

NORTH SOMERSET

Life

Spring into action
make the most of
warmer weather and
longer days

Local health services
Cut out and keep guide



www.n-somerset.gov.uk

Free internet access at your local library



Welcome

Dear resident,

Because of the impending general election, the rules and regulations say that I am not allowed to write my normal monthly article in the current issue as this might be seen to be party political. In all the time I have had the pleasure of contributing to North Somerset Life, I don't think I have ever been party political but have always tried to explain what the council is doing.

However, the rules are quite clear so until after the election this column will be replaced by your letters and photos – so keep them coming in.

When this column returns, I will be able to update you on the facts about the

Tropicana, purchase of the Clevedon offices and other local issues. In the meantime, if there is anything you feel needs to be explained in this magazine, please contact me at the Town Hall.

Whenever the general election is, and whoever you support, please make sure you take the time to vote. This is important as whatever you might think of the system, no-one has ever invented a better one despite its flaws.

See you after the election.

Councillor Nigel Ashton
Leader of North Somerset Council

Coming in next month's issue

- **24 hour helpline**
Independence for elderly and disabled residents with Carelink



- **New look Town Hall**
Get your questions answered with Council Connect
- **Dive in**
Swimming lessons at Churchill Leisure Centre

Your next issue of *Life* will be delivered from 5 April

 *recycle me when you've read me*

"Can you take my brother too?"



Help keep them together at a time when they need it most.

Fostering siblings is extremely rewarding and we will provide you with all the support, skills and training. All you need is room in your home and in your heart to make a difference.



01275 888 999
fostering@n-somerset.gov.uk
visit www.n-somerset.gov.uk

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.

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01934 888 888

8am-6pm Mon-Fri



Council Connect for all streets and open spaces enquiries:

01934 888 802

8am-6pm Mon-Fri

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

Fax

01934 418 194

Online

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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Stop smoking for good



Smokers who want to break free from the shackles of their habit are being urged to go smoke free this month.

National No Smoking Day takes place on Wednesday 10 March and a wide variety of support, resources and information is available for people who want to take that first step towards a smoke free lifestyle.

People who contact their local NHS stop smoking service at their GP practice or pharmacy are four times more likely to succeed.

On 10 March, NHS North Somerset advisors will be at Weston General Hospital and the Community Cafe at Corpus Christie Church Hall from 10.30-11.30am

Drop in clinics are also held at:

- Working Men's Club, Orchard Street, Weston-super-Mare, 11am-1pm every Saturday until the end of March
- Tesco café, Weston-super-Mare, 6.30-7.45pm every Wednesday.

www.nosmokingday.org.uk

NHS North Somerset stop smoking service: 01275 546 744

sts@nsomerset-pct.nhs.uk



Severn Barrage debate continues

Residents are invited to a public meeting this month to discuss issues surrounding the proposed barrage across the Severn Estuary.

Tidal power could generate five per cent of the UK's electricity if government plans to build a barrage get the go-ahead.

The Severn Estuary is a very well protected nature conservation site and The Environmental Network of North

Somerset (TENONS) is hosting a meeting at the Blakehay in Weston-super-Mare on Saturday 20 March from 9.45am-12.45pm to discuss the environmental issues.



01934 623 000 • www.tenons.org.uk • www.n-somerset.gov.uk/tidalpower



Plans to run popular attractions

Plans to invite new organisations to run some of North Somerset Council's services are due to be considered by council leaders.

Proposals include contracting outside organisations to run the Playhouse and Winter Gardens, as well as finding new ways to provide the museum, leisure centres connected to schools and tourism, including the Tourist Information Centre. The plans have come about due to pressures on public spending and the need to protect services like adult care and vulnerable children – creative ways of delivering much valued local services are needed.

In some cases, contracting to outside organisations allows the council to reduce management, overheads and support service costs.

Executive members are due to look at first plans in late spring. The report will be available online at www.n-somerset.gov.uk/executivereports a week before the meeting.



Solving the pothole problem

North Somerset Council officers have been cracking down on potholes following the freezing weather in January and February.

Around £60,000 has already been ploughed into fixing badly damaged stretches of the district's 1,100km path and road network, with a further £1.1m of improvements planned between April this year and March 2011.

Officers immediately reacted to the problems created by the plummeting temperatures, which causes the water that runs into hairline cracks in the road surface to freeze and force cracks further apart. They doubled the number of road inspections and sent teams to the worst affected areas to get repairs done quickly.

