

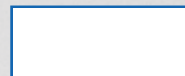
# NORTH SOMERSET

SUMMER 2021

# LIFE

Enjoy  
summer  
safely





## Have your say

on improving stroke services  
in Bristol, North Somerset  
and South Gloucestershire

7 June – 3 September 2021



## Tell us what you think

- Read the consultation document
- Come to one of our events
- Fill in the survey

## Find out more

Visit: [bnssghealthiertogether.org.uk/stroke-services/](https://bnssghealthiertogether.org.uk/stroke-services/)

Get in touch on 0117 900 3432

Write to us at freepost **STROKE CONSULTATION** (you don't need a stamp)

# Dear reader...

Following the appalling weather in May, summer has almost crept in now unexpectedly, so there is no time to lose in making the most of what is happening in North Somerset. There is so much going on, with tasters of all of this in this edition of *Life*.

We are very keen that North Somerset is a really special place to visit – both on day trips and longer. So, for example, in consultation with our communities we are working to improve our Great Lakes – Weston's and Clevedon's Marine ones and the Lake Grounds in Portishead. For those active explorers, why not visit our many nationally recognised Green Flag sites to enjoy the open air or explore our archaeological past?

Despite a very difficult year, for those wanting some retail therapy please do sample our independent shops.

The more we do locally, the more we support our local economy with the increased choice and jobs that follow, as well as reducing our impact on climate change.

While we have declared climate and ecological emergencies, there are further threats to our landscape locally – notably from ash dieback, where we might lose up to a quarter of our trees. This makes undertaking tree planting for the whole nation, from The Queen downwards, doubly important.

Wishing you a good summer.  
Cllr Don Davies

## The Executive

Cllr Don Davies (Independent)  
Leader of North Somerset Council

Cllr Mike Bell (Liberal Democrat)  
Deputy Leader

Cllr Steve Bridger (Independent)

Cllr Mark Canniford (Liberal Democrat)

Cllr Ashley Cartman  
(Liberal Democrat)

Cllr Catherine Gibbons (Labour)

Cllr Bridget Petty (Green)

Cllr Mike Solomon (Independent)



## Contents



- 4** News update
- 10** Summer of fun ahead
- 12** Help keep Covid at bay
- 14** Shop local
- 18** Take the carbon emissions quiz
- 20** Shape recycling and waste services
- 24** Go uphill in Uphill
- 26** Restoring marvellous Marine Lake
- 32** Tackling ash dieback
- 36** Making the area healthy and happy
- 42** Answer the call to care
- 47** Contact details

North Somerset Council does not endorse or recommend any commercial products or services advertising in *Life* magazine.

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.



# Could your children be Wild World Heroes?

Children in North Somerset are being invited to help save the planet as part of this year's Summer Reading Challenge.

The annual event, run by The Reading Agency, is back in North Somerset libraries to encourage four to 11-year-olds to keep reading books over the summer to help boost their reading skills.

This year's theme is Wild World Heroes – a very special nature-themed challenge in partnership with the

World Wildlife Fund – that will inspire children to stand up for the planet.

It's free to take part and children can sign up in any North Somerset library from Saturday 10 July.

If they read any six library books of their choice, they will collect a reward per book. If they complete the challenge by Saturday 11 September, they will receive a certificate and medal while stocks last and be entered into a prize draw to win a family forest school session.



Wild World Heroes will feature amazing books, awesome rewards, and plenty of ideas for taking care of our environment, so get ready to join in at your local library.

## ADVERTISEMENT

Registered Charity 202151



Enjoy a full and active retirement at Sandford Station Retirement Village in North Somerset  
To find out more about living at Sandford Station please call our sales team on 0117 919 4262  
[www.stmonicastrust.org.uk/villages/sandford-station](http://www.stmonicastrust.org.uk/villages/sandford-station)





# Have your say on stroke services

**Proposals to save more lives from stroke have been put forward for public consultation by Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group.**

The proposals – put together by senior clinicians, staff and stroke survivors – include changes to emergency treatment, ongoing hospital care and inpatient rehab.

A public consultation will run until Friday 3 September, with a series of events planned to give you an opportunity to find out more information, ask questions and share thoughts.

Find out more about the proposals, book your place at an event and have your say at [bnssghealthiertogether.org.uk/stroke-services](http://bnssghealthiertogether.org.uk/stroke-services)



## New funding for rough sleeper initiative

**More than £500,000 in government funding has been secured by North Somerset Council to support work to tackle homelessness and rough sleeping.**

The money, from the Rough Sleeping Initiative through the Ministry of Housing, Communities and Local Government, means the council can continue its 'everyone in' approach and help get people off the streets.

It will also allow continued work with the YMCA, which supports rough sleepers directly on the streets as well as providing support to those who may be in accommodation.

The council has been working alongside a multi-agency partnership called Street 2 Settled.

The partnership includes the council's homelessness prevention team, Somewhere To Go, Community Response, Avon and Somerset Police, Churches Together, Citizen Advice Bureau, Keysteps, Sirona Health and Care and We Are With You.

As well as providing direct support for rough sleepers, the council is also looking for landlords who can help to provide tenancies for people who have experienced some periods of rough sleeping.

If you can help or are interested in knowing more, contact the council's lettings team on **01934 426 483** or email [lettingsteam@n-somerset.gov.uk](mailto:lettingsteam@n-somerset.gov.uk)



# Tackling anti-social behaviour at Abbots Pool

**Enforcement officers from North Somerset Council are joining forces with the police to tackle anti-social behaviour at Abbots Pool Nature Reserve this summer.**

The council was forced to close the popular beauty spot in Abbots Leigh last summer following increased concerns for public health and issues with environmental damage and anti-social behaviour.

Due to warmer weather, the council and Avon and Somerset Police are again receiving complaints of anti-social behaviour including litter, vehicle nuisance, urinating/defecating and alcohol-related anti-social behaviour.

There has also been damage to the woodland and verges on the track leading to the site and to the eco-system of the pool itself, which has been used for swimming, even though swimming is not allowed at the site.

A new Public Space Protection Order (PSPO) has been put in place which prohibits swimming, bathing, wading or jumping into the water. This includes the use of boats, dinghies, canoes, sailboards and inflatables in or on the water. Failure to comply with this PSPO is a criminal offence and you could face a fine or prosecution.

To deter anti-social behaviour, police officers and council enforcement officers will be carrying out days of action at Abbots Pool over the summer months.

These will involve joint high-visibility patrols with anyone found causing anti-social behaviour, including breaching a PSPO, facing enforcement action.

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



## Town Hall reception changes

**Residents who need help from North Somerset Council can arrange an appointment.**

If you feel that you need to see someone face-to-face, call **01934 888 888** and ask for the service you are looking for. The council will then be able to help you over the phone or will arrange an appointment for you.

The Town Hall reception, in Walliscote Grove Road, Weston-super-Mare, has been closed since the outbreak of Covid-19.

As the situation has improved, reception has been able to open in a limited way by appointment only.

This has worked well and most people have been helped over the phone, without them having to travel to the Town Hall.





# Tennis courts a smash hit

**Three newly refurbished tennis courts at Ashcombe Park in Weston-super-Mare are proving to be a smash hit.**

By early June there were more than 1,150 bookings and more than 320 annual memberships taken up.

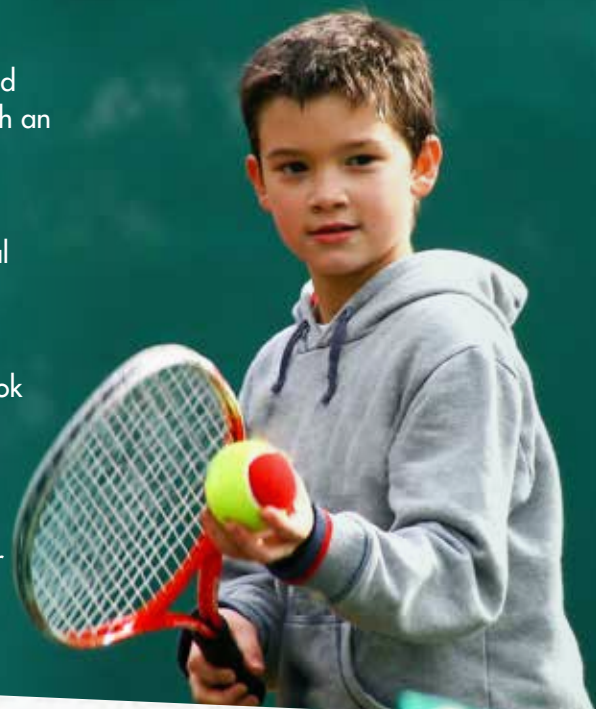
Thanks to an £85,000 project fund, secured by North Somerset Council from Sport England and the Lawn Tennis Association, the once dilapidated tennis courts have been given a new lease of life.

The project included the total resurfacing of all three courts and installing new secure fencing with an automated gate access system.

People can either book by the hour for £6 or pay a £35 annual membership.

The courts are available from 7am to 9pm and people can book at [www.n-somerset.gov.uk/ashcombetenniscourts](http://www.n-somerset.gov.uk/ashcombetenniscourts)

The money from bookings and annual memberships will pay for the regular maintenance of the courts, with any surplus funding put towards improving the park.



## New name for highway contractor

**Highway maintenance in North Somerset is continuing as usual despite a change of name for the contractor.**

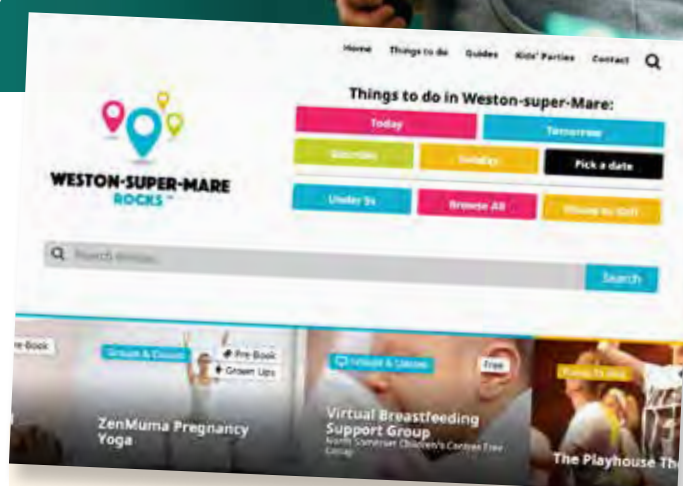
Milestone Infrastructure is the new name for the highway maintenance contractor after Skanska was sold.

All Skanska employees have been transferred over to Milestone Infrastructure and all signage and livery has been changed to reflect the new name.

For information about upcoming road schemes in North Somerset visit [www.n-somerset.gov.uk/roadworks](http://www.n-somerset.gov.uk/roadworks)

**MILESTONE**  
INFRASTRUCTURE

A part of **MGroup** Services



## New community website launches

**Looking for fun family things to do in and around Weston-super-Mare this summer?**

A new website has launched to provide useful information for Weston visitors and residents.

