

# NORTH SOMERSET

# LIFE

ISSUE 137 – JANUARY/FEBRUARY 2018



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- **Thursday 18th January**  
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# Dear reader,



**Welcome to 2018, which I hope it is a happy and healthy year for you.**

For me, last year will be remembered for the growing dissatisfaction in many sections of the public at the lack of change or progress after years of so called austerity measures.

At this time of year, we are always in the middle of trying to finalise the details of the next year's budget for all the council's services. During six years of funding cuts, each year has been more difficult than the last as the council has to do things that were previously rejected as being unacceptable. At the same time the demand for care services, for elderly people and children, has seen a huge growth in demand. The costs keep going up, the money the council gets is going down, therefore other services such as waste collection and road repairs have suffered disproportionately.

My frequent meetings in London show that all main councils are in the same position. I'm told there is a £2bn deficit for care services but it is reported as an academic fact, government officials don't seem to relate that to real life now. Successive governments are adamant they understand the funding gap but then expect councils to cope. What on earth does that mean?

We are told to do more to prevent people going into hospital, but we are having to cut those preventative services to pay for those already in care. Prevention is surely not just about stopping people going into hospital, but helping them avoid care needs at all, and yet we are also having to cut those services to pay for those already in care.

In the recent budget announced by the Chancellor... £2.8bn to the NHS but £ nil to local government. How does that enable us to prevent anything?

We treat our elderly without respect but at least we can get to London a few minutes faster. We treat our elderly without dignity but at least we will soon be able to buy a driverless car. Are these really higher priorities?

None of us came into local government to make these cuts but across the country, councils, their staff and local councillors will be understandably criticised for putting up charges but cutting important services that communities want, need and feel they pay for, because central government still seems to have the problems of an ageing population on the 'too difficult' pile. I understand the desire to invest in growth for the future but not at the cost of the damage being done now.

Councillor Nigel Ashton  
Leader of North Somerset Council

# Contents

- 4 News update
- 10 Take steps towards a healthier 2018
- 14 Hundreds of new fitness opportunities at Hutton Moor
- 16 Nature reserve thriving two years on
- 22 Keep your cycle safe
- 24 Walk – A winter wander around Weston
- 28 Purple Flag improvements
- 30 Portishead road improvements to cut congestion
- 34 Could you save an extra kg of recycling a week?
- 38 Disability-friendly employers
- 40 Raising awareness of dementia
- 47 Contact details



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

## Time running out to apply for school places

There are just a few days left to apply for a school place if your child is due to start school this year.

If your child was born between 1 September 2013 and 31 August 2014, they can start at a primary or infant/first school from this September.

The closing date for admissions is 11.59pm on Monday 15 January and it's very important to apply by then otherwise you may not be considered in the first round of allocations.

Late applicants have less chance of being offered their preferred school.

This deadline also applies to parents of children due to transfer to a junior or middle school in September.

Parents can name up to three preferences and may apply for schools both within and outside North Somerset.



Apply online at [www.n-somerset.gov.uk/applyforschool](http://www.n-somerset.gov.uk/applyforschool)

## Help improve the council's website

Testers are still needed to give feedback on North Somerset Council's website to help make it better in the future.

North Somerset residents who are able to visit the Town Hall in Weston-super-Mare or Castlewood office in Clevedon are needed to use the website to demonstrate how easy they find it to do things and find information.

The one-to-one sessions will be informal and will last for 90 minutes.

Testers can't be paid but refreshments will be available.

For more information visit [www.n-somerset.gov.uk/websitetesting](http://www.n-somerset.gov.uk/websitetesting)



## Crowdfunding initiative to turn ideas into reality

A crowdfunding initiative is launching in North Somerset to help community projects get off the ground and enable ideas to become reality.

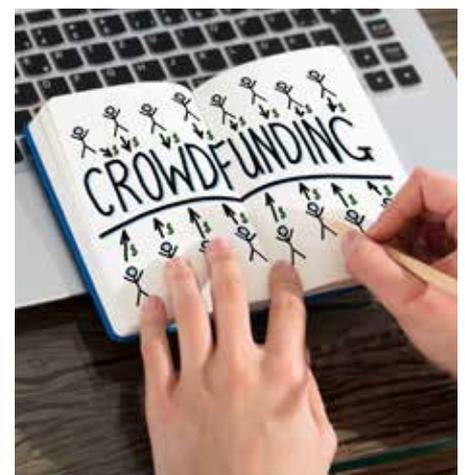
North Somerset Council is launching the dedicated crowdfunding movement on Spacehive – the UK's specialist crowdfunding provider for places and communities.

This concept brings together local businesses, the community and council to raise funds for projects

which will enhance local places and support the local economy.

The council will also look to support projects financially which meet certain criteria.

A launch event for North Somerset's Spacehive takes place on Tuesday 16 January, from 5.30-7pm, at The Stable, in Wadham Street, Weston-super-Mare.



Anyone with an innovative or interesting idea who would like to find out more about crowdfunding is invited to attend the event.

Register for the launch event through Eventbrite at [goo.gl/uXsU8f](https://goo.gl/uXsU8f)

# Have your say on health and care services in Weston-super-Mare



Have your say on how services at Weston General Hospital and other NHS and care services around Weston-super-Mare can be changed and improved.

North Somerset Clinical Commissioning group (CCG) wants to ensure local people have the best possible health and care services suitable for their needs now and in the future.

The *Healthy Weston* document was published in October and it sets out how key services – such as GPs, community services, mental health, voluntary organisations and social care – can work together to deliver better joined-up care in the community and work more closely with Weston General Hospital.

People are now invited to give feedback about the proposals, which include...

- building a strong and vibrant future for Weston General Hospital, providing the hospital services that it is best placed to provide
- enabling GP practices to work more effectively together to provide better care to patients and a broader range of services
- creating a 'care campus' at Weston General Hospital so that hospital, GP and community health services work better together to care for patients.

A series of events will take place this month for people to find out more.

- Thursday 11 January, 7-9pm at Cheddar Football Club
- Tuesday 16 January, 7-9pm at The Campus, Locking Castle
- Wednesday 17 January, 7-9pm at Weston Football Club
- staff and providers of health and care services can also attend a staff event on Tuesday 23 January, from 7-9pm at Weston Football Club.

Following the engagement exercise, North Somerset CCG will publish its proposals in late spring this year.

To register for the engagement events and to complete the survey, visit [www.northsomersetccg.nhs.uk/healthyweston](http://www.northsomersetccg.nhs.uk/healthyweston). The survey will be available until mid-February.



## Retire and relax

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

To book a personal tour or to simply find out more call **0117 919 4262**. See our latest video of life at Sandford Station just type **[www.stmonicastrust.org.uk/where-we-do-it/sandford-station](http://www.stmonicastrust.org.uk/where-we-do-it/sandford-station)** into your browser.

Registered Charity 202151

## Volunteering opportunities on the Local Access Forum

An independent advisory body which works to promote public access and open-air recreation for the benefit of all is looking for new volunteers.

North Somerset's Local Access Forum operates on a statutory basis to advise decision-making organisations about making improvements to rights of way and green spaces in their local area.

Members also get together and provide a balanced view about access issues, or they might influence national policy.

The group is made up of landowners, access users and others with an interest in health and conservation, and it meets four times a year.

Members are unpaid volunteers but may be reimbursed for travel and subsistence costs, or other expenses incurred for children or dependents.

There are currently four vacancies to fill – one landowner, one with other interests, and two for rights of way users. A cyclist or walker would also be welcomed.

Anyone interested can contact Elaine Bowman for an application form on [elaine.bowman@n-somerset.gov.uk](mailto:elaine.bowman@n-somerset.gov.uk) • 01934 427 406



# Helping unemployed people into the care profession

Unemployed people who want to increase their skills and start a career in the care sector can join an effective employment programme.

The Care Academy is a partnership between Alliance Living Care, North Somerset Council, Weston College and Job Centre Plus.

It was set up to create an effective route for unemployed people to increase their skills and gain a career in the care sector. It has been successful and so far has helped 82 people into employment.

Stacy is one person who has successfully found a job after going through the Care Academy.

The single mum is now working for Alliance Living Care as a care worker.

Stacy said: "For the first time in my life I have money to spend on my children and myself and I am debt-free.

"I am so proud because I did this for myself and my children. I have a purpose in my life now."



The next Care Academy starts on Monday 22 January in Weston-super-Mare. Book a place by calling John Fowler on 01934 411 120 or [john.fowler@weston.ac.uk](mailto:john.fowler@weston.ac.uk)

## Could you be a friend of North Somerset's hospital?



### Your Hospital Needs YOU

One day you might need your local hospital – but right now your hospital needs you.

More people are needed to become friends of Clevedon's hospital and help raise much-needed funds.

North Somerset Community Hospital is the new name for Clevedon Hospital, in Old Street, to emphasise the fact it serves the whole of North Somerset.

The hospital is open seven days a week and has 11 in-patient beds, a Minor Injuries Unit, and covers a wide range of clinics such as podiatry, audiology, physiotherapy,

urology, orthopaedics, cardiology and more.

This means fewer journeys to Bristol hospitals for people.

The Friends of North Somerset Community Hospital hosts fundraising events to help pay for vital equipment and furnishings.

Now it is holding a recruitment drive to encourage more people to become a friend.

Membership costs from £5 a year.

To find out more or for an application form, email Alison Lee on [alijale04@gmail.com](mailto:alijale04@gmail.com) or call Di Brown on 01275 872 880

# Advice to help you be your own boss

Dreaming of becoming your own boss could become a reality for people in Weston-super-Mare thanks to a new scheme.

#BossIt launched in November to help people living in Bournville, Coronation, Oldmixon, Potteries and town centre areas.

The programme includes a series of events to give people the opportunity to discuss their thoughts and ideas with experts, find out about free help and advice that already exists, gain any help they need to overcome barriers, and hear from inspirational local people who are successfully being their own boss.

About 30 people attended the first #BossIt event, organised by North Somerset Enterprise Agency (NSEA), Skills4Work and westonworks.

Local resident Nina Payne, who launched The SEO Lady five years ago, told about her experiences, from selling on eBay to creating a search engine optimisation business.

Other local agencies who attended included Weston College, North Somerset Council's community learning team, and the national careers service.

## The next #BossIt events take place on...

- Thursday 18 January – 10am to noon, The Stable, co-working hub, Wadham Street, Weston-super-Mare.
- Friday 26 January – 10am to noon, Alliance Homes, Weston Court, Oldmixon Crescent, Weston-super-Mare.



(from left) Paul Lucock, principal economic development officer at North Somerset Council; Nina Payne, the SEO Lady; Angela Hicks, of North Somerset Enterprise Agency; and Adrian Stone of westonworks.

For more information call NSEA: 01934 418 118 •  /bossitwsm

# Portishead sets the gold standard

Green fingered volunteers in Portishead celebrated after scooping a major national award for their bloomin' lovely floral displays.

Portishead in Bloom won gold in the national Champion of Champions category in the Royal Horticultural Society's Britain in Bloom competition.

The town was invited to take part in this prestigious category because of the amount of gold awards it has previously won.



Chairperson Sandy Tebbutt was also given a Community Champion award in recognition of her long service to Portishead in Bloom.

The group formed in 1996 and has worked hard over the last two decades to make the town a colourful and pleasant place to live and work.

[www.portisheadinbloom.org.uk](http://www.portisheadinbloom.org.uk)

# Parents needed to help families in difficulty

Parents and grandparents who could help local families in difficulty are urged to step forward.

Home-Start North Somerset is recruiting volunteers now to start its next preparation course in March.

