

NORTH SOMERSET

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LIFE

Meet the Portishead marathon man



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Dear reader,



I hope you all had an enjoyable Christmas and are going to have a healthy new year in 2017.

Last year will surely be remembered as the year of protest. Whether it was the American presidential race, the vote on Europe, our own political party leaders and even North Somerset's vote on a regional mayor.

At all levels, some surprising election results but a common theme, millions of people who do not always vote, using democracy to say they want change, more centralised, remote government is not the answer.

You could say that it shows democracy works, electors showing they are fed up with establishment bureaucracy taking them for granted. Or it could be just further evidence of a breakdown and loss of respect for our structured communities and law. I am concerned that many of the protest votes were against the actual system but all that has changed are those who are now in that same system. In a world of global decisions and international finance, what happens next when people realise nothing has really changed?

The chancellor's finance proposals for next year, announced last November, made no comment on the huge gap in funding for care services across the country. It is the single biggest item of expenditure for all major councils and we have been warning government that lack of action has severely affected all other services we have to carry out. More funding needs to be diverted into care services even if it has to come from the NHS, but it is not just about money, we also need to encourage more people to see it as the invaluable career it is. Diverting money from the NHS is never going to be popular but better care which avoids the need for more intensive hospital care, is surely better for the country and more importantly, better for the patient.

During a recent visit, secretary of state Chris Grayling made very positive comments about the continued success and importance of Bristol Airport and North Somerset.

With local businesses doing better than expected, investment in North Somerset and enquiries from new companies, continuing to grow, and Hinkley power station getting permission, there are real prospects of an improving local economy and job opportunities. Excellent news and good to see it recognised by senior members of government.

If we get the snow and freezing temperatures that the weather forecasters are predicting for January and February, we will be contacting local communities regularly to give information on blocked or dangerous roads and what to do if there are disruptions to waste collections.

Best wishes.

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

£500,000 heritage funding agreed for Weston



The history and heritage of Weston-super-Mare will be preserved and enhanced thanks to half a million pounds of funding.

North Somerset Council has successfully bid for £500,000 from Historic England to establish a Heritage Action Zone (HAZ) in the town centre.

This new initiative aims to help unlock the economic potential of a historic site by encouraging local partners to make use of their resources in a creative and focussed way, to enhance local places and achieve sustainable growth.

An area needs to have significant historic interest to be considered for HAZ status, with the potential to make greater use of its heritage to support the site's social, economic and environmental needs.

Rachel Lewis, regeneration manager from North Somerset Council, said: "This funding fits well with what we want to achieve with our ambitious plans for Weston town centre.

"We will now be working closely with Historic England to set up a HAZ partnership team and prepare a detailed delivery programme and plan."

North Somerset is the only successful bid in the South West. The council aims to launch it in April and it will run for three years, until 2020.

The council has also successfully bid to join the One Public Estate programme and been awarded £280,000 of funding.

This national programme provides capacity funding for local authority-led partnerships to bring public sector partners together to share buildings and develop surplus assets to provide jobs and new homes.

The initial funding includes £145,000 for a project in Weston town centre, exploring options to co-locate public services in the town centre.

This would be at the Town Hall and possibly a new multi-agency hub which could provide health services and better premises for Weston central children's centre.

Resolve to make a difference in your community this New Year

Community-minded people in North Somerset are being urged to come forward and be trained to help in an emergency.

Volunteers are needed to join the Community Resilience scheme to learn what to do to help family, friends and the local community prepare for, respond to, and recover from an emergency.

Anyone aged 14 and over living or working in North Somerset can take part.

No special skills are required as initial training will be provided. A two-hour session takes place at the Castlewood office in Clevedon, at 7pm on Monday 23 January.

Community Resilience
North Somerset

To find out more and register an interest visit

www.communityresilience-ns.org.uk

email
info@communityresilience-ns.org.uk
or call 01934 426 322

Find out more about the Heritage Action Zone in the next issue of *Life*.

New yoga and Tai Chi classes for older people

Two new yoga and Tai Chi classes are now available in Weston-super-Mare for older people.

Yoga and Tai Chi can be beneficial for people with mobility issues, including older people and those with disabilities.

Both can increase strength and flexibility, and reduce stress and anxiety.

Two new classes have now been added to the Staying Steady programme for older people.

Rawlins Avenue, from 11am-noon on Mondays; and Clarence Park Baptist church hall, in Walliscote Road, from 10.30-11.30am every Friday.



For more information contact Nikki Smith at Age UK Somerset on 07530 777 895 or nikki.smith@ageuksomerset.org.uk



Sporting stars celebrated



Sporting projects, clubs and individuals from across North Somerset have scooped awards for their efforts in promoting active lifestyles for local people.

During the West of England Celebration of Sport event, organised by the West of England Sport Trust and supported by Nuffield Health, there were five award-winners from North Somerset.

Mark Sweeting from Sweet Result Fitness picked up Participation Coach of the Year.

He joined North Somerset Council's Go4Free programme last April and since then has significantly increased his number of classes and now employs six instructors.

Mark has also developed class champions to support new and existing participants.

Gordano Valley Archers won Club of the Year, after increasing its membership by 15 per cent in the last year.

It is now one of only three accredited archery clubs in the country.

Nia Edward from the Academy of Gymnastics in Portishead won Children's Coach of the Year.

Nia has developed new training methods and as a result, one of her gymnasts become British Champion and another was selected into the British Performance Pathway squad.

Liz Kincaid, also from the Academy of Gymnastics, was awarded Performance Coach of the Year.

Liz was the only personal coach selected to represent Great Britain at the World Championships in Glasgow; and at the British Championships she coached two junior gymnasts to the top six.

Five gymnasts coached by her were selected into the national team and one – Ruby Harold – was eventually selected for the Rio Olympics.

Finally, Knightstone Housing Association won the Wesport Try it, Love it, Live it Award for delivering a programme of community festivals in partnership with Wesport.

The festivals enabled local residents to participate in fun, physical activities and nearly 1,000 people took part.

www.n-somerset.gov.uk/go4life

Traffic flow set to improve

Traffic flow in two areas of Weston-super-Mare is set to improve thanks to road improvement schemes due to start early this year.



In the town centre, road layouts will be changed so that traffic can turn right from Locking Road into Alfred Street without having to travel along the one-way system on Alexandra Parade.

This will make it easier to travel to the north side of the town centre.

Work also will take place to install traffic lights at West Wick roundabout near Morrisons, as traffic joins from the A370 Somerset Avenue (in both directions) and Elmham Way.

An extra lane on Elmham Way, on the approach to Bransby Way/Elmham Way/Rowan Place roundabout, will also be created.

More information about each of the schemes is available at www.n-somerset.gov.uk/schemes

Cooking workshops come to libraries

Free workshops will be taking place in North Somerset libraries to inspire people to learn about food and how to cook.

Cook2Learn launches this month with free workshops for people to gain new skills, follow and prepare simple recipes, and learn about food and healthy lifestyle choices.

Workshops are designed for adults who have not done much cooking



before and would like to improve their knowledge and skills.

They will be delivered by library staff, health trainers, community learning and library volunteers.

The first series of workshops will be held in libraries in the Weston-super-Mare area and new collections of cookery



and food books are available for library members to borrow from all North Somerset libraries.

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



Workshops are free to attend but places are limited so booking is essential. Visit www.cook2learnblog.wordpress.com or your local library.

Wasted medicines in North Somerset cost £1.2m a year

RECEIVING MEDICINES YOU DON'T NEED?

TALK TO YOUR PHARMACIST



STOP MEDICINES WASTE

Health leaders in North Somerset are calling for patients and health care professionals to help stop medicines being wasted.

Medicines waste costs £1.2m a year – the equivalent to 75,000 GP appointments.

It means medicines are requested on prescription but then not used.

Now NHS North Somerset Clinical Commissioning Group (CCG) has launched a campaign to make sure people only order the medicines they need.

Dr Mike Jenkins, GP and one of the clinical leads at the CCG, said: "We are asking people not to overstock, to check their cupboards and supplies, and only order items they really need.

"We want to encourage patients to talk to their doctor or pharmacist if they stop taking medicines, have any questions about their medication, or if they are receiving medicine they don't take.

"If we can reduce the amount of medicines waste, this money can be reinvested to benefit healthcare in North Somerset."

Community pharmacists can also help support people to use their medicines appropriately.



Get the best out of your heating system this winter

Cold weather and high energy bills mean some households must decide whether to keep warm or turn the heating down to save money.

You may be able to do both though, by knowing how to get the best out of your existing heating system.

The home energy team from the Centre for Sustainable Energy is holding drop-in sessions in Weston-super-Mare and Clevedon this winter.

The energy team can offer free advice on a wide range of energy issues to work out what is best for your home, grants that might be available, how to solve difficulties with your supplier, or how to get a better deal.

Drop-in sessions take place at:

- Weston-super-Mare Town Hall – 1-4pm on Thursday 19 January and Thursday 16 February
- Clevedon Library – 10.30am-2.30pm on Friday 13 January, and 4-7pm on Friday 31 January



Centre for Sustainable Energy

Alternatively, contact the Centre for Sustainable Energy on (Freephone) 0800 082 2234 or email home.energy@cse.org.uk

Families needed to host exchange visitors

Families in Weston-super-Mare are needed to open up their homes to young German students as part of a popular exchange programme.

The exchange takes place twice a year when young people from Hildesheim visit Weston during the Easter break, and then Weston students do a return trip in October.

The next one takes place from Friday 7 to Wednesday 19 April. Anyone can take part as long as you have a spare room. You do not have to speak German.

Marie and David have hosted for more than 10 years and said: "All the young people we have stayed with us have been polite, friendly and engaging.

"We have enjoyed their company and there are always moist eyes and hugs when we have to say goodbye."



To take part contact Debbie Stone:
01934 429 036 or
debbiestone67@btinternet.com



£2m investment for Hutton Moor

Fitness facilities at a leisure centre in Weston-super-Mare will be upgraded this year as part of a £2m improvement scheme.

The gym and fitness facilities at Hutton Moor are being extended to meet a growing demand, after proposals were agreed by North Somerset Council's executive members last month.

The scheme marks the first phase of improvements at the site.

A two-storey extension at the rear of the building will allow the gym to be enlarged with two new multi-use studio spaces.