Weston-super-Mare Rocks is a free online resource and includes sections on attractions, events, services, children's clubs and more.

Visit [www.westonsupermarerocks.co.uk](http://www.westonsupermarerocks.co.uk) or follow [westonsupermarerocks](#) on Facebook or Instagram.

# Tackling litter and dog fouling

Littering and dog fouling are being targeted in a new campaign from North Somerset Council.

The council has entered into a 12-month contract with private company Local Authority Support to focus on these anti-social issues.

A trained team is patrolling areas and issuing £75 fixed penalty notices to anyone seen breaching the council's public space protection orders, including littering, dog fouling and other anti-social behaviour.

The council held its Your Neighbourhood consultations last year with responses showing only 40 per cent of people thought their area was clean and 25 per cent thought it was okay.

About 90 per cent of respondents agreed it was reasonable to issue on-the-spot fines to deal with dog fouling and 77 per cent agreeing it was reasonable to deal with littering.

Fines will also apply to anyone seen breaching orders on land where dogs are excluded or required to be kept on leads.

Find out more about the public space protection orders currently in place at [www.n-somerset.gov.uk/pspo](http://www.n-somerset.gov.uk/pspo)





# Have your say on Lake Grounds improvements

Join the conversation



## Improvements are coming to Portishead Lake Grounds and now is the chance to have your say about what they should be.

North Somerset Council and Portishead Town Council are working together to turn the Lake Grounds into a regionally renowned park which is attractive, fun, safe and biodiverse, and that visitors of all ages can enjoy and be proud of.

Money for year-on-year improvements had previously not been available because the park is classed as a 'discretionary' council service, rather than a 'mandatory' one such as adult social care or waste and recycling.

However, this year North Somerset Council is investing £700,000 to help improve the three great coastal lakes – the Marine Lakes at Clevedon and Weston-super-Mare and Portishead Lake Grounds.

Read about improvements to Weston-super-Mare's Marine Lake on [page 26](#).



North Somerset Council wants to make sure that the money is spent to improve the Lake Grounds in ways that the community supports so a consultation is now running.

Have your say about the park and where you think the council needs to prioritise funding at [www.n-somerset.gov.uk/plg2021](http://www.n-somerset.gov.uk/plg2021)

The consultation runs until midday on **Monday 2 August**.

## Go online to question councillors

Social media regularly provides more opportunities for people to ask questions directly to North Somerset's councillors.

Facebook Live chats take place every month with executive members of the council.

You can ask a question in advance by sending the council a private message through its Facebook page at [www.facebook.com/NorthSomersetCouncil](https://www.facebook.com/NorthSomersetCouncil) or on the day during the live event.

The recording is available on the council's YouTube channel, with subtitling, for you to watch later if you can't make the live event. Visit [www.youtube.com/user/NorthSomersetCouncil](https://www.youtube.com/user/NorthSomersetCouncil)

Council meetings are also live streamed virtually and saved on the YouTube channel. Written statements and petitions can still be submitted. Find out more at [www.n-somerset.gov.uk/how-speak-council-meetings](http://www.n-somerset.gov.uk/how-speak-council-meetings)



## Comment on consultations

All consultations run by North Somerset Council are listed at [www.n-somerset.gov.uk/consult](http://www.n-somerset.gov.uk/consult)

Sign up to receive email alerts when new consultations are opened.



# Summer of fun, theatre, food, music and more



## Long-awaited events for all the family are set to take place across North Somerset this summer.

Music, art, dance, theatre, food markets and more are all featured in the exciting line-up.

After a year of lockdowns and restrictions, these events will

provide great opportunities for people to get out and about with their friends and family.

The summer season is also hugely important to North Somerset's economy.

At the time of *Life* going to print, the events listed were being planned according to current Covid-19 guidance.

The health and safety of residents and visitors continues to be the council's priority so some events might get cancelled or changed, subject to the latest government guidance.

Check with organisers nearer the time to confirm.

Here are some of the highlights in the calendar...

## Ten Fun Things

Outdoor events incorporating music, dance and circus take place in Clevedon and Portishead this July.

There will be a mixture of dance walks, creative workshops and professional theatre and circus performances.

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

## Live at the Quarry

A series of shows throughout July, presented under canvas in a performance tent.

Acts include an uplifting mix of music, comedy and theatre for all ages.

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



Harry's Cider at the eat:Portishead festival last year

## Weston Sea Shanty and Folk Music Festival

Pirate crews will invade Weston during a three-day folk festival featuring 60 bands performing over 15 venues.

The festival, from Friday 6 to Sunday 8 August, will raise funds for the RNLI and Lions Club. Food and drink will be available in the Italian Gardens.

[www.wsmshantyfest.com](http://www.wsmshantyfest.com)

## eat:Portishead

Food fans can sample delicious delights when eat:Portishead returns on Saturday 14 August.

More than 80 regional food and drink producers will be well spaced out along the marina and in Parish Wharf, with some socially distanced entertainment.

eat:Weston also returns on Saturday 25 September.

[www.eatfestivals.org](http://www.eatfestivals.org)





## Trendlewood Community Festival

A popular Nailsea festival which brings the community together returns this summer.

Trendlewood Community Festival takes place in Golden Valley School playing fields on Saturday 28 August.

Entry is free. There will be live music, food and drink, bouncy castles and more.

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

 TrendlewoodCommunityFestival  
 @TrendlewoodFest

## Party in the Park

A free, community arts festival, including a double-bill circus performance, in Weston-super-Mare's South Ward.

Enjoy the festival from 2-5pm on Saturday 4 September.

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



## Heritage Open Days

Celebrate the heritage, community and history of North Somerset in September.

Heritage Open Days runs from Friday 10 to Sunday 19 September and this year's theme is Edible England.

Young people will have the opportunity to devise, plan and deliver events, while live performances organised by Theatre Orchard will highlight the area's cultural heritage.

See a theatre performance of Hero and Leander, the interactive Plunge Boom's Vegetable Nannies, or the walkabout act a Locally Grown Cook Up.

[www.heritageopendays.org.uk](http://www.heritageopendays.org.uk)  
[www.theatreorchard.org.uk](http://www.theatreorchard.org.uk)

## Whirligig Festival of Outdoor Arts

Whirligig photo – caption: The Whirligig Festival in 2019. Photo by Paul Blakemore

An award-winning free festival returns to Weston-super-Mare's Italian Gardens with an eclectic line-up of brilliant performances.

Whirligig will enthral audiences with internationally acclaimed acts, from noon-5pm on Saturday 11 September.

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

## Weston Arts + Health Week

Enjoy a free festival of outdoor arts, digital events, and creative and engagement projects.

Arts + Health Week runs from Saturday 18 to Sunday 26 September in partnership with the arts and culture programme at University Hospitals Bristol and Weston NHS Trust (UHBW), and includes poignant art installations and performances on the beach.

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



Keep an eye on social media for the most up-to-date listings:

 westonseafont  
 @westonseafont  
 thetheatreorchard  
 @theatreorchard  
 cultureweston  
 @cultureweston

# Help to keep Covid m

Summer is here and keeping up with the basics will help keep us all safe

The advice remains – to wash hands, wear face coverings, make space, let in fresh air, take the right test at the right time, and get vaccinated.

These are the most important things everyone can do to protect themselves, their friends and family from Covid.

North Somerset Council's director of public health Matt Lenny said: "We all need to carry on with what we know works to reduce the risk of future outbreaks in North Somerset.

"This means getting the basics right – washing our hands regularly, wearing face coverings if we can and, crucially, keeping our distance as much as possible from those we do not live with."

Getting outside in the fresh air is a good way to reduce the risk of the virus spreading so now is the time to enjoy our coast and countryside.

If you are planning to go abroad this summer, if government restrictions allow it, be extra careful to follow the basic advice.

You don't want to bring back home anything more than happy memories.

Matt said: "If you've been vaccinated it reduces your risk of getting seriously ill if you do catch the virus – but you can still pass it on and you have no way of knowing how well protected others are.

"So please keep looking after yourselves and each other."

## Get the right Covid test at the right time

**People without coronavirus symptoms can still get rapid tests in North Somerset to help reduce the spread.**

Research shows that one-in-three people with coronavirus do not have symptoms but could pass it on to others.

Rapid testing kits to do yourself at home are available to pick up

across North Somerset in community locations, such as pharmacies.

You can also collect kits and get a test at the mobile unit, which visits towns and villages across North Somerset.

Find out more at [www.n-somerset.gov.uk/rapidtesting](http://www.n-somerset.gov.uk/rapidtesting)

Anyone with symptoms of coronavirus – a new continuous

cough, loss of or change in sense of taste or smell, or a high temperature – should isolate immediately and book a symptomatic test.

Visit [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or call 119.

This type of test is available in North Somerset at sites in Weston-super-Mare, Clevedon and at Bristol Airport.





# ates down

from coronavirus.



**Hands**



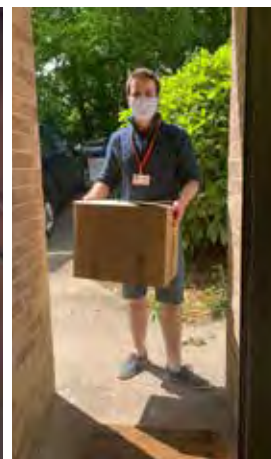
**Face**



**Space**



**Fresh air**



## A year of communities coming together



North Somerset  
**TOGETHER**

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

### Communities are still supporting each other throughout North Somerset.

North Somerset Together formed in March last year as an emergency response to the coronavirus crisis, as a way of co-ordinating North Somerset Council's Covid response with communities across the area.

The coalition links socially-isolated residents who have no support from friends and family with organisations that can help them.

This might be 'hyper local' support such as food shopping or prescription collection.

Long Ashton resident Mrs T said: "I am so grateful for the help the network provides me.

"Due to my back issues, I am unable to stand for long and walk. This prevents me doing many things. I am so pleased that there are groups and people who go beyond to help people like me."

North Somerset Together also connects those who want to volunteer with the right organisation, and signposts businesses to relevant organisations.

Many of those volunteers who joined last March have continued to be involved throughout the year, even as demand has eased.

This partnership is now the basis for new relationships between the council and community organisations, such as charities, mutual aid groups, town and parish councils, local faith groups, businesses and volunteers.

All partners are committed to sustaining this model into the future and see it as an opportunity to develop locally-led, early help services.

North Somerset Together can provide practical support to residents through a network of local volunteers.

There are links to local organisations that can help if you have financial challenges, as well as advice on mental and physical wellbeing.

Find information and support at [www.n-somerset.gov.uk/together](http://www.n-somerset.gov.uk/together) or call **01934 427 437**.



