

NORTH SOMERSET

# Life

Christmas  
events all  
wrapped up



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

Free internet access at your local library



# Welcome

Dear resident,

After six months of waiting and speculating, we have now been given most of the bad news about Central Government funding cuts. It really is as bad as we feared.

Over the next four years we will need to cut approximately £42million from our existing budgets. There is no doubt that in North Somerset, some services will be affected and some jobs will be lost.

However, as you would expect, over the last few months senior officers have been preparing lists of all costs and the effect each item would have on services and staffing levels if it was cut. We have now reduced that list to about 250 different items and are continuing to look at all options to further refine it. In a few weeks' time we will publish details for all councillors and members of the public to show the extent of the cuts and to help us make the final decisions.

I am sure that the work we have been doing for four years and the results that our staff have achieved has put us in the strongest position possible to minimise the effects but there is no doubt that some of the budget reductions are going to cause difficulties to members of the community, and they are going to be worse for any member of staff whose job is under threat. Other councils in the South West and across the entire country have announced thousands of job losses. We will all be trying to avoid

that as much as possible and in order to do so we need to consider all options.

Despite the difficulties to come, there are many positive things going on in North Somerset. Wasn't it good to see the Grand Pier re-open? We have also just announced the re-development of Dolphin Square, in Weston-super-Mare, a £40million private investment in leisure and retail outlets. The seafront and Pier Square in Weston are also nearly completed and looking wonderful.

Across North Somerset, work has started to improve Junction 19, there is a new library for Portishead, and there have been improvements to Clevedon's seafront. We have also started to move council staff and partner organisations into our new offices in Clevedon. In the New Year we will be announcing plans for our head office in Weston so that we can increase the number of staff working there. These moves will cut our running costs as we reduce from 18 buildings to two.

I can assure you that everyone at North Somerset Council will be working on your behalf to protect your services and to show why they are the best council in the country. On their behalf may I wish you all a peaceful and Happy Christmas.

**Councillor Nigel Ashton**  
*Leader of North Somerset Council*

## Coming in next month's issue



## Investment special

- **Businesses boosting North Somerset**  
and major investments for the area
- **Out and about with area officers**  
Making spaces cleaner and greener
- **Get fit for the New Year**  
Go4Life in 2011

Your next issue of *Life* will be delivered from 3 Jan

 *recycle me when you've read me*

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.

Contact 01275 884 139

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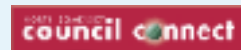
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#### Council Connect for all streets and open spaces enquiries:

01934 888 802  
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streetsandopenspaces@n-somerset.gov.uk



#### Care Connect for all adult social services enquiries:

01275 888 801  
8am-6pm Mon-Fri  
care.connect@n-somerset.gov.uk

#### Emergency (out of hours):

01934 622 669

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01934 418 194

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www.n-somerset.gov.uk

## Tourist Information Centre

**Phone** 01934 888 800

**Online** www.n-somerset.gov.uk/tic  
www.visitsomerset.co.uk

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# News

## Brush up on computer skills

Older people from North Somerset who want to get to grips with a computer can join a new course at Worle Community School.

Basic Computer Skills Course for Seniors is a joint venture between the school and Age UK Somerset to give residents the chance to work alongside teachers and students.

Topics include creating letters and documents, email, internet, and managing digital photographs.

It runs on five consecutive Thursdays from 13 January, from 3.30–5pm, and costs £10. A further five-week course will start on Thursday 10 March.

To book call Justin Parsons on 0845 643 4706 or 07948 435 966



## Supported Housing Scheme gets an overhaul

A supported housing scheme in Nailsea re-opened in October after a major refit.

Tudor House accommodates and supports six young people aged 16 to 25 who have a local connection to North Somerset.

The building, owned by North Somerset Council and leased by Elim Housing Association, has been fully

refurbished and remodelled with the aid of Homes and Communities Agency and council grant funding.

Work included a new heating system, replacement windows and insulation, re-wiring, and a new fire alarm system. Each resident now has their own self-contained accommodation and the ground floor flat has been made wheelchair friendly.

## Volunteers reap a rich harvest

Volunteers with learning disabilities have made a special contribution to the restoration of the National Trust's historic Tyntesfield House near Wraxall.

Volunteers from the Brandon Trust have been helping restore the gothic mansion and its extensive grounds back to their former glory as part of a six-year relationship between the two organisations.

The Brandon Trust runs a day centre for more than 100 North Somerset people with learning disabilities at the Scotch Horn Centre in Nailsea and has been working with Tyntesfield since 2004.

Every Tuesday a group of mixed ages and abilities, supported by National Trust members and volunteers, gets involved with tree clearing, dry stone walling, trimming hedges and working in the gardens.

Brandon volunteers also have their own vegetable patch and helped create a wildlife area. They are now working towards a John Muir Trust award by studying wildlife in the estate woodlands.

Tyntesfield's assistant head gardener Marianne Closius said: "They are really brilliant at clearance jobs and put a huge amount of effort into

restoring the grounds around the sawmills after renovation.

"Their strength is that they are so enthusiastic and hard working and always happy to try new tasks."

Brandon's chief executive Lucy Hurst-Brown said: "The special relationship with the National Trust at Tyntesfield has done much to enrich the lives of those with learning disabilities in North Somerset.

"But it is also helping others, not only to understand their weaknesses, but also to recognise and appreciate their great strengths."



# Apply for your child to start school

The closing date is fast approaching for people to apply for primary, infant and first school places for next year.

Children born between 1 September 2006 and 31 August 2007 can start attending a primary or infant/first school from September 2011.

The closing date is midnight on Saturday 15 January 2011. Late applications will not be considered in the first round of allocations so it's

vital to apply by the closing date to increase your chance of being offered a place at the preferred school. Up to three preferences can be made.

Anyone providing supporting information, such as a baptism certificate or a letter from a religious leader for some church schools, should also submit it by the closing date.

Anyone who wants to defer their child's start to either January or April 2012 should still apply now.

Apply online at [www.n-somerset.gov.uk/admissions](http://www.n-somerset.gov.uk/admissions). Paper application forms are also available from the School Admissions and Transport team.

Return to North Somerset Council, School and Transport team, Town Hall, Weston-super-Mare BS23 1UJ.

01275 884 078  
schooladmissionsandtransport@  
n-somerset.gov.uk



## Getting set for winter with improved salt supplies

Main roads in North Somerset will be kept moving this winter thanks to extra salt supplies being brought in.

A new salt barn has been built at Sandford to accommodate more than three times the amount of salt as previous years – up from 600 to 2,000 tonnes.

The council's contractors, Balfour Beatty WorkPlace, have also updated their fleet of six gritters with more modern vehicles and extra drivers will be on call.

The most severe weather for many years has hit the country during the last two winters and councils across the country had to cut back salting

routes by up to a third to conserve salt supplies.

### Monitoring

Decisions on whether to salt roads are based on road, rather than air, temperature. Specialist temperature monitors are fitted to roads and these are checked daily during cold weather.

Precautionary salting is carried out on 320km – 29.2 per cent – of the district's road network each night when bad weather is forecast. With six gritters spreading salt at 20 grammes per square metre, a total of 30 tonnes of salt is used each night.

Priority routes include the A370, A38, A368 and A369.



The salt barn ready for use

For more information call  
Council Connect: 01934 888 802  
[www.n-somerset.gov.uk/  
winterroads](http://www.n-somerset.gov.uk/winterroads)



## Community courses for adults

Adults who want to learn new skills or brush up on old ones can take up a wide variety of low-cost courses starting next month.

The courses, run by the Community Learning team at the council, include 12-week basic computer skills, sign language, creative writing or healthy lifestyles to learn how to get fitter and wiser about the foods you eat.

There is also a series of family learning courses, as well as Story Sacks, a parent and toddler book club and first aid training.

Meet tutors and find out about the range of courses on offer during an open day at the Carlton Centre, Carlton Street, Weston-super-Mare, on Wednesday 12 January from 10am to 3pm. Call 01934 426 442 for more information.



## Pop along to Pier Square

The transformation of Weston-super-Mare's seafront is now complete as the revamped Pier Square fully opens to the public this month.