The charity provides practical and emotional support to families who have children under the age of five who may be facing difficulties.

Families may be struggling because of low mood, anxiety, isolation, multiple births, feeling they're not good parents, or generally not coping with family life.

Volunteers will visit the families in their own homes for two to three hours a week and help them to get back on track.

One volunteer Jane has been supporting families for more than two years.

She said: "Having been a teacher for many years and recently retired and becoming a grandparent, I wanted to volunteer where my skills could be put to good use.

"I was aware that for new mums, especially those on their own or with more than one youngster, parenting can be daunting.

"It has been a joy to watch mums' confidence grow and seeing the children go from strength to strength each week."

To become a volunteer you must be a parent and able to commit for up to a year.

A comprehensive training programme takes place one morning a week for 10 weeks.

Once matched to a family, continuous



For more information please call 01934 419 396, email [admin@home-startnorthsomerset.org.uk](mailto:admin@home-startnorthsomerset.org.uk) or visit [www.home-startnorthsomerset.org.uk](http://www.home-startnorthsomerset.org.uk)

## Consultation on schools admissions now on

Anyone interested in children's education can now have their say on admission arrangements for the 2019/20 academic year.

North Somerset Council is now consulting on the proposed co-ordinated admission scheme.

In addition to this, some schools are also consulting on their own admission arrangements.

All consultations are available to view at [www.n-somerset.gov.uk/consult](http://www.n-somerset.gov.uk/consult) and close on Wednesday 31 January.

## Enter Weston's new half marathon

Runners wanting a new challenge can now sign up to Weston's newest event – The Weston Super Half.

Double Olympic gold medallist, James Cracknell OBE is hosting the new community half marathon along with the Grand Pier.

It takes place on Sunday 18 March, from 9.30am on Marine Parade.

The 13.1m single lap, closed road, fast and relatively flat race will then take in the sites around Weston-super-Mare and surrounding villages and countryside before returning to the seafront.

A community mile-long fun run will also take place on the day, designed to encourage first-time runners, families and friends.



Entry for the Weston Super Half costs £35. Visit [www.westonsuperhalf.co.uk](http://www.westonsuperhalf.co.uk)

# Take steps towards a healthier 2018



Early January is often a time for reflection and motivation for the year ahead – and many people choose health and wellbeing as a top priority.

Research shows that exercise can reduce the risk of obesity, heart disease, diabetes and dementia, as well as increasing your self-esteem and confidence.

Whether you're thinking of joining a class, going for regular walks in the fresh air, or just want to try something new, *Life* takes a look at what's available in North Somerset to help you start a fitness journey...



## How much exercise should I be doing?



Adults need to do both aerobic and strength exercises to stay healthy.

Current government recommendations are that adults do 150 minutes of moderate activity a week, such as cycling, swimming, ballroom dancing or brisk walking.

This could be split into half-hour slots, or even 10 minutes of brisk walking three times a day, over five days a week.

The recommended time is also reduced to 75 minutes a week if it's more vigorous activity, such as running, sport or hiking uphill, when you are breathing fast and have difficulty talking.

A rule of thumb is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity.

It is also recommended to do strength exercises on two or more days, such as yoga or heavy gardening, to work all the major muscle groups, as well as break up sitting time.

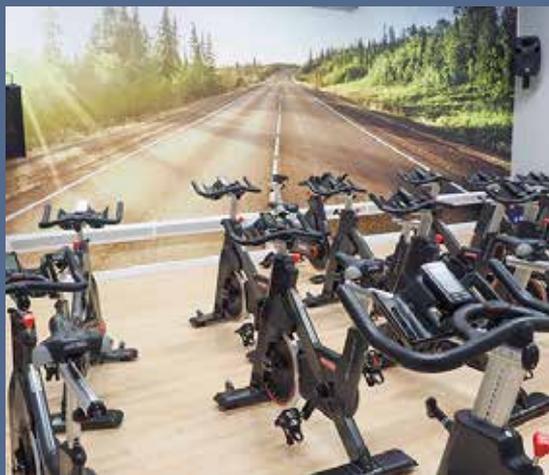
Older people who are at risk of falls should also do exercises to improve balance and co-ordination, such as tai chi or dancing.

# Find your perfect fitness class

If you can't decide whether to try dance or disc golf, tai chi or trampolining, a new edition of a flagship publication is now available to provide inspiration.

North Somerset Active Directory lists information about a wide range of physical activity sessions across the area, including opportunities for children and young people as well as adults and older people.

Free copies are available from libraries, leisure centres and GP surgeries, or visit [www.n-somerset.gov.uk/activedirectory](http://www.n-somerset.gov.uk/activedirectory)



## Walk your way to health

Walking is one of the best ways to get a more active lifestyle – it's free, you can start at any fitness level and it gets your blood pumping.

Throughout North Somerset, organised health walks take place regularly and they are the ideal first step for anyone who is currently inactive and/or has a chronic health condition.

Local resident Clive felt that he needed to 'get out there' again after his wife died, and was motivated to exercise, meet new people and socialise.

He decided to join the health walks and now even leads the groups.

Clive said: "The health walks have expanded my horizons, introduced me to people of a similar mind, and given me a purpose again.

"The social aspect has contributed significantly to my wellbeing.

"Age should not prevent anyone from taking part, as the walks cater for all abilities."

Health walks take place across North Somerset's four main towns and some villages.

They are led by trained volunteers and last between 30 and 90 minutes. Wear suitable clothing and footwear for all weather conditions. Dogs are not allowed.



## Could you be a walk leader?



More than 6,000 people have enjoyed North Somerset's health walks programme since it was launched over 10 years ago.

The scheme relies heavily on volunteers and more are needed to support the growth of this ever-expanding project.

Anyone who enjoys the outdoors, likes working with people and wants to be more active in their spare time is welcome to get in touch.

The next free training day is in Weston-super-Mare on Wednesday 24 January.

You do not need extensive knowledge of the local area or high fitness levels, just be able to guide and support small groups and individuals and encourage them to walk more.

To see the latest programme visit [www.n-somerset.gov.uk/healthwalks](http://www.n-somerset.gov.uk/healthwalks)  
[www.n-somerset.gov.uk/walking](http://www.n-somerset.gov.uk/walking)

For more information contact the sport and active lifestyles team:  
**01275 882 731** or  
[go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk)



# HOW ARE YOU

# YOU

## THIS NEW YEAR?



Poor lifestyle choices made during our adult years can dramatically increase our chances of becoming ill later in life.

Public Health England launched its One You campaign last year to show how small improvements made during middle-age can double your chances of staying healthy when you reach 70 and over.

Whether it's moving more, quitting smoking, or cutting down on alcohol, taking action now will help your long-term quality of life.

*Life* takes a look at some opportunities available in North Somerset to help improve your health and wellbeing...

## MOVE MORE

Older people in North Somerset who could benefit from gentle exercise have a wide variety of classes to choose from.

Age UK Somerset runs classes across the area for anyone aged 50 and over, including Movement to Music, seated yoga, Stretch and Flex, Tai Chi, Boccia, and chair-based Flexercise sessions.

The sessions are part of the charity's Ageing Well service to help people stay in shape, improve their mobility and posture, maintain energy levels and improve vitality.

Portishead resident Ernie lives with his daughter because of ill health and, although her support is good, he felt isolated, lonely and depressed.

His nurse suggested a local Flexercise session because he had knee problems and couldn't walk well.

Ernie said: "The afternoon was very enjoyable, everyone was so friendly. The movements were good and I felt I used every muscle, gently."

Ernie has now been attending for six months and said: "I would highly recommend it. We all enjoy ourselves and feel much better and more positive."



Classes cater for all abilities. To view the whole programme visit [www.ageuksomerset.org.uk/somerset](http://www.ageuksomerset.org.uk/somerset) or contact Nikki Smith on **07530 777 895** or [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

 @AgeUKSomerset  
 /AgeUKSomerset

## EAT WELL

Adults in Weston-super-Mare who need a helping hand to make healthy lifestyle changes can use a free and confidential support service.

Health Trainers offer one-to-one support over 12 weekly sessions to help people reach their goals, whether this be eating more healthily, exercising more, losing weight, stopping smoking or reducing their alcohol intake.

Nigel Jenkins, aged 53, used the service for diet and weight loss advice and as a result he lost 2.6 stone over three months. In total he has now lost six stone and reduced his body mass index from 35.6 to 24.

Nigel said: "I have more energy, more motivation and am a lot happier."

He met health trainer Julie on a weekly basis and discussed eating, portion size and exercise.

Nigel said: "Julie really motivated me, made me stay focused, and always made me feel I could succeed."

"The quality of advice, encouragement and levels of professionalism were first-class. It has been a real life changer."



**BEFORE**



**AFTER**

Drop-in sessions run weekly in Weston-super-Mare:  
Tuesday to Thursday, 10am-noon, Town Hall, Walliscote Grove Road.  
Wednesdays, 10am-noon – Big Worle Hub, Clovelly Road, Worle.  
Wednesdays, 1.30-2.30pm – For All Healthy Living Centre, Lonsdale Avenue.

**01934 427 661 • [health.trainers@n-somerset.gov.uk](mailto:health.trainers@n-somerset.gov.uk)**

 /NSHealthTrainer

## BE SMOKE-FREE

Stopping smoking has been a major goal for one North Somerset resident who has finally kicked the habit after three years of trying.

Stephen Callaghan started smoking when he was just 11 years old but a number of health scares made him realise he needed to stop and over the course of three years he got nearer and nearer his goal.



He finally stopped at the age of 56 thanks to support from Smokefree North Somerset and the Health Trainer service.

Stephen said: "It was hard and an on-going challenge as I had always enjoyed it."

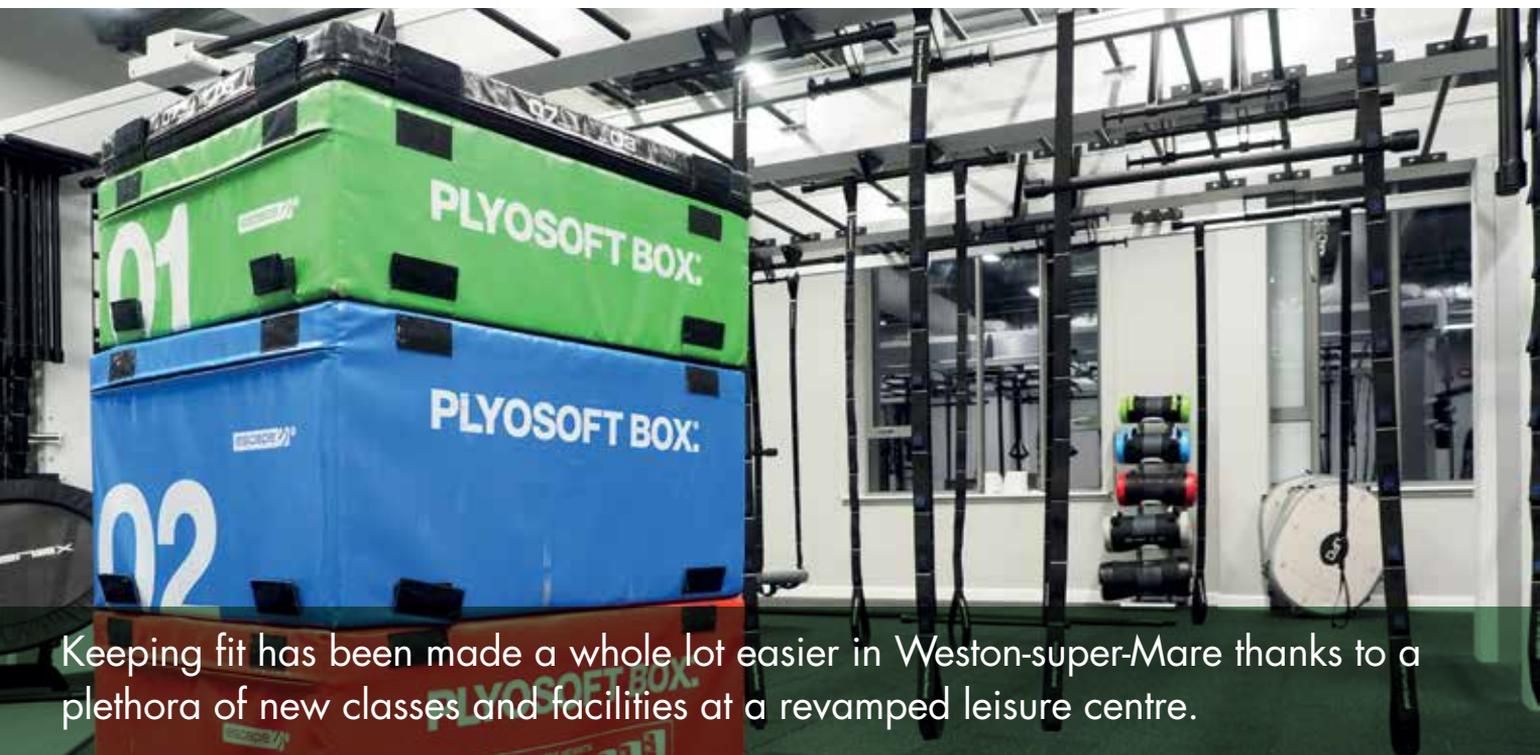
"Debbie the health trainer never gave up on me, no matter how many times I failed."

