Sign up for a variety of distances, from short fun runs to a full marathon.

For more tranquil entertainment, flower shows and fetes take place across the

Whatever your interests, keep reading this Summer Special Life to discover all the great events happening locally so you can enjoy the perfect summer staycation right on your doorstep.



All information correct at time of going to print (June 2017). While every effort is made to ensure accuracy, North Somerset Council cannot accept responsibility or liability for any errors which have occurred. North Somerset Council cannot recommend or endorse any of the providers listed. It is recommended that you always check with the relevant organisation first to ensure their service meets your requirements.

- **1** TimeOutInNorthSomerset
- ▼ TimeOutNS
- f /WestonSeafront
- WestonSeafront
- f /TropicanaWeston



SUMMER **FOCUS 33**





Stay safe when the sun shines

Predicting how the summer weather will behave over the days, weeks and months ahead can be a tricky business.

After a very sunny spring, many people will be hoping for a hot summer but it's worth remembering the best ways to enjoy the sun safely.

If there is a spell of warm weather then the Met Office triggers hot weather alerts and Public Health England issues advice for taking extra care.

This includes staying cool, drinking lots of cold fluids and checking on those you know are at risk.

Hot weather can be uncomfortable for some and dangerous for more vulnerable people.



Top tips for being sun safe...

- try to keep out of the sun between 11am and 3pm
- wear UV filtering sunglasses, walk in the shade, apply at least SPF15 sunscreen, wear a widebrimmed hat and light, loosefitting clothes
- drink lots of cool drinks and ensure you take water with you when travelling
- look out for others, especially older people, young children and babies and those with serious illnesses
- if medicines are sensitive to temperature, think about keeping them in the fridge

- never leave anyone in a closed, parked vehicle, especially older people, infants, young children or animals
- children shouldn't take part in vigorous physical activity on very hot days
- keep your bedroom and living space cool by closing curtains on windows facing the sun and opening windows during cooler times of the day and night when it's safe to do so. Turn off nonessential lights and electrical items because they generate

www.nhs.uk/heatwave

🔞 SUMMER **events**



July

Daily until Saturday 30 September

Sand Sculpture Festival 10am-6pm, Weston beach. Topsy turvy theme. £4 adults, £3.50 senior citizens and students, £3 children under 15, under 3s free.

www.westonsandsculpture.co.uk

Saturday 8 July

KidsFest 10am-5pm, Grand Pier. Animal expert Andy Day, a giant dinosaur, bouncy castle, crafts, face painting, balloon modelling. £15 per person.

Marlens SwimRun 6-7.30pm, Marine Lake, Clevedon. www.marlens.org.uk

Sunday 9 July

North Somerset Model Show 10am-5.30pm, Helicopter Museum, Locking, Weston-super-Mare.

BMs on the Lawn Beach Lawns. Weston-super-Mare. Classic BMW display. www.bmwcarclubgb.co.uk

Portishead Raft Race and waterside picnic Lake Grounds, Portishead. With village fete and fun fair. www.portisheadraftrace.co.uk

Make the Point 10k Race Sand Bay and Sand Point, Weston-super-Mare

Saturday 15

Nailsea Skate Festival and Showcase 1-5pm, Millennium Park, Nailsea. Skate competition, bouncy castle, food, fun. www.htnailsea.org.uk

YMCA Summer Starter Grove Park. Weston-super-Mare. Community event. www.ymca-sc.org

Saturday 15 July - Monday 4 September

Funland @ The Tropicana 10am-8pm Mon-Thurs and Sun, 10am-9pm Fri and Sat, Tropicana, Weston-super-Mare. Free entry with token scheme. Rides cost two to four tokens. Height and age restrictions apply on some rides.

Saturday 15 - Sunday 16

Puxton Park's 10th birthday bash Puxton Park, Hewish. Meet Peppa Pig and George on Saturday, and hear the Mangledwurzels play on Sunday. Inflatables, assault course, stilt walkers, face painting and more.



Sunday 16

Great Weston Bike Ride

A recreational, non-competitive 57-mile challenge bike ride from Long Ashton to Weston-super-Mare. www.greatwestonride.com

Portishead Soapbox Race Esplanade Road, Portishead. A race for home-built 'soap box' carts, in aid of St Peter's Hospice. www.portisheadsoapbox.co.uk

Friday 21

Fireworks at Sea 10pm, the Grand Pier, Weston-super-Mare. www.grandpier.co.uk

Saturday 22

Viking Day 10am-5pm, Grove Park, Weston-super-Mare. See the Hildsvin Viking Re-enactment Group. Activities and information from Weston Museum. Free entry

Clevedon annual long swim 7pm, Ladye Bay to pier. Established 1928. £15 per person. www.marlens.org.uk/events

Friday 28 - Sunday 30

Lions Real Ale Festival Beach Lawns. Weston-super-Mare. Now in its 10th year, having raised more than £300,000 for local charities. Huge selections of ales and ciders, as well as entertainment and food. www.westonlionsrealalefestival.org.uk

Saturday 29

Weston Pride noon onwards (parade starts 11.30am from Knightstone Island), Grove Park, Weston-super-Mare. To promote equality and diversity and the celebration of the LGBT community within North Somerset. Community stalls, food and drink, family area, live entertainment. www.wsmpride.com

Get into Golf Millennium Park, Nailsea. A free event to encourage people to try golf. www.paulmitchellpga.co.uk

SUMMER **EVENTS 33**







Sunday 30

Regional Water Ski Races

Knightstone Slipway and Marine Lake, Weston-super-Mare. Organised by Weston Bay Water Sports Club. www.westonski.co.uk

August

Thursday 3 - Sunday 6

Weston Dairy Festival Beach Lawns, Weston-super-Mare. Animal shows, petting zoo, crafts, entertainment and stalls featuring local produce. www.dairyfestival.co.uk

Saturday 5

Celebration event noon-10pm, Italian Gardens, Weston-super-Mare. Free family event with entertainment, food and live music/entertainment.

Mendip Society walk around Bleadon Meet 2pm, Bleadon village car park. About five miles with some hills. Contact John: 01934 842 868

Mendip Marauder Ultramarathon Mendip Way to Uphill Beach. www.albionrunning.org

Sunday 6 (and Monday 28)

Classic car show 10am-4.30pm, Town Square, Weston-super-Mare. From pre-war motorcars to '90s classics. 01934 627 563



Thursday 10 - Sunday 13

Bristol International Balloon Fiesta Ashton Court Estate, Long Ashton. Balloon launches, night glow and entertainment. Free entry but cost for car parking (from £7.50) www.bristolballoonfiesta.co.uk



Saturday 12 and Sunday 13

RYA P750 British Championships -Thundercat Racing Clevedon seafront. A national championship round of Thundercat boat racing. www.thundercatracing.com

Sunday 13

RSPCA Dog Show and fete

Beach Lawns, Weston-super-Mare www.rspca.org.uk

RNLI Open Day Anchor Head and Marine Lake, Weston-super-Mare. Charity fundraiser at the Weston RNLI station. www.rnli.org

Tuesday 15

James Hildreth Testimonial Year T20 game Gates open 4.30pm, match starts 5.45pm, Weston Cricket Club. Weston super Mare 1st XI versus a Somerset T20 squad, to celebrate James Hildreth's testimonial year, granted to him by Somerset County Cricket Club. Donation on the gate £5 per adult and £2 per child.

Saturday 19

Gin Festival noon-6pm, Grand Pier, Weston-super-Mare. £12 in advance, £15 on the day

Portishead Triathlon Lake Grounds. Portishead and surrounding area. 400m pool swim in the Lido, 24km bike ride and 5km run. www.dbmax.co.uk

Saturday 26

Trendlewood Community Festival

Golden Valley Primary School, Nailsea. Local festival of music, sport, dance, food and entertainment. www. trendlewoodcommunityfestival.org.uk

Weston Museum re-opening

10am-3pm. Victorian themed family fun dav.

Saturday 26 and Sunday 27

The 401 Foundation Festival of Running From 4pm on Sat, from 9am on Sun, Lake Grounds, Portishead. Organised by 401 marathon runner Ben Smith



Sunday 27 and Monday 28

Stars of Time film and comic convention 10am-5.30pm, Tropicana, Westonsuper-Mare. Celebrities from film and TV, memorabilia and collectibles. Adults £6.50, concessions £3.50, under 4s free. www.starsoftime.co.uk

SUMMER FUN FOR YOUNGER PEOPLE



July

Saturday 22 and Sunday 23

50 things to do before you are 11 3/4 weekender 11am-4pm, Tyntesfield, Wraxall. Build a den, read a map or hold a scary beast. Free event but normal admission charges apply.

Wednesday 26 and **Thursday 27**

TYNTEtots: Alice in Wonderland 10am and 1pm, Tyntesfield, Wraxall. Storytelling and games for under-fives. Booking essential. Adult £3, child £7, two children £12, three children £18.

August

Wednesday 23 and **Thursday 24**

TYNTEtots: Owl and the Pussy Cat 10am and 1pm, Tyntesfield, Wraxall. Storytelling and games for under-fives. Booking essential. Adult £3, child £7, two children £12, three children £18.





CHILDREN'S CENTRES

Summer activities will take place throughout the holidays for families and carers with children aged from birth to five. Look out for local publicity or visit www.n-somerset.gov.uk/fis

LEISURE AND SPORTS **CENTRES**

Activities and clubs take place throughout the school summer holidays.

Visit your local centre for more information or www.n-somerset.gov.uk/ leisurecentres

THE READING AGENCY AND LIBRARIES PRESENT

MMER READING CHALLENGE 2017

animal-agents.org.uk

Can you help a band of furry, slippery and feathered friends solve a library mystery and have lots of fun along the way? This year's Animal Agents Summer Reading Challenge starts on Saturday 15 July in North Somerset libraries for all children aged four to 11.

The free challenge, produced by The Reading Agency, aims to maintain children's reading motivation during the school holidays.

Photos courtesy of Dale Cherry 2017 for The Reading Agency, with thanks to Newham Council and Calverton Primary School

Once children have signed up, they will be given a folder to collect stickers as they read any six library books over three further visits to the library.

As they complete the folder, they'll crack the case and catch the crook.

Every child who completes the challenge by Saturday 9 September will receive a certificate and medal and be entered into a prize draw.

Library staff and volunteers will be on hand to help children choose their books. Research shows that children who take part return to school after the summer break as more fluent, confident and happy readers.

Last year nearly 4,000 children joined the challenge in North Somerset libraries.