The public square, between Carlton Street and the Grand Pier, has

undergone a £3.9m upgrade to return it to a pedestrian-friendly space of landscaped gardens and walkways.

Work began in February and the historic Coalbrookdale fountain has been restored as its centrepiece.

## Adult social services score highly

Adult social services in North Somerset are well-run and highly cost-effective according to a new report.

The Care Quality Commission published the results of its assessment last month and said that out of seven outcomes, North Somerset Council's adult social services scored 'excellent' in two and 'well' in five.

### Performing well

It said that overall the council is performing well and fully contributes to the achievement of wider outcomes for the community.

Strong leadership was identified and significant progress had been seen in improving outcomes for people who use care services as well as the local population.

### Improved services

The report also said the council works effectively with partners, such as NHS North Somerset, and these have led to improved services and outcomes for people.

An integrated single point of access started last year and the report said it provides a valuable service for people living in North Somerset.

Care Connect:  
01275 888 801



# Nesting rafts launched

Long-awaited duck nesting rafts have been built by volunteers at a popular beauty spot in North Somerset.

Abbots Pool, in Abbots Leigh, is a Green Flag standard green space and local people launched the duck nesting rafts in October thanks to help from North Somerset Council.

The rafts will provide a safe, quiet spot for the increasing population of ducks, moorhens and coots to nest. Waterfowl naturally nest on islands, where they are much safer from harm.

The rafts were launched in autumn to give plenty of time to check they

are sturdy before the nesting season begins in spring. It will also allow plants to grow and cover the cages.

North Somerset Council tree officer Jason Cox said: "The affection that the local community has for Abbots Pool is amazing. Volunteers put forward the idea for the floating rafts and we were really keen to see the idea through because they are such a positive enhancement for the site's biodiversity."

The rafts were paid for by section 106 funds, which the council secures from developers to offset the environmental impact of development.



Partnership success  
in North Somerset

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## Severn barrage plans shelved

Plans to build a barrage across the Severn Estuary from Brean Down to Cardiff have been shelved by the Government.

In October energy secretary Chris Huhne announced there was not a strong enough strategic case for it to proceed with the multi-million pound tidal power scheme at this time.

Supporters of the scheme said it could produce up to five per cent of the UK's energy.

Instead, eight potential sites for building new nuclear power stations by 2025 were announced – including Hinkley Point on the Somerset coast.

The Government said that given the scale of the energy and climate change challenge and potential risks of other technologies, the Severn could play a role in the future but it is unlikely before 2015.

A feasibility study into a Severn barrage was launched in January 2008. Factual comments can still be received by Monday 17 January, although this is no longer a public consultation.

## Mentoring opportunities

People with a few spare hours a week who would like to help develop looked-after children and young people in North Somerset are invited to apply for a mentoring scheme.

Mentors spend a couple of hours a week with children and young people to help increase their self-esteem, confidence and sense of well-being.

New volunteers are now needed and the closing date for applications is Friday 14 January.

Mentors support the young person's educational achievements, help

develop their life skills, and promote their resilience and independence.

Activities could initially include bowling or going for a walk to get to know one another before setting some goals, such as how to deal with conflict, manage their social life, or confidence with speaking to adults.

Mentors receive a training programme and on-going support is available with quarterly meetings.

For more information and an application pack call  
01934 421 900 or 07766 366 127



severntidalpower@  
decc.gsi.gov.uk

www.decc.gov.uk/severntidalpower



# Tackling domestic abuse at any age

Domestic abuse can have devastating effects on families but support is there for people who want to break free, whatever their age.

There is a significant under-reporting of domestic abuse among older women so people in this age group are being urged to step forward, explore their options and see the way out.

Women may have lived with abuse for decades, whether it is psychological, physical, emotional, sexual or financial.

Louise Branch, North Somerset Council's domestic abuse officer, said: "It's often assumed that domestic abuse is mainly experienced by younger women but abuse against older women does take place, despite there being no firm data as to the extent."

Jackie\* married at 18 and said signs of abuse were there from the start.

Now 47, she said: "My parents warned me not to marry him but I was expecting a child and when you're young, you think you know everything."

They split up a few years later and Jackie moved into a refuge but her husband found out where she was and persuaded her to come back.

She said: "It was a lot worse the second time. The abuse was mental

and financial. He encouraged me to break all ties with my family and friends. You try to leave but excuses crop up – like birthdays and Christmas – and time just goes on.

"It's like being a circus tiger. After a while you just do what the trainer tells you to."

Jackie finally left her husband last December. She said: "My children are in their 20s now and they could see when I was feeling down. I could see things happening, with them getting involved, so one day I just left."

## Support

"The support I received was brilliant. I thought that because my abuse was not actually physical it didn't count. But the adviser I spoke to was so kind and said no-one should have to live like that."

Government figures show that on average two women are killed every week in England and Wales by their current or ex partner.

However, it is hard to know the extent which older women are currently experiencing domestic abuse or dealing with the consequences

because there is little concrete data for this age group.

Older women who experience domestic abuse may be reluctant to report it because they feel a sense of shame, fear not being believed, think support services are not for them, or fear the consequences of any intervention.

## Elder abuse

Health and social care professionals may also fail to spot abuse, or classify it under the broader 'elder abuse' term. Other women may get out of the situation by seeking a divorce without involving the criminal justice system.

The consequences of abuse could include permanent physical damage, disability, loss of confidence, confusion, depression or other mental health issues.

Jackie said: "It doesn't matter what your age is, whether you are in your 30s or 70s, you still shouldn't have to go through that."

"When I left I had no confidence but now I've got friends, my own flat and a job."

"It's never too late to start afresh. You have to find that inner courage."

A report by the Department of Health and Comic Relief estimated that in the UK 227,000 older people were neglected or abused in their own homes in the past year – and domestic violence is a significant part of this.

Figures from the Supporting People team show that in North Somerset there are 2.68 domestic abuse victims per 1,000 females in the 21–45 age group, but it drops to 0.27 per 1,000 for over 45s.

However, the figures just show who is seeking domestic abuse-related help, not all those experiencing it, so give a significant under-estimate. British Crime Survey figures show that one in 10 adult women experience domestic abuse in any one year.

This indicates that in North Somerset, a woman aged 21–45 is 10 times more likely to report domestic abuse than someone over 45.

Gemma is a new group which supports North Somerset's Gemini refuge. It provides welcome packs for new residents, furniture for people moving out and a newsletter.

Anyone who would like to donate items, such as furniture or toiletries, to the refuge can call Louise Branch on 01934 426 343.



*\* Name has been changed to protect identity*



For support and advice: Domestic Abuse Freefone Service: 0800 69 49 999

[www.n-somerset.gov.uk/domesticabuse](http://www.n-somerset.gov.uk/domesticabuse) [www.womensaid.org.uk](http://www.womensaid.org.uk) [www.endabuse.org.uk](http://www.endabuse.org.uk)



# Navigating through care options

People who can fund their own care but need to know more about the options available or carers looking for more support can all find their way with Care Navigator.

The council's Care Navigator service launched in July 2009 and it offers personalised support to individuals, carers and their families to enable them to access the right care. So far it has supported more than 400 people in the area.

Care Navigator Wendy Harris, who helped launch the service, said: "We want to reach people before they get to a crisis point.

"It's about sowing a seed, providing information and letting people know what is on offer, enabling them to make their own choices.

"Someone who is over the social services financial threshold (currently £23,250), or just wants some help and guidance, should be entitled to

the same level of support and information as someone who has their services arranged by the council."

Users are positive about the help and support they have received.

## Care Navigators Wendy Harris and Charlotte Purvis can provide a variety of options, including:

- ✓ Home visits to ensure all social care options are explored
- ✓ Signposts to other agencies, such as Care and Repair, Community Meals or Age UK
- ✓ Help in buying the right care at the right price
- ✓ Advice and assistance in finding the right care home
- ✓ Help in arranging respite care

NORTH SOMERSET  
**careconnect**

Ann and Bob Simpson of Clevedon found out about the service when they were near the end of their tether after Bob's parents, 93-year-old Fred and 89-year-old Eleanor Smith, moved into their home.