From the end of the worst weather in January, there have been around 30 potholes a day repaired across North Somerset.

Teams focus on fixing busy main roads first, and then move onto quieter areas.



And, unless the road is due to be upgraded in the near future, they carry out complete, permanent repairs.

Another example of the response to the bad weather includes planned work being carried out more quickly.

The A370 Long Ashton Bypass was due to be improved, including resurfacing, later in the year. But because snow and ice caused more damage to the road, the £250,000 scheme is being brought forward.

Anyone who sees a problem in a road when they are out and about are being encouraged to contact the council so it can be inspected and, if necessary, fixed.

New life for old fountain
p14



Council customer service is great and getting better

Customer satisfaction with North Somerset Council is high according to the latest mystery shopping results.

Mystery shoppers write in, visit or call 12 of the most commonly used council services, such as council tax, highways and housing, to test how well they are treated.

Results show customer satisfaction has reached 85 per cent, a 12 percentage points increase in overall satisfaction with council services over the past year.

Satisfaction with the housing service has particularly improved, with satisfaction increasing from 63 per cent to 90 per cent over 12 months.

To report a pothole call 01934 888 802 or email streetsandopenspaces@n-somerset.gov.uk



Become a home compost guru

People who want to learn more about home composting and share their experiences with friends and family are invited to a special training day.

North Somerset Council is providing a free day of training in home

composting at the National Trust property Tyntesfield.

Regional experts and the head gardener will tell you everything you need to know about how to get the best from your home composting during the all day event on Saturday 27 March.



To book call 01934 888 802



Public transport across the region

Work to improve public transport in North Somerset is driving forward thanks to a £70m Department for Transport project.

Schemes are taking place across the district as part of the Greater Bristol Bus Network, including new bus shelters, rising kerbs, and real time passenger update information at a number of bus stops.

Since February the scheme has seen a new bus lane introduced on the A370 into Congresbury from Bristol.

Consultation also starts in May about proposals for the A369. Suggestions include a new high occupancy lane

west bound approaching junction 19 of the M5 for vehicles containing two or more people, and highway improvements east bound towards the Beggar Bush Lane traffic lights.



North Somerset Council is also working closely with the Highways Agency to develop plans to ease congestion at that busy motorway junction.

www.travelplus.org.uk



Parents invited to have their say

Parents of Disabled children or those with complex additional needs are invited to an open meeting in Weston-super-Mare next month.

Our Voice Counts takes place on Tuesday 20 April from 9.30am-2.30pm at the Royal Hotel. It is a new participation forum for parents to find out how they can contribute to plans and developments about services for their children.

Supportive Parents:
0117 989 7724



Retirement properties for sale

People over the age of 55 who would like retirement properties close to local amenities and shops now have a selection to choose from.

North Somerset Council has a number of leasehold sheltered retirement homes for sale from £75,000 to £120,000.

Most are well established, purpose-built one or two bedroom flats in

Weston-super-Mare, Portishead, Long Ashton and Worle. Two-bedroom bungalows are also available in Hutton.

All properties, which are managed by NSHousing, are connected via intercom to provide 24-hour support to residents. More support options are also available for a small charge.



01934 426 755

jo.thomas2@n-somerset.gov.uk
www.n-somerset.gov.uk/propertiesforsale



Make the switch to digital



Help Scheme: 0800 40 85 900
www.helpscheme.co.uk



The digital TV switchover starts this month so viewers are being reminded to get help if they need it.

The switchover starts in our TV region on 24 March and will be completed by 7 April so after that date, viewers will need access to digital TV to watch their favourite programmes.

The Switchover Help Scheme, run by the BBC, is helping eligible older and disabled people by converting one TV

set. People are being offered help if they are aged 75 or over, registered blind or partially sighted, eligible for certain disability benefits or have lived in a care home for six months or more.

Letters have been written to everyone who is eligible but people must respond to get help. Those who have received letters have until 7 May to apply (one month after the region has switched).

Bringing people together

Volunteers are needed throughout North Somerset to befriend older people who are feeling lonely or isolated.

The Together Service, run by Age Concern Somerset, brings volunteers and older people together to enable them to access the world outside their home.

The service launched last June and since then several people are now being visited individually, as well as taking part in group activities such as computing and cookery.

To expand the service, volunteers are now needed in Nailsea, Clevedon, Portishead, Claverham, Worle, Weston and rural villages.