Events will also be held in libraries during the summer to celebrate the challenge. Visit www.n-somerset.gov.uk/events

SUMMER **FLOWER SHOWS AND MARKETS (32)**



July

Saturday 15

Butcombe Village Fete 2-5pm, in the gardens of the Old Rectory (or village hall if wet). Stalls, children's activities, cream teas, promise auction and small, fun dog show. 01761 462 812

Saturday 29

Yatton Horticultural Society Summer Show 2-4.30pm, Yatton Village Hall

Saturday 29 (11.30am-6.30pm) and Sunday 30 (10am-6pm)

Portishead Flower Show and Country Fair Show Field, Clevedon Road, Portishead. Flower show and events including meerkats, falconry, ferrets, dog show and live music. Adults £5, children under 17 free. www.portisheadflowershow.com

August

Saturday 12

Weston-super-Mare Horticultural Society Flower Show 10am-5pm, Grove Park. www.wsmhorticultural.org.uk

Saturday 19

Tickenham Flower Show 12.30pm, Tickenham Village Field and Hall. Entry £3, accompanied children free. Free park and ride next to Tickenham Golf Club. Hog roast, crafts, games and Portishead Concert Band

Saturday 26 and Sunday 27

Clevedon Flower Show Salthouse Fields, Clevedon. Live music, dog show, horticultural classes, crafts, bar. Adults £5, children and senior citizens £4, accompanied under-14s free. www.clevedonflowershow.co.uk



FARMERS'

Saturdays

Portishead (2)

9am-12.30pm, Waitrose Piazza

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

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

The Lamb pub car park

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

VILLAGE

Thursdays

Winscombe Country Market

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

Fridays

Portishead Country Market

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

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

Wrington Vale Country Market 10.30-11.30am.

Scout Hall, School Road, Wrington. 01934 862 360

Saturdays

Long Ashton (1)

9.30am-1pm, Community Centre, 07956 323 546

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

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

Tickenham (2)

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

Kenn (2) 10am-noon, Village Hall

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

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

Claverham (3) 10am-noon, Village Hall

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

Sixways roundabout, onto Bellevue Road, and round to Hill Road.

CLEVEDON SUNDAY **MARKET**

Sunday 8 August and 3 September

Explore and celebrate Clevedon's Hill and Sea area and browse

the 40-plus stalls of independent and local producers.

The trail begins in Alexandra Road, to

www.clevedonsundaymarket.co.uk

RFGULARS

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) 7.15pm, Methodist Church Hall, Kenn Road, Clevedon

www.clevedonchoralsociety.org.uk

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

Vocalise Choir (E) 7.30-9.30pm, United Reform Church, Waterloo Street, Weston. £5 inc refreshments. 01934 627 709

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

RAFA Concert Band (E) 8pm, 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, gillatkinson 15@ 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, Westonsuper-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 874 109

clevedonladieschoir@gmail.com

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

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 gillatkinson 15@blueyonder.co.uk

Harmony Plus Choir (E) 7.45-9pm, Emmanuel Church, Weston. 01934 629 112

Footlights Community Choir

7.45-9.15pm, Community Entrance, Nailsea School, Mizzymead Road. No experience necessary. 07818 065 015 footlightsperformance@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

Music Is Fun (E) (babies, toddlers and pre-schoolers) Methodist Church, Nailsea. 30 min session £3, 40 min session £3.40. 07722 298 550, gillatkinson 15@blueyonder.co.uk

Singing Mums Choir (E) 7.10-8.10pm, Nailsea School. £4 per session. 07722 298 550, gillatkinson 15@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) 7.30pm, 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. gillatkinson 15@blueyonder.co.uk

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

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

Muskrats Jazz Band (1) 8.30pm, Clarence House, High Street, Portishead. £3. Bar and dancing, all welcome, 01275 814 434

Traditional jazz night (2) 8.30pm, Salthouse pub, Clevedon. Resident band, the Dixieland Rascals.

Fridays

Singtastics Junior Choir (E)(Y3-Y7) 3.40-4.30pm, Hannah More School, Nailsea. £3 per session. 07722 gillatkinson 15@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 gillatkinson 15@blueyonder.co.uk

Cadbury Saxophone Band (A) 10.15am-12.30pm in Cleeve/ Yatton. 01934 830 072 or www.cadburysaxband.co.uk

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



SUMMER **MUSIC AND THEATRE 33**



July

Friday 7 and Saturday 8

Hazy Days Festival Tropicana

Weston-super-Mare. Arts and music festival featuring Newton Faulkner, Fun Lovin' Criminals, Reef, Sophie Ellis-Bextor and more.

www.hazydaysfestival.co.uk

Sunday 16

Costanzi Consort 6pm, St Mary's Church, Yatton, Sacred choral treasures from 18th century Rome. Works by Scarlatti, Costanzi, Jommelli, Bencini and Maria Rosa Coccia, with musical director Peter Leech, Tickets from www.costanziconsort.org.uk or on the door.

Thursday 20 - Saturday 22

I'll Be Seeing You 7.30pm, Blakehay Theatre, Weston-super-Mare. An original musical about WW2. www.blakehaytheatre.co.uk

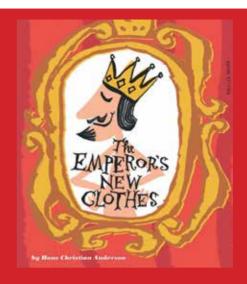
Wednesday 26 -Saturday 29

Bugsy Malone 7.30pm, Blakehay Theatre, Weston-super-Mare. Slapstick comedy. www.blakehaytheatre.co.uk

August

Tuesday 15 - Saturday 19

Weston-super-Mare Operatic Society presents Shout 8pm (5pm on Sat), St Jude's Theatre, Grove Road, Milton. A sixties mod musical. Tickets £10 tickets@westonoperatic.org 01934 420 006



Live music and theatre at the **TROPICANA**

Live music and theatre continues throughout the summer at Weston's newest arts and cultural venue.

Enjoy these upcoming events at the Tropicana, on the seafront...

July

Saturday 15

The Emperor's New Clothes (age 5+), 3.30pm and 7pm. Based on the Hans Christian Andersen classic. No nudity.

Saturday 22

The Tropicana School Disco, 7pm The Reaper Bar

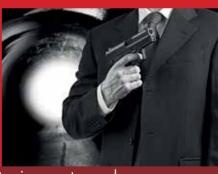
Saturday 29

The Orphans Summer Party with Inner City plus support, 7pm, The Reaper Bar

August

19 August

Bond Night with The Name is Band plus support 7pm, The Reaper Bar



To find out more and book tickets visit www.tropicanaweston.co.uk or www.thereaperbar.com

Free concerts in Grove Park



July

Sunday 9 Serenade Big Band **Sunday 16** Weston Brass **Sunday 23** Worle Communuity Choir

Sunday 30 Paulton Concert Band

August

Sunday 6 Worlewind Band Sunday 13 Bath Spa Band Sunday 20 Des Henly's Singers and Strummers

Sunday 27 Bristol Male Voice Choir

Monday 28 Tim Pitman

September

Sunday 3 Burtle Silver Band Sunday 10 Serenade Big Band

Sunday 17 King Alfred

Concert Band

Concerts start at 2.30pm. Sponsored by Grove Park Café. 07952 943 855



SUMMER **HEALTH AND FITNESS**

RFGULARS

Mondays

Stroke Communication Group (E) 10am, Summer Lane Care Home, Diamond Batch. 01275 870 328

Positive Step Coffee Morning (2) 10am-noon, Locking Castle Church Hall, Jasmine Way. www.positivestep.org.uk

Arthritis Care Weston Branch (2) 2pm, St Saviours Hall, Locking Rd. 01934 622 808

Fibromyalgia Group (2) 2pm, Purple Sheep Centre, Hughenden Rd, Weston, 01934 413 868

Croquet Club (E. and Weds and Fri. April-Oct) 2-4pm, Clarence Park East, Weston-super-Mare. Just turn up or call 01934 413 515 clarenceparkcroquet@Gmail.com

Qigong (E) 7.30-9pm, Locking Village Hall. 07913 922 063 jan.qigong@gmail.com

Tuesdays

Western Active Stroke Group (E) 10am, Worlebury Golf Club. 01934 519 266

Somerset Cancer Care Support Group (E) 10am, Summer Lane Care Home, Diamond Batch. 0800 731 4608

Dance fitness (E) 10am, Clevedon Triangle Club. 01275 544 472

Walking Football (E) 10-11am, Weston Football Club. £2 per session. 07970 681 178

Golden Oldies sing and stretch classes. Venues in Clevedon, Portishead, Weston-super-Mare, Pill and Nailsea, 01761 470 006 www.golden-oldies.org.uk

Stroke Group (E) noon, Parish Wharf Leisure Centre, Portishead. 07899 754 937

Cancer Rehabilitation Classes (E) noon, Jubilee Hall, Portishead £1.50 per class. 07800 743 305 Fibro Friends WSM - Fibromyalgia and Chronic Fatigue Support Group (2) 11am, 1 in 4 People. Oxford Street, Weston www.fibrofriendswsm.co.uk

EXTEND Movement to Music for over-60s (E) noon-1 pm, Christ Church, Chapel Cleeve, Clevedon. (also every Weds, 10.30am at Pill Community Centre). £3.50 per session. 07530 777 895



Weston Macular Support Group (2) 2pm, Lauriston Hotel, Weston. 01934 516 627

Nailsea and District Footpath Group (E) and Thu (E), Sun (2,3), Sat (4). Range of walking difficulties. www.nfpg.org.uk or 01275 810 067

Bipolar UK (2) 7.30pm, FRIEND, Oxford Street, Weston. 0845 434 9915

Tuesday Badminton club

(E, term time) 8-10pm, Broadoak School, Weston-super-Mare. iohnrudall@hotmail.com

Wednesdays

Cancer Rehabilitation Classes (E) 9.30am, The Barn, Clevedon. £1.50 per class. 07800 743 305

Ashcombe Park Bowling Club (E) (and Sat) 10am-noon, Ashcombe Park, Weston. 01934 522 779

Stroke Communication Group (A) 10am, Methodist Church Hall, Silver Street, Nailsea. 01275 870 328

Women's Action Group (WAGS)

12.30-2pm, 35 Boulevard. Westonsuper-Mare. Women-only group for those who need help with addiction. 01934 427 940

NHS Stop Smoking Café (E) 6pm, Tesco café, Weston. 01275 546 744

Weston Area National Rheumatoid Arthritis Society (2) 6.30-8.30pm, The Campus, Locking Castle, Weston. www.nras.org.uk, 01934 620 583

Nailsea and Backwell Diabetes **Support Group** (2) 7-9pm, Methodist Church Hall, Silver Street. nailsea. diabetes@gmail.com

Bogs of Somerset Hash House Harriers (E) 7:15pm, various locations. See www.bristolhash.org.uk/bogs 079 6649 5086 or 01275 874 671