Ann said: "I was ready to find a retirement home for them."

## Consultation

After a consultation with the Care Navigator, Fred and Eleanor had a home care package arranged which meant Ann and Bob could regain some independence.

Ann said: "It's changed our lives. We now know we can get help and there is someone at the end of a line to ask for advice."

*Ann Simpson (left) talks through various options with Care Navigator Wendy Harris*



To access a care navigator call: Care Connect 01275 888 801 [www.n-somerset.gov.uk/carenavigator](http://www.n-somerset.gov.uk/carenavigator)



# Delicious meals direct to your door

Hot meals delivered direct to the front door can be a vital lifeline to residents who struggle to cook for themselves.

North Somerset Council's meals on wheels service is available to anyone of any age who needs a little extra support cooking or preparing meals, whether short term following an illness or long term for elderly or disabled people.

Dan Parsons has been receiving meals on wheels since 2004 and, at 103, praises the daily visits.

He said: "It's wonderful having the person call every day. I call her my dinner lady. She's always smiling."

The former civil engineer has received an OBE and worked on the Aswan dam and Assiut barrage across the River Nile.

He has lived all over the world, including the Sudan, Iraq, Pakistan and Andorra, but his parents lived near Cadbury Camp in Wraxall so

he would return to North Somerset every few years.

He now lives alone on the outskirts of Nailsea but manages day-to-day. He said: "My neighbour looks after me. She takes me shopping and to the bank. My daughters also take it in turns to visit every three weeks."

Daily welfare checks by the trained meals on wheels drivers mean family and friends can also have peace of mind.

Drivers are supported by a network of care professionals and will report any problems as well as perform a variety of tasks, from picking up post to reminding people to take their medicine.

Dan said: "It is a great service, I would definitely recommend it."

Hot meals and teas are delivered Monday to Friday and food can be provided based on people's dietary requirements. The service is flexible

and can be cancelled if people go out for the day.

*"I can't say how much it meant just to know someone would be calling. Not just with a meal, although that was a life-saver some days, but someone who could spare a moment to help with a tin-opener or open a drawer. These very patient, kind people do so much, leave with a smile and a promise for the next day."*

**Meals on wheels recipient**

01275 882 155

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



# Rhyne and reason to visit Kingston Seymour



Pretty cottages, ducks swimming in rhynes and fishing in picturesque lakes are just some of the sights in this short, circular walk around Kingston Seymour.

## Walk information

**Distance:** about 2.5 miles

**Difficulty:** easy/medium. A level route with a couple of metal gates and wooden stiles. Wear wellies in winter.

**Duration:** 1.5 hours

**Map:** OS Explorer 153

**K**ingston Seymour is a pretty village situated in the North Somerset Levels with rhynes running alongside many streets. Rhynes are drainage ditches which are used to turn marshy wetland at sea level into useful



pasture and they can be seen throughout the Somerset Levels coastal areas.

Begin at The Triangle, the central hub of Kingston Seymour, and follow Ham Lane towards All Saints Church.

Kingston Seymour suffered severe flooding in 1607 and it is said the church had two metres of water in it for 10 days. Flooding took place on a regular basis until the 1800s and the resulting bad air was said to cause 'attacks of the ague' in local people.

The porch of the Grade I listed church contains a noticeboard which describes the Bristol Channel floods of 1607. Cut through the churchyard but then rejoin Ham Lane.

Continue along here and turn left at Hope Farm, into Yew Tree Lane. At the end of the track take the right-hand fork and follow the bridleway to the right, with a rhyne on your left.



## How to get there

**Car:** Kingston Seymour is approached from the B3133, either from Clevedon or Yatton. On-street parking.

**Bus:** Service 660 serves Kingston Seymour



At another fork in the bridleway, take the right-hand lane and follow this until you reach Ham Lane again.

Turn left into Ham Lane and then turn right shortly after the house (bearing the sign North Somerset Drainage

the stile in the opposite hedge. This is a little wooden bridge over another rhyme.

Cross the next field and head to another stile, which is another wooden bridge leading into a wooded area.



## Suggest walks for Life!

Do you know the perfect place for walks in North Somerset? Is there a beautiful vista waiting to be viewed by more people?

Every month we publish walks up to five miles and are always on the look-out for new route ideas.

Email [editor@n-somerset.gov.uk](mailto:editor@n-somerset.gov.uk)

The Triangle. As you walk along the lane you will see public footpath signs on your right, so you could take these and head across the fields. However in winter the fields may become so muddy they are unpassable, so think carefully before heading that way.



Board). Go through the metal gate and head straight across the field. There may be cattle in the field so keep dogs on leads.

The public footpath goes straight across the field, so head towards



You will see an old bridge on your left-hand side but do not cross this. Instead cut up through the trees on your right, and this will take you to two fishing lakes.

Continue ahead around the lakes and you will come out onto Middle Lane. Turn right and follow this back towards



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# Scam mail victim speaks out to warn others

Junk mail can be annoying at the best of times but if it descends into a daily barrage of hoax competitions and threats it can cause misery to households.

**O**ne Portishead widow who fell victim to the scams is now speaking out to warn others about the dangers.

The 72-year-old used her pension to respond to prize draws from across the world – yet never received a penny in prize money.

## Risks

The episode undermined her trust and confidence but she now wants to warn others about the risks of responding to unsolicited mail.

She said: "I only spent what I could afford each month but on average I was sending about £20 to £30 a

month believing I had a chance of winning.

"I ended up receiving endless letters offering prizes and free gifts but they always wanted a fee in return."

Over three years the resident was bombarded with requests for payments and one company even asked for an 'oath of confidentiality' if she wanted to receive her winnings.

According to the Office of Fair Trading, about £3.5bn is scammed from UK consumers every year.

Helen Heskins, from North Somerset Council's Trading Standards team, said: "Scam mail is a form of emotional blackmail – a fraud that

seriously affects the financial and emotional wellbeing of individuals.

## Elderly people

"Organisations often latch onto elderly people through catalogues for health products, such as vitamins and mobility products, which are particularly aimed at this age group. The unscrupulous company then sells the name and address to another scammer, so the problem escalates.

"This lady was extremely upset by the time we were able to intervene. It is a very deceitful crime. Scammers attack the confidence of a generation of people who believe in honesty, integrity and fair play."

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## Get that festive feeling

**C**hristmas will soon be here but if you haven't got into the festive spirit just yet, there are plenty of events happening this month to get you in the mood.

Enjoy some musical melodies, get crafty during art sessions or meet Father Christmas face-to-face. *Life* takes a look at activities happening across North Somerset this festive time.

### In fine voice

Choirs will be raising the rafters during Christmas concerts this month.

A Salvation Army concert, sponsored by the Rotary Club of Nailsea and Backwell, can be heard on **Sunday 5 December** at the Methodist Church, in Silver Street, Nailsea. Tickets are free but must be booked beforehand. Call **01275 463 773**.

Handel's Messiah will be performed by Portishead Choral Society on **Saturday 18** from 7.30pm, at United Reform Church, Woodhill Road, Portishead. Tickets £9 in advance, £10 on door (£4 for full-time students) from Morgan-Westley in the High Street, choir members or by calling **01275 372 678** or **01275 843 900**.

### Christmas crafts and children's fun

Get crafty and enjoy festive fun at the National Trust's Tyntesfield estate, near Wraxall. Santa's grotto will be open **Saturdays** and **Sundays 4/5, 11/12** and **18/19 December**, from 10am to 3pm. Adult garden admission plus £3 per child. Crafts activities will be at the Sawmill and seasonal refreshments will be available.

Christmas wreath-making workshops with an expert florist also run on Thursday 9 and Friday 10. £14.50 per person. Booking essential – call **0844 249 1895**.

A live nativity featuring your favourite animals will bring the Christmas story to life at Noah's Ark Zoo Farm on Saturday 11 and 18 December. Call **01275 866 908** for more details.

### Village markets

Village markets offer the perfect place to pick up local produce, crafts and Christmas gifts.