0845 643 4710
volunteers@
ageconcernsomerset.org.uk



Step into fitness

Short, sociable health walks take place regularly across North Somerset for people to make the first step back into fitness.

Walks last up to an hour and are an ideal first step for anyone wanting to become active or for people with health conditions.

The programme is supported jointly by North Somerset Council and NHS North Somerset and there are opportunities for people who would like to lead some walks.

Help revive a local river

A voluntary group in Clevedon is looking for new members to look after a river which runs through the town.

The Land Yeo Friends formed six years ago to improve the quality of the Land Yeo River for residents, tourists and wildlife.

Since work started, flow rates have improved, resulting in better water quality, an increase in wildlife and improved fish stocks. Last November, three lorry loads of debris were taken away during a clean-up.

The group now needs more members, including help with secretarial work.

01275 798 686
land_yeo@msn.com



Get healthy lifestyle
back on track
p23



Call 01275 810 995 to find out where your nearest walk is. See pages 12-13 for a health walk around Bleadon.



Pool lease agreed

Swimmers in Portishead will soon be able to enjoy the open-air pool once again now that a long-term lease has been agreed.

North Somerset Council, which owns the site, has signed a lease with Portishead Pool Community Trust to run the facility for 99 years.

Roger Whitfield, from the pool trust, said: "We have had fantastic support from the community and beyond and hope that it will continue."

The pool is due to open on Friday 30 April with newly refurbished changing rooms and other changes. Last year more than 31,000 people visited the pool.

01275 843 454
www.portisheadopenairpool.org.uk



First steps to a car-free future

Warmer weather may be on the horizon so if your bike has been in hibernation during winter, now is the time to get it out.

Cycling can be a source of fitness and fun as well as an alternative form of transport, so people are being encouraged to explore their local communities on their bikes.

Not only will it help build exercise into your daily life, it will also help reduce your carbon footprint...



Get cycle confidence

Cycling can be the perfect way to get around for short hops but if your bike is gathering cobwebs you may need extra enthusiasm to get back in the saddle.

It's said that you never forget how to ride a bike but people who haven't cycled for years may need a confidence boost before they take to the roads.

Adults now have the chance to get a discounted one-to-one cycle lesson thanks to a partnership between North Somerset Council and the charity Life Cycle UK.

Training is tailored to meet riders' specific needs, whether it is being daunted by heavy traffic conditions or negotiating a certain junction.

Cyclist Vicky took advantage of the lesson. She said: "I am really grateful for the training and support I was given. Without it I wouldn't enjoy the freedom that cycling now gives me. Recent firsts include a trip out to Ashton Court on a beautiful bright day."

Any North Somerset resident over the age of 16 with a road-worthy bike can have a one-to-one lesson for £5 instead of £30.

Sessions are taking place throughout the spring and summer:

April

Saturday 24 Weston-super-Mare

May

Tuesday 4 Clevedon

Saturday 8 Nailsea

Tuesday 11 Weston-super-Mare

Saturday 22 Clevedon

June

Tuesday 8 Nailsea

Tuesday 22 Portishead

Saturday 26 Weston-super-Mare

July

Tuesday 6 Portishead

Saturday 10 Weston-super-Mare

Tuesday 20 Weston-super-Mare

Call 0117 353 4580 to book.

Take a stand with your bike

Organisations who want to encourage their employees to commute the healthy way are being urged to take a stand.

Having a secure spot to store bikes can be a big incentive to get people on two wheels so Life Cycle UK, in partnership with North Somerset Council, is offering organisations up to four stands free of charge.

Food shop and restaurant Murrays of Clevedon took advantage of the scheme and manager Gail Murray said: "We had two stands installed and we can usually fit about seven bikes around those.

"I think it's a jolly good idea. Most people cycle to work here and the stands are a big advantage. It means you can leave the bikes outside and not worry about them.

"A lot of our staff live in the town so they only have to travel a short distance, but it's much better to cycle than drive. I would recommend it to anyone."

All organisations are welcome to apply. Stands must be on your own property in a location agreed with Life Cycle UK.

Call **0117 353 4580** or download an application form at www.lifecycleuk.org.uk



Get around North Somerset more easily

A new edition of the North Somerset travel map is available from next month.

The new map contains improvements to the council's supported bus network, as well as individual routes for Clevedon, Nailsea, Portishead and Weston-super-Mare.