# Shop local to help North Somerset bounce back



**Supporting local businesses will continue to be key to helping North Somerset bounce back from the impacts of the coronavirus pandemic.**

As North Somerset re-opens and life returns to normal it's more important than ever that we support our local producers, growers, traders and hospitality venues.

Lockdown measures over the past year have changed our shopping habits and smaller shops and outlets might be seeing fewer people through their doors.

However, choosing local businesses keeps money circulating in the local economy, jobs in the community, and is better for the environment as it cuts transport emissions.

In Weston-super-Mare, a group of independent shops and eateries in the town centre took part in a re-opening campaign this spring.


The Superweston campaign showcased how the town centre is a thriving place to visit, with business owners making 'W' hand shapes, for 'super Weston'.

A beautiful short film was also produced by local award-winning filmmaker Sally Low.

The campaign was part of the town's 10-year placemaking strategy, which includes a set of themes and ambitions around wellbeing, recreation, being green, low carbon, being a great place to live, work and study, and helping the local economy adjust to the fundamental changes accelerated by coronavirus.

The campaign was fully funded by the European Regional Development Fund.

See the film at [www.superweston.net](http://www.superweston.net)

 Superweston



## Earn reward points while supporting your local high street

**Explore your local high street and get rewarded for spending with new virtual smartphone guides.**



Through the Local Rewards scheme, you'll earn points when you shop on your local high street using your existing credit or debit cards.

These points can then be used to claim a choice of rewards, such as discounts at other local participating shops and hospitality venues.

Every purchase reveals a live visual guide to other nearby retailers and links to local Instagram content.

Register for free at [www.localrewards.chat](http://www.localrewards.chat). You'll get 100 points for signing up.

If your favourite retailer isn't yet on the site, ask them to register at [www.localrewards.chat](http://www.localrewards.chat)



# Support to help your business grow

## Has the pandemic given you time to think of a new business opportunity?

If you want to start your own business, free support is available to help you on your way.

North Somerset Enterprise Agency (NSEA) runs three-day 'starting in business' courses every month for local residents, offering confidential and impartial advice.



It also offers free one-to-one business counselling, dedicated support for social enterprises and creative businesses, specialist support for women in business and rural companies, and free or subsidised professional advice from legal, IT, marketing and accountancy practitioners, and more.

If you've got an existing or growing business, NSEA can also provide an extra pair of eyes to help take your business to the next level.



Visit [www.northsomersetenterpriseagency.co.uk](http://www.northsomersetenterpriseagency.co.uk), call 01934 418 118 or email [info@nsea.biz](mailto:info@nsea.biz)



## Employment and training hubs offer support

### Do you need help deciding what next steps to take in your employment or training?

New employment and skills hubs have opened in North Somerset libraries to offer impartial advice to job seekers.

They have been set up as part of the Opportunity North Somerset initiative, which aims to help residents achieve their personal and professional goals.

The hubs are based at Weston Town Hall, the For All Healthy Living Centre, Portishead, Pill and Clevedon libraries and have

sessions throughout the week.

Local providers can offer support about:

- careers and jobs
- youth wellbeing and employment
- digital inclusion
- business start-ups
- wellbeing.

To access the calendar, book an appointment and find out more visit [innorthsomerset.co.uk/opportunitynorthsomerset](http://innorthsomerset.co.uk/opportunitynorthsomerset) or email [skillsupport@n-somerset.gov.uk](mailto:skillsupport@n-somerset.gov.uk)





## More funding to protect and enhance Weston's heritage



Internationally-acclaimed artist Morag Myerscough



### Funding has been announced to continue an exciting programme of enhancement work in Weston-super-Mare's town centre.

Historic England has awarded Weston's High Street Heritage Action Zone £70,000 as part of a three-year community engagement, skills and development programme.

Cara MacMahon, North Somerset Council's Heritage Action Zone project officer, said: "I'm delighted that we've been successful in this bid.

"This money is a fantastic investment in Weston and will allow us to continue our commitment to deliver heritage projects with local communities and businesses for residents, investors and visitors to enjoy."

### Projects benefiting from this funding will include:

- heritage projects with Weston Museum developing people's historic knowledge and understanding of the town's history
- community engagement – offer training to heritage groups in Weston to increase their skills
- a series of heritage talks, led by Weston Civic Society
- training in conservation skills for local contractors and builders
- a series of legacy events with local retailers, looking at the past and future of Weston's high street.

Jane Hill, community liaison officer at Weston Museum, said: "This successful bid will help us develop some amazing heritage projects – a brilliant way to involve people in our living history."

### Cultural events to brighten town centre

Community-led cultural activities will be brightening up Weston-super-Mare's town centre thanks to more funding from Historic England.

The 21st Century Super Shrines project will see a series of innovative contemporary 'shrines' appear on the high street, either as permanent installations or live arts experiences.

The aim is to create a sense of shared values and a new sense of 'worth' on the high street.

Heritage and culture play a central role in people's lives and investing in this thriving sector will play a key part in helping the town recover and prosper from the pandemic.

The first shrine will be a performance-based bandstand co-created by internationally-acclaimed artist Morag Myerscough.



Staff and volunteers working on the heritage projects with Weston Museum.



The bandstand, which will make its premiere as part of Weston's Whirligig Festival in September, will then become a performance platform for other cultural events within the town.

Another shrine will build on a recent Culture Weston project 'Let's Get Visible' with Weston's LGBTQ+ community.

Weston is one of 60 towns across the country to share a £6m pot of funding to create and deliver cultural projects which reach out to diverse communities.



This three-year cultural project is being developed thanks to a grant of nearly £120,000.

This exciting programme, funded through the High Street Heritage Action Zone initiative, will be co-created by professional artists, in partnership with local emerging artists and communities.

The project is part of Weston's Placemaking Strategy, in partnership with Culture Weston.

## Beautiful mosaic returns to enhance High Street

A beautiful mosaic has returned to a shop front in Weston's High Street breathing new life into the area.

Independent department store Walker and Ling was the first business to take advantage of the Heritage Action Zone Shop Front Enhancement Scheme.

The store has served Weston for 117 years but most of the northern end of the high street was destroyed by a bomb in 1942. Walker and Ling was rebuilt over the next decade and reopened in 1956 with a mosaic of blue/green tiles and brass lettering over the doors.

However, this mosaic was later removed and replaced with a blue sign instead.

Now the mosaic has been re-instated. The tiles are still manufactured in Italy by the same company who made them



Owner Sam Walker outside the revamped storefront

in the '50s and the terrazzo flooring is made in the style of that time.

The shop front grant scheme, run in conjunction with Historic England, is available for the renovation of shop fronts for independent commercial properties within the Heritage Action Zone in Weston-super-Mare.

## What are Heritage Action Zones?

Heritage Action Zones are an initiative funded by Historic England.

Weston town centre has two Heritage Action Zones and together they deliver a total of £1.7m worth of investment by Historic England to support the enhancement of the town and

develop greater understanding of its heritage.

Weston's Heritage Action Zones form part of the Town Centre Regeneration Programme, which is delivering improvements to key sites within the town and encouraging inward investment. Find out more at



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



## Test your Carbon Literacy knowledge



**This is a decisive decade for tackling climate change and avoiding the worst consequences of the environmental crisis.**

North Somerset Council declared a climate and nature emergency in 2019, recognising the damage being done both locally and globally due to human activities.

The council aims for North Somerset to be a carbon neutral area by 2030 and support residents to live greener lives.

Officers and councillors are undertaking Carbon Literacy training, improving their awareness of the carbon dioxide costs and impacts of different activities.

Carbon dioxide produced by human activities is the largest contributor to global warming but how much do we all know about it?



Take this greenhouse gas quiz to test your own knowledge:

**1. Which of the following is the biggest cause of global warming?**

- a. burning coal, oil and natural gas
- b. sun spots
- c. the build-up of CFCs in the atmosphere
- d. plastic pollution

**2. What sector emitted the most carbon emissions in the UK in 2019?**

- a. transport
- b. energy supply
- c. agriculture
- d. residential

**3. Locally in North Somerset, what is the cause of most carbon emissions?**

- a. transport
- b. agriculture
- c. waste
- d. residential

**4. What effects of climate change are we likely to experience in the UK?**

- a. floods
- b. heatwaves
- c. wildfires
- d. all of the above

**5. How much have global sea levels risen by since 1990?**

- a. 1 cm
- b. 11 cm
- c. 21 cm
- d. 51 cm

**6. Which of these foods has the largest carbon footprint?**

- a. beef
- b. farmed fish
- c. cheese
- d. tofu

**7. Which of these would have greatest impact on a person's carbon footprint?**

- a. upgrading lightbulbs
- b. reducing meat and dairy consumption
- c. avoiding one transatlantic flight
- d. living car free

**8. What could we do in our gardens to reduce our impact on the climate?**

- a. use only peat-free compost
- b. install a water butt
- c. plant trees and perennial shrubs
- d. compost our food and garden waste
- e. use permeable surfaces to reduce flood risk
- f. all of the above



## 9. The UK has a target to reach net zero by 2050.

### What does this mean?

- a. total emissions are less than or equal to the emissions removed from the atmosphere within the UK
- b. total emissions are less than or equal to emissions removed via international offsets
- c. emissions from fossil fuels have reduced by 50 per cent, with the rest being accounted for by planting trees
- d. emissions from all sources reach absolute zero

## 10. Which city will host the COP26 climate talks this year?

- a. Sao Paulo
- b. Glasgow
- c. Madrid
- d. Chicago



## Check your own carbon footprint

Use a simple tool to calculate your own carbon footprint. Visit [zero.giki.earth](https://zero.giki.earth) for a carbon calculator and tips on how to leave a lighter footprint on the earth.

## Challenge yourself to change

Challenge yourself to change to help combat climate change:

- leave the car at home – could you walk, cycle or take public transport? It could improve your mental and physical health as well as helping the planet
- eat less meat and dairy – agriculture and deforestation contribute a quarter of global greenhouse gas emissions. If you choose to eat meat and dairy, find local, good quality suppliers
- cut back on flying – holiday closer to home and use video conferencing for work
- cut consumption and waste – avoid single-use items and fast fashion. Think about the whole lifecycle of a product
- invest your money wisely – move to an ethical bank which doesn't invest your money in fossil fuel industries
- plant a tree – trees absorb carbon but also provide habitats for wildlife, absorb air pollution and help reduce overheating in urban areas
- talk about the changes you've made – spread the word with friends, family, work colleagues, or write to your local MP to demand further action.



Find more tips at  
[www.count-us-in.org/16-steps](https://www.count-us-in.org/16-steps)

## A 'make or break' meeting of global leaders is happening in the UK later this year.

The UN Climate Change Conference of the Parties (COP26) takes place in Glasgow in November.

It's a follow-up to the 2015 Paris summit, where global leaders agreed to limit the global temperature increases to well below 2C above pre-industrial levels by the end the century.