"Behaviour change takes time and sometimes many attempts are needed before you succeed."

Stephen also attends the stop smoking relapse prevention group, held every Wednesday, from 12.30-2pm at Bristol Road Baptist Church, in Weston-super-Mare.

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

# Hundreds of new **fitness opportunities** at Hutton Moor



Keeping fit has been made a whole lot easier in Weston-super-Mare thanks to a plethora of new classes and facilities at a revamped leisure centre.

Hutton Moor leisure centre re-launched in September following North Somerset Council's £2.15m refurbishment of the site to improve the range of activities on offer.

The investment saw a two-storey extension added on, which enabled the gym to expand from 96 to 155 stations, with the latest top-of-the-range equipment.

Two new multi-use studios have also been added, along with a cycle workout studio featuring 26 bikes, a new dance studio, and almost 200 group fitness classes a week.

The centre is run by Legacy Leisure on behalf of the council and more than 800 new members have signed up since September.

General manager Dave Somers said: "Our new fitness development has been extremely well received by existing customers and new members.

"This expansion will allow us to grow with the local community and continue

to meet fitness trends, offering a wide range of top-class specialist equipment to keep everyone motivated and active."

In October, new state-of-the-art outdoor sports facilities also opened, featuring three floodlit all-weather pitches and two floodlit tennis courts.

The pitches are the first of their kind in this part of the country, made with a 45mm 3G surface and the latest sustainable and environmentally-friendly cork infill, creating greater player comfort as well as looking after the environment.

The pitches were installed by Portishead-based Sporfields and managing director Geoff Collins said: "We are proud to provide this state-of-the-art 3G sports facility at Hutton Moor.

"The new cork infill surface was chosen over its rivals not only for its fantastic performance and playing qualities but also for its recognised eco-friendly and health benefits."



*Manager Dave Somers*

In the gym, Precor 865 cardio equipment has been installed with on-demand TV screens.

The equipment can be used alongside a Preva smartphone app, which enables fitness instructors to set people personal goals and provide information and training guides.

Weights equipment includes a range of selector pin machines, Precor plate-loaded equipment, benches, power racks, dumbbell and barbell sets.



A Queenax functional training station has also been brought in, which allows people to complete suspended body weight training and will host specialist classes such as circuits, 4D Pro and UFO.

In the new fitness studios, Les Mills virtual group classes which are projected onto a big screen have been added to the timetable.

This means there are now about 195 group classes a week, running from 6.30am to 9.30pm.

The fully air conditioned Sway Dance studio will host new dance classes, such as street dance, cheerleading and musical theatre.

North Somerset Council is continuing to work on phase two of the Hutton Moor development, which includes plans for a leisure pool.

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

- **@Worle** – New Bristol Road, Weston-super-Mare. 01934 529 540 [www.worle.org.uk](http://www.worle.org.uk)
- **Backwell Leisure Centre** – Farleigh Road. 01275 463 726 [www.leisurecentre.com/backwell-leisure-centre](http://www.leisurecentre.com/backwell-leisure-centre)
- **The Campus** – Locking Castle, Weston-super-Mare. 01934 427 427 [www.the-campus.org.uk](http://www.the-campus.org.uk)
- **Churchill Sports Centre** – Churchill Green. 01934 852 303 [www.better.org.uk/churchill-sports-centre](http://www.better.org.uk/churchill-sports-centre)
- **Clevedon School Sports Centre** – Valley Road. 01275 877 182
- **Gordano School Sports Centre** – St Marys Road, Portishead. 01275 843 942 [www.gordanosportscentre.org.uk](http://www.gordanosportscentre.org.uk)
- **Hans Price School Sports Centre**, Marchfields Way, Weston-super-Mare. 01934 642 426 [www.hansprice.org.uk](http://www.hansprice.org.uk)
- **Hutton Moor Leisure Centre** – Hutton Moor Road, Weston-super-Mare. 01934 425 900 [www.leisurecentre.com/hutton-moor-leisure-centre](http://www.leisurecentre.com/hutton-moor-leisure-centre)
- **Parish Wharf Leisure Centre** – Harbour Road, Portishead. 01275 848 494 [www.placesforpeopleleisure.org/centres/parish-wharf-leisure-centre](http://www.placesforpeopleleisure.org/centres/parish-wharf-leisure-centre)
- **Portishead Open Air Pool** – Esplanade Road. 01275 843 454 [www.portisheadopenairpool.org.uk](http://www.portisheadopenairpool.org.uk)
- **Scotch Horn Leisure Centre** – Brockway, Nailsea. 01275 856 965 [www.leisurecentre.com/scotch-horn-leisure-centre](http://www.leisurecentre.com/scotch-horn-leisure-centre)
- **Strode Leisure Centre** – Strode Road, Clevedon. 01275 879 242 [www.placesforpeopleleisure.org/centres/strode-leisure-centre](http://www.placesforpeopleleisure.org/centres/strode-leisure-centre)



[www.n-somerset.gov.uk/leisurecentres](http://www.n-somerset.gov.uk/leisurecentres) • Read the latest Active Directory at [www.n-somerset.gov.uk/go4life](http://www.n-somerset.gov.uk/go4life)

To book an outdoor pitch at Hutton Moor email [huttonmoor@legacyleisure.org.uk](mailto:huttonmoor@legacyleisure.org.uk)

For further information or to book a tour contact **01934 425 900**

[www.leisurecentre.com/hutton-moor-leisure-centre](http://www.leisurecentre.com/hutton-moor-leisure-centre)



# Nature reserve **thriving** two years on

Volunteers are working hard to improve a popular wetland habitat on the edge of Portishead.

North Somerset Council took over the running of Portbury Wharf Nature Reserve two years ago and set up the volunteer group, Portbury Wharf Volunteer Community.

Along with council officers and the reserve warden, the group has been integral to the management of the site and has volunteered nearly 830 hours to carry out conservation management.

This has ranged from snipping the odd briar to large-scale reed clearance, surveying newts and taking part in dawn chorus walks.

Natural environment officer Samantha Phillips, from North Somerset Council, said: "Having witnessed the change of seasons twice, we now have management projects well under way and have already seen the benefits of these improvements across the reserve."

Separately, the wider volunteering network has also put in many hours helping survey the bird species which use the site.

The Avon Wildlife Trust Management Plan has been incorporated within day-to-day tasks so that the highest conservation standards are kept up.

This includes ensuring pathways are kept accessible to all and undertaking rotational reed clearance.

Larger-scale works have also included using specialist reed clearance machinery to open up rhynes for plant and wildlife species, and clearing vegetation on the nesting island of the North Pools ready for winter visitors and spring nesting birds.





Samantha said: "Looking after wildlife on site is a major consideration.

"We want to improve the habitats for wildlife, most notably the protected Great Crested Newts.

"Other sightings on the reserve over the last two years have included Spoonbills, Purple Heron, Caspian Terns and, excitingly, otters."

The council also manages the adjoining ecology park and a management plan has been developed there to complement the one at Portbury Wharf.

Council officers and the reserve warden are also working with police, fire service and community response team to tackle any reports of anti-social behaviour, and deal with any vandalism quickly.

Samantha said: "North Somerset Council plans to continue to work with the community and improve the site with conservation management values at its heart.



*"We look forward to welcoming anyone along to volunteering sessions, wildlife walks and much more."*

Contact Samantha Phillips on [samantha.phillips@n-somerset.gov.uk](mailto:samantha.phillips@n-somerset.gov.uk) for a monthly newsletter about Portbury Wharf, more information about volunteering or the nature reserve.

 /PWNrvolunteers



# Train station gets Grade II listed



Weston-super-Mare's train station has been awarded Grade II listed status by Historic England.

The station, which was designed by Francis Fox and completed in 1884, was granted the coveted status as part of Historic England's Heritage Action Zone programme.

This scheme focuses on supporting the on-going regeneration of the town's centre and its areas of historic interest.

The station joins other listed town centre buildings, including the Odeon cinema, former magistrates' court, the Town Hall, Walliscote Primary School, the Grand Pier, Royal Hotel, Weston Museum and the HSBC building.

Deborah Williams, from Historic England, said: "We are delighted that the station has been listed.

"This iconic building is a good example of a later phase of railway construction and is interesting because of its role in the development of Weston as a seaside destination.

"Listing highlights what's special about a building or place and helps to make sure that any future changes to it take into consideration those special qualities.

"Listing doesn't prevent change – in fact, listed buildings can be adapted and altered just like any other building so that they can continue to be used and enjoyed for future generations."

Weston's Heritage Action Zone is a £600,000 project being delivered in partnership with organisations, including North Somerset Council.

Cara MacMahon, North Somerset Council's Heritage Action Zone project officer, said: "Stations are so important because they are often the first architectural experience visitors have when approaching towns and cities.

"The station offers the first welcome to Weston and gives a taste of the architectural delights that await."



Heritage Action Zone project officer  
Cara MacMahon



Mike Gallop, director of route asset management at Network Rail, added: "We are delighted Weston-super-Mare has been granted listed status.

"The new title reflects the iconic building's impressive architecture and the historical interest in the station."

# Late-night craft fair a huge success

Independent and creative craftspeople showcased their homemade goods at a new market in Weston-super-Mare last month.

There were more than 30 stalls to browse through at the first Stalls @ The Stable late-night shopping event, which took place at the co-working hub in Wadham Street.

Items on offer included jewellery, driftwood sculptures, tweed and leather bags, children's books, festive treats and cakes, and felt and merino wool creations.

Jo Green, from Creations by Fina, said: "The event was full of festive cheer and was an incredible evening shared by all.

"The venue was perfect for showcasing some of North Somerset's best creatives."



*Cake Babe Laurie Malyon*

The Stable manager Kerry O'Neill said: "It was a fantastic event, and great to host so many local producers.