Pick one up from libraries, the Town Hall in Weston-super-Mare, or www.n-somerset.gov.uk/travelmap

Bus passes

Changes to bus pass eligibility will come into force from next month when the Government starts to gradually raise the age from 60 to 65 over the next ten years.

In North Somerset, plans are in place for residents to apply for new Diamond Travelcards or renew existing ones via a user-friendly online service.

01934 426 426

www.n-somerset.gov.uk/diamondtravelcard



On the buses

Bus users who need advice about which services to get can now find all the information they need in one place.

Traveline is a public transport information service which lists all local bus timetables so passengers don't need to call individual operators.

Timetable information is also available by text message. Text the unique bus stop code (printed on a yellow banner) to 84268 to receive the next scheduled departures. The NextBuses service is also available through mobile phones with internet access, so users can receive timetables on the move. Real-time information is also planned for the future.

Traveline: **0871 200 22 33** (calls cost 10p a minute from a landline)

www.traveline.info/onmove.htm

Cutting congestion in Long Ashton

A new initiative to reduce congestion on the A370 launches later this year.

Residents in Nailsea, Backwell and Long Ashton will be sent information about sustainable travel in a bid to reduce congestion on the Long Ashton bypass by raising awareness about the alternatives to driving to work alone.

Call **01934 426 711** to find out more.

Developing North Somerset for the future

Planning decisions which affect the shape of North Somerset are made every month. But do you know what proposals are in the pipeline or how to influence the outcomes?



Confusion still surrounds the planning process so *Life* took a look behind the scenes to see how it all works...

The basics:

Planning rules are in place to ensure all development is carried out in an appropriate way in suitable locations.

The procedures can seem complex but the basic principles are quite straightforward. Controls are put in place by the government and are operated by local planning authorities, which in this case is North Somerset Council.

After an application has been received, planning officers will visit the site to see if it complies with local planning policies. A new long-term local plan is currently being consulted on – the Core Strategy, which outlines the main areas for growth and development in North Somerset until 2026. Visit www.n-somerset.gov.uk/corestrategy

Other organisations such as the Environment Agency and local town or parish councils are also asked for their comments.

The public has 21 days to give their views and most planning applications are resolved within eight weeks.



Get vocal – be heard

How can I have my say?

Anyone with concerns about a proposed development can make their voice heard.

Details are published on the council's website and local residents are informed about applications through letters, site notices and press advertisements. All relevant comments submitted in time are considered.

Top tips!

- About 1,200 items of correspondence are received by the planning team each month so include the application reference number to ensure comments go to the right place.
- Keep comments relevant. Local views are important and must be based on valid and relevant planning grounds. Comments not based on relevant planning grounds are not taken into account.
- Examples of relevant planning grounds include the impact on neighbours' living conditions, the character of the surrounding area, and parking and highway safety.
- Comments considered not relevant include spoiling a private view, devaluing a property, the nuisance of construction work, or not liking the applicant.
- Submit comments via the council's website or email dccomments@n-somerset.gov.uk

How are major applications progressing?

Regeneration at RAF site

A major regeneration scheme in Weston-super-Mare that will provide hundreds of new jobs for the town has been given the green light.

Councillors agreed plans to redevelop the former RAF Locking site into a business innovation centre last December following months of consideration.

The site, off the A371 Locking Moor Road, will also include office accommodation and 100 homes. It is expected the first phase of building work will create about 250 jobs.

Ashton Park proposal

Controversial plans to build 9,500 new homes on green belt land between Bristol and Long Ashton are still being thrashed out. The council is opposing the proposal, part of the government's Regional Spatial Strategy, which would see a new community the size of Clevedon being built.

View submitted documents, add comments and read frequently asked questions at www.n-somerset.gov.uk/swbristol

Appeal for new homes at Failand

An appeal has been lodged after plans were turned down for 500 homes, employment space and a school to the east of Failand. The appeal will be heard this month.

Did you know?

During 2009, 2,270 formal requests for permission to develop land within North Somerset were received by the council.

Last year planners exceeded government targets for how quickly applications were processed. Results from a survey also showed 93 per cent of respondents felt positively about the service.



Airport expansion

Plans to expand Bristol International Airport are due to be considered by councillors at a special meeting on Wednesday 3 March.

Submitted plans including the terminal, new walkways, car parks, admin block and fuel storage depots and the officer's report can be viewed at

www.n-somerset.gov.uk/bia



Development Control: 01275 888 811 • www.n-somerset.gov.uk/planning



Do I need planning permission?