Bleadon's big Christmas market will be held in three halls on the village green on **Saturday 4 December**, 9am-12.30 pm. The popular annual event has more than 40 stalls selling crafts, gifts, antiques, jewellery, collectables, books, toys, local produce, as well as a Christmas cafe and raffle.

**01934 812 370**

Tickenham re-launched its market in September, offering crafts, plants, cosmetics, and bakery goods. Table fees go to Tickenham Primary School. Visit on **11 December** from 9.30am – noon to pick up a treat. Call **01275 851 040** if you want to book a stall.

### Visit other markets...

**Saturday 4** – Kingston Seymour, Long Ashton

**Saturday 11** – Abbots Leigh, Yatton

**Saturday 18** – Kenn, Claverham



## A carriage for Cinder

**Audiences are set to be enthralled by the Playhouse panto this Christmas!**

A stunning performance of popular fairytale Cinderella hits the stage in Weston-super-Mare on 14 December.

The rags to riches panto, produced by Paul Holman Associates, stars former Coronation Street actor Sean Wilson as the loveable laugh-a-minute Buttons.

He appeared in the soap for 21 years as Martin Platt before setting up an artisan cheese company in his home town of Saddleworth.

Joining Sean is singer and actress Kelle Bryan delivering the most soulful of Cinderellas. As part of the award-winning girl band Eternal, Kelle enjoyed 15 top 15 hits, a Brit nomination, Moby's Smash Hit and Britannia music awards.

John Lyons, who appeared as Detective Sergeant George Toolan in the long-running ITV series A Touch of Frost, also joins the talented cast as Cinderella's father, the down-trodden, down-on-his-luck, cash-strapped Baron Hardup.

To book tickets for any Playhouse or Winter Gardens event call the Box Office

**01934 64 55 44**

Cheques should be made payable to North Somerset Council. Bookings should be paid for within four working days.

Please mention **Life** when booking your tickets

Paul Holman Associates by arrangement with North Somerset Council

# Coronation Street's Sean Wilson

## Buttons

**Eternal's Kelle Bryan**  
Cinderella

**A Touch of Frost John Lyons**  
Baron Hardup

**Gary Tushaw**  
Prince Charming

**George G... The Tina Counsel...**

**Tuesday 14 Dec - Sunday 9 Jan**

**Box Office**  
[www.theplayhouse.co.uk](http://www.theplayhouse.co.uk)

**Mark Two & Jamie Steen**  
Ugly Sisters

Directed & Ch... ASD

New website now active with online booking [www.theplayhouse.co.uk](http://www.theplayhouse.co.uk)

**The Christmas Carol**  
 James Dangerfield  
 as Scrooge  
 The School of Dance and Drama  
 December 2010  
 January 2011  
 01934 64 55 44  
[www.theplayhouse.co.uk](http://www.theplayhouse.co.uk)  
 Choreographed by David Samuel

WINTER GARDENS  
 WESTON - SUPER - MARE

# Christmas 2010 events

## Sugarcraft Show

Sat 4 10am – 3.30pm

In support of Dorset and Somerset Air Ambulance and Children's Hospice South West.  
 Adults £3, senior citizens £2.50

## Festival of Light

Sat 11 10am – 6pm

Readers, mediums, healers, therapists, crystal stalls, workshops and associated trade stands.  
 Free admission – including talks and demonstrations.  
 Contact  
 Dr Elizabeth Ann Diamond: 01934 624 939  
[www.festivaloflight.biz](http://www.festivaloflight.biz)  
[lizdiamond51@yahoo.com](mailto:lizdiamond51@yahoo.com)

## Weston Brass Christmas Concert

Sun 12 3pm

Featuring St Martin's School choir  
 Adults £6.50, children £5.50

## Christmas Lunch and Dance

Wed 15

Served from noon, dance from 2-4pm  
 Traditional Christmas lunch, followed by a social dance hosted by Sid Gateley and Roz.  
 Lunch and tea dance £24. Tea dance only £5.50

## Songs from the Shows Christmas Special

Wed 15 8pm

Featuring songs from the shows and swing favourites with a Christmas twist.  
 Adults £11, seniors and children £10, parties of 10+ £9.50. One child free (up to and inc 12-year-old) per paying adult.

## Sid Gateley Christmas Social Dance

Sat 18 8 – 11.30pm

Tickets £7.50

## Boxing Day Social Dance

Monday 27 11am – 3pm

Hosted by Sid Gateley and Roz  
 Tickets £7.50

## New Year's Eve Social Dance

Friday 31 8pm – 12.30am

Hosted by Mark Helmore  
 Tickets £22.50 including hot supper.  
 Contact the box office for more details.

Winter Gardens, Royal Parade, Weston-super-Mare

# EVENTS

## DECEMBER

### Saturday 4 **Bleadon Sugarcraft Show**

10am-3.30pm Winter Gardens, Weston-super-Mare. Displays of sugarcraft in all its forms.

### Wednesday 8, Thursday 9, and Saturday 11

**Dick Whittington** by Portishead Players. Somerset Hall, Portishead. £10 (£8 children). Tickets from Morgan-Westley, 28-30 High Street.

### Friday 10 **Winscombe Orchestra** 7.45pm

Friends Meeting House, Sidcot. Tickets on door.

## AGE UK COMMUNITY CAFES AND COFFEE MORNINGS

0845 643 4706

**Thursday 2 10am – noon,**  
Yatton Methodist Church, High Street

**Friday 3 10.15am – noon,**  
Long Ashton Community Center, Keedwell Hill

**Wednesday 8 10am – noon,**  
Corpus Christi Church Hall, Weston-super-Mare

**Thursday 9 9.30 – 11.30am,**  
Clevedon Baptist Church

**Wednesday 15 10.15 – 11.30am,**  
Nightjar pub, Mead Vale, Worle

**Thursday 16 9.30 – 11am,**  
Winscombe Community Centre, Sandford Road

**Friday 17 10am – 1pm,**  
Wesley Centre, High Street, Portishead

**Monday 20 10am – 1pm,**  
St Augustine's Church Hall, The Green, Locking

**Wednesday 22 10.30am – 2pm,**  
Cadbury Garden Centre, Congresbury

## CLUBS AND SOCIETIES

### Every Monday

**West Hill Senior Citizens Club** 1.45-3.30pm,  
Avon Way Hall, Portishead. 01275 849 080

**Kewstoke Arts and Crafts Group** 2-4pm,  
Kewstoke Village Hall. 01934 628 309

### Every Tuesday

**A1 Camera Club** 7.45pm,  
St Georges Community Centre, Willow Close,  
St Georges, Weston-super-Mare. 01934 521 780

### Every Wednesday

**Good Companions Senior Citizens Club**  
2.30-4pm, Jubilee Pavilion,  
Long Ashton Community Centre. 01275 393 617

### Wednesday 15

**Portishead Senior Citizens Forum**  
2.15-4pm, Folk Hall, Portishead. 01275 843 678

### Every Thursday

**Over 50s coffee morning**  
10-11.30am, Preenes Green Resource Centre,  
11 Feniton, Clovelly Road, Worle. 01934 529 733

### Thursday 16

**Yatton and District Horticultural Society –**  
History of the Eden Project. 8pm,  
Yatton Bowling Club. 01934 838 047

### Last Thursday of month

**Portishead Macular Disease Help Group**  
2.30-4.30pm, Folk Hall. 01275 845 238

### Every Friday

**Good Companions Senior Citizens Club**  
9-11.30am, Somerset Hall, Portishead.  
01275 848 059

### Partially Sighted and Blind Club

10.30am-3pm, Pembroke Court, Clevedon.  
01275 872 559

### Mead Vale Friendship Club (over 50s)

2-4pm, Community Hall, Worle. 01934 514 917

### Friday 17 and 31

**Bereaved Parents Together**  
6-8pm, Crossroads Carers Centre, Graham Road,  
Weston-super-Mare. For parents who have lost a child.  
01934 429 865

### Saturday 11

**Parkinson's UK North West Somerset Branch**  
Musical Memories singing group and Christmas party.  
10.30am, St Francis Church Hall, Nailsea.