One of the centre's three squash courts will be converted into a new reception for the gym area, and another court will be converted into a fixed cycle workout room.

The current unused bar area will be converted into a dedicated dance studio.

Outside, three all-weather pitches and two tarmac tennis courts will be created.

Details of phase two of the development – including addressing an increased demand for more pool

space – will be looked at in the summer following a feasibility analysis and suitable business case.



The centre is run by Parkwood Leisure on behalf of the council and attracts more than 600,000 visits a year.

It currently has more than 3,000 gym members and the existing fitness facilities are too small to cope with the demand.

The proposed changes would create the capacity for about 800 additional members.

It is estimated the changes will see an increased income to the council of between £80,000 and £90,000 a year.

Work on the new facilities is due to start in the spring, subject to planning approval.

www.n-somerset.gov.uk/leisurecentres

Do more online with MyAccount

Reporting council services such as missed recycling collections or road problems can now be made through the online MyAccount system.

You can log into MyAccount on the council's website to report a missed recycling collection, damaged manhole cover, dog mess and more.

This is as well as existing services, such as registering for the garden waste service.

By reporting these issues through MyAccount, you will get updates on progress and see all your activity in one place when you log in.

This added functionality has been introduced because many residents prefer to contact the council through its website.

Reporting online instead of over the phone helps the council save money and operate in a more efficient way.

Telephone and face-to-face services will still be available to those who need them most.

Monitoring tools will show how people use and interact with MyAccount so improvements and adjustments can be made over time.

This is the first phase of MyAccount's development and more options will go live in coming months.

To create an account, just enter your name, email address, security questions and a password at www.n-somerset.gov.uk/myaccountregistration



Pupils pick names for new gritters

Pupils from two primary schools in North Somerset have picked names for the area's six new gritters.

In a competition run by North Somerset Council and Skanska, pupils from Winscombe and Sandford primary schools came up with a host of potential names.

Ice Cracker, Scoopy, Mr G, Ice Destroyer, Frosty, and Big Grit were then chosen as the winners by ward councillor Ann Harley.

Pupils also drew pictures of the gritters for an art competition and six were picked by the head teacher.

See the winning drawings on the gritter Twitter feed.

 @NSgritters



Reach new audiences with North Somerset Council

Businesses who are looking for new ways to advertise can find a range of unique options and packages with North Somerset Council.

Advertise on a bus stop, sponsor one of 18 roundabouts throughout the area, on TV screens in the Town Hall, in an internal staff newsletter, on the council's website, or in this magazine.

To find out more visit www.n-somerset.gov.uk/advertising

Inspiring others through momentous marathon challenge



Hundreds of thousands of pounds has been raised for charity by a Portishead marathon man and his momentous anti-bullying campaign.

Runner Ben Smith captured the public's imagination last year when he completed an astounding 401 marathons in 401 days.

He raised £305,000 for anti-bullying charities and has now set up The 401 Foundation to carry on the legacy and boost self-esteem in people of all ages.

The gruelling challenge changed Ben's life and he is now inspiring others to change theirs.

Ben said: "I still can't quite believe it. Even at the start I couldn't see how it was possible but it just all came together in a magical way."

The 34-year-old had four clear objectives – to raise £250,000 for Kidscape and Stonewall, to raise awareness of bullying in the UK, to

inspire and challenge people to do things they never thought possible, and to run 401 marathons in 401 days.

Ben was bullied mercilessly at school over his sexuality and the daily physical and emotional abuse broke him. He first tried to take his own life at the age of 18, and then tried for a second time after suffering depression at university.

Ben said: "I didn't really have a clear understanding of who I was and what I wanted to achieve in life, and never really had the strength or motivation to make my own decisions."

Ben took up running to improve his health and wellbeing just four years ago.

He said: "I got to the point in my life where I was lost. I was about 16.5 stone, a smoker, a drinker, and realise now how depressed I was."

A sudden illness and hospital stay in 2012 made him realise things had to change.

A friend suggested joining a running club so Ben gave it a go. He said: "My very first run was just two miles but I remember thinking that I'd achieved something. It was the first time I'd done something just for me. I was addicted."

The following year Ben built up his distances – 5k, 10k, half marathon, and his first marathon.

In 2014 he challenged himself to run 18 marathons in one year and travelled all over the world.

Challenge in numbers

- **10,512 miles** – total distance ran (equivalent of London to Sydney)
- **9,873** – people who ran with Ben
- **575** – first time 401 marathon runners
- **101** – school visits
- **2,671,500** – total calories burned
- **24** – pairs of trainers worn

He said: "Running gave me an opportunity. It was an adventure. I was meeting new people and seeing new places.

"I was actually doing something rather than just talking about it."

It was during this time that Ben also found peace and strength by coming out as gay.

He decided to do a big challenge and wanted to raise money for Kidscape and Stonewall to help others who may be going through the same thing he did.

Other runners have completed similar challenges, such as Belgian runner Stafaan Engels who completed 365 marathons in 365 days in 2011.

So Ben rounded it up to 400 and added an extra victory lap as someone suggested making it The 401 Challenge.

Ben's father contacted running clubs up and down the country, who then suggested and publicised routes.

Ben said: "We never knew how many people would turn up each day but we had all ages – from babies in prams to an 80-year-old."

The charity attempt began on 1 September 2015 and Ben ran 284 consecutive marathons in 284 days.

He then developed severe back problems so had to stop for 10 days but made up lost mileage on his return to still complete the distance in 401 days.

Each marathon would take five to six hours but Ben said: "I didn't focus on the time because our objectives were different from that. I would run the pace of the slowest runner."

Ben used social media to publicise his challenge and thousands of people followed his progress.

He said: "The positive engagement and passion people showed was truly humbling and extremely motivating."

Ben also visited more than 100 schools to talk about bullying.

"I want children to have a belief in themselves. No matter what you go through growing up, there can always be a positive outcome if you want there to be."

Ben finished the challenge on 5 October last year and just a few weeks later was named ITV Fundraiser of the Year at the Pride of Britain awards.

He appeared on national radio and television during Anti-Bullying Week in November, and is now busy establishing The 401 Foundation.

This grant-funding body has been set up to distribute grants of between £2,500 and £5,000 to small grassroots projects that work to promote self-esteem, mental health and self-development in people of all ages.

He is also settling back into life in Portishead, and said "I love it here, it's the place I feel most at home."

All photographs courtesy of Michael Lloyd



www.the401foundation.co.uk

Facebook: [the401foundation](https://www.facebook.com/the401foundation)
Twitter: [@the401foundation](https://twitter.com/the401foundation)



Kick start a healthy 2017

January is the perfect time to reflect and make resolutions for the year ahead.

Getting fit and healthy tops many people's wish lists, whether you want more energy to chase after your toddler or try out for a triathlon.

A wealth of evidence shows that leading a healthy lifestyle can reduce the risk of many preventable diseases such as cancer and diabetes, and conditions like obesity and depression.

If the thought of donning Lycra leaves you feeling cold, there are plenty of other ways to get active.

Small steps are all that's needed to set you on your way and make a new healthy habit.

To get you started, North Somerset Council's active directory provides a wealth of information on a wide range of activities, whether you are a beginner, returning to exercise or want to try something new.

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

Better lifestyle choices to help you stay healthy

Lifestyle choices related to alcohol, smoking, being overweight and obese cost the NHS more than £11bn each year.

According to Public Health England...

- about one-in-four adults are obese, and this is expected to rise to one-in-three by 2034
- if obesity in England reduced to 1993 levels, five million cases of chronic disease could be avoided
- a lack of physical activity costs the UK an estimated £7.4bn a year
- more than one-in-four women and one-in-five men do less than 30 minutes of physical activity each week
- physical inactivity is the fourth largest cause of disease and disability in the UK
- alcohol misuse costs the NHS £3.5bn per year
- smoking is the biggest cause of preventable illness and premature death in England
- it is estimated that 16.1 per cent of adults smoke in North Somerset – about 25,800 people
- Five million people are at high risk of type 2 diabetes
- 90 per cent of people with type 2 diabetes are overweight or obese.

A decade of local health walks

Health walks have been inspiring people in North Somerset to get fit, healthy and sociable for a decade.

Short, gentle walks launched in January 2007 as part of the national Walking for Health initiative.

Now 10 years later, they are going from strength to strength.

The walks, co-ordinated by North Somerset Council, cater for all ages and abilities.

They operate in Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe, Worle and Yatton. A new Long Ashton walk launches this month.

A celebratory event is taking place on Wednesday 11 January to thank all the volunteers who have helped over the years.

Kira Thorpe, the council's Walking for Health coordinator, said: "Our 10 years of health walks is a real achievement for everyone involved."



"These regular walks have provided many hours of enjoyment for so many people in North Somerset with huge benefits to physical and mental health."

"The scheme owes a great deal to the wonderful volunteers who make it so easy for people to turn up and join in."

To find your nearest walk or learn more about Walking for Health, visit www.n-somerset.gov.uk/healthwalks or call the sport and active lifestyles team: 01275 882 730



StreetGames help young people get more active

Exciting and informal sessions are taking place throughout North Somerset to help young people get more active.

Doorstep Sport is a remix of classic ideas about urban sports participation and youth work, put together by national charity StreetGames.

Modern, high-impact sports are combined with social media and public health information to appeal to 14 to 25-year-olds.

Rebecca Stathers, from the council's sports and active lifestyles team, said: "Doorstep Sport improves health and community life by supporting individuals and neighbourhoods to become fitter, healthier and better organised."

Two DoorStep sport clubs run in North Somerset, along with a number of satellite sessions.

Current projects in Weston-super-Mare are...

- Weston Football Club, in Winterstoke Road, on Mondays from 7.30-8.30pm
- St John's recreational ground, next to Weston Youth Centre, on Wednesdays from 4-5pm



- A satellite session at Weston Youth Centre, in Colderidge Road, on Fridays from 5-7pm.

Sessions are also delivered in partnership with Portishead youth club and Long Ashton youth club at various times.



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



HOW ARE YOU THIS NEW YEAR?

Small lifestyle changes made during adulthood can make a big difference to your general health and wellbeing in later life.

Public Health England's One You campaign is about taking action to be healthy in middle-age to double your chances of staying healthy when you reach 70 and over.