All forms of development require planning permission but some are granted it automatically.

Homeowners who want to extend or alter their property are often allowed this permitted development.

For a small fee, officers can give information and advice about whether your application needs planning permission.

Visit www.n-somerset.gov.uk/planning or call 01275 888 811.

Go online to get advice

An online resource with tools and information about the planning process at the touch of a button is available to everyone. Visit www.planningportal.gov.uk/guide, www.planningportal.gov.uk/house and www.planningportal.gov.uk/greenerhomes



Bounding around Bleadon

Walk information

Distance: about 2 miles

Difficulty: easy / medium – includes a fairly steep downhill section

Accessibility: A number of gates. Can get very muddy in parts – wear suitable footwear

Duration: about 1 hr

Map: OS Explorer 153

Refreshments: Post office, store, coffee shop and pubs in Bleadon

How to get there

Car

A371 to Bleadon. Free parking at Coronation Hall

Bus

● Routes **83** and **112**



This short circular walk, courtesy of Weston Strollers, is suitable for people who are new to exercise but rewards them with wonderful views towards Brent Knoll.

Based upon the Ordnance Survey mapping with the permission of the Controller of Her Majesty's Stationery Office (c) Crown Copyright. Unauthorised reproduction infringes Crown Copyright and may lead to prosecution or civil proceedings. (North Somerset Council, 100023397, 2010)

Did you know?

If you want to stretch your legs a bit further around Bleadon, a walk printed in the August 2008 issue of *Life* can be downloaded in pdf format from the council's website. www.n-somerset.gov.uk/lifewalks



From Coronation Road turn right at the post box into the churchyard of St Peter and Paul Church. Veer right around the church and follow the footpath to the right, which runs behind some cottages. This path then veers uphill slightly up into the woodland.

At the top, go through the kissing gate. The public footpath continues straight ahead across the field, with views over Brent Knoll. Follow the path as it then veers down South Hill. Before you get to the bottom, the path forks to the left, so follow it across the brow of the hill.

North Somerset Strollers

Health walks take place across North Somerset. They are short, sociable walks up to an hour and are an ideal first step for people with health conditions or those who want to become more active. The programme is supported by North Somerset Council and NHS North Somerset.

01275 810 995

www.nsstrollers.co.uk



At the way marker, the path veers downhill so take care on unsteady ground. Go through the gate and continue downhill towards South Hill Farm. Turn left into the farmyard, past the barn, and go through the gate at the end of the yard. It can get very muddy here, so take care. Follow the yellow way marker which points to the right, and head straight across the field. Go through the next gate, turning right into the next field. Continue ahead, going through another gate, and then turn left to cross the bridge.

From the bridge, turn right and continue straight ahead across the next few fields, keeping to the right hand side. Take care in muddy patches.



At the end of the last field, you will come out onto the A370. Turn right here to walk over the bridge and head towards Bleadon. At the garage turn right into Bridge Road, and then right back onto Coronation Road.



New life for old fountain

The centrepiece for a new public square in Weston-super-Mare is being returned to its former glory.



The historic Coalbrookdale fountain, known as the Boy and Serpent, has been a feature on Weston's Beach Lawns since at least 1905 and has now been taken away to be refurbished as part of the exciting Pier Square project currently being delivered by the council.

The fountain was removed piece by piece and is being carefully cleaned, repaired and painted by Dorothea Restorations.

Once finished, it will become the centrepiece of the new Pier Square, an area of lawns and public space between Carlton Street and the Grand Pier.

The main work for the area's revamp began in February and is due to be completed in early summer.

New roads and landscaping are being introduced which make the area more pedestrian-friendly, create better leisure space, encourage people to walk between the seafront and town centre, and increase trade for local businesses.

The total project will cost £3.9m and is being funded by North Somerset Council who has secured a significant grant from the South West Regional Development Agency with support from other organisations. It is part of the wider Civic Pride scheme for Weston, which has already funded improvements at Grove Village, Big Lamp Corner and the on-going promenade work.