We're currently on course for 3C of warming, which would have catastrophic consequences.

[www.ukcop26.org](https://www.ukcop26.org)



Answers: 1:A, 2:A, 3:A, 4:D, 5:C, 6:A, 7:D, 8:F, 9:A, 10:B

Visit [www.n-somerset.gov.uk/climateemergencyquiz](https://www.n-somerset.gov.uk/climateemergencyquiz) for sources.

[www.n-somerset.gov.uk/climatechange](https://www.n-somerset.gov.uk/climatechange)  
[www.carbonliteracy.com](https://www.carbonliteracy.com)



# Help shape recycling and waste services

**Would you like to have your say on how recycling and waste services are developed in North Somerset?**

Your ideas and feedback are needed to help shape North Somerset Council's recycling and waste strategy.



Based on a waste composition analysis of households across North Somerset

The council declared a climate emergency in 2019 and since then it has been developing a range of measures to tackle the challenge.

All waste goes somewhere so this strategy is about how North Somerset can reduce waste and encourage people to value natural resources by reusing, repairing and recycling.

North Somerset is already in the top 10 local authorities in England and the best performing council in the South West for its recycling rate, which was 60.6 per cent in 2019/20.

Despite this achievement, the council's waste analysis of 25 households found that 45 per cent of the average household black bin was made up of items which could be recycled at the kerb:

The long-term mission is to achieve 'zero waste' for the area, where the amount of resource used and waste produced is minimised, while repairing and reusing is increased.

Waste must be thought of as something we value.



Find out more about the recycling and waste strategy and have your say at [www.n-somerset.gov.uk/wastestrategy](http://www.n-somerset.gov.uk/wastestrategy). The closing date for comments is Wednesday 28 July.

## Ways to help collection crews:

- wash out your bins and boxes, especially your food waste bin, so they are pleasant for the crew to handle
- flatten and break down all cardboard so it fits in your recycling box
- put all disposable PPE, such as masks and gloves, in your general waste
- make sure bins and boxes are out for collection the night before or no later than 6am on the hottest days during the summer. Where very hot weather is forecast, crews may start collections at 6am to avoid working in the hottest part of the day.



## Successful start for new company

A successful start has been made by North Somerset's new recycling and waste company.

North Somerset Environment Company (NSEC) took over from Biffa at the end of March.

Residents might not have noticed any changes but behind the scenes additional resources started targeting previous problems, such as roads blocked by parked cars.

Delivery drivers have also been delivering home composters and new garden waste containers across the area.



## New garden waste service up and running

The new annual chargeable garden waste collection service is up and running, with more than 40,000 properties signed up by the end of May.

The council has also sold and delivered nearly 3,000 home compost bins, with more than 400 residents attending online home composting training.

You can still sign up for the new garden waste service if you haven't already.

Collections cost £50 until 31 March next year. If you receive a discount on your council tax, the same percentage discount is automatically applied.

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

Compost bins can be purchased for the discounted rate of £10, with a free composting e-learning course also available

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



## Ensuring continued safety at recycling centres

**Changes were made to North Somerset's three recycling centres last year to ensure everyone's safety during the coronavirus pandemic.**

As things return to normal, please continue to follow any social distancing guidance that might still be in place at the time of your visit.

Help reduce queues by making the most of your kerbside collections.

Sort your items into the different materials when you pack your car and only travel to the site with a full car load.

If you are in a queue then switch off your engine when stationary and follow all signs and road markings, which are there for everyone's safety.

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



# Could you travel actively?



Weston General Hospital's active travel champion Dafne Pedroni at the new bike shelter

## Cut your carbon emissions by travelling actively across North Somerset this summer.

A number of initiatives are now up and running to help you get going on two wheels, whether you're a novice or seasoned cyclist.

## FREE cycle confidence training

Adults keen to up their on-road confidence can book free cycle confidence sessions through the Better by Bike website.

You'll get route planning and road positioning advice from a friendly instructor and it could be the boost you need to start commuting by bike or exploring North Somerset's walking and cycling network.

[www.betterbybike.info](http://www.betterbybike.info)

## FREE bike stands

Simple things such as bike stands at your workplace or community building show staff and visitors that you encourage cycling.

To apply for free stands (installed at the recipient's expense) visit [tinyurl.com/freebikestands](http://tinyurl.com/freebikestands) and submit the Claim a Stand form.



Dr Bike services staff bikes at Westhaven School



Portishead's First Point Logistics bought a bike fleet with their Active Travel Grant

## Join the active travel challenge

Incredible prizes – such as £1,000 bikes and top-brand gear – are up for grabs in the next active travel challenge, Cycle September.

To get involved, either individually or with colleagues, register for free at [lovetoride.net/northsomerset](http://lovetoride.net/northsomerset)

Log your rides, upload photos and connect with other riders.

Dr Bike maintenance or cycle confidence sessions could get you ready for September. Email [sustainable.travel@n-somerset.gov.uk](mailto:sustainable.travel@n-somerset.gov.uk)

## Cycle and scooter parking at schools

High quality cycle and scooter parking can encourage active travel to school. Could these facilities be improved at your local school?

Parents, teachers or pupils themselves can review and help improve what is provided as part of an ongoing travel plan.

To find out more about school travel planning, visit [modeshiftstars.org/education](http://modeshiftstars.org/education) or email [sustainable.travel@n-somerset.gov.uk](mailto:sustainable.travel@n-somerset.gov.uk)





# A summer of sport

Sporting events can certainly get the adrenaline going – whether you're taking part or just a spectator.

There are many events suitable for all fitness levels in North Somerset, from countryside cycle rides to charity strolls on the beach.

Here are some highlights for the months ahead.

Please remember that events were correct at the time of *Life* going to print. National coronavirus restrictions may change so check with event organisers nearer the time that they're still going ahead.



## Great Weston Ride

Sunday 18 July

A challenging 57-mile recreational bike ride covering a spectacular route from Bristol to Weston-super-Mare, via the Mendips and Somerset Levels.

It's suitable for all levels of riders, from complete novices to experienced, regular cyclists.

The ride is about having fun and rising to your own personal challenge.

[www.greatwestonride.com](http://www.greatwestonride.com)

## Beach Rugby Festival

Friday 13 to Sunday 15 August

A brand new event for 2021 – a tag rugby festival on Weston-super-Mare beach.

There will be tournaments for men, women and family teams.

Former Wasps and England player Paul Sampson and Scarlets and Wales player Leigh Davies are consultants in the planning of the festival.

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

## Portishead Sprint Triathlon

Saturday 14 August

A popular triathlon in this great coastal location.

The event starts with a 400-metre swim in the open air pool, a short run to Battery Point for a 25km bike course, then a 5km run.

[www.dbmax.co.uk/triathlons](http://www.dbmax.co.uk/triathlons)



## Race for Life

Wednesday 1 September

A charity 5km walk suitable for everyone in Weston-super-Mare, to raise valuable funds for life-saving cancer research.

Suitable for all ages, from child to adult.

[raceforlife.cancerresearchuk.org](http://raceforlife.cancerresearchuk.org)

## Moonlight Beach Walk

Friday 17 September

A charity event in aid of Weston Hospicare.

Details were still being arranged at the time of *Life* going to print. Visit

[www.westonhospicare.org.uk/events](http://www.westonhospicare.org.uk/events)





## Enjoy going uphill in Uphill

Blow away the cobwebs and enjoy stunning views during this energetic walk.

### Walk information

**Distance:** about 3 miles

**Difficulty:** medium/hard – some steep uphill sections. Loose stones and muddy paths.

**Duration:** allow 2.5 hrs

### How to get there

By car: From the A370, turn into Uphill Road South. On-road parking in the village. Please park considerately.

For bus timetables visit [www.travelinesw.com](http://www.travelinesw.com)

**The walk starts on Uphill Road South, near the junction with the A370. At the northern end of the Bluebell Field is a gate into the Plantation, a woodland managed by the Woodland Trust.**

A number of paths lead through the woodland. Head away from the road to the northern side of the Plantation. There is a little wooden bridge leading onto Coldharbour Lane, the stone track which runs alongside the golf course.

Turn left out of the woods and walk straight ahead, across the golf course. Stay within the blue markers at all times and be

aware of flying golf balls as you cross.

The public footpath continues straight ahead, up a little dirt track behind the stone wall. Go up and over the mound, taking care on the steep descent onto the beach.

Turn left at the beach, towards the car park. Join Links Road and follow this until you get to Uphill Sluice.

Uphill lies below the high tide level so a sluice, which prevents high tide flooding, has existed here since 1606.

Turn into the car park and follow the path past the boatyard, café and through a kissing gate into Uphill Nature Reserve.







It's one of North Somerset's Green Flag sites, making it one of the best green spaces in the country.

There are two lime kilns in Uphill, both small-scale kilns which likely went out of use in the late 18th or early 19th century.

One produced 'white' kiln and the other 'brown' kiln. It is very rare to find examples of both on one site, making it a site of great archaeological industrial importance.

Go past the quarry on your left.

An area of the quarry is grazed by sheep in the winter and fenced off to public access to preserve the rare wild flowers.

Continue through a gate, towards the brow of the hill, with views across Brean Down.

This path is also a permissive cycle route – for leisure, not racing. Please be mindful of other users and cattle and ensure gates are closed behind you.

Go through another gate. You are now leaving Uphill Nature Reserve and entering Walborough Nature Reserve, run by Avon Wildlife Trust.

Follow the path downhill. After the gate at the bottom turn right and follow the hedge line to join the West Mendip Way footpath.

Go through kissing gates to cross a little wooden bridge, and keep to the left edge of the field.

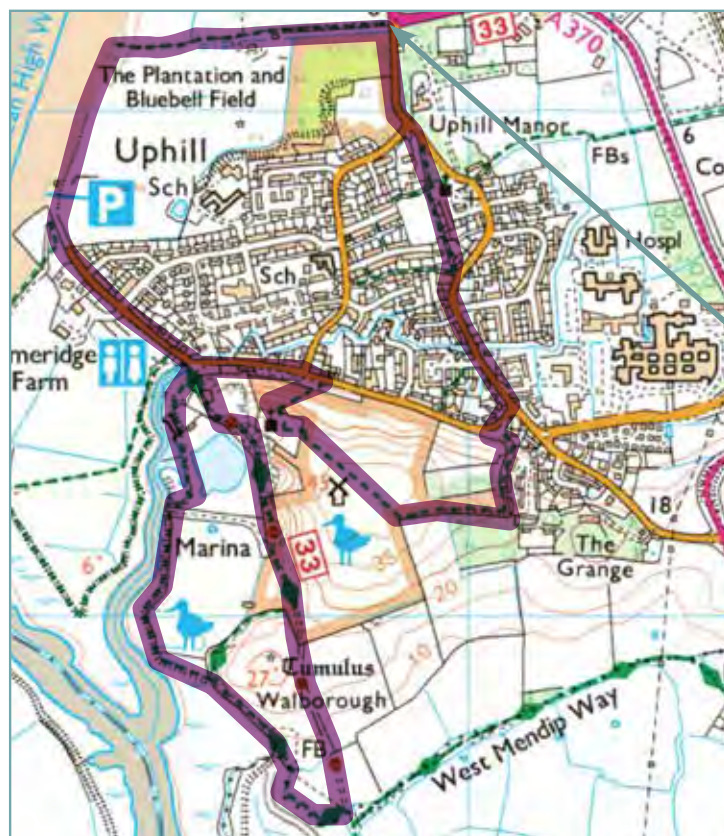
The path heads upwards around the hill, but look out for a narrow path downhill on the left. Cross a stile and follow this path, which runs alongside the River Axe, back towards Uphill Boat Centre.