Thursdays

YouTree Cancer Support Group (E) 10am, Lauriston Hotel, Knightstone Rd, Weston. 07932 143 452

FUCHSIA Cancer Support Group (E) 10am, Night Jar pub, Worle. 07896 699 627

Worle Lions Friendship Group (E) 10am-noon, Worlebury Golf Club. For people with long-term illness, carers also welcome. www.worlelions.co.uk, 08458 339 862

Walking Football (E) 10.30-11.30am, Hand Stadium, Clevedon. £2 per session. 01275 878 052

Parkinson's UK Weston Branch (1) 2.30pm, St Saviour's Hall, Locking Rd. 01934 813 547 / 625 633

Portishead Macular Help Group (4) 2.30pm, Folk Hall. 01275 845 238

Weston Osteoporosis Support Group Meets 5 times a year (March, May, July, September and November), in the Lecture Theatre, The Academy, Weston General Hospital. Information about local services and practical matters for people with ostepporosis. 01934 415 096 moraine7@hotmail.co.uk

Diabetes UK (Weston) (1) 7.30pm, Waverley Suite, Weston Hospital Academy [also – quiz night (2) Social Club, Devonshire Road] 01934 628 985

Upfront Friends (4) 7.30pm, Royal Hotel, South Parade, Weston-super-Mare. For breast cancer sufferers. survivors and friends. 01934 815 446 (call first in case venue is changed)

Partially Sighted and Blind Club (E) 10.15am-2pm, Pembroke Court, Elton Rd, Clevedon. 01275 219 730



Long Ashton Bowling Club (E, April-Sept) 6pm, Community Centre, Keedwell Hill, Long Ashton. No previous experience necessary. 01275 853 885

Portishead Stroke Drop-In Centre (1) 10.30am, Clarence House, High Street. 01275 818 492

Parkinson's UK North West Somerset branch meeting (2) 10.30am-12.15pm, St Francis Church Hall, Nailsea. 01275 855 524

Read the latest Active Directory at www.n-somerset.gov.uk/go4life

Visit the gym go for a swim, or take part in a class at one of North Somerset's leisure centres:



New Bristol Road, Weston-super-Mare. 01934 529 540 www.worle.org.uk

Backwell Leisure Centre Farleigh Road. 01275 463 726 www.leisurecentre.com/backwell-

The Campus

Locking Castle, Weston-super-Mare. 01934 427 427 www.the-campus.org.uk

Churchill Sports Centre

Churchill Green. 01934 852 303 www.better.org.uk/churchill-sports-

Clevedon School Sports Centre Valley Road. 01275 877 182

Gordano School Sports Centre

St Marys Road, Portishead 01275 843 942 www.gordanosportscentre.org.uk

Hans Price School Sports Centre

Marchfields Way, Weston-super-Mare. 01934 642 426 www.hansprice.org.uk

Hutton Moor Leisure Centre

Hutton Moor Road, Weston-super-Mare. 01934 425 900 www.leisurecentre.com/ hutton-moor-leisure-centre

Parish Wharf Leisure Centre

Harbour Road, Portishead 01275 848 494 www.placesforpeopleleisure.org/ centres/parish-wharf-leisure-centre

Portishead Open Air Pool

Esplanade Road. 01275 843 454 www.portisheadopenairpool.org.uk

Scotch Horn Leisure Centre

Brockway, Nailsea 01275 856 965 www.leisurecentre.com/scotch-hornleisure-centre

Strode Leisure Centre

Strode Road, Clevedon. 01275 879 242 www.placesforpeopleleisure.org/ centres/strode-leisure-centre

www.n-somerset.gov.uk/leisurecentres

SUMMER **HEALTH AND FITNESS**



Inaugural running festival launches

Runners of all ages and abilities are invited to take part in a new charity event organised by Portishead marathon man Ben Smith.



Ben completed an astounding 401 marathons in 401 days last year and raised more than £300,000 for antibullying charities.

Since the momentous challenge finished, he has been busy setting up a grant-funding body, The 401 Foundation.

This new 401 Festival of Running is the first big event for the foundation, and takes place in the Lake Grounds, Portishead, on Saturday 26 and Sunday 27 August.

Races will include a 5km, 10km and half marathon, along with four children's events, and all ages and abilities are invited to join in.

On Saturday evening there will be entertainment with live music and refreshments from a variety of street food stalls.

Ben said: "We aim to make it an annual event and grow each year by introducing new and exciting distances."

The festival is being organised with Nicework, which has experience of hosting more than 150 events throughout the UK.

For people who can't get to Portishead that weekend, it is also happening as a virtual event, thanks to Virtual Running UK and online challenge programme EtchRock.

Ben said: "There has been a growth in the virtual running market because people aren't always confident to attend events and take part, or simply because they can't afford to travel or make the date because of other commitments.

"This option allows people to take part wherever they are in the world."

What's on when

Saturday

- 4pm -500m dash (children's race)
- 4.30pm one-mile dash (open to families or runners of all ages)
- 5pm The 401 Bright Lights 10km
- 6.30-10.30pm -The 401 After Party (music and food festival)

Sunday

- 9am -The 401 5km (open to everyone aged 11 or over)
- 9.45am -500m dash (children's race)
- 9.55am one-mile dash (open to families or runners of all ages)
- 10.15am -The 401 half marathon

Money raised will go towards The 401 Foundation, which distributes grants of between £3,000 and £5,000 to grassroot projects across the UK that work to build confidence and selfesteem, along with tackling mental health and self-development issues.



To sign up online to the event in Portishead visit www.nice-work.org.uk and search for the 401 Foundation Festival of Running under the 'UK races' tab.

To take part in the virtual event visit www.virtualrunneruk.com/virtual-401festival-running • www.facebook.com/the401festivalofrunning the 401 foundation@gmail.com

CRUISE ALONG THE COAST

ROUTE

up to every **30** mins Mon-Sat **hourly** on Sundays

Weston-super-Mare

Uphill

Brean

Lympsham

Berrow

Burnham-on-Sea

Somerset's

coas er



5 people £13

after 0930 Mon-Fri anytime weekends & public holidays

firstgroup.com/somersetcoaster

Get set to cycle from Uphill to Brean

Cyclists and walkers will soon be able to avoid a busy road and take a five-mile traffic-free route from Uphill to Brean.

This long-awaited section of the Coastal Towns cycle route officially opens on Friday 7 July and will be named the Brean Down Way.

The route is designed as a leisure and commuter route and has been an aspiration for more than 20 years.

It means cyclists can now bypass the long, busy and often hazardous Accommodation Road.

North Somerset Council worked in partnership with the charity Greenways and Cycleroutes, Somerset County Council, Sedgemoor District Council and their contractors to complete the last leg from the sluice to Brean beach.

The route also links with the existing West Mendip Way, and in future will connect to the England Coast Path.



Follow the route

- Start at the cafe at Uphill boat yard and follow the path past the guarry and through Walborough Nature Reserve to Wayacre Drove. Then follow the stone dust path to Brean Cross Sluice.
- Continue across the sluice (the River Axe). Here you'll see a bird wall which has been constructed to prevent disturbance to birds in the estuary.
- Follow the route ground Diamond Farm caravan and camping park onto Weston Road.
- Follow the shared-used path to the end of this road. You will then need to cross Warren Road and take the bridleway down to the beach.
- At the beach you could ride to Brean Down, and the National Trust café.
- From there, you could follow the Old Military Road up to the old fort to take in the far-reaching views, after agreement with the National Trust.



Become a pirate for the day

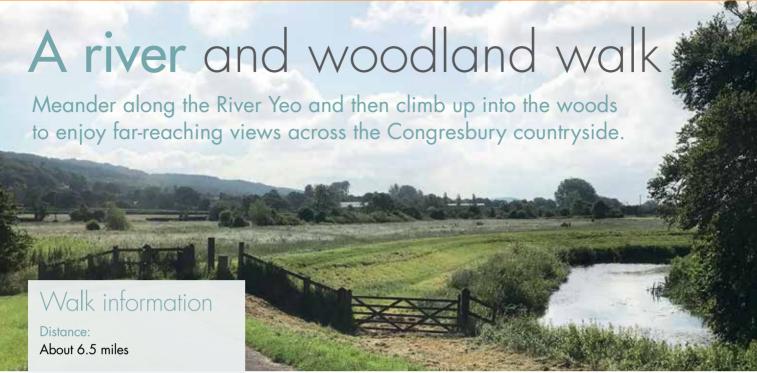
Enjoy a pirate themed family fun ride to celebrate the new cycle route opening.

Register for the mass participation family cycle ride between 10-11am in Uphill on Sunday 20 August.

Find out more and about the event at www.betterbybike.info/ piratecycleride

For more information about the route visit www.betterbybike.info/ breandownway

SUMMER WALK



Difficulty:

Medium - level along the river but then a fairly steep incline into the woods. Mostly kissing gates, with two wooden stiles.

Duration:

About 3 hours

How to get there

Start at map ref: ST 438639

By car: Free parking available in the car park at Gooseham Mead, off Kent Road, near the A370 and High Street junction

By bus: First X1, X2 and X7 Congresbury is a thriving village on the A370. It is named after St Congar, who founded a monastery at Cadbury Hill and is said to have performed three miracles in the area.

Last year the village received national recognition when it was named Britain's 'kindest village' after locals performed 800 random acts of kindness to mark the 800th anniversary of St Andrew's church.

The Congresbury Yeo river runs through the village and the first part of this walk follows the route.

From the car park, go around the basketball court to the entrance of Congresbury Millennium Green.

This public open space is maintained to be as natural an environment as possible.

There are five standing stones at the entrance as a memorial to former parish council clerk Sue Grant, who worked to create Millennium Green and the footbridge.

Follow the paved path through the green then join the smaller footpath ahead of you to enter the field and follow the route of the river.

You are now walking along the Two Rivers Way, a linear 20-mile longdistance footpath from Congresbury to Keynsham.

Continue to follow the river, going through two kissing gates.





At the weir, follow the footpath round to the left. Then continue ahead through several fields and kissing gates, keeping the river on your right-hand side.

Continue ahead and you will eventually come out onto Iwood Lane, next to Iwood Manor Cottage.

Go up the lane but be careful of any traffic and keep yourself as visible as possible while going around the bends.

About half way up the lane, the footpath begins again on the righthand side. Here you are walking around a fenced-off field. It is more overgrown here so be careful of stinging nettles.

Follow the path around the field and at the end go over the stile and across the next field to the top right corner.

Go over the stile and stone boundary onto West Hay Road.

Cross very carefully and go up the lane in front of you, The Grove.

As you go up this lane, you will pass a disused quarry on your left and Grove Lodge house on your right.