## MUSIC

### Every Monday

**Clevedon Choral Society**  
7.30-9.30pm, Kenn Road Methodist Church,  
Kenn Road, Clevedon BS21 6LH

### Tuesdays (term time)

**Cadbury Wind Band**  
7.15-9.15pm, Clevedon School. 01275 792 300

### First Thursday of month

**Weston Organ and Keyboard Club**  
7.30pm, Somerset Suite, Weston-super-Mare Football  
Club. £5 members, £6 non-members. 01934 812 401

### Muskrats Jazz Band

8.30pm, Clarence House, High Street, Portishead. £3.  
Bar and dancing, all welcome. 01275 814 434

### Every Thursday

**Portishead Choral Society**  
7.30pm, United Reformed Church, Cabstand.  
01275 843 900

### Every Friday

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

### Congresbury Brass Band

7.30-9.30pm, Memorial Hall, Congresbury.  
01275 849 611 / 07986 007 829

### Lions Brass 4 Youth.

County brass band. 6.15-7.45pm.  
1<sup>st</sup> Clevedon Scout Hall. 07815 733 886

### Clevedon Gilbert & Sullivan Society

7.30pm, Crypt Hall, St Peter's Church,  
Alexandra Road, BS21 7QH. 01934 516 502

### Nailsea Theatre Club

8pm, Nailsea Little Theatre, Union Street.  
01275 852 275

### Wednesday 15

#### Jazz at the Orange

The Memphis Seven, 8-11pm, Prince of Orange Inn,  
Yatton. £7.50 or £8.50 on door. 01934 527 197

### Alternate Saturdays (term time)

#### Cadbury Saxophone Band

Hangstones Pavillion, Yatton. 01934 830 072

## JANUARY

### Saturday 1

**Middle Yeo Surf Life Saving Club New Year's Day Swim** 11am, Marine Lake, Clevedon. Theme doctors and nurses. Raising money for brain tumour research. 01275 794 927

# Festive Treat



Father Christmas will be taking time out of his busy schedule to pop into North Somerset Museum this month.

Younger members of the family will be able to meet the main man on Saturday 11 and 18 December at the popular Weston-super-Mare attraction.

Visitors will also be entertained on those dates with a Carols in the Courtyard performance by Worle Wind Band, from 2-3.30pm.

Unique gifts and local hand-made crafts are also available to buy in the shop if people are still looking for that perfect present.

Choose from jewellery, stationery, bags, pretty soaps, toys, or books, CDs and DVDs. Local crafts created by the Made in Weston group are also on sale.

There will be a charge for visiting Father Christmas but the price includes a small gift.

North Somerset Museum, in Burlington Street, Weston-super-Mare, is open Monday to Saturday, 11am-4pm.

01934 621 028

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



# Let's make 2011 the year to go smoke free!

**NHS**

North Somerset

**A smoke free North Somerset is the plan for NHS North Somerset and North Somerset Council who want to see no smoking become the norm. They know 70 per cent of smokers want to quit, so providing a stop smoking service helps them achieve that aim.**

Earlier this year the Support to Stop Team at NHS North Somerset was rewarded by Smokefree South West for both achieving the challenging local target they set themselves and helping 1,516 smokers to quit against an annual target of 1,316.

And a young grandmother-of-two from Weston-super-Mare can vouch for the service.

Cook Verity Johnson, who works at the For All Healthy Living Centre, quit smoking in June 2009.

Verity, aged 48, said, "Luckily for me, the NHS Stop Smoking Service runs a clinic where I work, so I was able to get support whenever I needed it. They were there for me and that was very good.

"I found it really surprising that I have had such a dramatic improvement in my sense of smell and taste since I quit. I am also saving at least £20 a week which is great."

Verity also had support from her daughter, who stopped smoking a month before. Verity said: "She was a heavy smoker and she surprised me by quitting. I thought, 'if she can do it, I can' – so I did!

"I'd advise anyone wishing to stop to give the NHS Stop Smoking Service a

try. You've got to be ready to do it for yourself. Remember the reasons why you want to stop and stick with them. You'll never look back."

A new stop smoking drop-in service has launched at Weston General Hospital for patients and staff. It is staffed by trained advisers every Monday from 10am – 4pm, offering advice and information as well as one-to-one support sessions.

There is also a new drop-in service offered by Health Central at the new Healthy Lifestyles facility, in the Boulevard, Weston-super-Mare, from noon – 4pm, Monday to Friday and noon – 7.30pm on Tuesdays.

There is also a drop-in service at Tesco café, Weston-super-Mare, every



Verity Johnson is smoke free and enjoying the taste of success.

Wednesday from 6.30 – 7.45pm. GPs and most pharmacies also offer a stop smoking service.



## It's changed my life

Mum-of-five Jennifer Nottage stopped smoking 20-30 cigarettes a day for the health of her daughter. She had tried giving up hundreds of times but finally quit with help from the Stop Smoking service after her daughter's breathing deteriorated.



## Nothing to lose

A 20-year smoking habit has finally been kicked to the ground. Pan Kounnou wanted to quit for his wife and four-year-old daughter but patches and hypnotherapy failed. Cravings finally stopped after fortnightly meetings with the NHS Stop Smoking adviser.

**For more information about how to quit smoking call 01275 546 744 or email [sts@nsomerset-pct.nhs.uk](mailto:sts@nsomerset-pct.nhs.uk)**

Making it  
right for you



**NHS**

# Making sense of the spending review



Councils across the country are now making tough decisions on spending in a bid to cope with major funding cutbacks.

In October's Comprehensive Spending Review, the Chancellor of the Exchequer George Osborne confirmed that central government funding to councils would be reduced by 28 per cent over the next four years.

## Why was the spending review needed?

The national debt facing Britain stands at an unprecedented level and the Government is looking to reduce it significantly over the next four years.

There has been much debate among economists and politicians about the best way to tackle the debt and what impact budget reductions will have on the overall economy.

## What does this mean for North Somerset?

Full details of grant settlements to individual councils won't be known until 7 December but preparation work has been ongoing within North Somerset Council for some time.

In addition to the reduced Government grant, the council will also need to deal with its 'normal' budget pressures

such as inflation and the cost of providing services to a growing elderly population. In total the amount the council must save is estimated at £42m over the next four years – more than it has ever had to save in the past.

The council's director of finance Phil Hall said: "Very tough choices will need to be made. We have known for some time that a reduction in public spending was on the horizon so we have been working to prepare for reduced budgets. We have already achieved savings and are delivering major change programmes to do more."

These include a new contract to transfer a number of council services to the private sector to run, which will deliver £13.6m savings.

## Stronger position

Phil added: "There is still much more work to do but we are in a stronger position than many other councils because we took the decision to act early rather than wait until the exact scale of the budget reductions was known.

"It is inevitable though, in the face of such significant funding loss, that we, along with all other councils, will not be able to maintain all of our many services at their current level.

"The challenge will be to redesign services so that they can be provided successfully within a much reduced budget.

"To achieve this, we will have to work closely with local communities, service users, staff, and our contractors."