Cut through the boatyard to rejoin Links Road and turn right. The public footpath continues on the right, just past the turning for Old Church Road. This is a steep climb to the top of the hill and St Nicholas Church but the views are worth it.

Walk through the graveyard and onto the brow of the hill, past the tower. The tower stands on the site of an old windmill and was built as a beacon.

Continue ahead and at the woodland, keep to the right edge of the field, which then joins Folly Lane. Bear right and a quick left back onto Uphill Road South to return to the starting point.



© Crown copyright and database rights 2021 Ordnance Survey 100023397. You are not permitted to copy, sub-license, distribute or sell this data to third parties in any form.

START/FINISH

Read about other Green Flag sites in North Somerset on **page 28**.



# Restoring marvellous Marine Lake



Exciting plans to rejuvenate and restore Weston-super-Mare's Marine Lake into a community hub for water sports and outdoor swimming have made steady progress so far.

**Marine Lake was created in the 1920s to ensure swimming was available throughout the day and not just when the tide was in.**

Over the years it has become clogged up with an estimated 35,000 tonnes of compacted silt and is now almost impossible to swim in.

North Somerset Council wants to restore it to give residents and visitors somewhere to swim outdoors and enjoy popular water sports such as stand-up paddle boarding.

It has pledged to invest £300,000 to bring the lake back into use and has applied to the government's Marine Management Organisation for a licence to permit the removal of accumulated silt.

It was expected to take about three months for the licence to be granted so in the meantime, the council developed an innovative plan to harness the natural energy of the season's high tides to 'flush out' as much of the lake's compacted silt as possible.

By encouraging the bulk of the silt to be flushed out with the tide, and at minimal cost, the amount needed to be removed once the licence is granted will be considerably reduced.

More of the restoration budget can then be spent on refurbishing and enhancing Marine Lake's facilities to create a real water sports hub.

North Somerset Council is also working closely with newly-established community interest company Weston Marine Lake Mudlarks on the possible long-term maintenance and finance arrangements for the restored lake.

The summer season is vital to Weston-super-Mare's businesses and so the lake has been refilled for summer using temporary sluice gates.

Work to flush out and remove the remaining silt will then continue in the autumn.

Plans for Weston's Marine Lake are also included within the adopted placemaking strategy for the town centre.

This strategy includes a set of themes and ambitions for the town around wellbeing, recreation, being green, low carbon, a great place to live work and study, and helping the local economy adjust to the fundamental changes accelerated by coronavirus.

North Somerset Council's investment in the lake is part of a £700,000 Great Lakes project, which also includes work to revitalise Clevedon and Portishead's coastal lakes.





## Mudlarks develop long-term plan for lake



Jayne, Mark, Jan, Claire and Helen



Sue, Jan and Lauren


**Volunteers with a combined love of wild swimming and wanting positive change in their community are helping with the Marine Lake restoration.**

The Mudlarks are working with North Somerset Council and Weston Town Council to develop a long-term plan of maintenance which will create a healthy, sustainable future for the lake.

Once the sluice gates have been fixed and compacted silt removed, the Mudlarks plan to clean the lake three or four times a year.

The group has now established themselves as a community interest company and have begun to apply for funding and run local fundraisers to support the future upkeep of the lake.

Find out more about volunteering opportunities and how to get involved with the Mudlarks at [www.westonmarinelake.co.uk](http://www.westonmarinelake.co.uk)

 search for 'Weston-super-Mare Marine Lake Mudlarks'

 [mudlarkswestonmarinelake](https://twitter.com/mudlarkswestonmarinelake)

## Flushing out the silt

**Work to naturally 'flush out' the compacted silt from Marine Lake began in April.**

The lake closed temporarily to protect the public's safety while various methods of silt agitation were trialled to encourage as much silt as possible to get flushed out with the high spring tides.

An excavating digger initially worked alongside the causeway to churn up compacted silt, resulting in a reduction of an estimated 1,800 tonnes, approximately five per cent of the estimated total silt volume.

The digger then worked around the northern edge of the lake. The discovery of a concrete lakebed at that end meant the digger could be moved down to reach more central sections.

By the end of the trial period about 10 per cent of the silt had been removed. The process also provided the opportunity for the council to deal with the damaged sluices, so their replacements can be designed better to manage future drainage of the lake. The council was also able to test the most effective and efficient ways of removing the silt, as well as prepare for ongoing maintenance to avoid this situation happening again.



# Flying the flag for parks and open spaces



**Parks and open spaces can help people become happier and healthier – and it's thanks to dedicated volunteers that North Somerset's remain some of the best.**

The Green Flag scheme, run by Keep Britain Tidy, sets the international standard for the management of recreational outdoor spaces.

The initiative is celebrating its 25th anniversary this year so it's an ideal time to reflect on how important parks and green spaces are in our lives.

Green Flags are awarded for certain criteria being met, such as the site being safe and secure, its management, its biodiversity and heritage, and more.

North Somerset has five Green Flag sites and the council works closely with dedicated volunteers and other organisations to maintain and enhance them, ensuring they retain their flags each year.

## Watchhouse Hill, Pill

Watchhouse Hill is the longest-standing Green Flag site in North Somerset, now entering its 11th judging year.

The large space, including a hay field, orchard, woodland copse, grassland, hedgerows and sports areas, is managed for both conservation and recreation.

Volunteer group The Friends of Watchhouse Hill formed 14 years ago and carries out tasks such as chopping brambles, ragwort pulling, apple tree pruning and surveying, as well as arranging community events such as the Wassail and apple days.

Secretary Maggi Stowers said: "We love working as a team and derive much pleasure from being out in the fresh air and enjoying each other's company."



## Trendlewood Community Park, Nailsea



This expansive open space on the edge of Nailsea has held the Green Flag for nine years.

It includes grassland, woodland and ancient hedgerows and the diverse habitats support thriving populations of insects, birds and mammals.

The Friends of Trendlewood Park have worked there for more than 20 years, working to improve biodiversity.

In 2010, the three-acre Nowhere Wood was incorporated into the 13-acre community park and the group enlarged its remit to cover the care and management of grasslands, hedges and coppices.

More recently, a wetland pond has developed naturally in an old watercourse.

Chairperson Pat Gilbert said: "Volunteers enjoy many aspects of the work – carrying out projects which enhance the park, the camaraderie, the interaction with the public."



## Abbots Pool, Abbots Leigh

Abbots Pool, a woodland nature reserve at the edge of Abbots Leigh, attracts visitors from far and wide.

It is managed by a committee of council officers, tree wardens, the parish council, the local wildlife group and volunteers, and has received the Green Flag for about a decade.

The mature beech and oak woodland surrounds a beautiful pool which was originally developed for the medieval practice of farming fish. The diverse habitat supports an impressive array of wild flora and fauna.

Volunteers meet monthly to litter pick and carry out maintenance such as cutting back vegetation, repairing dead hedges, clearing paths and removing debris from the pool. Swimming in the pool is not allowed.



## Uphill Hill, Weston-super-Mare

Uphill Hill, a nature reserve and Site of Special Scientific Interest, has held its flag for nine years.

The protected grassland is full of flowers and grass species and has an impressive orchid display in summer.



The site is also home to butterflies and birds, with Peregrine Falcon and Long Eared Owls being seen.

Environmental management techniques used include the grazing of cows in summer and grazing of rare breed sheep in winter.

## Prince Consort Gardens, Weston-super-Mare

This hilltop formal garden overlooking the Severn Estuary has been greatly improved, resulting in the Green Flag for five years.



Community group  
The Friends of Prince Consort Gardens formed in 2012 and has successfully applied for grants and fundraising, enabling it to restore the boating pond to a new wildlife pond and rebuild the raised bed. Members also undertake regular tasks such as growing plants, maintaining the beds and litter picking.

Chairperson Stephen Monger said: "We all do it because we like plants, nature, people, community, and we care."

North Somerset Council has also carried out infrastructure repairs, such as upgrading paths.

The friends are also supported by a group from nearby Westcliffe House, who work in the gardens as part of their training course with Bridgwater and Taunton College.

Find out more about the Green Flag scheme at [www.greenflagaward.org](http://www.greenflagaward.org)

Read about North Somerset Council's Green Infrastructure Strategy – its strategy to protect and enhance the area's natural environment over the next 10 years – at [www.n-somerset.gov.uk/greeninfrastructurestrategy](http://www.n-somerset.gov.uk/greeninfrastructurestrategy)

Follow on Facebook for nature and climate updates from North Somerset Council:

 **NatureandClimateNorthSomerset**



# Dig deep into your area's history



**Budding archaeologists and local historians are being invited to find out more about where they live during a family-friendly festival this summer.**

The annual Festival of Archaeology, organised by the Council for British Archaeology, runs from Saturday 17 July to Sunday 1 August.

North Somerset Council will be working closely with Weston Museum to provide a range of family-friendly events and activities linked to the festival's theme, exploring local places.

Learning more about your local area can help you feel connected to it and create a sense of community.

This has particular meaning after last year, when we all spent much more time at home.

During the festival there will be virtual treasure hunts on the historic mapping website Know Your Place North Somerset, as well as details of walks to help you explore your local area, and information on how to research the history of where you live.

It is hoped in-person events will also take place at Weston Museum, subject to government guidance.

Digital activities and information will also be available online through the museum's website and social media.

Visit [www.westonmuseum.org](http://www.westonmuseum.org) or social media for updates.

 [westonmuseum](https://www.facebook.com/westonmuseum)

 [@westonmuseum](https://twitter.com/westonmuseum)

[www.festival.archaeologyuk.org](http://www.festival.archaeologyuk.org)



Explore North Somerset's historic maps online at [www.kypwest.org.uk](http://www.kypwest.org.uk)

You can also find Know Your Place on social media for more community interaction, photographs, quizzes and more.

 [@KYPNorthSom](https://twitter.com/KYPNorthSom)

 Search for Know Your Place North Somerset



# Do you know your 'ham' from your 'ton'?

Place names can tell us a lot about the history of an area so why not find out more about where you live as part of the Festival of Archaeology?