As the new year starts, *Life* takes a look at some suggestions...

For support on moving more, eating well, being smoke free or drinking less, visit www.n-somerset.gov.uk/oneyou

MOVE MORE



Fitting some physical activity into your daily life can be easier than you think.

Being active is good for your body, mind and health and there are lots of easy ways you and your family can get moving.

Weston-super-Mare resident Laura took the plunge to try a new exercise class thanks to the Go4Free scheme.

The scheme is open to anyone aged 14 and over in the town and surrounding areas who do less than 30 minutes of sport or exercise a week.

Laura, who has a learning disability, did very little exercise before joining the scheme but now regularly takes Zumba classes or goes swimming.

She said: "I've had a lot of fun using my vouchers. I've found I am capable of lots more than I thought.

"I feel much fitter and have more energy. I've made new friends and gained confidence."

The Go4Free card offers 10 free and 10 half price sessions and is valid for four months. It is funded by Sport England.

Visit www.go4life.org for North Somerset-wide activities
Sport and active lifestyles: 01275 882 730 • www.n-somerset.gov.uk/go4free

EAT WELL



What you eat and how much can make a huge difference to your overall health and waistline.

Eating too many foods that are high in fat and sugar means you're more likely to put on weight, but choosing healthier foods is easier than you might think.

North Somerset Health Trainer service is on hand to steer you in the right direction.

This service supports adults living in Weston-super-Mare to reach their personal

goals and make lifestyle changes.

Maria has seen significant benefits. She said: "I was overeating and putting on weight so I wanted some support.

"At first I was apprehensive because I didn't know what I was doing or how successful I could be.

"My health trainer has given me the tools to look at my eating habits. I've found out what my trigger points are and I'm able to take control of myself.

"I never thought I could be so successful."

Health trainers (Weston-super-Mare): 01934 427 661

www.n-somerset.gov.uk/healthtrainers

For tips about managing your weight visit www.n-somerset.gov.uk/weightloss

BE SMOKE FREE



Every single cigarette smoked can cause you harm so quitting the habit is the healthiest thing you can do for you and your family.

Smoking can affect your day-to-day health and breathing, while it can lead to longer-term problems such as heart disease, cancer and stroke.

Quitting smoking can bring immediate benefits and support is available in North Somerset to help you stamp it out for good.

Smokefree North Somerset supported Caroline to give up cigarettes after smoking for 40 years.

Caroline said: "I started smoking when I was 13 but I was diagnosed with COPD, lung problems and breathing difficulties, and worried about my own health and the health of my dog."

Caroline joined a stop smoking group in Weston-super-Mare and succeeded in quitting thanks to their support.

She said: "It helped hearing others share their stories. That's why I wanted to share mine."

Smoke Free North Somerset:

01275 546 774

www.smokefreenorthsomerset.co.uk

DRINK LESS



After a hard day's work, it can be tempting to enjoy a tippie to relax in the evening.

But the occasional glass of wine can quickly escalate to two or three glasses on most days.

Men and women are advised to limit their drinking to no more than 14 units of

alcohol a week, the same as six pints of average strength beer.

Regularly drinking more than this can do harm to your body, from gaining weight to increasing your risk of cancer.

Try the new One You alcohol checker for a seven-day snapshot of how much you drink and assess your level of risk.

www.n-somerset.gov.uk/oneyou



Creative hub coming soon

Creative entrepreneurs will soon have a dedicated space in Weston-super-Mare to help their start-up businesses flourish.

A creative hub will be developed in the Badger Centre, in Wadham Street, after the West of England Local Enterprise Partnership awarded £460,000 to North Somerset Council to support its purchase and development.

The hub will offer a range of facilities, services and support so local entrepreneurs in creative and digital sectors can take the first steps in setting up their own businesses.

The site will include office and artisan work spaces, meeting rooms and a gallery.

Space will be let on very flexible and low-risk terms, with support and mentoring also provided.

Apprenticeships will also be available to support businesses growing in the hub.

Rachel Lewis, regeneration manager at North Somerset Council, said: "As well as the economic benefits of supporting start-up businesses, the hub will help the council's bold ambition to reposition Weston as a well-connected, quality location that is a good place to live and work, with a distinct personality based around creative arts and culture.

"The creative hub will bring a new cultural dimension to the town centre, nurturing the talent already here and attracting new residents and businesses to relocate here."

It is hoped the first phase of the hub will open this spring, following refurbishment works.



A community interest company and board will develop and manage the site as a not-for-profit social enterprise.

The hugely popular Heritage café will remain in the building and the Citizens Advice Bureau will also stay until their lease expires in spring 2018.



Striking new housing development set for Weston town centre

Inspiration and ideas of how Dolphin Square could look



A striking new residential and mixed-use development will be coming to Weston-super-Mare's town centre.

North Somerset Council has been working with the Homes and Communities Agency (HCA), the Government's housing investment body, to bring forward the development of Dolphin Square.

The large and prominent site is between the Dolphin Square leisure development and Premier Inn, including the former Sands nightclub site.

It will include about 180 new high-quality homes and potentially some ground floor commercial and retail space.

Architects are being appointed and plans are expected in the next few months. For the latest news about the site visit www.n-somerset.gov.uk/dolphinsquare

Providing good quality homes in the town centre is vital to achieving North Somerset Council's vision of a vibrant and diverse town with a thriving economy.

Attracting more people to live in the heart of the town will bring new spending power, boost demand for shops and services, create new jobs and develop a more lively town centre all year round.

Vacant land at Sunnyside Road and Locking Road car park is also set to be developed.

This area will help create an improved 'gateway' to the town centre around the train station.

In addition, the HCA is also working with the council to bring forward a large housing and employment-led development at Weston Links, the site behind McDonalds, Pizza Hut and Iceland.

Weston town centre is a designated Housing Zone and has already benefitted from more than £20m of HCA funding.

Visit www.n-somerset.gov.uk/dolphinsquare for the latest news about the site.

Pilot scheme to help people find work

Job seekers in North Somerset will be able to take advantage of a new pilot project which will co-ordinate people with employers.

Skills for Work is a new 12-month pilot programme set up by North

Somerset Council to signpost people to opportunities being offered by businesses moving into the area.

The programme will offer an enquiries service for residents interested in applying for roles at the new Dolphin

Square cinema and leisure complex, as well as live information about vacancies from a desk in the Town Hall.

To register your interest in roles at Dolphin Square, for information about local training on offer, or for more information about the Skills for Work Programme, contact business@n-somerset.gov.uk or call 01934 426 674



Discover the gems in Grove

Independent and unique shops are thriving in a village quarter of Weston-super-Mare's town centre.

Grove Village is the area around Grove Park at the northern end of the High Street, home to the town's two theatres, many unique boutiques and busy bars and cafés.

The development there of a creative hub and Weston College's University Centre means the future is looking positive and business owners are keen for more people to know what gems are hidden there.

Businesses from the area, as well those from Orchard Street and Meadow Street, now meet regularly to discuss what improvements could be made to draw people in.

Ideas for vibrant and buzzing 'Weston Lanes' destinations are being developed, based on other laneways around the world in cities such as Brighton and Melbourne.

Vintage and retro clothing shop Cherry Bomb opened in West Street last February.

The shop sells fashion and homewares from the 1930s to 80s, plus new reproduction dresses emulating the style of the 1940s and 50s.

Owner Tina Hewlett said: "Grove Village is a unique little area and I really like the community feel of it."

Tina was formerly in the catering business but has always had an interest in vintage style.

She is part of a living history group and takes part in World War Two re-enactments with her partner.

Tina said: "I always wanted my own business and wanted to do something that was my hobby, so this is perfect."

"I started selling items at vintage fairs and events and it grew from there."

Tina handpicks the items she sells and has a network of trusted wholesalers



Scatter Box owner Mark Croud



Village

she buys from. She steam cleans all clothing and carries out any repairs if necessary.

She added: "With Weston College getting its university status and all the extra students coming, it's going to be great. I can't wait.

"I would really encourage people to cross the road when they reach the end of the High Street and see what's here."

Also in West Street, Lesley and Paul Evans have run the Food Den for the past nine years.

It is a deli and food store selling local products, such as handmade chocolates, jams made by the WI and beer from local breweries.

Lesley said: "The area has grown really well in the time we've been here. I think the new developments, such as the creative hub, are a great idea."

Next door, Mark Croud and his partner Valerie Denyer opened the gift shop Scatter Box two-and-a-half years ago.

Mark said: "I think the plans for the area are very exciting. Grove Village has got a lovely feel to it and it offers something different from the High Street."

Mark, who has a background in selling souvenirs, stocks a range of gifts and cards, all British or locally made, such as hand cream from Somerset.

He said: "It's going very well, we are going from strength to strength. We are building our product range and branching out."

Rachel Lewis, regeneration manager at North Somerset Council, said: "Weston is full of hidden gems such as these, that really deserve to be more well known.

"We have great local entrepreneurs setting up exciting new businesses in places like Grove Village and Orchard Meadows.

"These areas are transforming into something rather special and contributing to the successful regeneration of the town."



Cherry Bomb owner Tina Hewlett

www.cherrybombvintage.com

www.thefoodden.com

[f Scatterboxwsm](https://www.facebook.com/Scatterboxwsm)



Clamping down on bad parking

Inconsiderate parking can cause problems for everyone but drivers in North Somerset will soon face tougher consequences when the council takes control of parking enforcement.

Bad parking can lead to congestion, prevent emergency vehicles accessing certain areas, or mean local businesses lose out on trade when vehicles overstay their time outside shops.

North Somerset is currently the only council within the Avon and Somerset police area where the police have control of most parking restrictions rather than the council.

This sometimes leads to confusion because people are unsure who to report parking issues to.

To combat this, North Somerset Council will be taking over civil parking enforcement (CPE) powers from the police following an application to the Department for Transport (DfT) last year.

This means parking violations will become civil matters rather than criminal offences.

Civil enforcement officers will regularly patrol the area in a bid to clamp down on bad and inconsiderate parking.

Allan Taylor, the council's parking services manager, said: "The council taking on civil parking enforcements will benefit North Somerset in a number of ways.

"There will be better enforcement of parking restrictions which will improve congestion caused by poor or illegal parking.