"We were delighted to welcome local customers who came along to enjoy the Christmas atmosphere and take home locally-inspired gifts."

The Stable offers hot-desking and co-working space, business facilities, meeting and event space.

Time-based memberships are available for those in the creative, digital and technology industries, and event and meeting room hire is available to everyone including non-members.

For more information visit [www.thestableweston.com](http://www.thestableweston.com) or call 01934 315 305  @thestableweston  @thestableweston

# Get a 'pizza' the action

Pizza fans now have somewhere new to get a slice of the action after Dolphin Square's second restaurant opened its doors.

PizzaExpress opened at the end of November and has brought 30 jobs to the town.

The 127-seater restaurant has been designed with a modern twist and draws heavy inspiration from the pier and beach.

Restaurant manager Kirsty Sims said: "I am incredibly excited to be bringing the nation's best-loved

pizza to Weston-super-Mare, and to be at the helm of such a great team."

Artwork around the restaurant includes vintage seaside posters, postcards and photos. There are also timber beach hut frames and booth seating which provide private dining spaces.

A high-level rope feature zig zags across the ceiling, while birch ply and grey stained timber have been used in the panelling and flooring.



For more information about Weston-super-Mare's regeneration visit [www.n-somerset.gov.uk/weston](http://www.n-somerset.gov.uk/weston)

# Tourist attraction scoops



Nestled in the North Somerset countryside is a family attraction which is winning awards for its sustainable ethos.

Noah's Ark Zoo Farm, in Wraxall, scooped two gold awards at the 2017 Bristol, Bath and Somerset Tourism Awards in November, for sustainable tourism and outstanding customer service.

Successful businesses in these awards will now be fast-tracked to the South West Tourism Excellence Awards in February, and then possibly the national Visit England awards later in the year.

The zoo also currently holds gold in the Green Tourism Business Scheme, and the Innovation Award (for innovations in sustainability) from the National Farm Attractions Network.

Curator Chris Wilkinson said: "We are all thrilled to have won these two most recent awards."

Noah's Ark Zoo Farm was built on the site of Moat House Farm, a listed 17th century farm house with a moat.

It started as a small petting zoo and had its first full season in 1999 with just over 20,000 visitors.

Two South African white rhinos arrived in 2005, Rumba and Rumbull, the first big zoo animals.

The zoo is set in 100 acres of countryside and works hard to preserve its natural environment.



There is a conservation area within the grounds, with native wildlife habitats including bug hotels, bat boxes and a variety of plant species.

Over the next few years, giraffes, gibbons, tigers and lions arrived, and then the largest elephant enclosure in the UK opened there in 2014.

The zoo has continued to grow and in 2016 Spectacled Bears arrived, followed by Aldabra Giant Tortoises at the start of 2017.

It now has more than 200,000 visitors a year.



# award for sustainability



*“We want to encourage a love of nature in everyone, no matter what their age.”*

This area is used by the education team for activities such as pond dipping and bird surveys.

The largest hedge maze in the UK can also be found here, created from 3.2km of beech trees and providing a habitat for badgers, birds and insects.

Education co-ordinator Paula Takle said: “We are hugely devoted to teaching the next generation how to care for the natural world and what they can do to live sustainably.

“We want to encourage a love of nature in everyone, no matter what their age.”

The zoo was awarded a Learning Outside The Classroom award in 2016 for its innovative teaching methods.

It hosts popular conservation events and there is now a permanent education trail for families and schools to complete.

The zoo is also dedicated to generating as much of its own energy as possible and a third of its energy comes from renewable resources such as a wind turbine, biomass boilers and solar panels.

The 200kw biomass boilers use leftover woodchips from the timber

trade and rainwater is collected from the roofs of animal enclosures and pumped into the pools and streams of the enclosures.

Any surplus rainwater is then passed through a recycling system to be used again around the rest of the zoo.

Dirty water is used to feed the roots of a willow plantation and circulated through a reed bed, which acts as a filter so the water can be recycled again.

Chris said: “The animal keepers often use waste products from local businesses too, such as Christmas trees from local garden centres, waste fruit and vegetables, waste meat, coffee sacks and empty carpet tubes.”

Noah’s Ark Zoo Farm is currently working on updating its facilities and improving accessibility, and is in the process of building a new tapir, capybara and mara house.

[www.noahsarkzoo.co.uk](http://www.noahsarkzoo.co.uk)



# Help keep your new bike safe

New bikes are popular Christmas presents so if you've got a shiny new cycle then you'll want to look after it.

It only takes a few seconds to spot an unlocked bike and steal it so North Somerset Council is giving residents the chance to get their bicycle marked and its details registered on the national cycle database used by police.

A series of events will take place this month and bike safety kits, which usually retail for £19.99, will be available for free thanks to the Department for Transport's Access Fund for Sustainable Travel.

The Bike Register works in partnership with all UK police forces and works to deter cycle thieves and reunite stolen bikes with their owners.

Bikes are given a permanent ID etch and a tamper-proof sticker, to warn potential thieves that the bike is registered.

## More tips to keep your bike safe

Always keep your bike locked, even if only for a few seconds.

Use good quality locks and ideally more than one kind, as thieves need more tools to steal it.

Lock your bike through both the wheel and frame to an immovable object, such as a bike rack, lamppost or tree, in a place that is well-lit, in view of others and CCTV cameras.

Remove accessories such as water bottle, saddle, lights, pump and saddlebag that could potentially attract thieves.

Vary your routine by locking the bike in different ways and places.

If your bike is kept in a shed, make sure it is secure with good quality locks, the windows covered and an alarm set.



## Get your bike marked for free

Visit these train stations, from 3-6pm:

- **Tuesday 16 January**  
Nailsea and Backwell
- **Wednesday 17 January**  
Worle
- **Thursday 18 January**  
Weston-super-Mare

Travelwest advisors will also be on hand to talk about local cycle routes. Find out more about free adult cycle training and the council's Borrow a Bike scheme.





# Spoken word sessions come to North Somerset

**Well-crafted words connect to the brain and heart and have the power to heal, delight, entertain and persuade.**

Just sitting and listening can improve your wellbeing so a new event has launched in North Somerset to inspire people with words.

The Spoken Word Café, at Yatton library, is the brainchild of Heidi Hollis, a former principal of Stagecoach Performing Arts schools.

It takes place monthly and is open to anyone not in full-time employment.

People are invited to read aloud, or have read on their behalf, something that strikes a chord with them.

Heidi said: "People who aren't in full-time employment often miss interpersonal connections.

"They might be working from home, self-employed, retired or parents working part-time.

"Life can be choppy or even boring and it's hard to connect with what is really important to you."

Heidi provides some materials, including poems, books, speeches and other published material, but people can also bring their own.

The next event takes place from 11am to 12.30pm, on Tuesday 16 January.

No-one will be asked to read aloud if they don't want to.

## WESTON-SUPER-MARE LITERARY FESTIVAL

### Weston's first Literary Festival next month

**Best-selling local authors will be giving an insight into their work during Weston-super-Mare's first Literary Festival next month.**

The free festival, organised by Weston Town Council, takes place at venues around the town from Thursday 22 February to Thursday 1 March.



As well as the line-up of local authors, there will be talks, workshops, panel discussions and an anthology reading.

Visiting authors include gritty contemporary fiction writer Amanda Prowse, best-selling fiction writer Jeffrey Archer, local fiction writer Damien Boyd, and children's author Huw Powell.



Panel discussions will be about the romance genre and do-it-yourself publishing.

Workshops will be about creative writing, the process of writing and story construction.

A children's trail will also run around the town centre from Monday 12 February to Thursday 1 March.

[www.wsm-tc.gov.uk](http://www.wsm-tc.gov.uk)

 /westonlitfest

For more information contact Heidi: **07778 683 594**  
or [writerwithboots@gmail.com](mailto:writerwithboots@gmail.com)

 search for 'Spoken Word Cafe – North Somerset'



## A winter wander around Weston-super-Mare



Stunning Victorian architecture can be spotted all around Weston-super-Mare's town centre.

Take this short walk – developed in partnership with Weston Civic Society and the Health Walks initiative – to spot some of the highlights.

This is the first in a series of walks to explore Weston's history, as part of the Heritage Action Zone project.



### Walk information

**Distance:**  
about 1.4 miles

**Difficulty:**  
easy – a level walk on pavements. Wheelchair, pushchair and dog friendly

**Duration:**  
about 90 minutes at a leisurely pace

### How to get there

By car: Weston train station car park

By bus: 3, 20, 103, 7, 105 (Town Hall) 16 (Station Road)

By train: Weston-super-Mare train station

Begin the walk at the Grade II-listed Weston-super-Mare train station – opened in 1884 on a new loop which replaced the 1841 branch line. Brunel's Grade II-listed signal box is in the adjacent car park as a reminder of this previous trackway.

From the station, go over the zebra crossing onto Station Road, past a row of 1930s Art Deco houses on your left, and past local architect Hans Fowler Price's French-style depository, now Nightingale's storage facility.

Behind the 20-metre Pennant and Ham stone tower of Victoria Methodist Church is the 190-year-old Whitecross Lodge, former home of Richard Parsley who built Weston's first hotel.

You then pass the 1934 former magistrates' court, most recently used as a television drama location.

At the roundabout look left towards Walliscote Primary School, built in

1897 by Hans Price as Weston's first 'board school'.

Turn right past the Italianate Town Hall, opened in 1859, extended by Price in 1897, further extended in 'Post Office Georgian' in 1927, and the brick wing added in 1980.

Walking towards Regent Street you pass The Centre, a row of recently repainted Art Deco shops and apartments, finishing with Cecil Howitt's modernist 1935 Odeon cinema.

Opposite the Odeon, is Alexandra Parade, an elongated open space previously known as The Plantation.

This is where Weston's first train station opened in 1841. The scale replica locomotive North Star, installed in 2006, commemorates the 200th anniversary of Isambard Kingdom Brunel's birth.

The original train station is now the Tavern Inn the Town pub.

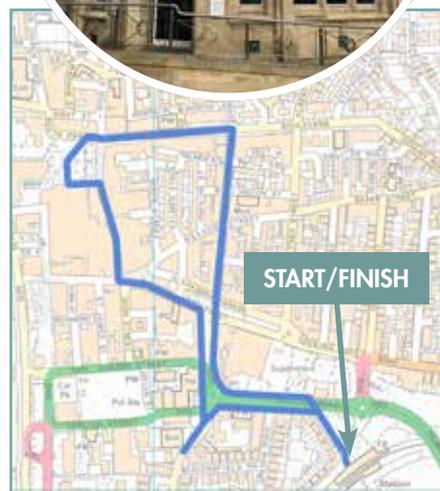


## What is an Historic Action Zone?

The history and heritage of Weston-super-Mare is being preserved and enhanced thanks to the town being awarded Heritage Action Zone status by Historic England.



North Somerset Council successfully bid for £600,000 of funding which will be used over the next three years to develop initiatives which will help encourage people to understand more about the historic gems in the town.



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From here head towards Big Lamp Corner and Silica, a piece of public art designed by Wolfgang Buttress in 2006.

From here you can see several impressive buildings, particularly Costa Coffee (can you spot the elephants?) and HSBC bank.

As you walk along High Street, look up above shop level at the variety of windows, carvings and other details.

At the far end, the newly refurbished Italian Gardens provides a spot to sit and relax among the classical balustrading, fountains and lawns.

Spot the 1807 Royal and the Imperial (formerly Bath) – Weston's first two hotels. Also SASS bar, an 1860s former bank in Florentine palazzo style; the new University Centre at the Winter Gardens; and the 1992 Sovereign Shopping Centre.