Archaeologists talk about the process of making 'spaces into places', how people moved into previously uninhabited landscapes and gradually turned them into places to establish permanent settlements.

Part of this process is to provide the place with a name – so how did North Somerset locations get theirs?

Many names include landscape features to describe them – such as rivers, streams, fords, woods and hills.

This is how you find places such as Sandford, Winford and Churchill in the local area.

Names also give an insight into how the land was historically organised, so look at an area and see if there are connections.

In Weston-super-Mare there is Weston, meaning the west tun or estate; Milton (or Middelstone), meaning the middle tun or estate; and immediately to the north of Worle Hill, Norton (the north tun or estate).

Villages and towns ending in 'ton' or 'don' mean a farm or hamlet, such as Clevedon and Bleadon.

'Ham' means village or estate, 'ly' or 'ley' means a wood or clearing, and 'bury' references a fort or defended settlement.



Places can also be named after a specific person, such as Nailsea, which means Neagl's Island.

The names of fields can also provide valuable historic knowledge of a particular place and how the land was used.

Meadow or pasture land may be called 'lea' or 'mead', while 'barrow' is associated with land used as a Bronze Age burial mound.



## Want to research local place names?

The English Place-Name Society is currently working on a book specifically for the former county of Somerset.

Other suggested reading material includes:

- Your City's Place-Names: Bristol (2017) by Professor Richard Coates
- Signposts to the Past – Place Names and the History of England (1997) by Dr Margaret Gelling

- A Dictionary of British Place-Names (2011) by A D Mills
- English Field Names: A Dictionary (1972) by John Field



See a heritage map of North Somerset, with conservation areas, listed buildings and more, at [www.n-somerset.gov.uk/heritagemap](http://www.n-somerset.gov.uk/heritagemap)



# Tackling ash dieback disease

**Ash dieback – a disease with no cure that kills about 85 per cent of ash trees – has spread across the country and is now present in North Somerset.**

North Somerset Council is currently carrying out a survey of ash trees in the area to understand the extent of the problem before setting out how it intends to deal with the disease over the coming years.

## What is ash dieback?

Also known as chalara, ash dieback is a fungal disease and is the most significant tree disease to affect the UK since Dutch elm disease.

It will lead to the decline and possible death of the majority of ash trees in Britain and has the potential to infect more than two billion ash trees across the country.

There is currently no cure for the disease and no way of stopping its spread.

Younger ash trees die very quickly but older trees can survive for longer, although evidence shows that 85 per cent of infected trees will die.

## What is the situation in North Somerset?

Ash is the most common tree species in North Somerset with an estimated 300,000 growing in the area.

The council manages about 75,000 to 80,000 ash trees located in parks, public woodlands and by the sides of roads.

It has set aside extra money in its budget this year to carry out a survey of these trees.

It's easier to identify the presence and extent of ash dieback disease in the summer when trees are in full leaf.

The council will use the results of the survey to develop an action plan, with guidance from The Tree Council, by the autumn.





This plan will show how it intends to deal with the disease locally over the coming years, including replanting in areas where infected trees have been removed.

The plan will prioritise the removal of infected trees – first from areas where there is greater risk to public safety, such as at the side of a busy road.

Work to remove diseased ash trees alongside the A370 at Hewish took place in February.

Trees were identified as unsafe and a danger to road users and so needed urgent removal.

The action plan will also provide information and guidance to landowners about the actions they should take to manage ash trees on their land.

As a council committed to becoming carbon neutral by 2030, cutting down trees is not an action it takes lightly.

It has already planted 20,000 new trees as part of its commitment to rewild areas of North Somerset to help tackle the climate and nature emergency.

**Its aim is to plant a total of 50,000 trees across the area, creating 25 hectares of new woodland.**

### How much will all this cost?

The funding required to implement the ash dieback action plan will be clearer once the survey work is completed.

Early estimates indicate that between £500,000 to £1m will be needed, to be spread over the next five years.

### What about trees on private land?

Landowners are responsible for trees on their land so if you are a tree owner and concerned about ash dieback, an assessment by a competent tree professional when the tree is in full leaf is recommended.

This should be done before carrying out any works.

Protected ash trees will continue to be protected under existing preservation orders in the usual way.

In the case of dead protected ash trees, as for all protected trees, the council must still be given five days written notice before dead trees are removed.



### Will this affect Weston Woods and Worlebury hillfort?

Worlebury hillfort has a high proportion of ash trees growing in it which will have to be removed before they cause harm to people or the monument.

North Somerset Council will be applying to the National Lottery Heritage Fund for a grant to help preserve the hillfort, a Scheduled Monument.

Tree felling had already been planned to protect the hillfort but the ash dieback is making this requirement more urgent.

The council hopes to make the application in time to start work this coming winter.

More information will be shared after the ash dieback survey has been carried out.

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

For more information about ash dieback visit [www.n-somerset.gov.uk/ashdieback](http://www.n-somerset.gov.uk/ashdieback)





# Banwell bypass to bring more walking and cycling opportunities

## Major infrastructure projects are coming to North Somerset over the next few years which will bring wide-ranging benefits for all road users.

The long-awaited Banwell bypass will not only improve journey times for motorists but also help make the air cleaner and roads safer – perfect for those who want to walk or cycle locally.

Most motorists will move to the new road for their longer journeys so the roads through Banwell will become quieter links to other nearby villages and Weston-super-Mare.

Travelling on foot or cycling is good for our physical health but it can also play a key role in how we come together to help tackle the climate emergency.

Transport is one of the main drivers of carbon impact in North Somerset so making shorter and more manageable journeys without the car can have a massive benefit for our environment.

In addition, the bypass has environmental considerations built into its core as North Somerset Council has committed to increase biodiversity net gain by 10 per cent and reduce and offset the carbon from the bypass design and construction.

By improving access around North Somerset, the bypass – which is being funded by Homes England's Housing Infrastructure Fund – will also enable local people to access a greater range of jobs from the local economy.

It can also help unlock land across the region, so new and affordable homes can be built for growing families in the years to come (subject to the Local Plan).

## Consultation on bypass route under way

**The first public consultation on the Banwell bypass route is now under way.**

Your feedback, along with findings from surveys and investigations into the local area, will help the council decide which route to take forward to the detailed design.

Have your say about the bypass options and highway improvements at [www.n-somerset.gov.uk/banwellbypass](http://www.n-somerset.gov.uk/banwellbypass)

The consultation will run until early August.



# Improvements to the A38 proposed

## Road improvements to key locations on the A38 are being proposed.

The new proposals include a range of improvements along the road from Barrow Tanks to the M5 Edithmead roundabout.

They would be delivered in partnership between North Somerset and Somerset County councils.

The plans look to improve journey reliability times, road safety and better connections with local communities – with an additional focus on enhancing routes for cyclists, pedestrians and those using public transport.

The scheme would also ease congestion for the benefit of local businesses, and help reduce the road's environmental impact by providing a range of positive green enhancements.

You're now invited to have your say on the proposals.

Feedback will help inform the business case that will be submitted to central government for approval later in the year.

Find out more and use the interactive map at [www.a38mrn-engagement.com](http://www.a38mrn-engagement.com)



## Plans for secondary school expansion submitted

### Plans for a 900-place expansion of a Weston-super-Mare secondary school have now been submitted.

The planning application for Winterstoke Hundred Academy's new site in Locking Parklands has been submitted following extensive design and community engagement.

Key features include improved sports facilities, a two-storey library and extra bike storage

so more young people can cycle to school.

The proposed design prioritises local environmental ambitions and would also be built to some of the highest environmental standards – with both on-site energy and recycling centres to help reduce emissions.

The project is funded by Homes England's Housing Infrastructure Fund.

Find out more about the scheme at [www.n-somerset.gov.uk/whae](http://www.n-somerset.gov.uk/whae)



Get the latest news – Get the latest updates on major projects in North Somerset straight to your inbox. Sign up to the e-newsletter at [www.n-somerset.gov.uk/HIF](http://www.n-somerset.gov.uk/HIF)



# Making North Somerset a healthy and happy place



## Sunny summer weather can often be a big motivator for setting new health and fitness ambitions.

Getting out in the fresh air is good for both body and mind and so lots of advice and support is available to help you explore beautiful places across North Somerset.

Here are some ideas on how to get active and stay healthy right now...

## Being active

Being active doesn't have to mean wearing Lycra leggings or doing endless bouts of rigorous exercise.

Regardless of body size or composition, everyone could benefit from taking regular physical activity and eating more healthily.

Activities which can be incorporated into your day-to-day life can have a huge benefit to your overall health, whether that's walking more, gardening, cycling, dancing, swimming or playing sports such as football.

For children, being active could mean skipping, running, jumping or climbing.

For ideas of things to do here in North Somerset, the Go4Life website is a great resource.

It has a directory of classes, maps of accessible walking routes and more. Visit [www.go4life.org](http://www.go4life.org)

Organised walks take place throughout North Somerset. Visit [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) to find your nearest one.

If you prefer getting around on two wheels, local cycling routes can be found at [www.betterbybike.info](http://www.betterbybike.info)

**North Somerset Council wants the area to be a happy and healthy place to live and work so is developing a health and wellbeing strategy which will set out its ambitions and priorities over the next three years.**

To help develop this strategy and to understand what matters most to people, the council ran a consultation, surveys and workshops with residents and organisations earlier this year.

More than 220 people took part and responses showed what matters most to people – being active, being outdoors in green spaces, eating well and having good mental health and wellbeing, as well as staying healthy and feeling good throughout life.

These responses are now being used to help shape the themes and plans of the strategy to improve the health and wellbeing of residents over the coming years.

The strategy will be published this summer.





## Eating well

Nourishing our bodies with a variety of healthy food can help us feel our best.

Eating a minimum of five-a-day of fruit and vegetables can lower the risk of serious health problems, such as heart disease, stroke and some types cancer.

You can begin to improve your diet with just a few small changes.

The NHS Better Health website – [www.nhs.uk/better-health](http://www.nhs.uk/better-health) – is a great place to start with tips for healthy eating on a budget.

Locally, North Somerset's Council's health trainers can support you to improve your diet and develop new wellbeing habits, from exercising more to stopping smoking.



To book a telephone or video appointment with the health trainers call **01934 427 661**, email [health.trainers@n-somerset.gov.uk](mailto:health.trainers@n-somerset.gov.uk) or visit [www.n-somerset.gov.uk/healthtrainers](http://www.n-somerset.gov.uk/healthtrainers)

You can also find recipe ideas at [www.go4life.org](http://www.go4life.org), as well as inspiration at [www.nhs.uk/change4life](http://www.nhs.uk/change4life).



## Become smoke-free

Stopping smoking brings immediate benefits to our health and wellbeing so stubbing out those cigarettes could be the best thing you could do.

Smoking damages the heart and lungs so could put you at greater risk of developing severe illnesses, such as Covid-19.