"This will support the vitality of town centres and shopping streets throughout the district because an increased turnover of parking spaces



will make it easier for visitors and shoppers to park.

"Reducing the number of inconsiderately or illegally parked vehicles will also help to make roads safer and mean that emergency vehicles, buses, and waste and recycling vehicles can travel more freely.

"It will also be clearer to residents who is responsible for enforcing parking restrictions."

Taking on parking enforcement powers will mean that the council is better placed to take action and address concerns expressed by residents, such as sending officers to patrol problem parking hotspots.

CPE is in addition to the off-street car parks and on-street pay and display bays that North Somerset Council already looks after.

Parking penalties

Drivers who park carelessly in breach of traffic regulations will receive a fine, called a penalty charge notice.

This fine is paid to the council rather than going to the treasury.

Allan said: "Contrary to what some people believe, parking enforcement isn't a 'cash cow' for the council.

"In line with DfT guidance, any money raised through the scheme will go towards the cost of running it.

"If there is any surplus, it will be invested into transport initiatives and road improvements.

"Under CPE, the early payment discount will apply to payments made within 14 days rather than the current seven."

Anyone who ignores a parking or waiting restriction sign on a public road or council car park in North Somerset will be issued a penalty charge notice.

Notices can be issued at any time, including bank holidays and at night.

Payments can be made online and appeals can be made if you think it was wrongly issued.

What will the council enforce through CPE?

- Double and single yellow lines
- Blue badge bays
- Limited waiting bays
- Taxi ranks
- Loading bays
- Parking in bus lanes and stops
- Zig-zag markings at schools and pedestrian crossings
- Parking across dropped kerbs
- Double parking (parking too far from the kerb)

The police will keep responsibility for most moving traffic offences, and for inconsiderate parking which causes an obstruction where there are no formal parking restrictions.

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



Creative director brings big plans for Tropicana

Big names from the world of music, dance, arts and culture could be coming to Weston's Tropicana as it transforms into a year-round creative space.

Doug Francis has been appointed as the former lido's creative director to spearhead its regeneration and transformation.

His plans for the site include international acts to bring in an audience from miles around, as well as regular family-friendly daytime activities.

Support from local people is vital to make this happen.

Doug said: "The Tropicana is a really exciting and interesting site.

"We want to capitalise on the momentum of Dismaland but need to engage the people of Weston; start small and build up local support."

The recent winter season of Tropicana Theatre @ The Bay shows was well received and the Reaper Bar has begun its monthly live music nights.

Small, regular, events will continue to establish the site from the ground-up, while a few big events throughout the year will draw in crowds from further afield.

Doug said: "We are trying to do something quite different from what is already being offered. We don't want to impact on the other long-standing businesses and theatres in the town.



Doug Francis

"We need to sell the idea that Weston is a great place for entertainment.

"People in Bristol think Weston is quite far away because it can take an hour to drive to, but it's only 25 minutes by train."

Doug is a founder member of Artspace Lifespace in Bristol, a community interest company that turns empty and under-used properties into thriving community, multi-use arts venues.

Projects include The Island in Bristol city centre, an old police station which now hosts circus training, dance rooms, artists' studios and gallery space.

Doug is also the director of Invisible Circus, a unique non-profit circus theatre company from Bristol which puts on productions in small and unusual venues, as well as large-scale ones.

Doug grew up on the Isle of Man and said: "It's really nice to be back in a seaside resort.

"Weston has eight million visitors a year so we need to play to the summer crowd.

"I want to re-invent the traditional seaside experience, but it's not just about being nostalgic. It will have a new twist."

f TropicanaWeston
t @tropicanaweston
www.thebayweston.co.uk
f TheReaperBar
www.thereaperbar.com
www.tobaccofactorytheatres.com
www.tropicanafutures.co.uk

Catch the final theatre show of the season at the Trop

Catch the final theatre show of the winter season at Weston-super-Mare's Tropicana this month.

Beneath the Blizzard is a foot-stomping festive adventure by award-winning theatre company and band Fine Chisel, about a fantastical troupe of rogues and rebels who live underground.

Nobody ventures above ground, where an icy wind screams and drifts of snowmen haunt the streets.

But down in a secret bolthole, the music beats on. A band of survivors and misfits, chancers and outcasts dance in the dark.

Expect fast-paced instrument swapping and faster-paced character swapping, with a blend of playful storytelling and rousing festive folk tunes with soaring harmonies.



The show can be seen at the Tropicana Theatre @ The Bay at 7pm on Friday 13, and 2pm and 7pm on Saturday 14 January. It is suitable for ages eight and over.

Tickets cost £5. Call the box office on 0117 902 0344 or visit www.tobaccofactorytheatres.com

Tickets also available from The Bay Café in the Tropicana.

 @WestonSeafront

 @TheatreShop1



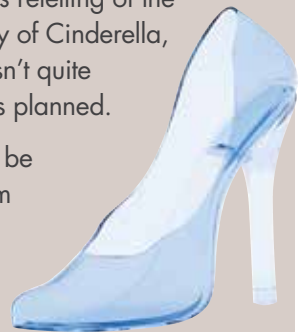
Also coming up....

Pantomania by the Portishead Players

Thursday 23 to Saturday 25
February 7.30pm, Somerset
Hall, Portishead (with Saturday
matinee at 2pm)

An hilarious retelling of the classic story of Cinderella, which doesn't quite work out as planned.

Tickets can be bought from Morgan-Westley in the High Street, by calling 0333 666 3366 or visiting www.portishead-players.org.uk





Spot birds and wildlife at scenic

A man-made lake in North Somerset is now a beautiful nature reserve with an abundance of wildlife and habitats.

Walk information

Distance:
about 1 mile

Difficulty:
easy – a level, fully-accessible gravel path runs around Backwell Lake

Duration:
30 mins at a very leisurely pace to enjoy the scenery. Lots of public rights of way run around Backwell so it will be easy to make a longer route if you want to, such as walking up Backwell Hill, to the south-east of Backwell, to see the Jubilee Stone.

Map:
OS Explorer 154

How to get there

Start at map ref: ST 478695

Car:
There is a car park at Backwell Lake, just off Station Road

Train:
The lake is next to Nailsea and Backwell train station



Take a short stroll around Backwell Lake to enjoy the scenic views.

Backwell Lake was constructed in the 1970s as a balancing pond, to store surface water running from housing estates in Nailsea during times of heavy rainfall.

Since its construction it has developed into an important wildlife habitat and is now a designated local nature reserve.

The site is managed by Wessex Water, which works with local volunteers to conserve and enhance the wildlife.

This has included changing how the grass is managed to help wildflowers grow.

Backwell Lake supports more than 10 species of birds and the lake is important for wildfowl, especially during winter.



On your way round, also look out for coot, moorhen, swift, cormorant, mute swan, tufted duck and grey heron among others.

Insects thrive at the lake which, in turn, means it is a foraging area for bats. These can be seen feeding at dawn and dusk.

At least 19 species of common and rare dragonflies have been recorded here, including the scarce chaser, southern hawk and broad bodied chaser.

Backwell Lake



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This simple walk follows the gravel path around the lake. There are plenty of benches to sit and enjoy the view.

Code of conduct

- fishing, cycling and swimming is not allowed
- children must be supervised at all times
- visitors should keep a safe distance from the water
- dogs must be kept on leads and their waste disposed of in on-site bins
- litter should be placed in bins or taken home
- the car park must only be used by visitors of the lake.

www.wessexwater.co.uk



LOCAL EVENTS

JANUARY

Sunday 15

Weston-super-Mare Model Railway Show 10am-4.30pm, The Campus, Locking Castle, Weston-super-Mare. Charity event for Weston Hospicecare. 28 working layouts and trade stands. 01934 425 075 www.westonsupermare-trainshow.com

Tuesday 17 and 24 January, and 7 and 14 February

Weston Civic Society presents Weston History 7.30pm, The Blakehay Theatre, Wadham Street, Weston-super-Mare. Four fully illustrated lectures by John Crockford-Hawley.

- From villa to village – from 'savage' Worlebury to 1824
- Brunel, Birch and Bazalgette – three eminent 19th century engineers
- Conflicting demands
- Confidence and doubt

Tickets £5 per talk, £15 for the series, from the Blakehay Box Office 01934 645 493 or on the door. www.westoncivicsociety.org.uk

Tuesday 17

Clevedon Music Club presents Charlotte Newstead (soprano) and John Marsh (piano) 7.30pm, Teignmouth

Room, Clevedon Community Centre. £8 on the door. Everyone welcome. 01275 879 099

Friday 27

An Evening with Richard Lennox 7pm, Theatre in The Hut, off Milton Avenue, Weston-super-Mare. Guest soloist Clive Lavelle. £8 each. 01934 813 716

Saturday 28

Mendip Society walk – Wavering Down, Crook Peak and Compton Bishop. Meet 1.30pm, the National Trust King's Wood car park on Winscombe Hill, Winscombe. A moderate walk of 5 to 6 miles. 01275 848 052

MUSIC

Mondays

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

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

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

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

Clevedon Choral Society (E) 7.15 pm, Methodist Church Hall, Kenn Road, Clevedon. www.clevedon-choralsociety.org.uk

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

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

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

RAFA Concert Band (E) 8pm, Blakehay Theatre, Weston-super-Mare. www.rafaconcertband.org.uk 01934 820 205

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

Tuesdays

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



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

Lyrical Ladies Choir (E) 7.20-8.20pm, Nailsea School. £4 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

Waves of Harmony (E) 7.30pm, Victoria Methodist Church Hall, Station Road, Weston-super-Mare. Women's 4-part acapella group. 01934 643 823. www.wavesofharmony.co.uk

Cheddar Male Choir (E) 7.30pm, Draycott Village Hall. New members welcome. www.cheddarmvchoir.co.uk

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

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

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

Clevedon Music Club (3) 7.30pm, Community Centre, Princes Road. Classical concerts by professional musicians. £8 per concert on the door. 01275 879 099

Nailsea Choral Society (E) 7.30pm, Vestry Hall, Christ Church, Nailsea. 01275 875 533 www.nailseachoral.org.uk

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

Portishead Town Band (E) 7.45pm, Methodist Church Hall, High Street. New players welcome. 07816 544 474, 01275 818 575