01934 888 802
[www.n-somerset.gov.uk/
piersquare](http://www.n-somerset.gov.uk/piersquare)



Delve into the history books

- *Pier Square was once sand dunes but the lawns were built in 1883 exclusively for Beach Road residents.*
- *They opened to the public in 1910 and were properly landscaped with low railings, box hedging and ornamental planting.*
- *The fountain was made by the Coalbrookdale Company, a renowned ironworks in Shropshire.*
- *Early photographs show there was originally a series of spout heads running around the rim of each fountain bowl, projecting water into the base.*
- *Another version of the fountain is in Lurgan, Northern Ireland, and will be used to create moulds if any cast iron parts of Weston's fountain are missing or beyond repair. A third fountain is in Adelaide's Botanic Gardens in Australia.*

The Playhouse Theatre	16–17
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Seek out fun in the school holidays

Schoolchildren across North Somerset will be counting down the days to the next school holiday at the end of this month.

But where can families go to help their children burn off that Easter chocolate sugar rush?

Life takes a look at the activities on offer in the upcoming weeks...



Cockpit control

Climb into a helicopter cockpit and learn the controls from an experienced guide during a family fun day at a Weston museum.

Open Cockpit Days run from 10am-4.30pm on Sunday 14 March and Sunday 11 April at the Helicopter Museum.

For the adventurous, 15-mile helicopter experience flights start at 2pm.

01934 635 227
helimuseum@btconnect.com

Circus comes to town

A traditional circus with a touch of magic and something for everyone is coming to town next month.

Paulo's Circus will be at the Beach Lawns, Weston-super-Mare, from Friday 2 to Sunday 11 April. Tickets cost £10 - £16 for adults and £8 - £14 for children.

www.pauloscircus.co.uk

Tour Tyntesfield grounds

North Somerset's National Trust property Tyntesfield is hosting a series of Easter-themed events next month.

- Fun Easter egg trails and activities around the grounds run from Friday 2 to Monday 5 April, from 11am-3pm. Entry costs £2 per person per trail and prizes can be won.
- A children's activity fun day runs from 11am-3pm on Tuesday 6 April. Children must be accompanied by an adult, normal admission charges apply and no booking is necessary.
- Families can work together during a special volunteering day on Friday 9 April, from 11am-3pm. Booking is essential but activities are free.

0844 800 4966
www.nationaltrust.org.uk/tyntesfield

Classic Cars

See classic cars and help raise money for charity during a rally in Weston-super-Mare next month.

Displays of classic and more recent cars will be on the Beach Lawns from 10am-5pm on Saturday 3 and Sunday 4 April to help raise money for local sea cadets.

01934 629 800

Keep up-to-date with events and activities across North Somerset with the What's On e-newsletter.

Email whatson@n-somerset.gov.uk to receive the update.

For up-to-date listings visit www.n-somerset.gov.uk/events or call the Tourist Information Centre on 01934 888 800.





www.theplayhouse.co.uk

High Street, Weston-super-Mare BS23 1HP

March

Wed 3 - Sat 6
7.30pm (Saturday Matinee 2.30pm)

The Mating Game
£14.50, £13.50, £12 • Concessions £1 off
Children £8, Matinee £10

Sun 7 7.30pm
Buddy Holly Winter Dance Party
Fantastic tributes to Buddy Holly, Ritchie Valens, The Big Bopper and Dion and the Belmonts.
£16.50 • Concessions £15.50

Fri 12 7.30pm
Les McKeown's Legendary Bay City Rollers
£17.50

Sat 13 7.30pm
National Youth Jazz Orchestra
£15.50 • Concessions/Group 10+ £14

Mon 15 - Tue 16
8pm (Mon) 5pm and 8pm (Tue)
Moscow State Circus present Legenda
Once in a life time
£22, £16, £10 • Concessions £3 off (except bottom price), Family Ticket £70, £50

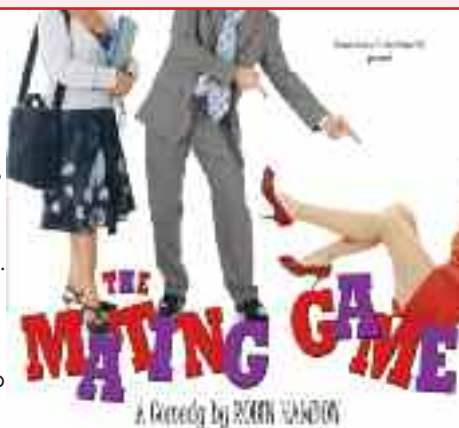
Wed 3 - Sat 6 7.30pm
(Saturday matinee 2.30pm)

The Mating Game

Starring **Damian Williams** from Sky One's *Are you smarter than your ten year old?* The hugely successful and attractive chat show host Draycott Harris has a problem . . . he has no luck with women, which considering his reputation as a notorious stud makes his bedroom fiascos all the more remarkable. Draycott enlists the help of his long-lost, worldly-wise brother to assist him in the pursuit of his new sexy PR girl, Honey Took. However, neither brother anticipates that Draycott's long-suffering secretary Julia has been nurturing a growing passion for her boss, which is set to explode with side-splitting results!