Turn right into Waterloo Street and the Boulevard. The Mercury office and adjacent buildings, together with the Constitutional Club (former Masonic Lodge of St Kew), and row of shops, are all by Hans Price in the 1880s.

Turn next right into Orchard Street, a busy road of independent businesses including a chocolatier, florist, Asian and East European food stores and restaurants, crafts shops and dress shops. In adjacent Burlington Street is Weston Museum, refurbished and reopened last year. The independent retailers extend into Meadow Street as well.

At the end of Orchard Street you will find yourself back in Alexandra Parade, where you can retrace your steps back to the train station.

A more detailed version of this walk is available as a PDF. Visit [www.discovernorthsomerset.co.uk](http://www.discovernorthsomerset.co.uk)



## LOCAL EVENTS

### January

#### Thursday 18

North Somerset Rural Business Forum 7.30pm, Mendip Spring Golf Club, Congresbury. Speaker Jacquie Mills from Bristol Airport. Annual membership £25, Non-members £10 per meeting, including a light supper. richard@cooksleyandco.org

Yatton Horticultural Society 8pm, Yatton Bowling Club. Talk is by Mark Bullen, Fungi in Fact and Fiction. 01934 834 889

#### Friday 19

Blazing Flame Quintet 8pm, Theatre Shop, Clevedon. A highly-acclaimed jazz quintet. www.ticketsource.co.uk/theatreshop

#### Friday 19 – Saturday 20

Mother Goose, performed by the Playhouse Theatre Company 7.30pm (and Sat matinee), Backwell Playhouse. £12. 01275 462 621. www.backwellplayhouse.co.uk

#### Tuesday 23 and Wednesday 31

Open auditions for the Shell Seekers, by the Portishead Players. 7.30pm the Folk Hall, Portishead. www.portishead-players.org.uk

### February

#### Thursday 1

Tanyalee Davis at Weston Comedy Club 8pm Blakehay Theatre. £10/£12 01934 645 493 www.blakehaytheatre.co.uk

#### Saturday 3

Quiz Night 7.30pm, Long Ashton Community Centre. Organised by Long Ashton Community Association. £7. 01275 393 570 or laca@btconnect.com

#### Thursday 15

North Somerset Rural Business Forum 7.30pm, Mendip Spring Golf Club, Congresbury. Speaker Mark Suthern from Barclays Bank. Annual membership £25, Non-members £10 per meeting, including a light supper. richard@cooksleyandco.org

## HEALTH AND FITNESS

### Mondays

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

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

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

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

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

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

### Tuesdays

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

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

Dance fitness (E) 10am, Clevedon Triangle Club. £4. 01275 544 472

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

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

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

Fibro Friends WSM – Fibromyalgia and Chronic Fatigue Support Group (2) 11am, 1 in 4 People Oxford Street, Weston www.fibrofriendswsm.co.uk

EXTEND Movement to Music for over-60s (E) noon-1pm, Clevedon Baptist Church Hall. (also every Weds, 10.30am at Pill Community Centre). £4 per session. 07530 777 895

Stroke rehabilitation class (E) 12.30-1.30pm, Hutton Moor leisure centre, Weston. 07919 532 960



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

Cancer Rehabilitation class (E) 2-3pm, Hutton Moor leisure centre, Weston. 07899 754 937

Cancer Rehabilitation class (E) 3-4pm, Hands Stadium Davis Lane, Clevedon. £1.50 per class. 07800 743 305

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

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

Tuesday Badminton club (E, term time) 8-10pm, Broadoak School, Weston johnrudall@hotmail.com

### Wednesdays

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

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

Women's Action Group (WAGS) 12.30-2pm 35 Boulevard. Weston Women-only group for those who need help with addiction. 01934 427 940

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

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

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

Bogs of Somerset Hash House Harriers (E) 7.15pm, various locations. See www.bristolhash.org.uk/bogs 079 6649 5086 or 01275 874 671

### Thursdays

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

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

Friendship Group (E) 10am-noon, Worlebury Golf Club. For people with long-term illness, carers also welcome. 01934 823 415

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

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

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

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

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

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

South Avon Canoe Club (E, Oct-March) 8.15-10pm, Churchill Swimming Pool. Kit provided All are welcome. southavoncanoecub@gmail.com www.sacc.co.uk

### Fridays

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

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

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

### Saturdays

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

Stay steady classes Age UK Somerset runs classes across the area for anyone aged 50 and over, including Movement to Music, seated yoga, Stretch and Flex, Tai Chi, Boccia, and chair-based Flexercise sessions. Classes cater for all abilities. To view the whole programme visit www.ageuksomerset.org.uk/somerset or contact Nikki Smith on 07530 777 895 or nikki.smith@ageuksomerset.org.uk

## MUSIC

### Mondays

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

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

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

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

**Clevedon Choral Society** (E) 7.15 pm, Methodist Church Hall, Kenn Road, Clevedon.  
www.clevedonchoralsociety.org.uk

**Weston Rock Choir** (E, term time only) 7.30pm, Vintage Church, Hughenden Road. www.rockchoir.com

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

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

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

**RAFA Concert Band** (E) 8pm, Victoria Methodist Church Hall, Station Road Weston  
www.rafaconcertband.org.uk  
01934 820 205

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

### Tuesdays

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

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



**Portishead Rock Choir** (E, term time only) 7.30pm, Gordano School canteen  
St Mary's Road  
www.rockchoir.com

**Waves of Harmony** (E) 7.30pm, Victoria Methodist Church Hall, Station Road, Weston. 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  
01934 832 283  
www.singoutlouduk.com

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

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

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

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

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

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

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

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

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

**Weston Brass Band** (E)(and Thu) 8pm, Church Road Methodist Church, Upper Church Road, Weston  
01934 842 461

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

### Wednesdays

**Clevedon Ladies Choir** (E)(September-June) 2.15-3.30pm, St Peter's Church Hall, Alexandra Road. £25 per year  
01275 874 109  
clevedonladieschoir@gmail.com

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

**Nailsea Rock Choir** (E, term time only) 7.30pm, Southfield Church, Southfield Road. www.rockchoir.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  
footlightsperformance@gmail.com

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

### 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) 7.45pm, The Folk Hall  
High Street, 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

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

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

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

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

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

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

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

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

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

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

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

### Saturdays

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

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

### Sundays

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





# Establishing a **safe space** for everyone

Evening and night-time visitors to Weston-super-Mare's town centre can be confident they are in safe hands once the sun goes down.

The town centre has received the prestigious Purple Flag award for the last two years and work is continually being done to improve even further.

The Purple Flag standard, launched in 2012, is an accreditation process similar to the Green Flag award for parks and the Blue Flag for beaches.

It allows members of the public to identify town and city centres that offer an entertaining, diverse, safe and enjoyable night out.

A joint submission by North Somerset Council, Avon and Somerset Police and the Weston Business Improvement District (BID) has now been made to retain the flag for a third year.



## Highlights of the past year include...

- there are currently no licensed premises rated red or amber (poorly managed/raising concerns) under the licensed premises 'traffic light' scheme. This is opposed to 15 identified when the scheme began in 2015
- figures from January to September last year showed a 12 per cent reduction in crime and disorder compared to the previous year, the third year in a row it's fallen
- an average of between four and eight people are treated on MAVISbus each night it is out, reducing the strain on other emergency services.

Howard Potheary North Somerset Council's community safety manager, said: "We want to provide a safe, enjoyable and friendly evening and night-time economy for everyone, while promoting good trade and tourism and reducing demand on police and clinical services."

The town centre has undergone dramatic regeneration in the past year, with the Italian Gardens refurbished and Dolphin Square opening.

At the northern end of the High Street, pedestrian links between the Italian Gardens, seafront and High Street have been enhanced to create a Continental-style square which is being used day and night throughout the year.

State-of-the-art lighting at ground level, and an illuminated water feature, have been incorporated into the design to create a stimulating, safe and accessible environment.

A stage is also built into the design and has been used for a range of musical and performance events.

Weston town centre and BID manager Steve Townsend said: "We have been able to work in partnership to ensure that the regeneration improves the experience of any visitor during the evening or night-time."

Last summer the distinctive purple MAVISbus (multi-agency vehicle in service) was out every Saturday night from April to September, thanks to a group of volunteers from St John Ambulance.

Throughout the winter it continues to be out for all Saturdays after pay-day and other Saturday nights when high demand is anticipated.

The Safer Stronger Communities bus provides a platform for agencies to offer immediate, highly-visible assistance and a safe place to vulnerable people.

It is used by the police, ambulance, street wardens, street pastors, council licensing officers and other local agencies after dark to offer general help to visitors to the town.

Howard said: "Feedback from all staff and users is incredibly positive.

"It has become somewhere for vulnerable people to stay safe or receive treatment, somewhere for all agencies to work from and share information in the heart of town and also a highly visible deterrent to those looking to cause trouble."

Work has also been done to improve the perception of Weston town centre.

High-visibility policing continues every weekend and the police are using a new zoning system, allowing a pair of officers to have responsibility for certain areas.

Multi-agency nights of action continue each payday weekend using MAVIS bus as a hub and have included in the past year use of a drugs itemiser, drugs dog, checks on door security and trading standards dip-testing.

Anti-social, behaviour is being tackled by the new public space protection



orders (PSPOs), to deter individuals or groups across North Somerset committing anti-social behaviour in public places.

Howard said: "The PSPOs will allow us to deal with anti-social behaviour both day and night more effectively and will benefit residents, businesses and their customers by making North Somerset a desirable place to live, visit and work."

An initiative to improve sexual behaviour has also been implemented, with the police working in partnership with Pub Watch, Weston Area Health NHS Trust, Weston College, local schools and taxi companies to implement a range of initiatives.

These include raising awareness about what constitutes sexual assault and an 'Ask for Angela' code-word campaign, so bars, clubs and taxis

can help someone get out of a difficult situation if needed.

Age-appropriate training and education is also being held at local schools and Weston College, as well as bystander awareness training.

As well as this, a campaign to ensure zero-tolerance for hate crime in the town after dark is also being launched, with awareness raising around what constitutes a hate crime and what to do if you are a victim or see an incident take place.

This is a joint project being led by North Somerset Council, Avon and Somerset Police and local hate crime charity Stand Against Racism and Inequality (SARI).

It will include targeted communications and awareness for people working in and using the night-time economy.



 /SaferStrongerNS  
 @SaferStrongerNS

# Plans to cut congestion into Portishead

Congestion is set to be eased and travel times reduced around Portishead thanks to millions of pounds of funding for new road schemes.

£2.8m has been allocated for improvements to Junction 19 of the M5 and to increase capacity along Wyndham Way, one of the main roads heading into the town.

This government funding was announced last March by transport secretary Chris Grayling.

North Somerset Council is now delivering the Wyndham Way scheme on behalf of Highways England.

Officers from North Somerset Council have been working with Highways England – who are responsible for maintaining motorways and trunk roads – to look at how the congestion could be relieved.

Colin Medus, North Somerset Council's head of highways and transport, said: "There are well known congestion problems on the M5 southbound, heading toward junction 19 for Portishead, during the afternoon and evening rush hour.

"There's also a congestion problem on our road network for traffic

heading into the town, which impacts on the already jammed motorway.

"As well as the obvious frustrations and delays this causes to motorists, it also poses a road safety issue as traffic stacks up on the M5.

*"Our investigations with Highways England have shown that congestion on the motorway is partly due to the limited capacity of the A369 Wyndham Way.*

"Working together, we've identified a package of improvements which will reduce congestion and improve road safety on the motorway."