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

Congresbury Singers (E) 7.50pm, Old School Rooms, Congresbury. 01934 876 104

Samba Drumming (E) 8-10pm, All Saint's Church Hall, All Saint's Lane, Clevedon. Beginners welcome, £6 with free taster session. 01275 545 714

Weston Brass Band (E) (and Thu) 8pm, Church Road Methodist Church, Upper Church Road, Weston-super-Mare. 01934 842 461

Nailsea Folk Club (2) Grove Sports Centre, Nailsea. (4) Prince of Orange Inn, Yatton. All musicians and singers welcome. 01275 857 784

Wednesdays

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

Juke Box Ukulele Club (E) 6.30-8 pm, St Mark's Primary School, Worle. £5 per session. All abilities welcome. 07870 788 457

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, gillatkinson15@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 footlightspersformance@gmail.com

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

Thursdays

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

Singing Mums Choir (E) 7.10-8.10pm, Nailsea School. £4 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

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

Portishead Choral Society (E) 7.30 pm, St Joseph's Catholic Church, West Hill, Portishead. 01275 849 278

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

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

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

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

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

Fridays

Singing for Pleasure (E – 20-week course starts 26 Sept) 1.30-3pm, Tickenham Village Hall. 01934 512 669





Singtastics Junior Choir (E)(Y3-Y7) 3.40-4.30pm, Hannah More School, Nailsea. £3 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

Lions Brass 4 Youth (E) 5.30pm/6.15-7.45pm, 1st Clevedon Scout Hall. County brass band. 07815 733 886

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

Male Choir (E) 7.30-9pm, Victoria Methodist Hall, Weston-super-Mare. 01934 529 728

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

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

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

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

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

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

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

Saturdays

Pret A Chanter Ladies Choir (A) 9.30-11.30am, Southfield Church, Nailsea. £8 per session. 07722 298 550, gillatkinson15@blueyonder.co.uk

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

Sun days

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

DANCE

Mondays

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

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

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

Egyptian Bellydance (E) (term time only) 7-8pm, Backwell WI Hall, Station Road. 01275 855 016

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

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

Social dancing (E) 8-10pm, St Marks Church, St Marks Road, Worle. 01934 644 691

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

Tuesdays

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

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

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

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

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

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

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



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

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

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

Wednesdays

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

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

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

Latin and jive – absolute beginners (E) 7-8.15pm and 'next steps' from 8.30pm. (Also Thurs 2.3-4.5pm) St Peter's Church Hall, Clevedon. £5. 01275 876 314

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

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

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

Thursdays

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

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

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

Weekly Sequence Dance Club (E) 2-4.30pm, Claverham Village Hall. 01275 851 221

Egyptian Bellydance (E)(term time only) 7.30-8.30pm, Castle Batch Community Centre, Bishops Avenue. 01275 855 016

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

Fridays

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

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

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

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

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

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

Saturdays

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

Sundays

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

Ballroom and sequence (E) 7.30-10pm, Kewstoke Village Hall. 07437 203 642

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

Practical action to reduce climate change



Climate change is being tackled head-on in North Somerset by a new group set up to encourage people to be more sustainable.

Members of the North Somerset Climate Coalition are considering how local people and organisations can play their own part in helping to achieve global climate change goals.

It has been set up by members of the area's Transition groups and Bob Langton, from the group, said: "We are asking people and organisations to pledge to be part of the solution, take practical steps in their lives and work, share ideas and influence others."

The United Nation's Paris Agreement is the world's first comprehensive climate pact.

It commits countries to ensure that the average global temperature does not rise 2°C above pre-industrial levels.

By the end of November, despite uncertainties from the US election result, 113 countries had ratified the legally-binding agreement, including the world's biggest emitters.

Bob added: "Our aim is to create a combined loud voice of individuals, groups, businesses, organisations and councils to show how many people want action on climate change and are ready to reduce their own emissions.

"Action and change, not words, will be key."

This practical action might include walking, cycling, using public transport or car-sharing to reduce car journeys, limiting the amount of meat eaten, growing food, or cutting waste.

Transition groups work to increase self-sufficiency and reduce a reliance on oil, and have been active in North Somerset towns and villages for some years now.

Members take part in a variety of community-based activities, with themes such as local food markets, recycling and renewable energy schemes.

From these groups, the community benefit society Low Carbon Gordano developed.

This organisation raises funds to enable local communities to install renewable energy systems and use the surplus income to fund work that reduces people's energy consumption.

It has worked with Backwell-based renewable energy company Solarsense to develop two major solar parks as well as solar systems on three rooves, including Northleaze primary school in Long Ashton.

Transition Portishead is using funds from Low Carbon Gordano to support seven schemes across the area that will reduce carbon emissions and save the groups money.

For more information visit www.northsomersetclimate.org, email info@northsomersetclimate.org or call Bob Langton on 01275 373 604



Electric cars leading the way

Electric cars are now providing reliable journeys for employees of North Somerset Council to help the organisation save money as well as the environment.

The council has started to convert its light commercial fleet to electric vehicles and can offer advice to businesses and organisations about how they can do the same.

During the last six months the council has converted 23 cars and vans and is now saving £3,000 to £4,000 a year on fuel costs, as well as taking advantage of tax incentives and tax breaks for electric vehicles.

The vehicles are being used by different teams, such as the community meals service which delivers hundreds of meals across the area every day.

Driver Kate Smith said: "They are fantastic. We got the vehicles in the summer and they are easy to drive. We don't go far, about 20 miles a day, so they are good for our rounds."

The council received funding from the Office for Low Emissions Vehicles

to convert 25 per cent of its fleet to electric by 2020 and to provide infrastructure to encourage others to take it up.

Frankie Mann, from the council's sustainable travel team, said: "We wanted to contribute to the targets for electric vehicle registrations and begin to normalise driving an electric vehicle for business."

New vehicles include Nissan Leafs, Kia Souls, Citroen C Zeros and Nissan EV200 vans.

The funding has also paid for a tri-standard rapid charger at the Castlewood office in Clevedon for staff and visitors, which delivers a full charge in about 30 minutes.

Electricity is currently charged at 15p per kW/hour but is subject to change as prices fluctuate.



Kate Smith of the community meals team with her electric car



travelwest

Fast and Rapid public charge points have also been installed at Carlton Street car park in Weston-super-Mare and the @Worle centre.

The funding means that by 2020, the number of charging points in the West of England will double to 400, and the number of ultra low electric vehicles being registered will rise to 5,000 a year.

Other businesses in North Somerset with electric fleet cars include Bristol Airport and Harmsen Tilney Shane.

Businesses in North Somerset who would like advice about transforming their fleet vehicles to electric can contact 01275 888 281. Grant funding may be offered in certain circumstances.

For information about owning an electric vehicle visit www.travelwest.info/drive/electric-vehicles





Getting to grips with potholes

Heavier rainfall and freezing temperatures mean it's no surprise the number of potholes in roads and pavements increases across the UK during winter.

In November, Storm Angus hit the UK and officers from North Somerset Council worked round the clock to respond to more than 200 reports of flooding across the area.

Crews worked through the night in the worst-affected areas and extra resources were brought in, including an additional gully emptier, extra jetter, and four teams responding to flooding where needed.

This extra rainfall can lead to more potholes, a sharp-edged hole, because water seeps into the road or pavement surface and weakens it.

As the water freezes and expands in winter, and then thaws and melts, the material bends and cracks.

Traffic driving over the fault continues to weaken the defect until the surface eventually collapses and it leaves a hole.

North Somerset Council has been taking unprecedented action to try and reduce the number of potholes caused by winter weather.

Colin Medus, head of highways and transport, said: "Because winter is the time when most potholes are created, we use the summer months to carry out both repairs and preventative works so roads are ready for when the weather turns colder.

"We used a specialist patching machine during last summer which meant we were able to repair a record number of potholes across North Somerset."

From June to August last year, the council repaired more than 12,000 potholes – the equivalent of nearly 200 every working day.

It also carried out its annual surface treatment programme to resurface and reseal roads ready for winter.





Flooding at Summer Lane pond in November



This prolongs the life of the treated roads by helping to stop water getting into the road surface in the first place and causing damage as it repeatedly freezes and thaws.

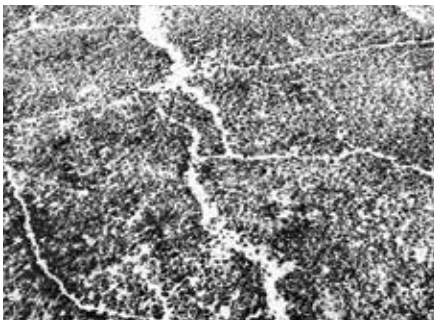
4cm deep and 30cm across if it's in the road, or deeper than 2cm and bigger than 15cm across if it's on a pavement.

The council aims to investigate potholes within 24-hours of them being reported and fix 95 per cent of potholes within 28 days.

Specialist 'smart gangs' who work on a 'fix it once, fix it well' basis travel the area to carry out quality repairs on North Somerset roads.

Where a pothole is bigger than the national guidelines or in a dangerous location, for example if it could cause a vehicle to lose control, emergency repairs will be carried out to make it safe while a permanent fix is arranged.

Defects that don't meet the national guidelines are monitored so that repairs can be made when they do meet intervention levels.



When is a defect a pothole?

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

For North Somerset Council to repair it, a pothole must be more than

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



Get ready for new recycling



Improvements are coming to North Somerset's waste and recycling service soon.

North Somerset Council is one of the top performing authorities in the country for recycling and it is keen for this to continue when Biffa takes over the service on 1 March.

Life takes a look at what's in store...

Kerbside recycling

Biffa will be using new vehicles with a slightly different layout so this will change how you sort your kerbside recycling boxes.

The two bulkiest items, plastic and cardboard, will now be separated between the two boxes so this should make better use of the space available.

Box 1 – plastic, metal, paper, textiles and spectacles

Box 2 – cardboard, cartons, glass, small electrical items and batteries

A second, different coloured box will be available to help make sorting easier.

These won't be rolled out to everyone immediately but given out when people request additional or replacement containers.



Stickers will also be available to label your boxes and remind you what goes in each.

Small electrical items (up to the size of a small toaster) will be collected from the kerbside for the first time.

Recycling and food waste will remain a weekly collection.