Smokefree North Somerset advisers can offer free, practical support and advice to help you stop.

Call **01275 546 744**, text HELP to **0780 000 1316**, email [smokefree@n-somerset.gov.uk](mailto:smokefree@n-somerset.gov.uk) or visit [www.smokefreenorthsomerset.co.uk](http://www.smokefreenorthsomerset.co.uk)

## Every mind matters

Good mental health is just as important as physical health so it's important we do things to improve our minds and seek further help if we need it.

If you're struggling, reach out to someone you trust or your GP.

For immediate emotional and practical support call 24/7 Support and Connect, the new mental health helpline, on **0800 012 6549**.

Read more about this and other mental health support on pages **38-39**.



# Free mental health service launches



**We all experience difficult times when we feel like we can't cope, which can negatively affect our everyday life.**

If you're struggling, a free and confidential NHS mental health service is now available for people aged 16 and over in North Somerset.

VitaMinds works in partnership with the NHS to offer a range of free, short-term psychological therapies, known as IAPT (Improving Access to Psychological Therapies).

The talking therapy service is designed to support individuals by providing the tools needed to get back on track.

It could help treat depression, excessive worry, panic attacks,

sleep problems, stress, phobias, trauma or more.

Asking for help can feel like a big step but a broad range of services are on offer to suit a variety of circumstances.

This might be one-to-one coaching to help with practical problems such as debt or housing worries, or a lifestyle course to kickstart an exercise routine and make long-term healthy changes.

One participant who recently completed a Healthy Living Healthy Minds course said: "As someone who had not accessed any wellbeing service before,



I was slightly unsure if this programme was going to be for me. It is fair to say, I loved it.

"Each week I was encouraged to make several small goals. These were driven by me and easily achievable.

"I now realise that each small change has been incorporated into my lifestyle without me even noticing and I'm definitely reaping the benefits."

**VitaMinds is available for free to anyone aged 16 and over who is registered with a GP in North Somerset, Bristol or South Gloucestershire.**

You don't need to visit a GP to get help. You can make a self-referral through the website at [www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk) or call **0333 200 1893**.

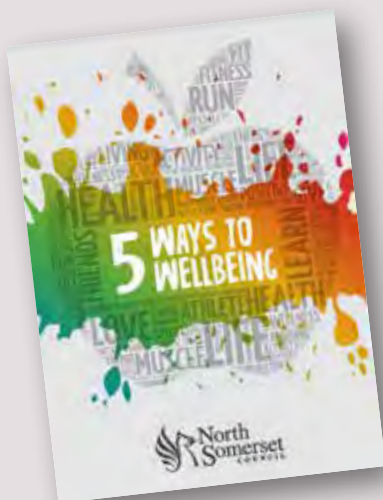




## Ways to help yourself

Discover the five things you can do each day to improve your overall happiness and wellbeing:

- **connect** – contact people who make you feel good
- **be active** – being active improves mood, confidence, sleeping habits, concentration also stress
- **take notice** – acknowledge your situation and surroundings
- **learn** – learning something new can provide a sense of achievement
- **give** – acts of kindness improve feelings of self-worth and help you to connect with others.



Find out more at [www.n-somerset.gov.uk/wellbeing](http://www.n-somerset.gov.uk/wellbeing)

You can also find tips and advice through Every Mind Matters, a website developed by Public Health England with leading mental charities and approved by the NHS.

Visit [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)



## Library befriending service to combat loneliness

**A new befriending service has launched in North Somerset to help combat loneliness and promote wellbeing through the proven power of reading.**

Reading Friends is part of the Read, Talk, Share campaign from national charity The Reading Agency.

It aims to bring people together to read, share stories, make new friends and have fun.

Library volunteers have been retrained as Reading Befrienders for the service, thanks to a new £8,500 grant.

Volunteers are matched with isolated library customers or anyone who would benefit from

having a regular chat about what they are reading.

Referrals from other organisations are welcome.

The Read, Talk, Share campaign has also provided additional copies of books for North Somerset's Reading Well collections.

These book collections, which are endorsed by health professionals, can be found in local libraries to help you understand and manage your mental health.

Many are also available to borrow for free as e-books or e-audio books through the library.

**For referrals to the reading befriending scheme email [library.volunteers@n-somerset.gov.uk](mailto:library.volunteers@n-somerset.gov.uk)**

Find out more about Reading Well books at [www.reading-well.org.uk](http://www.reading-well.org.uk) • Books in the collections can be reserved for free through LibrariesWest at [www.librarieswest.org.uk](http://www.librarieswest.org.uk)

Find details of your local library or for more information about the library service visit [www.n-somerset.gov.uk/libraries](http://www.n-somerset.gov.uk/libraries)

# Creating dementia-friendly communities



**Shops, cafés and public buildings across North Somerset are becoming 'dementia-friendly' to help make life a little easier for those living with memory loss or confusion.**

Businesses and organisations are working with Alzheimer's Society to become dementia-friendly and are displaying stickers to let the public know they are part of the scheme.

Local resident Pete said: "It is reassuring to go into a bank knowing they are dementia-friendly. It takes the pressure off me.

"I tell them I have dementia, knowing I will be given time and support to do the things I need to do."

Anne Ellis is Alzheimer's Society's Dementia Friendly Communities co-ordinator for North Somerset.

She recently carried out a short survey asking people living with dementia, volunteers and professionals their thoughts and experiences, to help shape future services.

Anne said: "The common theme was about enabling those living with dementia and their carers or loved ones to live well – to feel connected, valued, supported and included within their community.

"What each community requires is individual volunteers, centred around people living with a dementia being involved and consulted."

North Somerset resident Alan said: "Together we can make a difference.

**"Our plan is to increase awareness and action within the villages and towns in our beautiful area."**

A very active Dementia Friendly Community group runs in Portishead, while the North Somerset Dementia Friendly Community (NSDFC) group covers the rest of North Somerset.

Alan added: "It's really heartening to see the growth of members to include health and social care, community and hospital-based services. All participating in being dementia friendly through collective and individual actions."



**Dementia describes a set of symptoms which may include memory loss and difficulties with thinking, problem-solving or language.**

**It's caused when the brain is damaged by diseases, such as Alzheimer's or strokes.**

**Other symptoms might include difficulties with planning, struggling with conversations, or changes in mood.**

**Experiences can vary depending on the person's physical health, their relationships with friends and family, the treatment and support they get, and their surroundings.**

**To get involved, volunteer or for more information, email [anne.ellis@alzheimers.org.uk](mailto:anne.ellis@alzheimers.org.uk)**

**[alzheimers.org.uk](http://alzheimers.org.uk) • Alzheimer's Society's Dementia Connect support line: 0333 150 3456**

**f** PortisheadDementiaFriendlyCommunity  
On Facebook, also search for 'North Somerset Dementia Friendly Community 2021'  
Clevedon Dementia Friendly Community group can also be found on Facebook.





# Hot meal service provides continued support

**Deliveries of hot food to vulnerable people became a lifeline during the coronavirus pandemic – and the service continues to play a vital role.**



As well as delivering hot daily dinners, North Somerset Council's community meals drivers perform an essential welfare check on their customers.

This has proved valuable during long periods of lockdown and isolation.

Recipient Anne Harris\* said: "It's reassuring to have that extra check and a friendly face to say hello, and to know that a hot meal will be delivered.

"Isolation is a lonely time but I always know that the friendly driver would arrive with my hot meals.

"It's so reliable. I like to go to the shops when I feel well enough but it's been safer for me to be at home and receive a meal."

Tom Foxtan\* said: "I am housebound and have carers but I still enjoy having a hot meal delivery and have done so for three years. I like the food, it's good."

The community meals team can help recipients to access other partner services if needed.

Team manager Elaine Insley said: "We are a supportive, essential service.

"If needed, we can help point our customers in the right direction so that they can get other support to remain independent in their homes."

Community meals might also be useful for short periods, so unpaid carers can get a break.

\*names changed

Deliveries are currently dropped at the doorstep where it is safe to do so but if the driver needs to go inside, they wear PPE and follow social distancing guidelines currently in place.

There is a variety of food on the menu, including nutritious curries and lasagne as well as the traditional meat and two veg. A few new meals options are coming soon.

Payments can be made by direct debit. The service can also be provided to anyone who is receiving care support by another provider.



For more details please contact the community meals team on **01275 882 155** or email to **commsmeals@n-somerset.gov.uk**  
**[www.n-somerset.gov.uk/communitymeals](http://www.n-somerset.gov.uk/communitymeals)**

# Could you answer the call to care?



**Caring people who have a desire to help others are needed to step forward and answer the call to care.**

Throughout North Somerset there are people who need more support in their day-to-day lives – whether it's young children needing foster care, care leavers needing a stable roof over their heads, or vulnerable adults needing support to access facilities in their community.

If Covid has made you question your work life balance, now could be the time to become a professional, paid carer for these people.

Applicants are welcomed from all walks of life and all family types. You just need a desire to help others, relevant life experience and skills, and a positive approach to supporting vulnerable adults and children.

*Life* takes a look at the different roles available, whether that's supporting people in your home, the recipient's home or in the community...

## Supported lodgings

**Could you provide a room and support for a young person who is leaving foster care or a residential home?**

Many young people who leave care at 16 just aren't ready to live on their own.

Supported Lodgings hosts act as a bridge to independence – giving the young person a room to rent in their family home, advice on basic life skills such as cooking and budgeting, and help to be more independent.

Host Kate said: "It's daunting for any young person to go into the big wide world. We can be mentors to guide them and prepare them for adulthood."

## Fostering

**Foster carers can help build a brighter future for children and young people who are unable to live with their own families for whatever reason.**

North Somerset Council currently looks after about 250 children and young people but a shortage of local foster carers means these children might be placed with other organisations away from the local area.

There is a particular need for carers who can look after siblings as well as children aged 11 and over.



Local foster carer Ron said: "When you see the impact you've made – a laugh, a smile, a difference – it's a great feeling."

**fostering@n-somerset.gov.uk or call 01275 888 999**  
**www.n-somerset.gov.uk/fostering**



**supported.lodgings**  
**@n-somerset.gov.uk**  
or call **01275 888 999**  
**www.n-somerset.gov.uk/**  
**supportedlodging**





# Shared Lives



Shared Lives carer Abbie Richards with Jack

## People in North Somerset are opening up their homes to help those with additional needs live as independently as possible under their roof.

The person might have learning or physical disabilities, mental health difficulties or other health or sensory disabilities.

Shared Lives carers welcome the person into their home to share their life, interests and skills.

Lyn has provided long-term placements since 2019. She said: "It has been very rewarding to see the people we support grow in maturity and life skills."

Arrangement can be short or long-term, or to enable a full-time carer to have a respite break.

The Shared Lives scheme also provides support to adults within the community, helping them develop their independence and confidence.