## Increasing capacity

To improve traffic flow heading towards Portishead, plans will see the A369 Wyndham Way being widened and a second lane installed, between its junctions with the Sheepway and 'sail' roundabouts.

Some minor changes would also be needed at each roundabout to accommodate an extra lane. The outbound road would remain a single carriageway.





Adding an extra lane will increase the amount of traffic the road can take heading into town, so therefore lessen the amount of traffic queuing back onto the M5 southbound at junction 19.

Traffic modelling carried out by the council has shown that for traffic heading onto the 'sail' roundabout from Wyndham Way, the levels of traffic exiting onto Wyndham Way towards the High Street, and that exiting onto Quays Avenue, is about the same.

Colin said: "This indicates that Wyndham Way is where the congestion starts to build.

"This scheme is about creating additional capacity for traffic that's already on the roads heading into Portishead – helping to alleviate congestion on the Portbury Hundred and ultimately the motorway – rather than moving the problem to elsewhere on our road network."

The cost of the Wyndham Way scheme is an estimated £1m – with the money coming from the funding already announced by the Department for Transport.

North Somerset Council's executive members voted to approve the scheme in principle at their meeting in December, meaning engineers can now work on finalising the design.

The council will also continue to work with Highways England to study options for improving capacity for traffic exiting junction 19 onto the Portbury Hundred.

The ecology of the area will be taken into consideration during the design process and any trees or hedges that have to be removed for the road to be widened will be replaced.

Engineers working on the scheme will also liaise with the council's integrated transport unit about the two bus stops on the road and whether these need to be upgraded.

Two pedestrian crossings will likely be upgraded to toucan crossings, for use by pedestrians and cyclists.

Some activity is already taking place on site with council officers surveying the trees, hedges, drainage network and other features that are on, around or under the road.

# GRIFFITHS

civil engineering and construction



South Bristol Link is celebrating its first birthday and the project's award-winning success is down to the partnership working ethos established from the start by all key partners.

The major highways project had some very complex challenges with both planning and construction but – with a team focused on one goal – they were all overcome.

To have this recognised by so many industry bodies on a regional and national level was the icing on the cake for contractors.

The project was recognised two years in a row by the Considerate Constructors Scheme – a fantastic achievement for

the team who worked hard to ensure this critical piece of infrastructure was delivered with local communities in mind.

As a regional business, Griffiths has directly benefited from South Bristol Link.

It has acted as the catalyst for significant growth in the wider South West region, from its regional office based just off the new road.

Relationships have also been developed with local suppliers, and also Weston College who the company now use to educate its stars of the future.

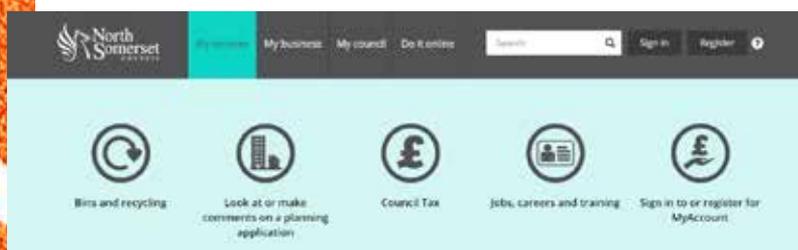
Griffiths would particularly like to thank the North Somerset Council Project Team led by Alex Fear for their positive and collaborative approach to delivering SBL.



[www.alungriffiths.co.uk](http://www.alungriffiths.co.uk)

# Manage your council tax and benefits online

Join the thousands of people across North Somerset who are managing their council tax and benefits online.



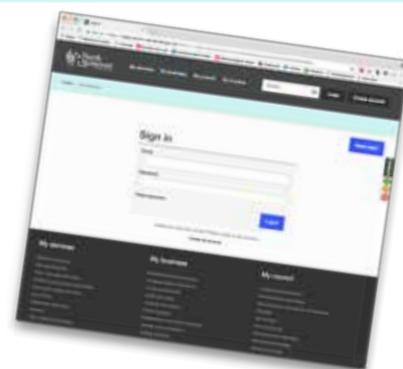
More than 20,000 people receive their council tax bills online and more than 6,000 residents manage their benefit this way.

Doing it online means you can log on and sort your finances at a time that suits you.

It gives you instant access to old bills and also cuts down on the amount of post you receive.

This means the council saves postage costs and contributes positively to the environment.

Because it is more cost effective for the council, it means money can be spent on other services which need it the most.



To receive your council tax bill or benefit notification letter electronically, register through My Account on the council's website.

Once registered, you can also access many other council services, from waste and recycling to reporting issues about local streets, roads or parks.

Visit [www.n-somerset.gov.uk](http://www.n-somerset.gov.uk) to register.

# Can you help increase

Increasing recycling rates, reducing waste costs and saving council tax money for other vital services are the key components of a new campaign.

Residents in North Somerset already do a great job at recycling and earlier this financial year the rate reached 59.35 per cent for two successive quarters – the best for three years.

This is a fantastic achievement but elsewhere in the country, the top performing council has a rate of 66 per cent.

So North Somerset Council wants to raise its recycling rate to 60 per cent for the entire year.

Keep an eye out for the new recycling campaign and let the council know what you think.

Without the efforts you already put in, the council would have to spend more of your council tax money sending recycling to landfill. You make the difference and when you recycle – it matters.

## Did you know?



North Somerset Council was named the second-highest performing local authority in England and Wales for its total carbon savings.

Compared with...



Cheshire West and Chester who save

108



109



## Opportunities to ... reduce, reuse and recycle every day

Today's consumer society means that many more things go in the black waste bin but do you put things in there that could be recycled?

Collecting from the kerbside is the most economical way to recycle.

**Wash and squash** – A quick rinse of your recycling will keep green boxes free from flies and other pests.

Squashing plastics, tins and cans, and flattening cardboard will give you more room in your boxes.

Sorted recycling boxes take crews just 20 seconds to process, compared with more than two minutes if they have to sort all the different items themselves.

### Box 1

**Paper** – try to keep paper separate from tins and plastic. It can be in a separate bag.

**Metal and plastic food packaging (tins, bottles, and clear meat containers)** – can be co-mingled. If you take off the lids, they can be more easily squashed in the trucks.

**Batteries, small electrical items, clothes and shoes, spectacles and mobile phones** can be separated in individual bags.

### Box 2

#### Glass bottles and jars

**Flattened card** – (cereal boxes), corrugated cardboard, and flattened drink cartons (Tetrapak)



### Need a new or another recycling box?

Visit [www.n-somerset.gov.uk/connect](http://www.n-somerset.gov.uk/connect) to order a new box, food waste caddy, or sign up for the garden waste collection service.

Please allow four weeks for delivery.

# the recycling rate?

New Year's resolution  
**2018**

## Trim your 'waste' line

Can you recycle an extra kilogram of waste each week?

Even a small increase in recycling can make a big difference to the amount of money the council can save.

Landfill charges currently cost about £107 per tonne (1,000kg) and in the first quarter of this financial year alone it cost North Somerset households £1.15m.

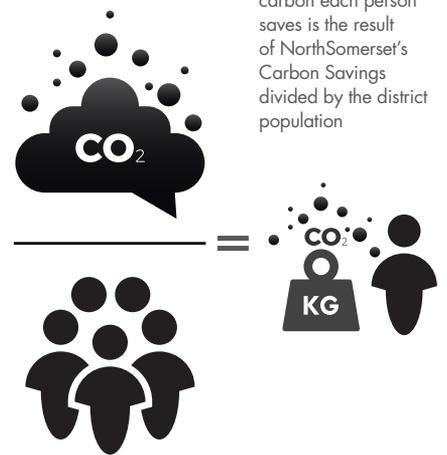
However, the council estimates that more than 40 per cent of this landfill waste was actually recyclable.

If this was collected at the kerbside instead, it would save the council more than £1m a year – and thousands of kilograms of CO<sub>2</sub> from

entering the atmosphere. That money could be used to help almost 150 people with a disability maintain their dignity and ability to live independently.

There are about 98,000 households in North Somerset so if each household recycled an extra kilogram each week it would save the council nearly £10,500 a week.

Visit [www.n-somerset.gov.uk/recycling](http://www.n-somerset.gov.uk/recycling) to find out more about how to keep your New Year recycling resolutions, including an article about how to save thousands of pounds by switching from bottled to tap water.



### More ways to recycle

Some items cannot be recycled at the kerbside so must be taken to one of North Somerset's household waste and recycling centres instead.

This includes metal hangers, pots and pans, mirrors, plate glass, crockery, picture frames, and hard plastic items such as boxes and children's toys.

Site staff can answer questions about what's acceptable or help you with your waste disposal if required.

[www.n-somerset.gov.uk/recyclingcentres](http://www.n-somerset.gov.uk/recyclingcentres)



Share your recycling tips on social media and let the council know what you think of the new campaign.

 @ns\_recycling •  search for North Somerset Recycling and Waste

**Don't be embarrassed.  
Tell everyone.  
Silence is a scammer's best friend.**

**We are  
#scamaware**



**Bristol**



**Call 03454 04 05 06**

# Support for unpaid carers



Carers are people who provide unpaid support to a family member, friend or neighbour who could not manage without their help.

There are more than 22,000 carers in North Somerset according to the 2011 census and many find that providing this care impacts on their own lives in one way or another.

Carers Support Alliance (CSA) is funded by North Somerset Council and the Clinical Commissioning Group and exists to support carers with the challenges they can come across.

Kathryn Benjamin, from North Somerset Council, said: "Many carers don't even think about being a 'carer' but it can be very common to experience stress and isolation, financial disadvantage and deterioration of your own health as a consequence of your caring role."



CSA offers information and advice and can provide practical support to identify any problems and solutions relating to your caring role.

Advisers can help you navigate the system and ensure you and the person you're caring for are receiving all the help and support you are entitled to.

A carers' assessment is carried out to look at how caring impacts on your life and what support may help.

Kathryn said: "This is not an assessment of how well you are providing care, but how providing care impacts on you."

"It looks at what support you may need to take good care of yourself."

One carer who received support said: "It's such a relief to discuss my problems in caring for my mother with someone who understands my difficult situation."

Carers Support Alliance:  
**03000 120 120** (option 3)  
[www.alliancehomesgroup.org.uk](http://www.alliancehomesgroup.org.uk)

# Businesses leading employment opportunities for disabled people



Alun Davies with Kirk his guide dog

Businesses in North Somerset are working hard to champion the needs of disabled people and help those furthest from the job market.



Disabled people make up about 18 per cent of the population so work is being done to encourage and support employers to cater for different needs.

North Somerset Council recently became only the second council in the country to be awarded 'Leader' status under the Disability Confident scheme.

Louise Roberts, equality and diversity manager at the council, said: "As a local authority, we have a significant role in championing the employment of disabled people across North Somerset.

"We have worked hard to ensure that our managers are confident to employ and support disabled people and those with long-term health conditions."

The council currently employs about 120 disabled people and is now working with other local businesses to encourage them to be Disability Confident.

Alun Davies, who is blind, has worked for North Somerset Council since 2003.

He helped set up the organisation's disabled staff forum, was its chairman for many years, and wrote managers' guidelines and training with Louise.

He said: "Personally, the support I have received has been very good. Any necessary reasonable adjustments I have needed to do my job have been provided."

Alun uses screen reading software on his computer and, after being a white

cane user for 40 years, has recently taken on a guide dog, Kirk.

Kirk is the first guide dog to be used within the council's offices and is settling in well.

Alun was allowed time off for the pair to train together and since then Kirk has been welcomed into the office environment.