Garden waste

The new garden waste service requires registration and it costs £25 for each bin registered to your property.

Bins will be delivered as soon as possible but there is no guarantee that any ordered now will arrive before the new service starts.

If you have not ordered your new bin in time for 1 March, it is your

responsibility to find alternative ways of disposing of your garden waste.

Existing garden waste bags will no longer be collected when the new service starts.

Bins are available in three sizes – 140, 180 and 240-litre.

If you haven't registered yet, visit www.n-somerset.gov.uk/gardenwaste

Online access is available for free in local libraries.

Request a new box online at www.n-somerset.gov.uk/recycle or call Council Connect: 01275 888 802



contract

Information posted out this month

Letters will be sent out to all residents this month with information about the new service and your 2017 collection calendar.

New vehicles

Shiny new recycling vehicles will be hitting the streets when the new contract starts.

North Somerset Council has invested £8m on new collection vehicles, machinery and depot facilities.

The new Romaquip vehicles will be fitted with equipment that records real-time route information.



Turn the page for news on changes at household waste recycling centres



Changes at recycling centres

Several changes are being made at North Somerset's three recycling centres as part of the new waste and recycling contract.

Following a public consultation in October, the opening hours will change and charges for certain types of DIY waste are being introduced, among other changes.

See the full consultation report at www.n-somerset.gov.uk/hwrcreport

Charges for DIY waste

Charges will be introduced from 1 March and be the same across all three sites.

- Hardcore/rubble – First bag free, then £2 per bag
- Asbestos – £10 per bag or sheet
- Plasterboard – £4 per bag or sheet
- Tyres – £3 per tyre (£3.50 with a rim)
- Gas canisters – £5 per bottle below 10kg, £10 for 10-19kg, £20 for 20-35kg, £30 above 35kg

A bag is equal to a standard 25kg bag from a DIY store, and a sheet is about 180 x 90cms. Payment can be made by card (no cash payment).



Hard plastics accepted

Hard plastics can be taken to recycling centres when the new waste contract starts.

This will help free-up space in your refuse bin and reduce the amount of waste going to landfill.

Hard plastics include storage boxes, watering cans, guttering, water butts, toys or non-electrical kitchen equipment.

Charge for small businesses

Small and medium-sized businesses will be charged for using recycling centres at certain times.

This will give these businesses an alternative to often expensive private commercial collections while allowing the council to cover the disposal costs of dealing with this commercial waste.

Businesses will only be able to use the centres at set times to reduce the amount of traffic at peak times and impact on local residents.

View the recycling centre from your own home

Check how busy a recycling centre is before you leave home by viewing it through a webcam.

Webcams are being installed at the centres for people to view on the council's website.

This will lead to shorter waiting times because people can see in advance how busy it is.

Residents' permits to be introduced

Residents in North Somerset will need to register to use recycling centres later this year.

The free permit scheme will be introduced in the autumn.

Residents can register two vehicles and only these will have access to the recycling centres.

The aim of the scheme is to stop non-North Somerset residents using the centres which will, in turn, reduce waiting times as well as reducing waste disposal costs on local council tax payers.

Keep reading *Life* for future updates.

To find out more about these changes pick up a leaflet from the site office or visit www.n-somerset.gov.uk/hwrc





New opening hours

Summer

(from 1 March in Weston-super-Mare and Portishead, from 1 April at Backwell)

Weston-super-Mare

- 8am-6pm Monday to Sunday

Portishead

- 8am-6pm Monday, Wednesday and Friday
- 10am-6pm Thursday
- 9am-6pm Saturday
- 9am-5pm Sunday
- Closed Tuesdays

Backwell

- 10am-4pm Monday, Tuesday, Friday

- 9am-4.30pm Saturday
- 9am-4pm Sunday
- Closed Wednesdays and Thursdays

Winter

(from 1 October at all sites)

Weston-super-Mare

- 9am-4pm Monday, Wednesday, Friday, Saturday and Sunday
- 10am-4pm Tuesday and Thursday

Portishead

- 10am-4pm Monday, Wednesday, Thursday and Friday
- 9am-4pm Saturday and Sunday
- Closed Tuesdays

Backwell

- 10am-3pm Monday, Tuesday, Friday
- 9am-4pm Saturday and Sunday
- Closed Wednesdays and Thursdays

Bank Holiday opening hours

- Weston-super-Mare – same as Sundays
- Portishead – same as Sundays
- Backwell – closed

Maximising council tax collection



Collection rates for council tax are improving year-on-year and now North Somerset is among the best in the country.

Barriers have been broken down with people who were previously reluctant to engage as North Somerset Council has adopted new ways of contacting them.

Council tax and business rate collection is vital to funding public services so a variety of methods are used to chase outstanding payments.

This includes traditional enforcement agencies or local financial investigators, as well as text alerts to remind people to make payments.

Jo Buchan, from the revenues and benefits team, said: "Combining soft and hard approaches to debt management makes a difference in our collection rates."

A pilot study took place in Weston-super-Mare last year where families and individuals who had seriously fallen into debt were offered help and advice by specially trained officers.

Jo added: "The results were way beyond expectations but, most importantly, those who took part have been given the chance to get their lives in order."

The council has recovered a further £890,000 over the last two years and prevented potential costs and fees of more than £300,000 being added to customers' debt levels.

In 2015/16 the collection target for council tax was 97.3 per cent (£107,578m), and the actual collection rate was 97.7 per cent (£107,832m).

For business rates, the target was 98.2 per cent (£59,952m) and the actual collection rate was 98.58 per cent (£60,182m).

Sign up to MyAccount

Access your council tax and housing benefit account at any time of the day or night using North Somerset Council's MyAccount system.

The online account also provides an easy way to register for a single person discount or set up direct debits.

www.n-somerset.gov.uk/myaccount

www.n-somerset.gov.uk/counciltaxpayment

Peace of mind with direct debit

Paying your council tax by direct debit is the best way to ensure the right payment is made at the right time.

Payments are made automatically by the bank and it means the council can improve efficiency and save money.

Last year, a national promotion took place to encourage people to sign up for council tax direct debit payments.

In North Somerset, more than 7,500 people registered as a result of the initiative.

Support available

Anyone on a low income who is struggling to pay council tax may be able to get help.

Find out more at
www.n-somerset.gov.uk/counciltaxsupport

Help to get on the housing ladder

Home ownership is a distant dream for many people but schemes are available in North Somerset to help it become reality.

North Somerset Council works with housing associations within the area and funds a first time buyer scheme to help people get their foot on the ladder.

One option for buying an affordable home is to purchase shares of between 25 to 75 per cent of the home's value and pay a low rent on the remaining share. This is known as shared ownership.

Visit www.n-somerset.gov.uk/housing and click on 'find a home' to see the options available and affordable for you.

There is information about homes being developed by West of England affordable housing partnership HomesWest, as well as rental accommodation through the council's HomeChoice website.

First time buyer loans

Loans of up to £5,000 are available to first time buyers of any age in North Somerset to help with the cost of moving.

The scheme is aimed at helping first time buyers who have some savings but not enough to cover a deposit, legal costs or removal fees.

Applicants must have a local connection to North Somerset and loans can be for new or pre-owned homes.

It is funded by North Somerset Council and run by Wessex Resolutions.

Social media updates

Information about new properties being built or becoming available in North Somerset by partner organisations, as well as details about any other low-cost properties, will be announced on the council's Facebook and Twitter feeds.

Affordable housing schemes soon available

- Arnolds Way, Yatton – Alliance Homes scheme with eight shared ownership and 37 rented properties
- Diamond Batch, Worle – Alliance Homes scheme with four shared ownership and 10 rented properties
- Tamar Court, Worle – Alliance Homes scheme for over 55s, with 32 shared ownership and 32 rented www.alliancehomesgroup.org.uk
- Paper Gardens Mill, Portishead – Sovereign Housing Association scheme with seven shared ownership and 28 rented www.sovereign.org.uk
- Wellsea Grove, Weston-super-Mare – Stonewater scheme with 11 shared ownership and 22 rented www.stonewater.org
- Weston Airfield, Weston-super-Mare – Aster Communities scheme with 18 shared ownership and 18 affordable rented www.aster.co.uk

Find out more by calling 01275 885 586 or email home.owner@n-somerset.gov.uk

Facebook NorthSomersetCouncil

Twitter @NorthSomersetC

www.n-somerset.gov.uk/housing

Peace of mind at the touch of a button



Stella Knight

NORTH SOMERSET
carelink
Help at the touch of a button

Carelink user has a fall so presses the button on their pendant or wristwatch



An automatic call is made to the Carelink team using the telephone line



The call handler talks to the person to check they are okay



The operator then calls the user's emergency contact, or Response24, to send someone to check on them

Thousands of older people in North Somerset are living independently at home thanks to a 24-hour support system.

Carelink is the council's monitored alarm system which provides peace of mind and round-the-clock support

at the touch of a button for older or vulnerable people who want to continue living independently in their own home.

Carelink users wear a pendant or wristwatch with a button to press if there is an incident, such as a fall.

The service is available to anyone in the area who needs extra support, whether they are disabled, elderly or a young carer.

When the button is pressed, an emergency call goes through to the council's 24-hour monitoring centre and the call handler will speak to the person via a monitoring unit attached to the telephone line.

The system works up to 50 metres away from the monitoring unit, so even if the Carelink user is in their garden, the operator will still be able to receive the call.

After checking they are not in immediate danger, the operator will then make sure a person trusted by the user can visit them to check everything is okay.



ACCESS YOUR CARE Response24™ Life on your terms

For people without anyone living locally who could check on them, or if their usual contact is on holiday, Carelink works with Response24 to send someone to help.

A secure keysafe needs to be installed outside the property for the system to work, as Response24 doesn't keep keys to properties.

Response24 carers are all trained care staff who can provide emergency personal care and where safe, lift people if they have fallen. If an ambulance or nurse is needed they will stay with the person while they wait.

This can be a long-term arrangement, or just for a short period if the usual emergency contact is on holiday.

Stella Knight, aged 75, is a Carelink user who has nominated Response24 as her emergency contact.

She said: "It's total peace of mind for me and for my family.

"I've had several falls over the last few years. Just last weekend I pressed the button on my Carelink wristwatch and straight away a lovely lady from Carelink was talking to me through the unit to check I was okay.