## Key dates:

- **7 December** – general grant settlement from Government is announced
- **14 December** – Executive members of the council consider the outline budget for 2011/12 and the medium term financial plan until 2015
- **22 February** – Full council agrees the budget for 2011/12

# Giving value for money

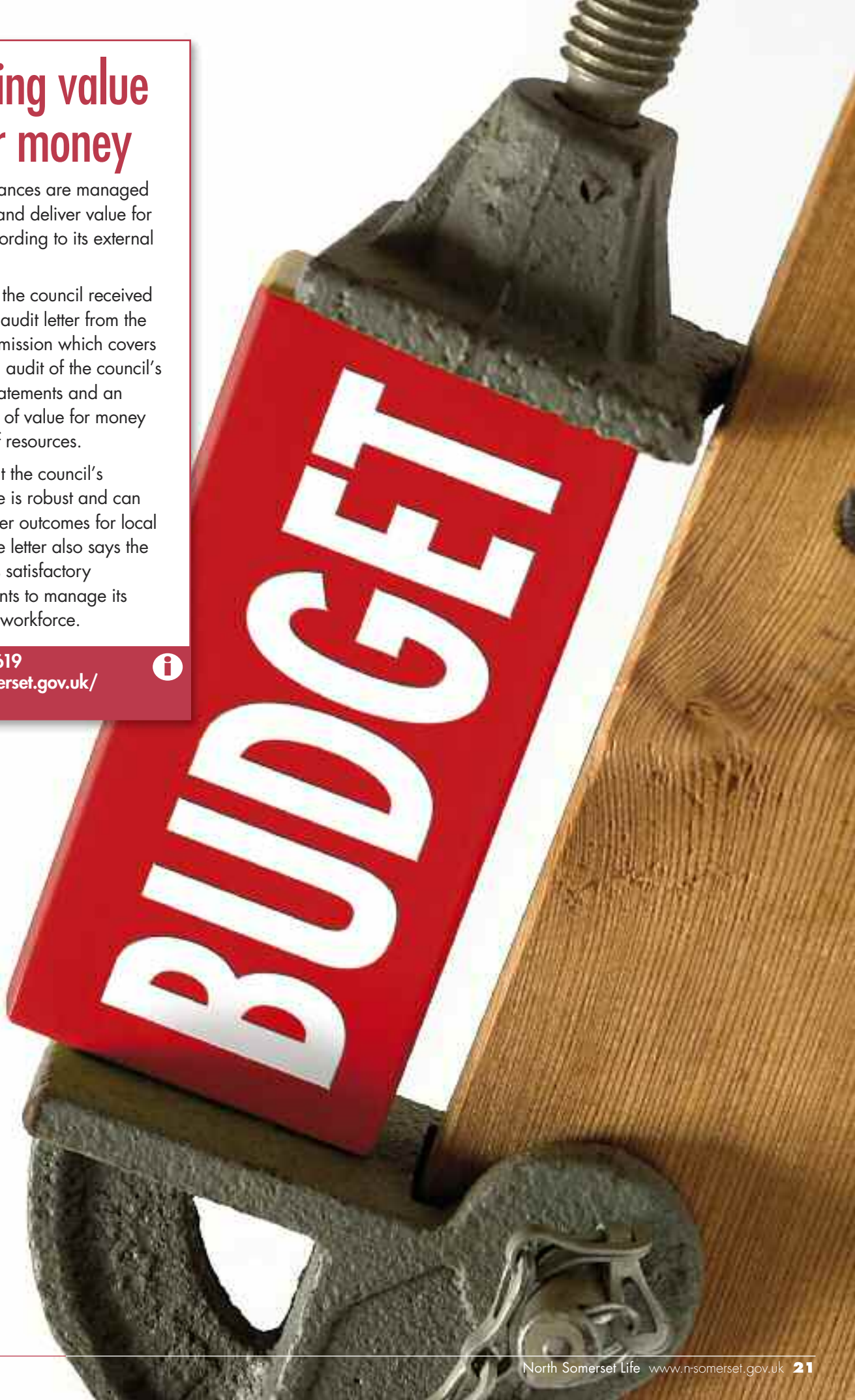
Council finances are managed effectively and deliver value for money according to its external auditors.

In October the council received the annual audit letter from the Audit Commission which covers an external audit of the council's financial statements and an assessment of value for money in its use of resources.

It found that the council's governance is robust and can deliver better outcomes for local people. The letter also says the council has satisfactory arrangements to manage its assets and workforce.

01934 634 619

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



# Working together for a better North Somerset

## Achievements to date since 2007...

- ✓ More than 70 schools are signed up to the national Healthy Schools programme
- ✓ In 2010 52 per cent of 16-18-year-olds achieved 5 A\*-C GCSEs including English and maths, a rise of 4.7 per cent from 2007
- ✓ 260 lone parents or people on inactive benefits have been helped into sustained employment
- ✓ 183 obese people have lost 5kg or more of their body weight through personalised management programmes
- ✓ More than 1,500 people have stopped smoking thanks to the NHS Stop Smoking Service
- ✓ 348 more adults and older people have self-directed care packages
- ✓ More incidents of domestic violence have been tackled
- ✓ There are less drug-related deaths
- ✓ There were 1,145 fewer criminal damage offences in 2010 than in 2007

Services in North Somerset are working hard together to help make the area one of the best in the South West.

Key issues are being tackled head-on thanks to a partnership between public services, private businesses and voluntary and community organisations in the area.

For the last three years, the council has worked with its key partners to tackle tough improvement targets set by the Government. The targets aimed to get organisations working together on local priorities to make the area better.

North Somerset Partnership is well on its way to achieving them and, if successful, will get extra funding to invest in a range of projects.

The partnership includes the public sector (such as Avon and Somerset Police, Avon Fire and Rescue and NHS North Somerset), business (such as Bristol International Airport) and voluntary and community groups (such as Community Action).

Details about extra funding received by the council will be given in future issues of *Life*.

## CASE STUDIES

**AIM: Reduce the proportion of repeat incidents of domestic violence**

Dedicated and enthusiastic people are now providing vital support to those who live with domestic abuse.





A scheme launched last year to create domestic abuse support champions who provide support to people wanting to escape.

Since its launch, 45 people have signed up to be champions and 912 people who reported they were living with domestic abuse have now received the support they need to escape.

**For more information contact Louise  
Branch: 01934 426 343  
louise.branch@n-somerset.gov.uk**

### **AIM: Increase the number of lone parents and people on inactive benefits into sustained employment**

Long-term unemployed people from the south and central wards of Weston-super-Mare are being supported through the Ready4Work scheme.

The scheme aims to help local people come off benefits and back into work, providing training for a range of industries.

One father-of-three who benefited had been on incapacity benefit for more

than two years because his arthritis meant he could no longer do manual labour.

He began volunteering as a classroom assistant at a local primary school and went on to achieve a teaching assistant qualification at Weston College. He is now employed by the school and his family's quality of life has improved.

### **AIM: Increase the number of schools signed up to the national Healthy Schools programme**

Healthy bodies can mean healthy minds so a new school programme aims to make a difference by giving pupils the chance to take part in different activities.

As part of the scheme, Ravenswood School visited a water festival in Clevedon.

One pupil said: "There were big canoes, it was fun and most of us had never attempted it before. We learnt how to paddle and hold oars and work together in a small team. It was a great day and we would like to go again."

### **AIM: Increase the number of smokers quitting for four weeks or more**

Help is at hand for people who want to quit smoking thanks to NHS North Somerset's Stop Smoking Service.

A new Healthy Lifestyles centre has opened in the Boulevard, Weston-super-Mare, and in its first week more than 70 smokers walked through the door asking for help to quit.

Group sessions are now also held at the For All Healthy Living Centre in Weston-super-Mare, and 55 more stop smoking advisers now work in pharmacies and GPs.

61-year-old grandmother Cejay Hanlon successfully kicked her 48-year habit after being diagnosed with chronic obstructive pulmonary disease.

She said: "I never thought I would ever want to quit, but if I can, anyone can."

"The best things about being smoke free are not smelling of smoke, being better off financially and, not least, improved health."



# Review of the year...

The first year of the new decade is now drawing to a close, so *Life* looks back over an eventful 12 months to see what has shaped North Somerset...

## December '09

A trial to turn off traffic lights at a Portishead road junction is extended to see how drivers cope in winter weather. Highways officers are impressed by the initial success of the scheme at the busy Cabstand junction.

## January '10

Public services in North Somerset are working hard for local residents according to a tough review. The Comprehensive Area Assessment concluded the council is 'performing well'.

### Also this month:

- Councillors vote to buy the former Clerical Medical offices at the Castlewood site in Clevedon to amalgamate office space, reduce overheads and improve services to residents. Savings are expected to be made within four years.
- The UK is now officially out of recession – although growth was just 0.1 per cent in the previous quarter.



## February '10

Snow keeps falling and the big freeze continues in the worst winter for 30 years – but dedicated teams pull out the stops in North Somerset. Volunteers are drafted in to ensure there is no disruption to community meals on wheels and the ranger service gives lifts to home carers.

## March '10

Television sets need to be retuned as the big digital switchover happens in the West TV region, extending Freeview to thousands of homes for the first time.