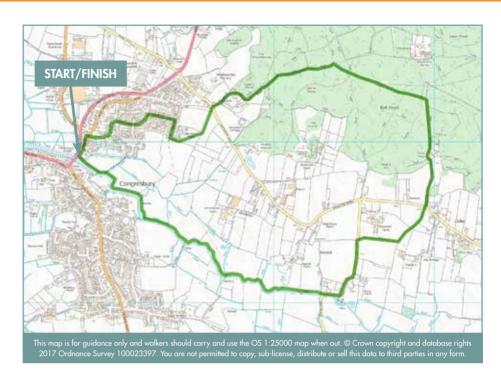
Follow the driveway around the houses but take a moment to look behind you and enjoy the farreaching views.

The public footpath sign points up the wooden steps.

Go up here, past the old outbuildings, up into the woods. Continue straight ahead, following the yellow waymarkers, with the old stone boundary wall on your left.

After a steady incline you will come to a t-junction in the path. Take the left hand-route.

Then take a right and a very quick left to go down a small, single track footpath.





At the fenced-off section, go right around it, then left onto the bigger track. Continue ahead on the smaller path through the trees. You will start to veer downhill now.

Keep going onwards, taking care on the steep downhill sections.

At the crossroads in the track, take the left-hand route. This can be rocky in parts.

Keep heading downhill and eventually you will walk behind a wall with houses on your left, and then you will exit through a gate and come out into The Woodlands.

Cross Wrington Road at the bottom and go into the field next to the junction.



Go through the gate on your right and walk down the left side of the field. Continue ahead through the next gate, and straight ahead across the next field, heading towards a gate in the hedge.

Turn right into this next field, keeping the hedge on your left.

From here, you could continue down the field to return to the Two Rivers Way and retrace your steps back to Congresbury along the river.

Or, you could go through a wooden gate which leads to Cobthorn Way. Here, you could follow the residential roads (Weetwood Road and Southlands Way) to return to Kent Road and your starting point.



SUMMER CLUBS AND SOCIETIES



CLUBS AND SOCIETIES

Mondays

Weston Monday Art Group (E) 10am, St Saviour's Church Hall, Locking Rd. 01934 514 127

Winscombe District U3A Coffee Morning (1, except Aug) 10am, Winscombe Community Centre. £1 inc refreshments.

Tots 1 (E, term time only) 10-11.30am, Bristol Road Baptist Church, Southside, Weston-super-Mare

Winscombe Probus Club (2 and 4) 10.30am, Winscombe Community Centre. 01934 820 893

Duplicate bridge (E)(and Thurs, Fri, Sat) 1.30pm, 21 Montpelier, Weston. 01934 633 530

Kewstoke Arts and Crafts Group (E) 2pm, Village Hall. 01934 628 309

Georgian Club for over 60s (E) 2pm, St Georges Community Centre, Willow Close 01934 515 923

NHS Retirement Fellowship (2) 2pm, Our Lady of Lourdes Church Hall, Worle, 01934 417 850

Winscombe District U3A (3, except Aug and Dec) 2pm, Winscombe Community Centre. £1.50 members, £2 non-members.

Yatton Art Group (E) 2.15pm, Village Hall. 01934 249 907

Clevedon Mixed Leisure Club (1 and 3) 2.30pm, Consti Club, Kenn Road. 01275 875 179 Weston Flower

Arrangement Society (4) 2.30pm, St Georges Hall. 01934 812 177

Whist drive-in, Portishead (E) 7.15pm. 01275 844 290

Clevedon Lions Club (3) 7.15pm, Walton Hotel. 01275 878 983

Weston Amateur Radio Society (E) 7.30pm, Weston Social Club, Drove Rd. 01761 221 206

Weston Quilters (1) 7.30pm, United Reform Church, Waterloo Street. 01934 834 278

Worle Lions (2) 8pm, Windsor Castle pub. www.worlelions.co.uk. 08458 339 862

Lions Club of Portishead (2) 8pm, Clarence House, High Street. 08432 895 330

Nailsea Lions Club (2) 8pm, Grove Sports Centre. 01275 855 046

Yatton WI (2) 8pm, Yatton Village Hall. 01934 834 796

Royal British Legion (Portishead) (3) 8pm, Clarence House, High Street. 01934 251 468

Tuesdays

Weston U3A (E) 10am, Friends Meeting House, High Street

Mendip Art Group (E) 10am, Banwell Village Hall. 01934 645 885

North Somerset Botanical Painting Society (E) 10am, Brackenwood Garden Centre, Abbots Leigh. 01934 832 952

Age UK free advice

sessions (1) 10am-noon, Portishead Library, (2) 10am-noon, Nailsea Library, (4) 9.30am-12.30pm, Winscombe GP surgery. 0845 643 4621

Coffee and Chat (E, also Saturdays) 10am-noon, Portishead High Street Methodist Church, Portishead. 01275 844 917

Friends of Trendlewood Park (3)(and first Sun) 10am-1pm, Trendlewood Park, Nailsea. www. friendsoftrendlewoodpark.org.uk, 07879 607 492

Western Active Stroke Group (E) 10am-noon, Worlebury Golf Club, Monks Hill, Westonsuper-Mare. (also last Tues of month, skittles at the Ebdon Arms, Lilac Wav. Wick St Lawrence) 01934 519 266

Coffee Stop drop-in coffee morning (E) 10.30am, Milton Baptist Church, Baytree Rd. 01934 641 574

Kewstoke's Tiny Teds Toddler Group (E) 10.30am-noon, St Paul's Church Hall. £2 per family. 07980 384 034

Clevedon Probus Club 1974 (1)(3) 10.30am, Community Centre, Princes Rd. 01275 876 297

Clevedon Probus 2008 Club (2)(4) 10.30am, Clevedon Community Centre, Princes Rd. 01275 874 631

Multicultural Friendship Association (E) 1-3pm, Weston Room, Badger Centre, Wadham Street Weston. 07587 335 963, www.mfa-wsm.org.uk Lynne Castell Watercolours

Art Group (E) 1-4pm, Our Lady of Lourdes Parish Room, Baytree Road, Weston-super-Mare. 01934 628 760 or www.lynnecastell.f2s.com

Portishead Rotary Club Memory Café (1)(3) 2.15pm, Jubilee Hall, Slade Rd. 01275 871 197

Catenian Association (1) 7:15pm, Cadbury House Hotel, Congresbury. For Catholic men. 01275 877 180

Weston Scrabble Club (E) 7pm, St Saviour's Church Hall, Locking Rd. 01934 620 948

Rotary Club of Portishead (E) 7.30pm, Clarence House, High Street. 01275 845 509

A1 Camera Club (E) 7.30pm, St Georges Community Centre, Willow Close. 01934 521 780

Nailsea Scrabble Club (E) 7.30pm (and Wed 2pm), Mizzymead Recreation Centre. 01275 464 864

Hutton Ladies Group (1) 7.30pm, Village Hall. 01934 623 450

Portishead Quilters (1)(3) 7.30pm, Redcliffe Hall. 01275 848 467

North Somerset Vintage Tractor Club (1) Redhill Village Club. 01275 474 649

Weston Railway Society (1) Function Room, Conservative Club. 01934 628 289

Clevedon Art Club (2) 7.30pm, St Mary's Church Hall, Castle Rd. 01275 879 556 Women of Weston

Women's Institute (3) 7.30pm, Vintage Community Church, Hughenden Road, Weston.

Weston Archaeological and Natural History Society (2) 7.30pm, Victoria Methodist Church

> 01934 620 785 Portishead Townswomen's Guild (4) 7.30pm, Folk Hall. 01275 847 271

Hall, Station Rd.

WeAreWOWWI@gmail.

Clevedon and District Model Boat Club (4) 7.30pm, The Salthouse (also sail on the 2nd Sunday of the month at 10am)

Nailsea and District Model Railway Club (E) 7.30pm, Clevedon Craft Centre, off Moor Lane, www. nailsea-district-mrc.co.uk

Clevedon and District Flower Club (4) 7.30pm, Community Centre, Princes Rd. 01275 859 797

Nailsea Miners Rotary Club (E) 7.45pm, George pub, Backwell. 01275 854 641

Weston and Mendip Advanced Motorists' Group (3) 8pm, Village Hall, Crookes Lane, Kewstoke

North Somerset Modellers Society (2) 8.30pm, Windsor Castle pub Milton. 01934 417 907

Wednesdays Lynne Castell Oils, Ácrylics, Pastels Art Group (E) 10.30am-1pm. 01934 628 760 or www.lynnecastell.f2s.com Age UK free advice

sessions (1)(2)(3) 10am-noon, Town Hall, Weston-super-Mare, (4) 10am-noon, Cadbury Garden Centre. 0845 643 4621

Yeo Valley Probus Club (1) (3) 10.30am, Backwell Bowls Club. 01275 857 769

Backwell Probus Club (2)(4) 10.30am, West Backwell Bowling Club. For retired men, to listen to talks on a wide variety of topics. 01275 462 627

North Somerset Over 50s Club (4) 11am, Clevedon Community Centre. 01275 842 282

Gordano Probus Club (2) 12.30pm, Clarence House, High Street, Portishead. 01275 398 706

Portishead Probus Club 73 (3) noon-3pm, Clarence House Social Club, High Street. 01275 814 249 / 07715 572 106

Failand Art Group (E) 1.30pm, Village Hall, Oxhouse Lane. Jimpeck1502@gmail.com

Banwell Bridge Club (E) 1.30pm, Village Hall. 01934 518 690

Friends of Westonsuper-Mare Museum (3) 1.30pm, Blakehay Café, Wadham Street, Weston. Meetings free to members. Small fee to

Woodspring Scrabble Club (E) 2pm, United Reformed Church, Weston. 01934 815 358

Nailsea Scrabble Club (E) 2pm, Mizzymead Recreation Centre. 01275 464 864

Worle Friendship Club (E)

SUMMER CLUBS AND SOCIETIES (#1)





2pm, Worle Community Centre Lawrence Rd 01934 510 863

Weston Society of Arts (A) 2pm, Victoria Methodist Church Hall. 01934 520 564

Portbury Over Sixties Club Portbury Village Hall Backwell Garden Club (3)

2pm, WI Hall 01275 464 236

Portishead Senior Citizens Forum (3) 2.15pm, Folk Hall. 01275 843 678

Clevedon Senior Citizens' Forum (L) 2.30pm, Masonic Hall, Albert Road. 01275 874 296

Social/activity group for ages 40+ (E) Venues in Weston. 07733 411 238

Weston Amnesty International (2) 6.30pm, Worlebury Golf Club Weston, 01934 419 014

Weston and Worle Bridge Club (E) 7pm (and Fri 2pm), St Joseph's Church Hall, Camp Rd. 01934 510 027

Weston Sea Cadets (E) (and Fri), 7pm, Cadet HQ, Sunnyside Rd North. 11 to 18-year-olds.