"Once she knew I wasn't hurt, she called Response24 who sent out a very helpful carer to pop in and check on me within half an hour.

"I've got a keysafe fitted just outside the front door so they could let themselves in, make me a cup of tea,



and get me on my feet again in no time.

"My family work long hours and would find it difficult to get to me quickly in an emergency. I really cannot fault the Response24 service, and the best part is – it's free."

Response 24 is a 24-hour emergency response available to Carelink users as part of the Carelink weekly charge.



If you or someone you know would benefit from the extra support Carelink and Response24 can provide, visit www.n-somerset.gov.uk/carelink or call the team on 01934 888 801

Promoting good mental health in children and young people



Good mental health is a sense of wellbeing, confidence and self-esteem, as well as being resilient, forming positive relationships and reaching our potential.

It is important to nurture this from an early age because experiences in childhood can have a profound effect on our adult lives.

Many mental health conditions in later life show their first signs when we are young.

According to Public Health England, about three children in every classroom need support for mental health problems.

These can range from short spells of depression or anxiety, to severe and persistent conditions which can be frightening for the young person and those who love them.

Those with a severe and enduring mental health problem will be offered help by the specialist Children and Adolescent Mental Health Service (CAMHS) through their GP but all agencies, including schools, have a role to play.

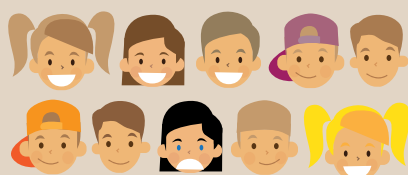
North Somerset's Future in Mind partnership aims to promote, protect and improve children and young people's mental health and wellbeing through a joined-up approach.

It includes representatives from CAMHS, Voluntary Action North Somerset, Healthwatch, Home Start, social care, education, parents, children and young people themselves.

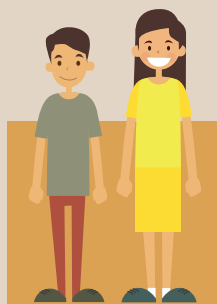
Kate Wilcox, from North Somerset Council's family support team, said: "We want children and young people in the area to grow up to be happy, confident and resilient so that they can develop and fulfil their goals.

"While the need for specialist mental health services is growing, there are several things that we can all do to look after our own and our children's mental health.

"By making simple changes to our lives, we can make a real difference."



1 in 10 children will have a clinically diagnosed mental disorder at any one point during childhood



50 per cent of all mental disorders emerge before the **age of 14**.



75 per cent of all mental disorders emerge before the **age of 25**

Five ways to wellbeing

Research shows that there are five easy ways to help improve wellbeing...

1. **Connect** – relationships with family, friends and other trusted adults are vital. Children want adults to listen to them without judgement or trying to find an immediate answer
2. **Be active** – young people need a range of opportunities to be active, whether it's running, walking, skipping, cycling or swimming. Exercise can also help adults fight depression and dementia
3. **Keep learning** – learning outside school is just as important as in school. Adults can pass on skills, such as gardening, DIY, or sewing, and role model other activities such as reading
4. **Take notice** – encourage young people to pay attention to their thoughts and feelings as well as their surroundings, by listening to music, mindfulness, living in the moment, and encouraging their curiosity

The fifth has two components, for adults and young people:

- 5a. **Giving to others (adults)** – doing something for others makes adults feel good but it also improves children and young people's self-confidence and sense of achievement
- 5b. **Being creative (children and young people)** – children and young people are naturally imaginative and creative, whether acting, music and crafts, storytelling or collage making. There is a big overlap between creativity and play.

Pick up a good book to support mental health



aims to help young people cope with pressure, boost their confidence and deal with difficult feelings.

It includes a collection of 35 books containing information, advice and personal stories. They are available in libraries throughout the area, including secondary school libraries and Weston College library.

For the list of books visit www.reading-well.org.uk or visit your local library.



Libraries in North Somerset have launched a scheme to support the mental health and wellbeing of young people.

Reading Well is part of the national Books on Prescription scheme and

Where to go for help

If a child or young person is struggling, their GP can make a referral to **CAMHS**.

The online resource **Doc Ready** can help young people prepare for their GP visit with information, advice and building a checklist.
www.docready.org

Many **secondary schools** have a school counsellor or school nurse.

Visit **Young Minds** online for information for both young people and their parents or carers:
www.youngminds.org.uk Parents can call the helpline: 0800 802 5544

Childline counsellors are available any time online or on the phone:
www.childline.org.uk
0800 1111

People aged 16 or over can self-refer to North Somerset's local mental health service for adults,
Positive Step: www.positivestep.org.uk

MindEd is an online resource which offers practical information which parents, family members and professionals can trust. It includes top tips and helpful advice from parents:
www.minded.org.uk



North Somerset Online Directory is a useful source of local and national information: www.n-somerset.gov.uk/onlinedirectory

Heritage and culture of Ban



The heritage and culture of Bangladeshi people in North Somerset is being preserved and celebrated thanks to a local organisation.

North Somerset Bangladeshi Association relaunched in 2014 and is now a vibrant and active organisation which makes a big difference to the local community with its charitable work.

The group meets every Sunday as well as on special occasions for members to share their heritage, language and culture with each other, and to preserve and pass it on to their children.

It also runs a variety of fundraising activities, such as feeding homeless people.

The organisation was originally set up in the early 1990s, in conjunction with Bangladeshi Welfare Association Bristol and West, but was inactive for many years due to a lack of volunteers and funds.

Sayd Ahmed, who runs Pappadoms Indian takeaway in Milton, decided to relaunch it in 2014 with other restaurant owners.

An Eid al-Fitr, a festival to mark the end of Ramadan, was held and all Muslim people were invited to attend, along with Weston's mayor, the chairman of North Somerset Council, councillors and representatives from other groups across the area.



Sayd said: "We now have our regular AGM and monthly meetings, and also celebrate our religious festival once and twice a year."

Bangladeshi people have lived in North Somerset for more than 35 years.

The first person to settle here was Suruj Ali, who came from Cardiff to Weston-super-Mare in 1980.

He opened a restaurant by the Playhouse Theatre and was head chef there.

Two years later another Bangladeshi family arrived from London to settle in Weston-super-Mare and they also opened a restaurant.

Sayd said: "At the beginning both families found it a bit difficult to settle here."

gladeshi people kept alive



"There were small communities of Bangladeshi people where they come from in Cardiff and London but there was no community here and it was a struggle and difficult to adjust.

"There was no mosque or Asian shops so they had to travel to Bristol to do their weekly shopping and prayer."

Now there are more than 750 Bangladeshi people living across North Somerset, with 350 in Weston-super-Mare.

Charitable work is very important to Bangladeshi people.

Sayd said: "All Muslims have a duty to donate 2.5 per cent of their wealth

to charitable work or among poor and needy people in their community."

Members have raised money and clothing for Syrian refugees, raised money for the Burma crisis and fed homeless people during the month of Ramadan.

The association has also carried out projects such as holding an Islamic seminar for people to learn more about Islam.

Plans for the future are to continue building safer and stronger relationships with the local community and to help new Asian families settle across North Somerset.

Louise Roberts, equality and diversity manager at North Somerset Council, said: "Organisations like North Somerset Bangladeshi Association play a really important role in our community.

"They generously help those in need and contribute time and resources to support our vibrant community.

"North Somerset Council is very pleased to be able to work alongside them on a range of important community issues."

North Somerset Black and Minority Ethnic Network: 01934 414 455
www.ns-bmenetwork.org





Libraries and children's centres set to change



Changes are coming to the way library and children's centre services are run in a number of communities across North Somerset.

More than 500 responses were received during a 12-week public engagement and consultation period last summer and, as a result, North Somerset Council's executive members agreed the changes at a meeting last month.

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

The aim is to make sure these buildings and services are fit-for-purpose, in the right place, cost-effective, equipped to deal with the demands of new technology, and can meet the current and future needs of residents.

It is taking place in two phases and the first looked at seven localities – Yatton, Congresbury, Winscombe, Worle, Long Ashton, Pill and Weston South (Bournville and Oldmixon).

Feedback from the consultation showed that...

- communities are very supportive of both library and children's centre services and staff
- there is a strong desire to retain these services within communities
- there is a lot of support for opening up buildings and extending opening hours through self-service
- there is a general understanding that changes have to be made in order to retain services
- communities are willing to work with the council to help design new services and support delivery.



As a result of the consultation, agreed changes include...

- separate libraries and children's centres retained in some areas
- library and children's centre services merged in some areas
- an increase in library opening hours with self-service systems installed in seven premises
- investment of more than £800,000 to enhance buildings and service provision.

The majority of these changes are due to be in place by July.

The second phase of the review will look at Portishead, Clevedon, Nailsea and Weston Central.

Consultation on proposals for these areas will take place later this year, with any changes implemented this year and next.

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

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

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

How can I find out when the gritters will be going out to salt the roads?

We did

North Somerset Council has set up a dedicated gritter Twitter account to let people know when the gritters will be out and about over winter.

As part of the council's winter maintenance programme, a team of officers monitor weather conditions to decide if and when to treat the area's roads.

As and when the gritters go out, officers will be tweeting to let people know.

The account was launched in response to feedback from residents.

Find the team on Twitter – @NSgritters

You said


Why does the 'title' option in MyAccount only list Mr, Mrs, Ms and Miss. What about Dr, Prof, Rev, etc?

We did

Thanks for your comment. We have now added the generally-accepted list of titles to the options in MyAccount.



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,

Can the council instruct their recycling crews to return bags which have been used to segregate plastic from other items?

They have been observed just throwing the whole bag into the waste lorry on many occasions. I am now rapidly running out of bags.

KJ Simmons, Long Ashton

Colin Russell,
recycling and waste manager:

Thank you for bringing this to our attention. Crews should be returning any plastic bags that are used to separate materials. We apologise this has not been happening and will reiterate to our current contractor Kier and the incoming contractor Biffa that bags need to be returned after collection.

We really appreciate the efforts made by residents to sort and segregate their recycling. This makes it a lot easier for crews and also helps reduce traffic congestion as collections can be done more quickly.

Dear Editor,

It was good to hear how leisure developments in Portishead are proving popular [Sept/Oct issue].