## April '10

Community spirit is alive and well in Pill when a bomb scare hits the village. Residents react well after being told a suspicious object might be an unexploded wartime bomb. It is later identified as harmless scrap metal.

### Also this month:

- Extra teams of workers continue to work hard to repair North Somerset's roads following the winter's big freeze. By April more than 2,000 potholes have been filled and a £250,000 scheme to upgrade the A370 at Long Ashton is brought forward to make urgent repairs.



## May '10

A closely-fought general election sees the Conservatives and Liberal Democrats emerge with a coalition government after five days of intense talks. Locally the two Conservative MPs retain their seats. John Penrose is elected for Weston-super-Mare with a majority of 2,691 votes and Liam Fox is elected for North Somerset (formerly Woodspring) with a majority of 7,862.

## August '10

A huge solid granite arch now stands tall over Weston-super-Mare's promenade as a focal point for the three-year £29m seafront enhancements project to improve the town's flood defences.

### Also this month:

- Hard working students rejoice after scooping best-ever GCSE and A-level results.

## October '10

The full force of Government cutbacks is announced in the Comprehensive Spending Review. It is the biggest programme of cuts to hit the UK for decades and North Somerset Council, along with all local authorities, will receive 28.4 per cent funding cuts over the next four years.

### Also this month:

- Tourism services in Weston-super-Mare are secured for the next decade after councillors award Parkwood Leisure a contract to run the Winter Gardens, Playhouse Theatre and Tourist Information Service, generating about £1.9m savings over the 10-year period.
- North Somerset Museum is saved after Weston Town Council agrees to take over the attraction.
- Weston's much-loved Grand Pier reopens two years and three months after the devastating blaze. About 100,000 people descend on the attraction in the first weekend.

## June '10

Pupils in Weston-super-Mare enjoy the final few weeks of the school year in brand new classrooms. Bournville Primary School now caters for 420 pupils as well as providing a pre-school nursery and facilities for the whole community.

### Also this month:

- Historic railings along Clevedon's seafront are replaced in a £270,000 project.

## September '10

Multi-million pound plans to expand Bristol Airport get final approval. The Secretary of State decides not to 'call in' the £150m expansion plans, which were approved by councillors in May.

### Also this month:

- More than 30 fire fighters attend a devastating blaze at the ruined Royal Pier Hotel in Weston-super-Mare. The hotel, which was originally hit by fire in June 2009, is demolished shortly afterwards.

## July '10

The first stage of the new recycling revolution begins in North Somerset to allow people to recycle more from their kerbside. The scheme will generate £7m savings over the next seven years.

### Also this month:

- About 45,000 music fans descend on Weston-super-Mare for the annual T4 on the Beach spectacular.



## November '10

Finishing touches are made to Pier Square in Weston-super-Mare as the historic Coalbrookdale fountain returns to take centre stage in the new £3.9m public gardens.

# Remember to recycle this festive time



Rubbish increases by more than 30 per cent over the festive period so North Somerset residents are being urged to remember to recycle this Christmas.

Glass, cans, Christmas trees, cards, wrapping paper and plastic can fill up wheelie bins but a little thought can have a big impact on the amount of waste being produced.

## Reduce

When shopping think about what goes in your basket. Try to buy products with little or no packaging, such as loose fruit and vegetables, or those with recyclable packaging.

Look for longer lasting, durable gifts or decorations rather than flimsy or disposable ones. If you can use them again and again they are less likely to end up in the rubbish.

Catalogues and direct mail can increase at Christmas so reduce unwanted mail at [www.n-somerset.gov.uk/junkmail](http://www.n-somerset.gov.uk/junkmail)

## Reuse

- Presents could be put in pretty re-useable gift bags or wrapped in old comics or magazines instead of being wrapped in paper which will just get ripped.
- Buy rechargeable batteries for gadgets or toys to cut down on the number of batteries needed to be thrown away.
- Keep old Christmas cards to reuse as gift tags next year.

- Wrapped presents could be secured with ribbon instead of sticky tape so both the paper and ribbon can be used again.
- Buy a rooted Christmas tree which can be planted in the garden and used again and again.

## Recycle

Keep recycling near your waste bin so you remember to take it out at the same time.

Remember to recycle as much as possible in your green box - including aerosol cans, household batteries, cardboard, food and drink cartons, clothes, textiles, shoes, food tins, drink cans, foil, glass, mobile phones, paper, rigid household plastic packaging and spectacles.

Many Christmas items can go in the green box. Think about Christmas cards, wrapping paper, foil, large metal biscuit and chocolate tins, glass jars of mincemeat, pickle or cranberry sauce, wine bottles, plastic fruit punnets and plastic bottles.

Check changes to collection days over Christmas and New Year to make sure you recycle as much as possible.

## Buy recycled

A wide range of gifts are now made from recycled products. Fleeces can be made from recycled plastic, tumblers made from recycled glass, or coasters made from recycled circuit boards! For more ideas visit [www.recyclenow.com](http://www.recyclenow.com) and [www.recycledproducts.org.uk](http://www.recycledproducts.org.uk)



# Love Food Hate Waste

Christmas can mean catering for more people than usual and stocking up on goodies to treat ourselves through the festive period.

Waste food costs the average household about £420 a year but a few simple actions this Christmas will reduce the amount thrown away,

leaving more money to spend on luxuries.

If cooking for extra guests, guessing the correct

Christmas dinner portion sizes can be problematic.

To prevent cooking too much food, visit [www.lovefoodhatewaste.com/perfect\\_portions](http://www.lovefoodhatewaste.com/perfect_portions) for portion calculators to take the guess work out of planning meals.

Better planning is the key to avoid uneaten food. Write a list of everything you need to buy so you don't pick up things you only think you might need at the supermarket.

Don't be tempted by offers you realistically won't get through. At Christmas dinner, several types of vegetables may be used, meaning a smaller portion of each is needed.

## Also remember...

- Make the most of leftovers and keep tabs on use-by dates of the most perishable – and often most expensive – food in the fridge.
- Fruit and vegetable peelings can be composted. For all other food waste, such as bones, cooked and raw meat, pasta and dairy, use the food waste collection services.



For more information about food waste, call Council Connect on 01934 888 802 or visit [www.n-somerset.gov.uk/foodwaste](http://www.n-somerset.gov.uk/foodwaste)

 **recycle**  
for North Somerset

# No change to Christmas and New Year collections!



Recycling, food waste and refuse collections will all be collected as normal during Christmas and New Year.



Normal collection day	Collection
<b>Friday 24 December</b> (Christmas Eve)	<b>no change</b>
<b>Monday 27 December</b>	<b>no change</b>
<b>Tuesday 28 December</b>	<b>no change</b>
<b>Wednesday 29 December</b>	<b>no change</b>
<b>Thursday 30 December</b>	<b>no change</b>
<b>Friday 31 December</b>	<b>no change</b>
<b>Monday 3 January 2011</b>	<b>no change</b>

Thanks to improved recycling services this year, we will be collecting on the festive Bank Holidays – so put your containers and sacks or wheeled bins out as normal.

These arrangements replace any previous calendar you may have had.

**Thanks for recycling and keep it up. Merry Christmas!**

## Remember!

**Green waste will be collected once a month in December, January and February.**



Check [www.n-somerset.gov.uk/calendar](http://www.n-somerset.gov.uk/calendar) for details.

## Christmas and New Year recycling centre opening times

All recycling centres will be closed on 25 and 26 December and 1 January. However, Backwell recycling centre will also close on 27 and 28 December and 3 January.

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

## Christmas trees

Real Christmas trees can either be taken to your nearest recycling centre or collected with the first green waste collection in January only. Just place them next to the green bag.

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

## Christmas cards

Christmas cards can be recycled with the Woodland Trust. In return the charity will plant thousands of trees to help create the largest new native forest in England. Take cards to WHSmith, TKMaxx and HomeStart stores throughout January.

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

## Flats and properties with communal bin stores

All flats of four or more households and properties with communal bin stores that are able to have green boxes and food waste caddies have now had their new containers delivered and are using the new recycling and waste service. Those properties that already have, or have space for, communal recycling bins or a mini-recycling centre (MRC) will be contacted in the New Year.