Portishead Spiritualist Association (E) 7.30pm, Brampton Way Playgroup Hall, Brampton Way. 01275 843 744

Wrington Vale Rotary Club (E) 7.30pm, Burrington Inn, Burrington Combe. 01934 844 214

Clevedon Yeo Rotary Club (1 and 3) 7.30pm, Walton Park Hotel, Wellington Terrace, Clevedon. 01275 218 987 www. clevedonyeorotary.org.uk Nailsea and District

Horticultural Society (2) 7.30pm, United Reformed Church Hall, Stockway North. £2 for members, £3 for visitors. 01275 855 342

Nailsea Stamp and Postcard Club (2) 7.30pm, Mizzymead Recreation Centre. 01275 855 875

Nailsea and Backwell Townswomen's Guild (2) 7.30pm, Methodist Hall. 01275 810 579

Worle WI (3) 7.30pm, Castle Batch Community Centre, Bishop's Avenue. 01934 511 329

Portishead Floral Art Society (3) 7.30pm, Somerset Hall. £5 for visitors. 01275 374 201

Royal British Legion (Clevedon) (3) 7.30pm, Community Centre, Prince's Rd 01275 879 816

Gordano Valley 41 Club (4) 7.30pm, Royal Inn, Portishead 01275 817 258

Weston Moose Social Evening (L) 7pm, Ebdon Arms, Wick St Lawrence. Skittles, darts and friendly conversation 01934 814 042 or 41 litton@tiscali.co.uk

Thursdays

Community Coffee Morning (É) 10am, Clarence Park Baptist Church, Walliscote Rd. 01934 424 550

Probus Club WSM (1)(3) 10am, Worlebury Golf Club, Worlebury. 01934 514 857 www.probusweston.com Probus Club of Nailsea (2)

(4) 10am, Mizzymead Social Club 01275 852 515

Probus Milton (2)(4) 10am, Milton Methodist Church 01934 525 476

Weston Twins and More (4) 10am, Kids Hut, Winter Gardens. 01934 528 348

Civil Service Retirement Fellowship (1)(3) 10am, Friends Meeting House, High Street, Weston. 01275 858 766

Lynne Castell Calligraphy Art Group (E) 10.30am-1pm. 01934 628 760 or www.lynnecastell.f2s.com

Copse Coffee drop-in coffee morning (A) 10.30am, Copse Rd Chapel, Seavale Rd, Clevedon. 01275 798 667 07873 180 135

Notable Club (E) Uphill Scouts Hall. 07845 220 349

Social duplicate bridge (E) 2pm, Vintage Community Church Hall, Hughenden Road, Weston-super-Mare. 01934 627 751

Winscombe Bridge Club 2pm. 10-week course starting Thurs 29 Sept.

Call 01275 540 604 www.winbridge.org.uk

Weston and District National Trust Association (2)(and fourth Fri) 2.15pm, Corpus Christi Church Hall, Weston. 01934 633 593

Yatton Knitting Club (E) 5.45-6.45pm, Yatton Library. All abilities welcome. Free tea or coffee. 01934 426 100 Vintage Hornby Railway

Collectors (4) 6pm, Scout Hut, Totterdown Rd Weston. 01934 413 053

Loves Book Club (1) 6.30pm, Loves Cafe, 9 West Street. 01934 645 672

Vegetarian Cookery Club (A) 6.45pm, Church Hall, 500 Locking Rd, Worle. 01934 628 860

Weston Woodturning Circle (3) 7pm, Weston Football Club, Winterstoke Rd. 01934 510 862

Weston Chess Club (E) 7.30pm, Weston-super-Mare Conservative Club, 24-26 Alexandra Parade. 01934 643 171

Weston-super-Mare RSPB (1, Sept-April) 7.30pm, St. Paul's Church Hall. Walliscote Rd. 01934 835 208

Weston-super-Mare Horticultural Society (2) 7.30pm, St Peter's Church Hall, Baytree Rd. Banwell WI (2) 7.30pm, Village Hall, Banwell. Visitors welcome.

Avon Wildlife Trust Long Ashton (3) 7.30pm, Jubilee Pavilion, Keedwell Hill. 01275 392 690

01934 253 761

North Somerset Rural Business Forum (3) 7.30pm, Winford Manor Hotel. £7.50 for non members 01531 820 307

Royal British Legion (Nailsea) (3) 7.30pm, Grove Sports Club. 01275 856 879

Bristol Sailors Meeting (4) 8pm, British Legion Hall, Long Ashton.

Fridays

Good Companions Senior Citizens Club (E) 9am, Somerset Hall, Portishead. 01275 848 059

Tots2 (E, term time only) 10-11.30am, Bristol Road Baptist Church, Southside, Weston-super-Mare

Gadget Club (1) 10-11am, Town Hall library, Weston-super-Mare. 01934 426 010

Mead Vale Friendship Club (over 50s) (E) 2pm, Community Hall, Worle. 01934 510 672

Portishead Folk Hall Senior Citizens Club (F) 2pm, Folk Hall, High Street, Portishead, £1, inc refreshments and entertainment, 01275 390 350

50-plus club (E) 2-4pm, Castle Batch Community Centre, Bishop Avenue, Worle.

Scrabble Club (E) 2.15-5pm, Clevedon Conservative Club. £1 per session. 01275 342 974

Long Ashton Bowling Club (E - May-Sept) 6pm, Community Centre, Keedwell Hill. 01275 853 885

Nailsea Computer Club (1)(3)(4) 7pm, Southfield Church, Southfield Close, Nailsea. 01275 852

North Somerset Quilters (3) 7.30pm, WI Hall, Station Rd, Backwell. 01275 463 119

Portishead Stamp Club (4) 7.30pm, Friends Meeting House, St Mary's Rd. 01275 374 738

Banwell Society of Archaeology (2) 7.30pm, Banwell Village Hall.

Saturdays

Hutton Lace and Craft Group (2) 9.30am, Village Hall. 01934 822 871

CREWS Backstage Support (E) 10am-1pm, The Stables, Princes Rd, Clevedon 07824 821 814

Portbury Community Café (1) 10am, Village Hall. 07971 501 374

YABEEP Natural Beekeeping Group (2) 10.30am, Claverham Village Hall, Bishops Rd. YABeeP@gmail.com

Avon Guild of Spinners, Weavers and Dyers (2) 10.30am, Bowls Pavilion, Long Ashton Community Centre. 01275 464 526

Parkinson's UK North West Somerset branch meeting (2) 10.30am-12.15pm, St Francis Church Hall, Nailsea. 01275 855 524

Weston-super-Mare & District Family History (E) 2-3.30pm, Weston library, Town Hall, Walliscote Grove Rd.

Sundays

Games and other activities group for over 50s (3) 2-4pm, The Lawnside, Church Lane, Backwell. 01934 888 803

Worle Lions Quiz (1) Windsor Castle pub. Entry £2.50 inc food and cash prize. www.worlelions.co.uk 08458 339 862







About 16,500 granite slabs are being laid in a public square in Weston-super-Mare to transform it into an attractive open space.

Work on the Italian Gardens, at the northern end of the High Street, is nearing completion and it is set to become a popular place for people to meet, relax and enjoy events.

The slabs have been laid carefully in a specific pattern to replicate the slabs used along the promenade.

They will also be placed along Spider Lane, next to the Winter Gardens, to link the two areas.

The 7,000 square metre site was designed by Building Design

Partnership (BDP), a major international practice of architects and designers.

It features a raised circular stage area and large water feature.

The space has been created with events in mind, with a large provision for power and state-of-the-art LED lighting.

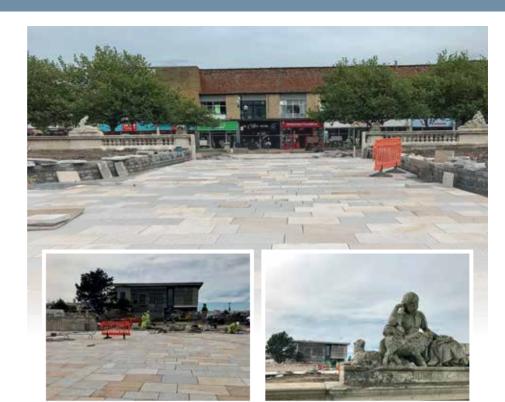
Construction work started in January and is being carried out by local company EJ McGrath and Skanska.

Funding for the scheme was secured from the West of England Local Enterprise Partnership. It recognised that the enhanced square could give an economic boost to the High Street and surrounding businesses by increasing footfall.



Number crunching

- 7,000 tonnes of soil and rubble have been excavated from the site
- a 158,000-litre capacity storm water retention tank sits underneath the granite paving
- 1,000 tonnes of concrete were installed beneath the granite
- there are 92 different sizes and colours of slabs which make up the Weston-super-Mare mix
- 16,500 granite slabs are being laid in total
- 1.000 individual concrete units were cast for the walls and stage steps.





Fire-breathing horse breathes new life into Italian Gardens A fire-breathing mechanical horse, street performers and stomping live music will wow the crowds in

Weston soon.

The big family-friendly event is taking place in the Italian Gardens from noon to 10.30pm on Saturday 5 August to celebrate work finishing on the site.

Live entertainment, music and food will be on offer in the square during the afternoon and evening.

Rachel Lewis, regeneration manager at North Somerset Council, said: "This will be an extraordinary family event, which is free to attend, with performances that we have never had in Weston-super-Mare before."

Headlining the stage area will be six-piece circus show band The Carny Villains, who are known for their highenergy shows of stomping swing and ska music.

Other live music will include acapella sea shanty singing group The Barnacle Buoys, as well as North



Somerset's own Samba Band and the Rock Choir.

Outstanding performances can also be seen from Paka and his Incredible Fire Horse, a full-sized fire-breathing mechanical horse, along with Elsie the Dragon, a giant dragon created from formed steel.

Other street performers include Rimski's Bicycle Piano, who will keep the party spirit going before an illuminating Fire Troupe finale.

For refreshments, there will be a variety of food stalls.

Searching for a better way from Weston-super-Mare to Bristol Airport?

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book online at www.bristolairport.co.uk





The Victorian-themed family fun day takes place from 10am to 3pm on Saturday 26 August.

Activities will include stilt walking, acrobats, a penny farthing, as well as face painting, circus skills, storytelling, traditional games and live music.

Weston-super-Mare has had a museum since 1863 but exhibits only moved into the current premises in Burlington Street 42 years ago, when the former gas company stores became vacant.

The museum, now run by Weston Town Council, tells the story of how Weston-super-Mare grew from a fishing village to a Victorian seaside resort and how the surrounding area has evolved.