Can you tell us what is happening concerning the promise made before the last council election for the provision of an additional swimming pool and re-siting of the tennis courts at Hutton Moor leisure centre?


Gerald Grosse, Locking

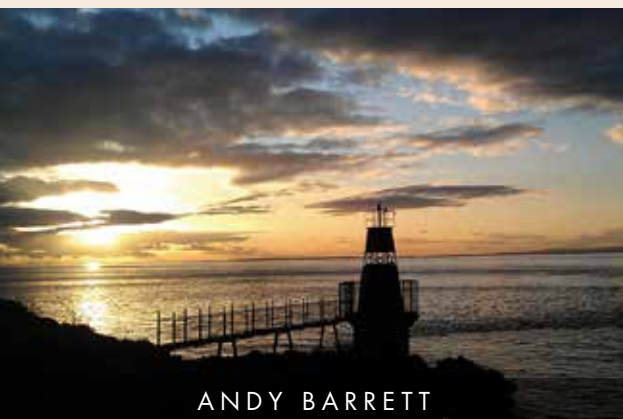
Editor's reply:

Last month the council's executive members agreed the first phase of improvements at Hutton Moor leisure centre. This will include new tennis courts.

Details of the second phase – including the possibility of a new pool – will be looked at in the summer.

See the news story on page 8 for more information.

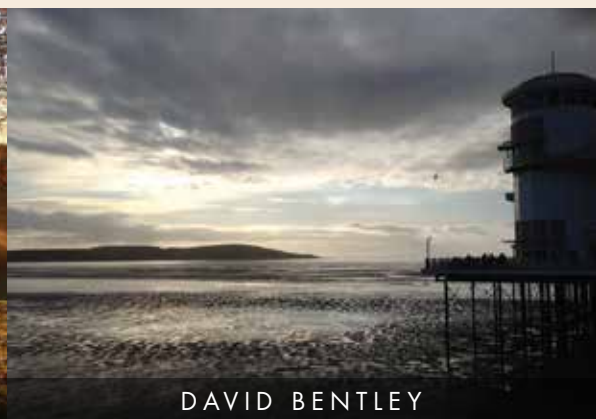
 North Somerset Life is on Instagram. Try [#northsomersetlife](https://www.instagram.com/northsomersetlife) to share your photos



ANDY BARRETT




LAURA STUART




DAVID BENTLEY



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


 A fly tipper has been down Elmsley Lane in Kewstoke & dumped it right in the middle of the track.

North Somerset Council: You can report it online at www.n-somerset.gov.uk/connect

 Why do I need to go to Bristol to register a birth when we have a registry office in Weston?

North Somerset Council: You can register a birth in Weston if you live in North Somerset. If

the baby was born in Bristol it can take up to two weeks to receive the birth certificate, as the paperwork is sent to Bristol City Council before sending onto you.

 Who is my local councillor?

North Somerset Council: You can find your local councillor at www.n-somerset.gov.uk/councillor

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:

- Community Access Review update
- Public space protection orders
- Fostering

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

Tide timetables for Weston-super-Mare

Tide facts

Approximate high water times at:

Clevedon: 10 min

Portishead: 18 min

later than

Weston-super-Mare.

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

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

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

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www.n-somerset.gov.uk/tidetimes

JANUARY 2017

Date	High water		Low water		High water		Low water	
	Time	Height (M)	Time	Height (M)	Time	Height (M)	Time	Height (M)
	AM				PM			
1 Sun	08:28	11.70	01:56	1.27	20:46	11.54	14:19	1.25
2 Mon	09:06	11.57	02:34	1.39	21:25	11.34	15:00	1.39
3 Tue	09:46	11.27	03:13	1.58	22:07	10.98	15:40	1.59
4 Wed	10:30	10.86	03:52	1.79	22:52	10.54	16:24	1.81
5 Thu	11:19	10.43	04:40	2.02	23:43	10.11	17:18	2.03
6 Fri	-	-	05:41	2.25	12:17	10.07	18:25	2.24
7 Sat	00:46	9.80	06:55	2.46	13:29	9.93	19:42	2.36
8 Sun	02:05	9.82	08:19	2.48	14:46	10.16	20:59	2.21
9 Mon	03:19	10.25	09:30	2.18	15:57	10.68	22:03	1.86
10 Tue	04:27	10.90	10:38	1.75	17:02	11.29	23:08	1.40
11 Wed	05:28	11.56	11:37	1.23	17:59	11.84	-	-
12 Thu	06:20	12.10	00:00	0.94	18:49	12.24	12:24	0.82
13 Fri	07:08	12.46	00:45	0.64	19:35	12.45	13:08	0.61
14 Sat	07:53	12.60	01:28	0.53	20:19	12.44	13:52	0.60
15 Sun	08:36	12.49	02:09	0.62	21:00	12.18	14:33	0.77
16 Mon	09:18	12.13	02:50	0.87	21:42	11.67	15:12	1.08
17 Tue	09:57	11.55	03:27	1.23	22:20	10.99	15:48	1.46
18 Wed	10:36	10.84	04:03	1.63	22:58	10.25	16:23	1.84
19 Thu	11:15	10.13	04:39	2.02	23:39	9.56	17:01	2.22
20 Fri	11:58	9.47	05:19	2.42	-	-	17:45	2.61
21 Sat	00:29	8.98	06:11	2.84	12:56	8.95	18:43	3.01
22 Sun	01:37	8.65	07:23	3.19	14:08	8.76	20:20	3.20
23 Mon	02:49	8.80	09:06	3.01	15:19	9.04	21:33	2.76
24 Tue	03:58	9.38	09:58	2.42	16:24	9.64	22:19	2.18
25 Wed	04:53	10.13	10:41	1.86	17:15	10.31	23:02	1.69
26 Thu	05:38	10.79	11:23	1.45	17:59	10.87	23:44	1.36
27 Fri	06:19	11.29	-	-	18:38	11.29	12:05	1.20
28 Sat	06:57	11.65	00:25	1.16	19:16	11.63	12:47	1.03
29 Sun	07:35	11.94	01:07	1.03	19:54	11.91	13:28	0.91
30 Mon	08:13	12.15	01:47	0.94	20:33	12.07	14:11	0.84
31 Tue	08:53	12.19	02:30	0.94	21:12	12.00	14:55	0.88

www.n-somerset.gov.uk

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

8am – 6pm Mon – Fri

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

Care Connect: for all social services enquiries:
01275 888 801
care.connect@n-somerset.gov.uk

Main switchboard:
01934 888 888

Emergency (out of hours):
01934 622 669

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

FEBRUARY 2017

Date	High water		Low water		High water		Low water	
	Time	Height (M)	Time	Height (M)	Time	Height (M)	Time	Height (M)
	AM				PM			
1 Wed	09:32	11.97	03:10	1.07	21:51	11.65	15:35	1.08
2 Thu	10:14	11.52	03:48	1.31	22:33	11.11	16:14	1.37
3 Fri	10:59	10.91	04:27	1.61	23:19	10.48	16:57	1.69
4 Sat	11:51	10.28	05:17	1.94	-	-	17:52	2.06
5 Sun	00:16	9.90	06:21	2.32	12:58	9.79	19:05	2.42
6 Mon	01:32	9.56	07:46	2.61	14:19	9.68	20:33	2.50
7 Tue	02:54	9.73	09:11	2.43	15:39	10.05	21:46	2.15
8 Wed	04:12	10.35	10:24	1.94	16:50	10.75	22:54	1.59
9 Thu	05:17	11.14	11:24	1.30	17:48	11.48	23:46	0.99
10 Fri	06:10	11.82	-	-	18:38	12.01	12:12	0.80
11 Sat	06:56	12.26	00:31	0.60	19:21	12.32	12:54	0.54
12 Sun	07:38	12.48	01:12	0.44	20:01	12.42	13:34	0.49
13 Mon	08:16	12.49	01:51	0.47	20:39	12.30	14:12	0.61
14 Tue	08:54	12.27	02:26	0.65	21:15	11.93	14:46	0.85
15 Wed	09:29	11.80	03:00	0.94	21:49	11.33	15:17	1.18
16 Thu	10:02	11.14	03:29	1.30	22:20	10.61	15:44	1.54
17 Fri	10:33	10.40	03:57	1.68	22:50	9.85	16:14	1.90
18 Sat	11:04	9.65	04:30	2.08	23:25	9.13	16:49	2.31
19 Sun	11:47	8.95	05:12	2.54	-	-	17:37	2.78
20 Mon	00:18	8.51	06:07	3.04	12:53	8.40	18:42	3.25
21 Tue	01:47	8.26	07:37	3.39	14:26	8.40	20:44	3.32
22 Wed	03:12	8.74	09:27	2.88	15:44	9.05	21:51	2.60
23 Thu	04:19	9.64	10:15	2.12	16:45	9.95	22:38	1.91
24 Fri	05:10	10.56	11:01	1.54	17:34	10.78	23:24	1.41
25 Sat	05:55	11.30	11:47	1.15	18:16	11.42	-	-
26 Sun	06:36	11.84	00:08	1.07	18:56	11.91	12:31	0.86
27 Mon	07:16	12.25	00:51	0.82	19:36	12.29	13:14	0.63
28 Tue	07:55	12.55	01:34	0.62	20:14	12.52	13:56	0.47

What to do with your waste and recycling in severe weather

No Recycling,
Garden Waste, DIY
Waste, Batteries or
Electrical Equipment

House Number/ Name



Waste

Put your wheelie bin or grey council-issued bags out on your normal collection day. If it's not collected, then leave it out and crews will come back as soon as possible.

Food caddy and recycling boxes

Continue to put these out on your normal collection day. If they are not collected by 7pm, take them back in and put them out again the following week on your normal collection day.

Green waste

Put your green waste bags out on your usual collection day. If they are not taken, take them back in and put them out again the following month on your scheduled day.

How you can help

- Put your recycling and waste out by 7am on your usual collection day. Check www.n-somerset.gov.uk/calendar
- If collections are missed from a whole street, there's no need for residents to report it individually as it will already be logged
- Check the council's website, Facebook and Twitter accounts for updates on services
- Separate recycling into individual materials within your box to help crews collect items quickly and more efficiently
- Remember to help neighbours who may have difficulties.

www.n-somerset.gov.uk/recycling