**Please make sure your bins, boxes and bags are out by 7am on the day of collection.**

For more information about recycling and waste please visit [www.n-somerset.gov.uk/recycling](http://www.n-somerset.gov.uk/recycling)

 **recycle**  
for North Somerset

# All weather pitch provides new games area in Worle

Sports fans and communities in Worle will soon be able to make use of a much-needed new games area whatever the weather.

The multi-use games area, which officially opens on Saturday 11 December, has been installed in Castle Batch to provide a place for people of all ages to play football, cricket, basketball and more in all weathers.

The 21x11m fenced hard court has been built thanks to a £40,500 grant from Groundwork UK's Big Lottery Fund Community Spaces programme and a developer contribution. North Worle Local Action Team applied for the funding in partnership with North Somerset Council.

Peter Hardaway, Chairman of North Worle Local Action Team, said: "It is great to have some good news for the residents of North Worle and all who use the Batch.

## New facilities

"The new facilities are much-needed and I am sure will be well-used, and I hope in the long run it will help reduce anti-social behaviour in the area."

The grant also paid for an additional path and bridge to be built, giving better access to the games area, as well as a play shelter.

The site officially opens at 11am on Saturday 11 December. Activities and games will be on offer, as well as a Christmas fair and carols sung by Castle Batch School pupils.



## Street art at youth sessions

Street art has arrived in Weston-super-Mare thanks to new projects aimed at keeping young people entertained.

New weekly sessions for 11–19-year-olds began last month at the Campus, in Locking Castle, in partnership with Weston East Youth Team and supported by police community support officers.

Activities, information, advice and projects are available, including street art on Wednesday evenings and freerunning.

For more information call Karen Pike or Michelle Davis on 01934 426 819 or ask at the Campus reception.



# Letters to the Editor

Send your letters to  
**Editor, North Somerset Life,  
 North Somerset Council,  
 Room 165, Town Hall,  
 Weston-super-Mare, BS23 1UJ** or  
 email [editor@n-somerset.gov.uk](mailto:editor@n-somerset.gov.uk)

Letters submitted without a valid name and address will not be considered for publication. Please tell us if you do not want your details published. Due to space restrictions, letters may be edited.

## Dear Editor,

As a newcomer to North Somerset, having retired to the area a year ago. There are two gems I've discovered!

One is the Senior Community Link, who are groups of people throughout North Somerset, aged 50 and over, who get together to discuss issues concerning older people in North Somerset and are a voice to be heard. You can find out more on 0845 643 4706.

My second gem is North Somerset Council and all the departments I have come into contact with, who always treat enquiries promptly and politely... Well done North Somerset and Senior Community Link.

*Grace Adams, Portishead*

## Dear Editor,

We have just walked the recently constructed footpath alongside the Toll Road from Weston-super-Mare to Sand Bay, and congratulate the council on the very attractive route now available clear of traffic on this rather dangerous road.

What is needed, however, is proper signage. There is no indication of it at the Weston end, merely 'bridleway' signs. This can result in people walking along the road trying to find a way up the path – dangerous indeed.

Three signs are needed – one at each end of the route and one at the junction of the path with the bridleway, which carries on up into the wood.

*Gill and Keith Hayman, Weston-super-Mare*

## Editor's reply:

*Many thanks for your letter and I am pleased you enjoy the new route. A series of signs are currently being designed and will be installed soon.*

## Dear Editor,

The article Making Yourself Heard [Nov] reminded me how Kathy Boardman joined a swimming club for blind people, started by Gaynor Harrington in 1987.

Strode Leisure Centre, in Clevedon, reserves two lanes, free of charge, for the group, now called the Splash and Chat Club of Vision North Somerset, from 12.30 to 1.30pm Wednesdays, except during school holidays. The club has obtained grants towards the cost of transporting members from all over North Somerset, the latest being from Quartet Community Foundation. Weston Community Transport provides a minibus, driven by a volunteer, to pick up members from as near to their homes as is convenient. Members make a contribution every week towards the cost of transport.

*David Curtis, Weston-super-Mare*

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

## Tide times for Weston-super-Mare

### Tide Facts

	Date	High water		Low water		High water		Low water	
		Time	Height (M)	Time	Height (M)	Time	Height (M)	Time	Height (M)
Approximate high water times at:		<b>am</b>		<b>December 2010</b>				<b>pm</b>	
Clevedon: 10 min	1 Wed	02:02	9.95	08:12	2.29	14:33	10.35	20:48	2.17
Portishead: 18 min	2 Thur	03:12	10.30	09:17	2.08	15:41	10.69	21:49	1.99
later than Weston-super-Mare.	3 Fri	04:15	10.78	10:19	1.83	16:41	11.06	22:50	1.75
Weather conditions which differ from the average will have an effect on the differences between predicted and actual tide times.	4 Sat	05:10	11.23	11:13	1.54	17:34	11.37	23:37	1.49
Strong winds can hold the tide in or push the tide out. Air pressure can also cause fluctuations in predicted levels.	5 Sun	05:59	11.58	11:57	1.32	18:22	11.58	-	-
Tidal predictions for Weston-super-Mare have been computed by the Proudman Oceanographic Laboratory.	6 Mon	06:43	11.81	00:19	1.34	19:06	11.67	12:39	1.23
Copyright reserved.	7 Tue	07:26	11.88	00:57	1.32	19:48	11.62	13:16	1.27
You can buy 2010/11 tide timetables from Weston-super-Mare Tourist Information Centre for £1.50.	8 Wed	08:07	11.75	01:34	1.43	20:29	11.37	13:53	1.43
	9 Thur	08:47	11.41	02:08	1.65	21:08	10.95	14:30	1.68
	10 Fri	09:24	10.92	02:40	1.93	21:43	10.44	15:03	1.96
	11 Sat	10:02	10.39	03:13	2.20	22:18	9.93	15:40	2.22
	12 Sun	10:39	9.88	03:49	2.43	22:57	9.46	16:20	2.45
	13 Mon	11:23	9.40	04:31	2.66	23:42	9.03	17:09	2.70
	14 Tue	-	-	05:23	2.93	12:16	9.00	18:06	2.97
	15 Wed	00:40	8.71	06:26	3.20	13:24	8.81	19:16	3.16
	16 Thur	01:53	8.69	07:47	3.32	14:32	8.98	20:43	3.03
	17 Fri	03:00	9.08	09:14	2.98	15:32	9.46	21:42	2.54
	18 Sat	03:57	9.73	10:05	2.40	16:25	10.07	22:26	2.00
	19 Sun	04:47	10.43	10:47	1.88	17:15	10.66	23:08	1.58
	20 Mon	05:35	11.04	11:30	1.52	18:02	11.15	23:52	1.32
	21 Tue	06:20	11.50	-	-	18:47	11.51	12:14	1.30
	22 Wed	07:04	11.84	00:37	1.16	19:31	11.78	13:00	1.17
	23 Thur	07:49	12.07	01:21	1.08	20:16	11.94	13:46	1.09
	24 Fri	08:33	12.18	02:07	1.06	21:00	11.94	14:33	1.07
	25 Sat	09:18	12.10	02:55	1.11	21:46	11.71	15:23	1.15
	26 Sun	10:05	11.80	03:43	1.25	22:33	11.29	16:11	1.33
	27 Mon	10:54	11.34	04:31	1.47	23:23	10.75	17:02	1.58
	28 Tue	11:47	10.80	05:26	1.74	-	-	18:00	1.89
	29 Wed	00:19	10.22	06:26	2.06	12:46	10.29	19:03	2.21
	30 Thur	01:24	9.83	07:34	2.35	13:56	9.96	20:12	2.45
	31 Fri	02:36	9.75	08:47	2.44	15:09	9.92	21:19	2.45
		<b>am</b>		<b>January 2011</b>				<b>pm</b>	
	1 Sat	03:47	10.00	09:53	2.28	16:19	10.17	22:24	2.20
	2 Sun	04:51	10.48	10:53	1.94	17:20	10.58	23:19	1.82
	3 Mon	05:45	10.99	11:41	1.58	18:11	10.99	-	-

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