The building closed in 2014 for its refurbishment thanks to funding from the Heritage Lottery Fund, Arts Council England, Coastal Revival Fund and others.

Once re-opened, the first temporary exhibition will be Making Weston Museum, featuring photographs from the A1 Camera Club who have followed the project from start to finish.

A full programme of events, talks and exhibitions are planned throughout autumn and winter.

The museum will also feature a new café in the atrium and shop.

Weston Museum, in Burlington Street, will be free to enter. It will open seven days a week from 10am-5pm (but be closed 25-28 December, New Year's Day and 15-21 January).



NORTH SOMERSET HOW ARE YOU?

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

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

Go to www.n-somerset.gov.uk/oneyou and take the free health quiz to see how you score.







A dedicated space for Weston-super-Mare's growing pool of creative and digital talent will soon open in the town centre.

The Stable will be the new name for the Badger Centre, in Wadham Street, when it opens its doors to laptopbased professionals in the creative, tech and digital industries.

About 50 people attended an event in May to discover more about the site and its benefits.



Manager Kerry O'Neill said: "Creative and co-working hubs were unknown a few years ago in the UK.

"Now, most cities have at least one hub. Bristol has a dozen and counting, and Bath is getting at least five new hubs this year alone.

"The growth of the co-working economy is staggering and it's because the model works.

"For freelancers, co-working is social. It reduces the boredom and procrastination that working from home entails and there are fewer distractions than working in busy cafés.

"Being surrounded by others who are keen to work together and share ideas can be a psychological boost for individuals; a productivity and efficiency boost for companies; and a job creation tool as people join forces, expand, recruit new staff and move out to rent their own premises."

How did they decide on the name?

Kerry said: "After much debate we chose The Stable because the yard behind it used to be just that.

"We went through the archived imagery, found old floor plans and really wanted the building to reflect its local heritage."

Phase One of the re-fit includes a ground floor reception area and first floor meeting rooms, kitchen and social area. The top floor has a bright spacious loft dedicated to hot desking, plus office space for small businesses.

The rest of the ground and first floors will become additional co-working spaces once the building's current tenant's lease expires in spring 2018.

The Heritage café will stay open throughout.

Follow progress at the site and explore ways to get involved by visiting www.thestableweston.com





Fully-serviced offices in Portishead are providing the perfect base for 120 companies.

Pure Offices, at Kestrel Court, in Harbour Road, caters for a wide range of business needs, whether a small start-up or regional offices for a global company.

It is part of the national Pure Offices chain, which launched in 2007, and Kestrel Court is one of its largest business centres.

Companies can use it in a number of ways - as a virtual office base by simply using the postal address and telephone number, by taking a full-time desk in a shared space, or by taking a private office for one to 10 people.

There are also meeting room facilities for one to 20 people.

As well as traditional offices, there is a creative quarter with modern studios, high ceilings and large windows.

Workshops and studios are available so many different types of businesses work from there, including a kitchen showroom, chiropractors, fitness studios, a laundry service and hairdressers.

Centre manager Kim Batchelor said: "All our offices and units are available on monthly licences so there is no long-term commitment.

"This is ideal for growing businesses, who can change offices as needed. Everything is set up ready for companies to just move in and go.

"Being in a serviced office means the management team take care of everything, leaving our clients to get on and run their business."

There is a thriving community within the site and regular events are held, including business networking breakfasts and free seminars.

Office setting inspires motivation and growth

Working from home has its advantages but one businesswoman found extra motivation and drive after moving into Pure Offices in Portishead.

Berry Rowan Recruitment Consultants was originally set up by Jeanette Hingley and Karen Watkins in 2009.

It grew steadily but Jeanette and Karen had different visions for its future.

In 2014, Berry Rowan Recruitment Solutions was born and Jeanette needed an office to develop the business and move it forward.

Jeanette said: "This was a scary decision because it would mean a big increase in overheads compared with working from home."

After looking at different options, Jeanette decided Pure Offices offered the best option with the size of office available, simple 'all in' pricing, and flexible monthly licence.

Since moving in, the company has gone from strength to strength and Jeanette exceeded all her targets and In less than a year turnover had tripled and she had taken on her first employee.

Now two years on, Berry Rowan is a team of four in a larger office.

Jeanette said: "Working from an office rather than home has really made me focus on the business. I am more motivated and driven.

"When I am at work, I really am at work and utilise my time better.

"Having an office away from home has made it easier to separate work and personal life and create a better balance between the two.

"And having a formal business address has helped me utilise Google better and greatly improve my position in searches."

Jeanette has also taken advantage of networking events and said: "The business opportunities with other occupiers has been fantastic and I have several new clients directly as a result of being based here at Pure."



For more information contact Kim Batchelor: 01275 390 400



Supporting young carers

Thousands of young people across North Somerset could be missing out on a normal childhood because of the demands of caring for loved ones.

According to the 2011 census, there could be as many as 2,000 under-18s in North Somerset who care for parents, siblings or family members.

These young carers might look after a family member who is sick, disabled or has mental health problems, or is misusing drugs or alcohol.

> I didn't realise there were others doing what I was doing

Responsibilities often include cooking, cleaning, shopping and providing nursing and personal care, as well as This might result in the young carers falling behind at school, struggling to see friends or being bullied for being different

Many young carers are 'hidden' because they may not acknowledge themselves as being a carer, they worry about the stigma attached to it, do not know where to go for support, or are frightened of being taken into care.

Here in North Somerset the young carers' service – part of the Carers Support Alliance – has about 400 registered carers aged from five to 25.

It works with other agencies to identify and support all young and young adult carers in the area.

There is a flexible support plan which includes schools work, therapeutic group and one-

Group is very caring and supportive.

to-one support, counselling, workshops and residential weekends, as well as regular newsletters.

As well as this, a young carers' schools co-ordinator works with schools across North Somerset to raise awareness through assemblies and lunch groups.

There are now nominated young carers leads in all secondary schools and about half of the area's primary schools.

Help is also available for young adult carers aged between 18 and 25, who need support with big changes in their lives, such as university, work and moving on to independence.

> I love spending time with friends who don't judge.

Are you a young carer or do you know one? Find out about the support available by calling the **Carers Support Alliance:** 03000 120 120 (choose option 3) www.alliancehomesgroup.org.uk/ care-and-support-services

www.carers.org www.childline.org.uk





Tackling anti-social behaviour this summer

Lighter evenings mean summer is here but as more people head outdoors, it can also mean an increase in anti-social behaviour.

Calls to Avon and Somerset Police increase by 14 per cent on average in July and August and calls specifically about anti-social behaviour go up 28 per cent.

North Somerset Council also receives an increased volume of calls, about noise complaints, littering and more.

The top five issues that upset people the most are littering, noisy neighbours, damage to property, inconsiderate use of vehicles, and rowdy, drunken behaviour.

The majority of calls happen over weekends when most people are at home, spending time outdoors and enjoying the longer days.

There is also a 10 per cent rise in burglary during the summer months with more than a third because of an open window. So be mindful and #ThinkWindows this summer.

- be a considerate neighbour if you are outside be aware of how your noise might impact on others, especially late in the evening
- be aware of others big groups of seemingly noisy or rowdy people can be intimidating. Everyone should be able to enjoy the parks and open spaces around North Somerset without feeling intimidated or worried
- Don't drop litter, take your rubbish home - cleaning up rubbish and collecting additional litter costs the council money. It can also been dangerous for animals and children if glass bottles and other items are left lying around.
- know your limits while everyone wants to have fun in the sun, the police won't tolerate intimidating or anti-social behaviour.

report incidents of anti-social behaviour as soon as possible

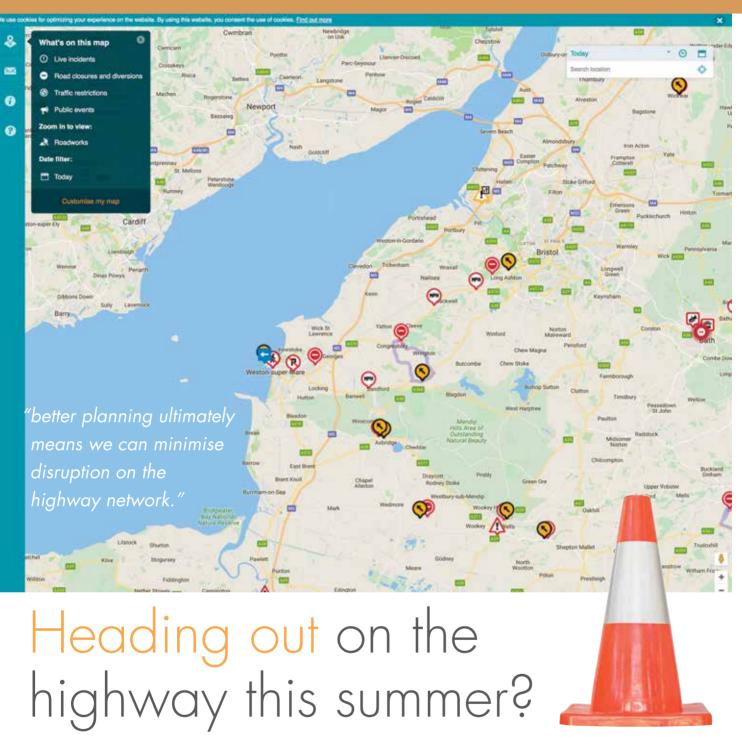


For crime prevention advice visit www.avonandsomerset.police.uk If you are affected by anti-social behaviour, report it to the police or North Somerset Council.

Search for the 'neighbourhood and community' page at www.avonandsomerset.police.uk, visit www.n-somerset.gov.uk/asb or call 01934 888 802.

You can also call Crimestoppers anonymously on 0800 555 111

Investment in roads



Checks roads and routes before you head out on summer trips by using an interactive map on North Somerset Council's website.

Summer months can see some of the highest volumes of traffic on North Somerset's roads as people make the most of longer days and sunnier weather.

Drivers and other road users can use the interactive map - at

www.n-somerset.gov.uk/roadworks - to see information about current and planned roadworks affecting the main roads in North Somerset.

See where works are taking place, who is responsible for them and how long they are expected to last. The map can also be customised to show public events, traffic flow, incidents and public transport information.

Regular email alerts can be set up for specific areas you are interested in.

Investment in roads 🟖



Information about roadworks can be shared through Facebook and Twitter, so you can help your friends and family stay up-to-date with what's happening on the roads in the area

The map is mobile-friendly so you can use it on your smartphone or tablet while you're out and about too.

It is run by mapping system Elgin, which uses data from local highways authorities across the country as well as Highways England and Google's live traffic feed.

As a result, roadworks, traffic restrictions, road closures. diversions, public events and incidents can all be viewed and users can find out more about specific works or incidents by clicking or tapping on the map.