Alun "I was a very good white cane user but bumping into things does take a toll on your body. While a dog wouldn't necessarily improve my mobility, it means I will hit less things."

Elsewhere in North Somerset, other organisations are running successful employment programmes.

## westonworks

Information and advice about job hunting is available at a drop-in service in Weston-super-Mare.

westonworks, based in St Andrew's Parade, Weston-super-Mare, supports people of all abilities into work, volunteering and learning.

It offers one-to-one appointments through its own and partner advisers based there.



A work club runs on Thursday mornings to advertise local vacancies and give people support while they use the computers for job applications.

The organisation also works with partners to develop pre-employment training in confidence building, customer service and interview skills.

westonworks:  
**01934 426 260** or  
[www.westonworks.org.uk](http://www.westonworks.org.uk)

## The Richmond Fellowship

Mental health charity The Richmond Fellowship, based in Clevedon, supports people into employment.

One person who received help from the charity is Matt, who has anxiety and depression.

It took several meetings for Matt to trust his adviser at the charity but after a few weeks started to look forward to the meetings.

He joined Tools for Self Reliance, a charity which repairs and restores tools for people in Africa and passed a multi-trade course at Weston College.

Following that he completed a self-employment course, began volunteering with St Peter's Hospice shops, and got a paid job for 15 hours a week in Portishead.

Matt is now enjoying the job and hopes to take on some self-employment work in the future to increase his income.

The Richmond Fellowship:  
**01275 879 468** or  
[www.richmondfellowship.org.uk/north-somerset](http://www.richmondfellowship.org.uk/north-somerset)



## The Castelan Group

Insurance and claims handling business the Castelan Group, based in Weston-super-Mare, is an equal opportunities employer and the company is committed to finding the right person for the right role within their team.

If someone needs additional support, tailored solutions or specialist equipment then it will do all it can to provide it.

The organisation employs a number of disabled people who are supported with specialist workplace equipment.



Job opportunities at North Somerset Council are advertised at [www.n-somerset.gov.uk/jobs](http://www.n-somerset.gov.uk/jobs)

Applicants can expect a fully-accessible recruitment process, support to put any required reasonable adjustments in place, an accessible working environment, and on-going support from line managers and HR.

Any businesses interested in signing up to the Disability Confident scheme can find out more at [www.gov.uk/government/collections/disability-confident-campaign](http://www.gov.uk/government/collections/disability-confident-campaign)

# Speak out to remove the stigma of dementia

More than 3,000 people are living with a diagnosis of dementia in North Somerset and a range of support is available for them and their carers.



Dementia is a disease of the brain and not a natural part of ageing so seeking help early on means you can receive an early diagnosis, benefit from medical treatment, live the best quality of life while you can, and develop a support system.

Peter Tullett, from Weston-super-Mare, visited the local memory clinic about seven years ago as he had mild cognitive problems.

The 71-year-old was diagnosed with dementia about three years ago and said: "There are so many different aspects to dementia.



"It's not just about memory - my biggest problem was spatial awareness. I would trip and stumble and noticed my driving skills were getting worse.

"I would also become muddled and take messages down wrong."

Peter now has a stair lift fitted in his home and is taking medication to slow the rate of deterioration.

Getting diagnosed was a big step forward and Peter emphasises the importance of speaking out.

He said: "The problem is that individuals might recognise they have a problem but not want to talk about it because of the shame.

"But we do need to talk about it. You are doing your loved ones no favours if you hide it.

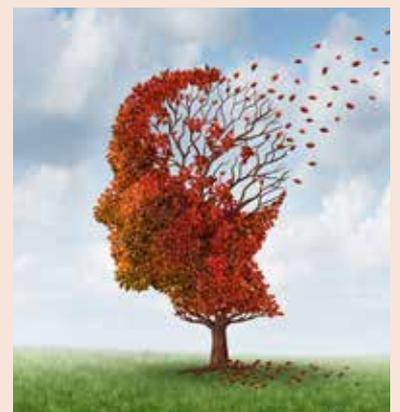
"Once you acknowledge it, you can get help."

Peter now gives public talks on the subject and joins a regular online dementia café where people can chat virtually.

## What do I do if I am worried about my memory?

Book an appointment with your GP. Many medical conditions can affect memory and these need to be diagnosed and treated first.

Once the doctor has checked these, they can request an assessment from the North Somerset Memory Service if they think dementia could be the cause.





## How is dementia diagnosed?

An assessment is carried out by a specialist practitioner and you will be referred for a brain scan. You will then have an appointment to discuss the results and what they mean.

## What happens after diagnosis?

The Memory Service may offer medication to help and you can attend post-diagnostic groups. By helping you understand the cause, and likely future changes, it can support you to deal with things more confidently.

This can help with understanding and finding ways to manage the impact on your daily life. You will also be offered a referral to the Alzheimer's Society.

Information and advice is provided to carers and family if needed. Signposting and referrals may be made to other organisations which might be helpful to you and your family.

## What is the difference between dementia and Alzheimer's?

Dementia describes more than 150 conditions which can affect the brain, and Alzheimer's is one type of dementia. Others include vascular, fronto-temporal lobe and Lewy-Body's dementia.

## What support does the Alzheimer's Society offer?

The Alzheimer's Society works with people who have all kinds of dementia, giving information and support to help people understand dementia, cope with day-to-day challenges and prepare for the future.

It also runs a number of services including activity groups, coffee morning, befriending and Singing for the Brain.

Some groups provide opportunities for the person living with dementia and their carer to attend together. Contact the Alzheimer's Society on 0300 1234 589 to find out more.

## Is daycare available?

A safe, relaxed environment is offered at Severn Day Centre, in Weston-super-Mare.

Here people can maintain their interests and hobbies and talk openly about how they feel.

It is available for people who have been assessed by North Somerset Council as meeting the adult social care eligibility criteria. Contact Care Connect to find out more.

## It's getting difficult to prepare food.

The community meals on wheels service can provide a daily hot dinner and/or teatime meal, along with a welfare check. Contact 01275 882 867.



For information and advice about the condition contact the Alzheimer's Society: **0300 1234 589**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

If you are a carer who would like support, contact Carers Support Alliance:

**03000 120 120** (option 3)

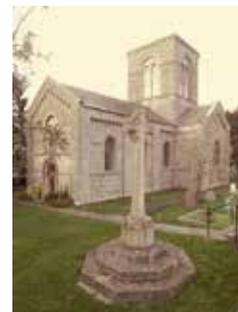
[www.alliancehomesgroup.org.uk](http://www.alliancehomesgroup.org.uk)

[www.n-somerset.gov.uk/adults](http://www.n-somerset.gov.uk/adults)

Care Connect: **01275 888 801**

# Maintaining churchyards for future generations

Churches are one of the focal points of town and village life and provide a glimpse into life gone by.



Some churchyards are 'closed', which means the responsibility for future maintenance, including boundary walls, is transferred from the church to the local authority.

North Somerset Council is responsible for 21 closed churchyards around the area as part of its contract with Dignity, which runs Weston-super-Mare's crematorium.

These range from St Michael's church in Dundry, which was used as a beacon for ships entering Bristol, to the Old Church of St Nicholas in Uphill, which dates from about 1080.

Church wardens and council officers are working together to improve the appearance and state of these churchyards and ensure they survive for centuries to come.

Andrew Ballentine, leisure and culture officer at North Somerset Council, said: "Many of these churches are listed buildings with significant historical links and their churchyards are a great place for family historians to visit while undertaking genealogy studies."



Memorials are also installed in many churches to remember the fallen of the two world wars.

North Somerset Council is now working closely with town and parish councils to mark the centenary of the end of the First World War.

It wants to compile a complete record of all servicemen who died during the First World War and plans are being made about how this history can be showcased in the coming year.

If anyone has any information about service personnel who died in the First World War, or has family history connected to it, email [ww1centenary@n-somerset.gov.uk](mailto:ww1centenary@n-somerset.gov.uk)

For more information about closed churchyards email [cemsandcrems@n-somerset.gov.uk](mailto:cemsandcrems@n-somerset.gov.uk)

# Roman pottery discovered in North Somerset

Remnants of a thriving Roman pottery industry and even some hobnail boots have been uncovered during archaeological excavations in North Somerset.

The discoveries were made as part of infrastructure work for the Southern Strategic Support Main, a new 31km water pipeline running from Barrow Gurney to Cheddar.

This major infrastructure project, constructed by Kier Group on behalf of Bristol Water, was subject to archaeological investigation by Wessex Archaeology and a variety of features from the Bronze Age to Romano-British period were discovered.

Many of these finds were ditches relating to field systems but three areas – one in Churchill and two in Congresbury – called for targeted excavation.

At Congresbury, a kiln and large amount of pottery was uncovered.

It was previously known there was a Romano-British pottery industry in Congresbury and excavations had been carried out in the 1960s on two kilns in the area.

The Yatton, Congresbury, Claverham and Cleeve Archaeological Research Team (YCCART) have also spent time surveying the land locally so the group was invited to a special viewing of the kiln while it was being excavated.



*A Roman burial with hobnails*



*An archaeologist excavating the kiln*



*An almost complete Congresbury Grey Ware tankard*

North Somerset Council's archaeologist Cat Lodge said:

**"This is the first of its type to be excavated in more than 50 years."**

"It's not just the kiln itself that's remarkable, but the substantial quantities of Congresbury Grey Ware.

"There was more than 400kg in weight indicating that this site, along with other kilns in the area, was part of a significant pottery industry in the Roman period."

A Romano-British settlement site was also discovered near Churchill, complete with pits, enclosure ditches and pottery.

Cat said: "One of the most interesting finds was a burial, found face-down with the hobnails from his boots still intact in the grave.

"The fact he was face down may have been deliberate, or because the soil has moved the bones over time."

To find where archaeological sites are located in North Somerset, visit the online historic environment record map at [www.n-somerset.gov.uk/heritagemap](http://www.n-somerset.gov.uk/heritagemap)

If you find something in your garden or while out walking that might be of interest, you can email the heritage service at [dm.archaeology@n-somerset.gov.uk](mailto:dm.archaeology@n-somerset.gov.uk) – or report any findings to the Portable Antiquities Scheme Finds liaison officer Kurt Adams at [kurt.adams@bristol.gov.uk](mailto:kurt.adams@bristol.gov.uk)

# Tackling global climate change on a local level



Climate change is a global issue which is likely to have a significant impact on the quality of life in North Somerset.

To challenge this, members of the North Somerset Climate Coalition community group are working to help people and organisations within the area achieve global climate change goals on a local level.

The coalition was set up to encourage people to pledge to take practical action, whether walking, cycling, using public transport or car sharing to reduce car journeys, or limiting the amount of meat eaten, growing food or cutting waste.

Members met in Backwell in November to share pledges, celebrate progress that has been made across the world, and come up with more ideas.

The meeting coincided with the United Nations meeting in Germany to assess progress on the Paris Climate Change Agreement.



Peter Templeton, from the coalition, said: "Two main messages came from the UN meeting – that there has been great progress and innovation across the globe involving almost every country but the need for action is more urgent than ever with global warming and recent devastating storms in Asia, the Americas and Caribbean.

"Although the challenge of climate change is dramatic, there is much to be encouraged by."

The community group is committed to helping North Somerset meet its responsibilities in achieving a low carbon future and the possibility this offers in terms of economic prosperity, employment and quality of life.

North Somerset Council is also working to help residents, businesses and stakeholders to take action and has refreshed its agreement to the Local Government Association's climate local commitment.