Abbie has been supporting adults in this capacity since 2016.

She said: "I believe I have played a positive role in the support of individual lives but also ensure they go home feeling empowered, motivated and fulfilled."

Tina's daughter had received support through Shared Lives for four years.

She said: "When you have an adult child that needs support, you worry about whether the service will be able to meet their needs."

"Shared Lives enables them to build a strong relationship with one person who they can get to know really well and who can get to know their needs."

# Connecting Lives

Adults with additional needs are being given support to live independently in their own homes and access activities in their community.



**Connecting Lives**  
North Somerset

Connecting Lives has two strands – support in the recipient's own home and a mentoring service.

The first strand focuses on building supportive relationships to help adults remain in their own home, or to provide a sitting service so their carers can get a break.

Support could be for a few hours a day, once or twice a week.

As well as this, Connecting Lives mentors provide guidance, motivation and role modelling to adults with care and support needs.

Mentors help the adult do activities in the community and take up social opportunities for a few hours a week.



connectinglives@  
n-somerset.gov.uk or call  
01275 888 368



sharedlives@n-somerset.gov.uk or call 01275 888 368  
www.n-somerset.gov.uk/sharedlives



# Improving communication for deaf people

**Being deaf or hard of hearing can have a significant impact on how you navigate the world but awareness is growing and support is available if you need it.**

Deaf Awareness Week took place in May to shine a light on the deaf community and what resources are available for those who need more support.

The impacts of the coronavirus pandemic created significant communication breakdowns and barriers for people who are deaf or hard of hearing.

Wearing face masks created problems for those who rely on lipreading, while social distancing meant people stood further apart, making it even harder to hear the other person speaking.

As part of Deaf Awareness Week, a series of videos were created using British Sign Language (BSL) to tell stories and share hints and tips.



In one video, Jen Booker and her colleagues at the Worle branch of McDonalds share some simple, everyday signs in BSL that will help you communicate, such as 'welcome', 'nice to meet you', and 'how are you?'.

In other videos, Weston resident Derek Boardman signs some short children's stories in BSL.

Different solutions are available for people who are deaf or hard of hearing.



North Somerset resident Lucy felt that her life began again after a hearing dog, Cazzie, came to live with her.

Lucy said: "My life was very different before I had Cazzie.

"I didn't like going outside, I couldn't hear people behind me, they would become frustrated and sometimes push me. I felt lonely and isolated.

"Now, life is brilliant. I love people coming up to me now and talking to me, I feel like a human being again."

Retired nurse and lipreading teacher Gill lost most of her hearing 40 years ago when she contracted encephalitis.

Her hearing went completely in 2019 so she got a cochlear implant.

Gill said: "I was amazed when my implant was activated that I could hear speech again straight away."

It took Gill some months before her brain learnt to recognise sounds and words again but she said: "I was very lucky that I was able to hear people talking straight away. Having a cochlear implant has completely changed my life."



There is no register of deaf and hard of hearing people in the UK but it's estimated that one-in-five adults suffer with hearing loss, which would equate to about 35,000 adults in North Somerset.



There are about 151,000 users of British Sign Language in the UK, so about 500 in North Somerset.

It's also estimated that about 23,000 adults in North Somerset suffer from tinnitus, and only four-in-ten people who need hearing aids actually have them.

## Top tips when talking to deaf people:

- face the person while you are speaking, don't turn away
- repeat yourself if necessary
- never say 'it doesn't matter'
- if the person doesn't understand you, don't give up
- write it down or draw a picture
- speak one at a time, don't talk over each other
- keep your mouth visible
- smile and relax
- don't speak too quickly or too slowly.



Watch the videos of people sharing stories and tips in BSL at [www.n-somerset.gov.uk/daw2021](http://www.n-somerset.gov.uk/daw2021)

The website also includes information, useful resources, tips for businesses and more.



## Where to go for support

**Social and community groups for deaf and hard of hearing people take place in Weston-super-Mare.**

At the time of *Life* going to print and depending on latest government advice, it was hoped these clubs would re-start in July.

Visit [www.n-somerset.gov.uk/onlineDirectory](http://www.n-somerset.gov.uk/onlineDirectory) search 'deaf' or email specialist social worker Liz Watkins on [liz.watkins@n-somerset.gov.uk](mailto:liz.watkins@n-somerset.gov.uk) or text 07917 265 576.



Organisations and charities can also offer support:

- Citizens Advice North Somerset – [www.nscab.org.uk/equality-diversity](http://www.nscab.org.uk/equality-diversity) or email Bridie Collier on [bridie.collier@nscab.org.uk](mailto:bridie.collier@nscab.org.uk)
- Vision North Somerset – [www.visionnorthsomerset.org/help-for-deaf-and-hard-of-hearing-people](http://www.visionnorthsomerset.org/help-for-deaf-and-hard-of-hearing-people)
- For hearing services at Weston General Hospital call 01934 647 038 or email [hearingservicesweston@uhbw.nhs.uk](mailto:hearingservicesweston@uhbw.nhs.uk)
- Job Centre Plus offers employment advice
- Support is available through Sense – [www.sense.org.uk](http://www.sense.org.uk)
- Hearing Dogs for Deaf People – [www.hearingdogs.org.uk](http://www.hearingdogs.org.uk) or email Graham on [hearingdogsbristol2@gmail.com](mailto:hearingdogsbristol2@gmail.com)
- Avon and Somerset Police has two new police liaison officers for the deaf community, who have a basic understanding of BSL and can provide support and work through BSL interpreters as needed.

# Mutual aid home sharing scheme launches



**A new model of living is launching in North Somerset as a way for people to share a home on a mutually beneficial arrangement.**

At a time when more older people are living at home for longer and younger people face housing shortages and high rents, Homeshare is a way of exchanging resources and skills that could benefit both parties.

The householder might be an older person who needs low-level support, a disabled person who needs support to maintain independent living, a carer

who juggles work and caring responsibilities, or a single parent balancing work with childcare.

The householder, who can own or rent their property, provides a room and shared facilities rent-free in exchange for companionship and 10 hours of help around the home a week (but not personal care).

The person wanting to share might be a student, a key public service worker on a modest budget, someone saving towards a house, or on the housing register.

Arrangements are flexible and tailored to meet the unique needs and skills of both participants.

Matches are arranged by Homeshare North Somerset, with checks made for safety and compatibility, and both parties are given time to get to know each other before moving in.

The match is monitored and supported throughout to ensure continued safety and security.

The home sharer may also pay a contribution to household bills. There is also a monthly fee for the service.



## Benefits of home share

If you need low-level support in your home and have a spare room, Homeshare could help you:

- give another person a great start in life
- maintain your independence
- make new friends
- get peace of mind for yourself and loved ones
- share your skills and learn new ones.

**Find out more about Homeshare in North Somerset or register an interest by calling 01275 888 368.**

[www.homeshareuk.org](http://www.homeshareuk.org)





# North Somerset Life

North Somerset *Life* is published by North Somerset Council and delivered to 100,000 households.

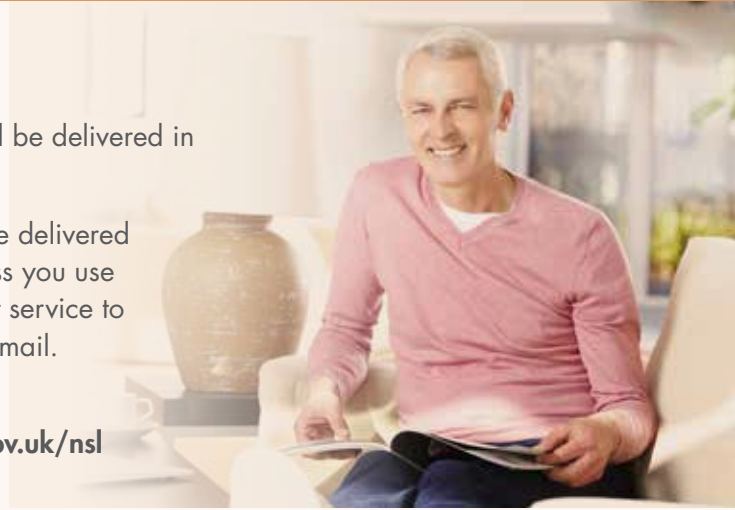
For advertising and sponsorship opportunities contact  
**01934 634 920**

For editorial contact  
**editor@n-somerset.gov.uk** or  
**01275 884 139**

The next edition will be delivered in  
**autumn 2021**

Your copy should be delivered with your post unless you use Royal Mail's opt-out service to block unaddressed mail.

View back issues at  
**www.n-somerset.gov.uk/nsi**



Get the  
**latest news  
straight into  
your inbox**



**Stay up-to-date  
with council news,  
events and services  
by signing up to the  
North Somerset Life  
email newsletter.**

**Subscribe online and stay informed at  
[www.northsomersetlife.co.uk](http://www.northsomersetlife.co.uk)**



## Contacts

### Call us

For all council services, call **01934 888 888**  
(Mon-Fri, 9am-5pm)

Direct numbers for other popular services:

For waste and recycling,  
road issues, planning and  
building control:  
**01934 888 802**  
(Mon-Fri, 9am-5pm)

For council tax and benefits:  
**01934 888 144**  
(Mon-Fri, 9am-5pm)  
For social services:  
**01275 888 801**  
(Mon-Fri, 8am-6pm)

**Do it online** – report it, request it or pay for it at:  
**[www.n-somerset.gov.uk/connect](http://www.n-somerset.gov.uk/connect)**


Or go straight to these popular web pages by adding these shortcuts: **[www.n-somerset.gov.uk/myaccount](http://www.n-somerset.gov.uk/myaccount) /[planning](http://www.n-somerset.gov.uk/planning) /[schooladmissions](http://www.n-somerset.gov.uk/schooladmissions) /[wastecollections](http://www.n-somerset.gov.uk/wastecollections) /[termdates](http://www.n-somerset.gov.uk/termdates)**

**Tide times**

**Check tide times online at  
[www.n-somerset.gov.uk/tidetimes](http://www.n-somerset.gov.uk/tidetimes)**

Tide predictions are computed by the Proudman Oceanographic Laboratory and adjusted for Greenwich Mean Time (GMT) and British Summer Time (BST) differences.

- For Clevedon – add 10 minutes.
- For Portishead – add 18 minutes.




Walks in the area are available to view and download at **[www.n-somerset.gov.uk/walks](http://www.n-somerset.gov.uk/walks)**

# Everyone can get free rapid Covid tests twice a week



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

## Test if you:

- ✓ Have no Covid symptoms
- ✓ Have had one or two doses of the vaccination
- ✓ Haven't been vaccinated

## Thank you

for helping stop the spread of Covid-19 in North Somerset

If you develop Covid symptoms self-isolate and book a symptomatic test at [gov.uk/get-coronavirus-test](http://gov.uk/get-coronavirus-test)