This means that people can find what they're looking for quickly and easily, saving the council money by reducing the number of telephone enquiries it receives, which in turn allows the council's limited resources to be used more efficiently.

Paul Watkins, North Somerset Council's highway network manager, said: "As well as providing a snapshot or overview of works across North Somerset, we can use the map to

share more detailed information about specific works, helping to keep residents more informed.

"For example, when we have large-scale works taking place or are working on one of the main routes, we can link to other sources of information that people might find useful, such as a webpage, leaflet or information letter sent to communities who could be affected by the works."



Planning ahead

Highways officers in North Somerset Council also use the same mapping system to plan ahead.

It is one of the tools the highways department uses to help coordinate roadworks, which minimises

disruption to road users and reduces congestion.

> Paul added: "As well as works such as resurfacing, utility companies - known as statutory undertakers – also have a legal right to dig in the

> > public highway to

maintain their existing pipes and cables or install new ones.

"But before they can start work they have to let us know what they want to do and when.

"This is done electronically between us and the company. The information is then automatically populated onto the roadworks map.

"Using the interactive map helps us co-ordinate and plan works and events on the public highway because utility companies, contractors, residents and our teams can all access the same information.

"And better planning ultimately means we can minimise disruption on the highway network."

Developers, individuals or other private organisations who want to dig up the public highway also have to apply to the council for a special Section 50 licence.

When an application is approved, the council's streetworks team make sure the relevant information is updated in the electronic system, which in turn is published automatically on the map.

To view the map go to www.n-somerset.gov.uk/roadworks To report a road problem visit www.n-somerset.gov.uk/connect or call 01934 888 802.

For more information and applications relating to highways licences go to www.n-somerset.gov.uk/ highwayslicences



Changes at red

Charges for construction and DIY waste have now been introduced at recycling centres in North Somerset.

The charges began in April but are only applied to rubble, soil, ceramics, asbestos, plasterboard, tyres and gas canisters.

Colin Russell, recycling and waste manager at North Somerset Council, said: "The charges have been successfully implemented with little impact on the majority of North Somerset residents.

"When we introduced the charges, we were mindful that the Government is currently reviewing guidance on charges for non-household waste at recycling centres.

> "Charges in North Somerset are for a limited range of materials. Residents can take one bag of rubble, soil or ceramics per visit without charge.

"It is only when people want to deposit rubble in larger quantities that charges apply, and this tends to be more the case for commercial users and beyond what is normally classed as DIY waste.

"We will respond accordingly once the Government release their updated guidance at the end of this year."

People visiting the recycling centres are asked to respect local residents and avoid queuing any earlier than 10 minutes before the site opens, to help keep queues to a minimum.

Construction and non-household

waste charges

- hardcore/rubble, ceramics (tiles, toilets, sinks) and soil first bag per visit is free, £2 per additional bag
- asbestos £10 per bag or sheet
- plasterboard -£4 per bag or sheet
- tyres £3 per tyre (£3.50 with rim)
- gas canisters and fire extinguishers -£5 per bottle weighing under 10kg, £10 per bottle weighing 10-34 kg, £30 per bottle weighing above 35kg

A bag is equal to a standard 25kg rubble bag from a DIY store. A sheet is approximately 180cm by 90cm.

Asbestos must be double-wrapped or bagged with thick polythene and sealed with strong tape otherwise it will be rejected.

Payment is by card only.





'cling centres



Summer opening hours

Backwell

- 10am to 4pm Monday, Tuesday and Friday
- 9am to 4.30pm Saturday
- 9am to 4pm Sunday
- closed Wednesdays, Thursdays

Portishead

Black Rock Quarry, Valley Road

- Wednesday and Friday
- 9am to 6pm Saturday
- 9am to 5pm Sunday
- closed Tuesdays

Weston-super-Mare Aisecome Way

8am to 6pm every day (including bank holidays)



Thanks for sorting your recycling

Thanks to all the residents who take the time and effort to recycle as much as possible and separate their items correctly in their kerbside collection box.

Sorting your recycling helps speed up collections and reduce traffic congestion.

Help crews by...

- washing and squashing all containers
- flattening cardboard boxes
- removing metal lids from your glass jars or bottles and placing them with your tins, cans and foil
- bagging your food waste before emptying it into the outside collection caddy (plastic bags can now be used to line your kitchen caddy).

Are you a top recycler?

Could you offer some top hints and tips to others about how well you recycle and how you reduce waste in your black bin?

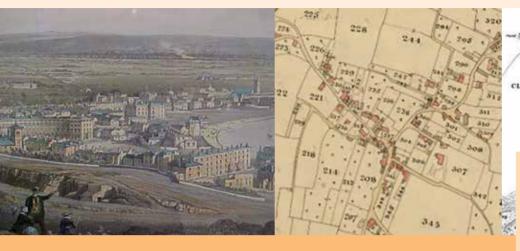
If you've got some smart suggestions which could inspire others to recycle more, send them in to editor@n-somerset.gov.uk

The top three tips will be published in the next issue of Life, and the winning contributors will receive a free compost bin, two recycling box nets and a selection of recycling-themed goodies.



Delve into historical maps of North Somerset

1946 aerial imagery © English Heritage. OS data © Crown copyright and database rights 2016 Ordnance Survey 100023406. Use of OS data is subject to an end user licence.



Know Your Place West of England is a free digital mapping resource that enables people to explore old maps, archive images and other information.

Five historic map layers of North Somerset are available, dating from 1844.

The tool allows you to compare two maps from different eras by moving the bar across the page, so you can explore the natural and man-made landmarks and see how they change over time.

Cat Lodge, archaeologist at North Somerset Council, said: "This exciting project enables residents to explore the history and heritage of their local areas.

"Through the use of digital mapping, users are able to see how their communities have developed over time and add to the historical knowledge of those places.

"One of the most exciting aspects is the community layer which allows you to add information and photographs."

More than 50 volunteers are continuing to work on further maps, which will be added to Know Your Place over the coming months.

North Somerset is the final area in the West of England to go live in the project.

The project was awarded nearly £380,000 from the Heritage Lottery Fund, with match-funding and support from local authorities and heritage groups in the region.

www.n-somerset.gov.uk/heritagemap • www.kypwest.org.uk

The online HER is for reference only. Enquiries are usually free for residents, local groups and students. A fee is payable for commercial searches. Contact dm.archaeology@n-somerset.gov.uk

Recording the area's history

More than 40,000 sites of archaeological and historical interest across North Somerset are recorded in a formal database.

North Somerset Council keeps the historic environment record (HER) updated with new finds and discoveries.

The database includes records of listed buildings, scheduled monuments, conservation areas, registered parks and gardens, as well as undesignated but acknowledged sites such as Iron Age hillforts, castles, stone circles, significant place names and Second World War pill boxes.

It is linked to a mapping system and events such as excavations are also recorded, as well as photographs, landscape information and unpublished reports and notes.

The database is an important tool for planning purposes because it provides information about the historic environment to communities, land owners and developers.

Anyone who finds anything interesting can contact North Somerset Council or add a record to the community layer of Know Your Place.



To find out if you live in a conservation area or somewhere with an article four direction, visit www.n-somerset.gov.uk/ environmentmap

North Somerset Council can give pre-application written advice about whether you need planning permission. Visit

www.n-somerset.gov.uk/planning

Works to buildings may also need separate approval under building regulations. North Somerset Council can advise on this.

www.planningportal.co.uk www.historicengland.org.uk

Conserving the uniqueness of conservation areas

Conservation areas are put in place to protect an area's special architectural and historic interest.

North Somerset has 34 conservation areas and if you live in one, it could mean there are certain planning restrictions around any alterations you want to do to the outside of your property or trees in the garden.

These controls are there to protect the unique and distinctive features of the

Kate Hudson-McAulay, North Somerset Council's conservation and heritage officer, said: "It's important to remember that having to apply for planning permission does not mean you can't make changes, just that

there is slightly more control over what changes can be made to protect the heritage of an area."

As well as conservation status, some areas might also have an additional article four direction placed on it.

This restricts the work you can normally do without planning permission, such as replacing doors, windows or guttering.

This type of planning control only applies to houses, though. Flats do not have any permitted development rights and they have more planning restrictions in general.

What needs planning permission?

In a standard conservation area with no article four direction, you need to get planning permission for...

- roof extensions, including cladding with render, stone, timber, tiles or plastic
- side extensions
- rear extensions of more than one storey
- demolition of unlisted buildings which are more than 115 cubic meters
- satellite dishes and radio antennae which are visible from a road and on buildings more than 15 metres in height

- works to trees, including proposals to cut down, top or lop a tree. Six weeks' notice is needed before the work takes place
- demolition of walls, gates and fences which are one metre or above next to a highway (including a public footpath or bridleway, waterway or open space), or two metres or above elsewhere
- advertisements, including illuminated advertisements on business premises and hoardings around development sites.

Any new development must make a positive contribution to the character of the area.



Universal credit is arriving in North Somerset this month to support people on a low income whether they are in or out of work.

Under universal credit – administered by the Department for Work and Pensions (DWP) - there is no limit to the number of hours you can work a week but your payment will reduce gradually as you earn more.

You may be entitled to universal credit if you are on a low income. For more information visit www.gov.uk/universalcredit

It will be a single monthly payment made directly into a bank account and replaces six existing benefits:

- housing benefit
- income-based jobseeker's allowance

- income-related employment and support allowance
- income support
- child tax credit
- working tax credit.

Anyone currently receiving payments for housing benefit from North Somerset Council does not need to take any action at this time.

You will eventually be transferred to universal credit but this is not planned to start until 2019/20.

If you have a significant change, such as finding work or your youngest child reaching the age of five, then you may



be transferred to universal credit but you will be notified by the DWP.

North Somerset Council can help you manage your money and pay bills on time, as well as put you in touch with other organisations offering more indepth money advice, such as Citizens Advice North Somerset, Step Change and Shelter.

Find out if you are eligible at www.gov.uk/universalcredit

Support will still be available for people on a low income or claiming benefits to help pay their council tax. Visit

www.n-somerset.gov.uk/counciltax

Get vocal, be heard 🥃





Get vocal, be heard

Listening to residents' views is an important part of the democratic process and North Somerset Council welcomes ideas to make things better.

While the council can't act on every suggestion, it listens to feedback and makes changes where possible.

You said.

I took part in the consultation about Public Space Protection Orders what's happening now?

We did:

An eight-week consultation took place at the beginning of this year to get people's views on proposed orders to tackle anti-social behaviour and make public spaces in North Somerset more welcoming.

More than 350 responses were received and, at the time of Life going to print, the new Public Space Protection Orders were expected to be approved and come into force in October.