Peter added: "The shift to renewable energy is moving significantly faster than people thought and last April the UK had its first 24-hour period without any coal-powered generation since the 1880s.

"There has also been a significant reduction in the cost of offshore wind and solar generation and dramatic changes to consumer attitudes to internal combustion cars.

"Although the commitment of national governments across the world is vital, it's clear that every local area, organisation and individual needs to take action."

To get involved with the coalition visit [www.northsomersetclimate.org](http://www.northsomersetclimate.org)  
[info@northsomersetclimate.org](mailto:info@northsomersetclimate.org)  /northsomersetclimate

For more details about what North Somerset Council is doing to tackle climate change, visit [www.n-somerset.gov.uk/climatechange](http://www.n-somerset.gov.uk/climatechange)

# Get vocal, be heard



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

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

## You said:

I tried searching for a planning application on your website but it was hard to navigate and kept crashing.

## We did:

The planning pages of North Somerset Council's website have now been updated.

A new system is now used which is much more stable than the previous one and will improve people's experience.

The new planning information pages are clear and user-friendly, so residents and consultees can see at a glance what the application is about.



Within each application there are separate tabs for comments and additional documents.

Additional functionality includes the ability to track applications, as well as registering online to receive notifications of applications in your chosen area.

Visit [www.n-somerset.gov.uk/planning](http://www.n-somerset.gov.uk/planning)

## You said:

I live in Clevedon and need advice about benefits and job hunting.

## We did:

Employment and benefits advice is now available under one roof in Clevedon.

In December Clevedon Jobcentre moved into North Somerset Council's Castlewood offices to join the benefits service in a shared accessible space.

Available services include:

- help with the online claim process for Universal Credit
- personal budgeting support
- nine public computers for making claims with staff on-hand to help
- work coaches to help people back to work
- specialist advice and support for young people aged 16 and 17 to gain employment or go back to learning
- employment and skills development
- housing and benefits advice and financial planning
- business start-up, self-employment support and work experience placements.

The centre is open 9am to 5pm every weekday, except Wednesday when it opens at 10am.

Designated visitor parking is available and there is also a bus stop outside the entrance to Castlewood.

# 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](mailto: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 you please advise what is being done to educate people who bag their dog excrement and then misguidedly leave the bag in a public place?

The fact that the bag(s) are often left on prominent display appears to indicate that the culprits actually believe they are doing the right thing.

*John Brooks, by email*

*Dee Mawn, environmental health service manager at North Somerset Council:*

We welcome responsible dog walkers who pick up after their dogs and bin the poo. If there are no bins available, owners should take it home and put it in their general waste. Owners should take 100 per cent responsibility for their dog and its mess.

Officers are going out giving this message, asking people to show their poo bags. New signs are also going up.

Not picking up is an offence, leaving bagged dog waste is also an offence. Fines apply if you don't comply #ourspace

## Dear Editor,

Can you help tackle social isolation in your community?

Growing Support is a local organisation which runs gardening clubs for people living in care to help them connect with the outdoors. The clubs use engaging activities specially designed to increase opportunities for light exercise, sensory stimulation and social interaction.

Growing Support is looking for volunteers in North Somerset to support their trained horticultural therapists in running these clubs in care homes.

All volunteers receive an induction, mentor support and access to further training. There are regular volunteer meetings and Growing Support covers your travel expenses.

For information contact [volunteers@growingsupport.co.uk](mailto:volunteers@growingsupport.co.uk) or visit [www.growingsupport.co.uk/get-involved](http://www.growingsupport.co.uk/get-involved)

*Sarah Mountford, volunteer co-ordinator, Growing Support*

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



@WESTONSUPERMAGIC



@INDULGENCECHOCOLATES



@JAMESEJPHOTOGRAPHY



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

How can you justify three days of road closures, poorly signed, to mess about with speed bumps in Clapton AGAIN. Signage didn't show closure times which has been confusing.

**North Somerset Council:** The road was closed outside core commuting hours to minimise disruption. Speed

bumps had failed so needed to be replaced. Gully cleaning was done at same time. Apologies, signage could have been better. We aim to improve next time.

What are the chances of paths and pavements being kept in good order? Pot holes, tree stumps, stones, cracked pavements and weeds.

**North Somerset Council:** We aim to do our best to monitor all areas and thank the public for notifying us of areas they feel have been missed. Reporting online is the most helpful way of letting us know – [www.n-somerset.gov.uk/connect](http://www.n-somerset.gov.uk/connect).

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

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

Coming next issue:

- Budget update
- Latest on libraries and children's centres
- Tackling domestic abuse

Sign up to *Life's* online edition and receive news straight into your inbox. Visit [www.northsomersetlife.co.uk](http://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](http://www.n-somerset.gov.uk) 

Report it. Request it. Pay for it.  
[www.n-somerset.gov.uk/connect](http://www.n-somerset.gov.uk/connect)

9am – 5pm Mon – Fri 

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

**Care Connect:** for all social services enquiries:  
01275 888 801  
[care.connect@n-somerset.gov.uk](mailto:care.connect@n-somerset.gov.uk)

**Main switchboard:**  
01934 888 888

**Emergency (out of hours):**  
01934 622 669

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

[www.n-somerset.gov.uk/tidetimes](http://www.n-somerset.gov.uk/tidetimes)

### JANUARY 2018

Date	High water		Low water		High water		Low water	
	Time	Height (m)	Time	Height (m)	Time	Height (m)	Time	Height (m)
	AM				PM			
1 Mon	05:41	11.97	11:48	1.11	18:11	12.21	-	-
2 Tue	06:34	12.45	00:13	0.83	19:01	12.56	12:38	0.74
3 Wed	07:22	12.75	01:01	0.56	19:50	12.70	13:25	0.53
4 Thu	08:09	12.83	01:46	0.48	20:38	12.62	14:12	0.52
5 Fri	08:56	12.66	02:33	0.58	21:24	12.28	14:58	0.69
6 Sat	09:43	12.23	03:18	0.84	22:11	11.70	15:45	1.01
7 Sun	10:30	11.60	04:03	1.21	22:57	10.99	16:31	1.41
8 Mon	11:17	10.88	04:51	1.64	23:46	10.27	17:18	1.84
9 Tue	-	-	05:41	2.07	12:09	10.20	18:12	2.26
10 Wed	00:40	9.67	06:39	2.48	13:07	9.67	19:16	2.62
11 Thu	01:43	9.31	07:52	2.75	14:13	9.41	20:29	2.74
12 Fri	02:54	9.32	09:02	2.67	15:25	9.50	21:30	2.54
13 Sat	04:03	9.70	09:56	2.34	16:30	9.90	22:19	2.18
14 Sun	04:57	10.25	10:42	1.96	17:20	10.37	23:03	1.82
15 Mon	05:42	10.75	11:22	1.63	18:02	10.76	23:42	1.54
16 Tue	06:22	11.11	-	-	18:40	11.02	12:00	1.41
17 Wed	06:57	11.33	00:18	1.37	19:15	11.19	12:37	1.28
18 Thu	07:31	11.46	00:53	1.29	19:47	11.32	13:12	1.23
19 Fri	08:03	11.54	01:28	1.27	20:19	11.40	13:48	1.21
20 Sat	08:37	11.55	02:04	1.29	20:53	11.38	14:26	1.25
21 Sun	09:12	11.40	02:40	1.38	21:28	11.18	15:03	1.39
22 Mon	09:48	11.09	03:16	1.57	22:05	10.80	15:40	1.61
23 Tue	10:27	10.65	03:50	1.81	22:44	10.35	16:18	1.86
24 Wed	11:08	10.20	04:31	2.05	23:29	9.91	17:04	2.10
25 Thu	-	-	05:23	2.30	12:01	9.81	18:04	2.35
26 Fri	00:29	9.56	06:32	2.57	13:14	9.58	19:21	2.58
27 Sat	01:53	9.51	08:05	2.69	14:38	9.80	20:53	2.45
28 Sun	03:12	9.98	09:27	2.32	15:53	10.41	22:00	1.97
29 Mon	04:25	10.75	10:33	1.78	17:00	11.16	23:06	1.43
30 Tue	05:28	11.55	11:36	1.19	18:00	11.87	-	-
31 Wed	06:23	12.22	00:01	0.87	18:52	12.40	12:27	0.67

### FEBRUARY 2018

Date	High water		Low water		High water		Low water	
	Time	Height (m)	Time	Height (m)	Time	Height (m)	Time	Height (m)
	AM				PM			
1 Thu	07:11	12.68	00:49	0.45	19:39	12.72	13:14	0.33
2 Fri	07:57	12.91	01:34	0.23	20:22	12.79	13:59	0.22
3 Sat	08:41	12.88	02:19	0.24	21:06	12.58	14:44	0.34
4 Sun	09:23	12.55	03:01	0.46	21:47	12.07	15:25	0.67
5 Mon	10:05	11.93	03:40	0.85	22:28	11.32	16:02	1.13
6 Tue	10:45	11.11	04:18	1.34	23:07	10.47	16:39	1.63
7 Wed	11:26	10.26	04:55	1.85	23:50	9.66	17:15	2.12
8 Thu	-	-	05:36	2.35	12:12	9.48	18:00	2.61
9 Fri	00:43	9.00	06:29	2.85	13:12	8.89	19:03	3.07
10 Sat	01:54	8.66	08:00	3.19	14:29	8.71	20:48	3.15
11 Sun	03:15	8.88	09:25	2.85	15:52	9.08	21:50	2.64
12 Mon	04:27	9.57	10:15	2.26	16:54	9.79	22:38	2.07
13 Tue	05:18	10.33	10:59	1.74	17:40	10.45	23:20	1.61
14 Wed	06:00	10.91	11:40	1.39	18:20	10.92	-	-
15 Thu	06:37	11.30	00:00	1.33	18:55	11.24	12:19	1.18
16 Fri	07:10	11.56	00:37	1.16	19:28	11.52	12:57	1.05
17 Sat	07:44	11.79	01:14	1.05	20:01	11.76	13:35	0.94
18 Sun	08:18	11.95	01:52	0.98	20:35	11.88	14:12	0.90
19 Mon	08:53	11.93	02:30	1.00	21:09	11.76	14:51	0.99
20 Tue	09:29	11.66	03:05	1.17	21:45	11.38	15:25	1.23
21 Wed	10:06	11.17	03:36	1.44	22:21	10.83	15:57	1.54
22 Thu	10:45	10.57	04:07	1.73	23:02	10.24	16:35	1.84
23 Fri	11:32	9.97	04:53	2.04	23:56	9.67	17:27	2.19
24 Sat	-	-	05:56	2.42	12:41	9.46	18:40	2.59
25 Sun	01:19	9.32	07:28	2.76	14:11	9.40	20:27	2.69
26 Mon	02:49	9.59	09:10	2.49	15:36	9.94	21:44	2.19
27 Tue	04:10	10.37	10:22	1.88	16:50	10.83	22:55	1.52
28 Wed	05:16	11.32	11:26	1.15	17:49	11.70	23:50	0.82

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2. The offer is only available with the purchase of a film ticket at Cineworld Weston-super-Mare Cinema.  
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4. This offer applies to 1 regular popcorn only and is subject to availability; no size upgrades are permitted.  
5. The free popcorn offer cannot be substituted for any other items.  
6. Only one leaflet per person allowed to be used per film ticket purchase.  
7. No cash alternatives.  
8. This leaflet is non-transferable and cannot be re-sold.  
9. Normal Cineworld Terms and Conditions apply.  
10. Voucher valid period: 26/01/18 - 31/03/18.  
11. Not to be used in conjunction with any other offer.

 **cineworld**