These orders are aimed at preventing individuals or groups of individuals committing anti-social behaviour in public places.

They will also replace existing dog control orders, designated public place orders to help the police tackle alcohol-related anti-social behaviour

and, where appropriate, local byelaws.

Designated council and police officers will have the right to issue on-the-spot fines

Overall feedback showed that people want to see a strong and robust approach to enforcement of the orders.

In some communities in North Somerset, though, the introduction of an order was not supported.

In these places, more consultation will take place.

ree management

The council will consult further on broader skateboarding restrictions and some of the newly proposed local dog control provisions, such as Worle recreation ground, Clevedon cricket ground and

Wrington's Silver Street recreation ground.

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

You said:

Can I cut back a tree overhanging my property?

We did.

At this time of year, North Somerset Council's tree team receives enquiries every day from the public.

These might be requests for pruning works to council-owned trees or advice on privately-owned trees and the common law right to prune back unprotected trees to the boundary.

A lot of these enquiries have standard answers so, to help residents get a reply quicker, a leaflet has been produced to explain how decisions are made about tree maintenance and what the priorities are.

Visit www.n-somerset.gov.uk/ trees for information about trees and woodlands, protected trees, memorial trees, hedgerows, high hedges and tree wardens. Click on 'our trees' to go to the leaflet.

To report a tree issue visit www.n-somerset.gov.uk/connect or call 01934 888 802

Your views – Letters, photos, tweets, posts

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,

The Hildesheim youth exchange has been and gone and we had a great time.

In March, young people from the German town visited Weston-super-Mare and we met the chairman of North Somerset Council, the mayor, had a meal from local Indian restaurant Poppadoms, had a meal cooked by catering students at Weston Collage, visited Hans Price Academy, as well as trips to Bath and London.

We are now looking for young people to go to Hildesheim in the October school holiday.

To find out more, call me on 01934 429 036 or email debbiestone67@btinternet.com

Debbie Stone, Hildesheim exchange programme

Dear Editor

We have been amazed by the numbers of people, young families and older folk too, who have sought out the Ty Sculpture Trail in Towerhouse Wood since your 'Time Out Walk' piece appeared in Life magazine [May/June issue].

A recurring theme has been visitors telling us that while they have lived nearby all their life in Nailsea/Portishead/ Backwell/ Weston/Long Ashton, they had never known these beautiful woods existed.

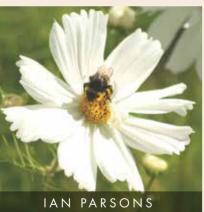
We're up to 590 'followers' and 579 'likes' on the Ty Sculpture Trail Facebook page.

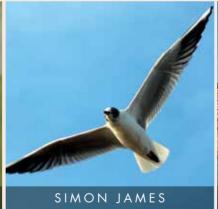
The Woodland Trust are now on their third reprint of the Ty Sculpture Trail tick-box charts and have doubled the print run - so that's 2,000 printed charts plus at least a couple of hundred black and white photocopied charts when the colour ones ran out.

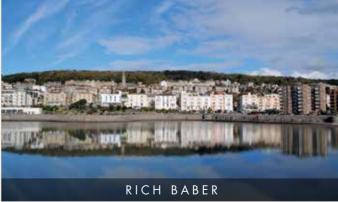
Lots of great family outings!

Piers Partridge, Wraxall www.tysculpturetrail.co.uk

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











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

Hi @NorthSomersetC Can you point me in the direction of crime statistics on your website (just for NS area)? Thanks.

North Somerset Council: Our community safety info is at www.n-somerset.gov.uk/ communitysafety, including links to the police website where appropriate

How can I find information about moving a lamp post? I have tried the website but haven't found anything useful. Thanks!

North Somerset Council: Contact streetlighting@n-somerset.gov. uk, who'll email you to arrange site meeting to discuss. If we can move the light we'll advise you of cost.

In @NorthSomersetC many bus stops don't show routes/timetables. You need a smartphone to find out.

North Somerset Council: Bus stops are owned by several different organisations. I'm afraid we are unable to provide timetables at every bus stop but paper timetables, provided by First, are available at local libraries.

North Somerset Life 🕏



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:

- Latest on libraries and children's centres
- Flood protection

Sign up to Life's online edition www.northsomersetlife.co.uk

Tide timetables for Weston-super-Mare

Tide facts

Approximate high water times at:

Clevedon: 10 min 18 min Portishead:

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

Report it. Request it. Pay for it. www.n-somerset.gov.uk/connect

9am - 5pm 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



www.n-somerset.gov.uk/tidetimes

AUGUST 2017 **JULY 2017**

Date	High	water	Low water		High water		Low water		Date	High water		Low water		High water		Low water	
	Time	Height (M	Time	Height (M)	Time	Height (M.	Time	Height (M)		Time	Height (M	Time	Height (M)	Time	Height (M	Time	Height (M)
AM PM									AM PM								
1 Sat	00:40	10.35	06:39	2.06	13:11	9.85	19:04	2.30	1 Tue	01:35	9.19	07:23	2.79	14:12	8.87	19:57	3.04
2 Sun	01:33	9.83	07:36	2.39	14:08	9.45	20:06	2.60	2 Wed	02:41	8.85	08:38	3.11	15:24	8.83	21:40	3.09
3 Mon	02:34	9.50	08:46	2.61	15:12	9.32	21:23	2.68	3 Thu	03:55	8.94	10:11	2.89	16:37	9.26	22:41	2.59
4 Tue	03:40	9.45	09:54	2.56	16:18	9.51	22:22	2.46	4 Fri	05:05	9.42	11:03	2.37	1 <i>7</i> :38	9.96	23:26	2.04
5 Wed	04:46	9.67	10:46	2.30	1 <i>7</i> :19	9.94	23:10	2.12	5 Sat	06:02	10.07	11:47	1.88	18:26	10.63	-	-
6 Thu	05:43	10.05	11:31	1.99	18:09	10.43	23:52	1.79	6 Sun	06:47	10.63	00:08	1.61	19:06	11.12	12:28	1.54
7 Fri	06:30	10.44	-	-	18:51	10.83	12:12	1.71	7 Mon	07:26	11.03	00:50	1.35	19:43	11.45	13:10	1.35
8 Sat	07:10	10.75	00:32	1.54	19:29	11.12	12:51	1.51	8 Tue	08:03	11.34	01:31	1.20	20:20	11.70	13:50	1.24
9 Sun	07:46	10.97	01:09	1.37	20:04	11.30	13:28	1.39	9 Wed	08:39	11.60	02:11	1.09	20:57	11.90	14:29	1.15
10 Mon	08:22	11.13	01:47	1.28	20:39	11.43	14:05	1.34	10 Thu	09:15	11.80	02:53	1.01	21:35	11.99	15:09	1.12
11 Tue	08:56	11.27	02:25	1.23	21:14	11.50	14:41	1.33	11 Fri	09:52	11.83	03:33	1.00	22:12	11.87	15:50	1.20
12 Wed	09:32	11.34	03:04	1.23	21:51	11.46	15:19	1.38	12 Sat	10:30	11.60	04:13	1.15	22:51	11.50	16:27	1.42
13 Thu	10:10	11.26	03:44	1.30	22:29	11.26	15:58	1.51	13 Sun	11:09	11.13	04:52	1.42	23:33	10.95	17:03	1.71
14 Fri	10:49	11.01	04:25	1.46	23:10	10.92	16:36	1.70	14 Mon	11:52	10.56	05:28	1.73	-	-	17.44	2.00
15 Sat	11:30	10.63	05:03	1.67	23:53	10.52	1 <i>7</i> :1 <i>7</i>	1.91	15 Tue	00:19	10.34	06:15	2.05	12:41	9.99	18:40	2.33
16 Sun	-	-	05:49	1.87	12:15	10.23	18:08	2.12	16 Wed	01:17	9.80	07:18	2.40	13:48	9.57	19:55	2.66
1 <i>7</i> Mon	00:43	10.14	06:45	2.08	13:10	9.89	19:11	2.33	1 <i>7</i> Thu	02:36	9.54	08:46	2.63	15:14	9.59	21:33	2.66
18 Tue	01:46	9.88	07:54	2.27	14:20	9.74	20:29	2.49	18 Fri	03:59	9.80	10:11	2.38	16:34	10.13	22:47	2.19
19 Wed	03:03	9.92	09:15	2.31	15:38	9.99	21:53	2.35	19 Sat	05:16	10.47	11:20	1.87	17:46	10.95	23:57	1.58
20 Thu	04:18	10.31	10:27	2.04	16:50	10.56	22:59	1.96	20 Sun	06:21	11.26	-	-	18:45	11.73	12:23	1.26
21 Fri	05:26	10.89	11:32	1.67	1 <i>7</i> :55	11.23	-	-	21 Mon	07:14	11.91	00:50	0.98	19:35	12.26	13:11	0.77
22 Sat	06:29	11.49	00:06	1.52	18:54	11.84	12:34	1.22	22 Tue	08:01	12.31	01:36	0.60	20:18	12.55	13:54	0.51
23 Sun	07:24	11.98	01:02	1.03	19:45	12.29	13:23	0.82	23 Wed	08:43	12.48	02:19	0.46	20:58	12.63	14:35	0.48
24 Mon	08:14	12.31	01:50	0.68	20:33	12.55	14:10	0.58	24 Thu	09:22	12.43	02:58	0.53	21:38	12.48	15:14	0.62
25 Tue	09:00	12.44	02:34	0.52	21:17	12.59	14:54	0.54	25 Fri	09:59	12.15	03:36	0.76	22:15	12.06	15:50	0.92
26 Wed	09:44	12.34	03:19	0.56	22:00	12.39	15:37	0.68	26 Sat	10:37	11.59	04:08	1.12	22:50	11.40	16:21	1.32
27 Thu	10:25	11.98	04:02	0.79	22:43	11.92	16:17	0.99	27 Sun	11:09	10.85	04:36	1.54	23:22	10.61	16:49	1.75
28 Fri	11:07	11.39	04:40	1.16	23:23	11.25	16:56	1.39	28 Mon	11:41	10.05	05:05	1.95	23:55	9.81	1 <i>7</i> :19	2.17
29 Sat	11:46	10.66	05:17	1.58	-	-	1 <i>7</i> :31	1.82	29 Tue	-	-	05:38	2.35	12:16	9.30	17:57	2.60
30 Sun	00:02	10.50	05:52	1.99	12:26	9.93	18:10	2.23	30 Wed	00:33	9.06	06:19	2.79	13:03	8.64	18:49	3.08
31 Mon	00:45	9.79	06:33	2.39	13:13	9.30	18:56	2.65	31 Thu	01:34	8.46	07:19	3.26	14:26	8.29	20:07	3.49