"Bright, frothy, knockabout nonsense". **Daily Mirror.**

£14.50, £13.50, £12 • Concessions £1 off • Children £8 • Matinee £10



Sat 13 7.30pm
National Youth Jazz Orchestra

The National Youth Jazz Orchestra is renowned throughout the world as a glittering showcase for the country's best young musicians, under their founding Musical Director Bill Ashton MBE. During their long history NYJO has performed hundreds of concerts all over Britain including Ronnie Scotts, The Barbican and the Royal Albert Hall and we are delighted to welcome them back to The Playhouse.

£15.50 • Concessions/Group 10+ £14

Mon 15 - Tue 16 8pm (Mon) 5pm and 8pm (Tue)
Moscow State Circus present Legenda

Once in a life time

The amazing Moscow State Circus make their Playhouse debut as they present the award-winning show *Legenda*, featuring a huge cast of Russia's greatest and most flexible circus performers. Prepare to be dazzled by a spectacular array of aerialists, body twisting contortionists, balancing acts, human statues, acrobats and a thrilling crossbow act, all hosted by Andre Voronin as the legendary folklore figure Rasputin.

£22, £16, £10 • Concessions £3 off (except bottom price) • Family Ticket £70, £50



Wed 17 7.30pm

Bad Boy Johnny and the Prophets of Doom

Fast paced Australian rock musical featuring a profusion of popular rock anthems.

£20, £18 • Students £15

Sat 20 7.30pm

Roy G Hemmings - Motown on Tour

£19.50, £18.50

Sun 21 5pm

Weston Youth Orchestra

An eclectic programme of classical, light and popular music performed by talented local young musicians.

£9 • Children (12 and under) £5

Thur 25 7.30pm

Voulez Vous

A jam-packed night of pure ABBA nostalgia.

£16 • Concessions £14.50

Sun 28 7.30pm

Dennis Locorriere and his band

The lead singer from Dr Hook is joined by special guest Andy Fairweather-Low and the Low Riders

£21, £19

Tue 30 2.30pm and 7.30pm

Julie and Julia -

The Film Cert 12A 123mins

Biographical comedy-drama starring Meryl Streep.

Evening £4.50 • Concessions £4, Matinee £3.50 free entry to film society members

April

Thur 1 7.30pm

Broadway and Beyond

Popular songs from the musicals performed by eight West End professionals.

£15 • Concessions £13.50, 1 in 10 free

Fri 2 7.30pm

That'll Be The Day The Beat Goes On tour

The nations favourite comedy and rock 'n' roll show returns by popular demand.

£19.50 • Concessions £18.50, Children £11

Sat 20 March 7.30pm

Roy G Hemmings - Motown on Tour

Join original Drifters member Roy G Hemmings, together with a superb line-up of vocalists and the seven-piece Dictionary of Soul band as they celebrate 50 years of Motown. Featuring the classic hits of The Supremes, The Four Tops and The Temptations to name but a few, this electrifying show promises to have you singing along to the sound of the Motown dream.

£19.50, £18.50



WINTER GARDENS

WESTON - SUPER - MARE

www.thewintergardens.com



Special Events

Weston-super-Mare - Farmers' Market

Saturday 13 March, 9am-12.30pm

High Street, Weston-super-Mare

Contact Steve Townsend

01934 642 404

www.wsmtcp.co.uk

Mayor's Ball

Saturday 13 March, 7pm

The Mayor and Mayoress present this year's Charity Ball Raising money for local charities.

Four course dinner and live band 'Racey' and Sarah Eden-Winn
Tickets £35.50

Available from the Mayor's Parlour or contact Gina Powers for more information on 01934 632 567

Evening Social Dance

Hosted by Sid Gateley

Saturday 20 March, 8-11.30pm

Tickets £7.50

West of England Grand Prix Competition Day

Sunday 21 March

Contact Sue Burroughs

01934 621 281

CD and Record Fair

Fri 2 - Sat 3 April

Cassettes, Videos and DVDs

Contact Martin Saunders

01543 250 677

07885 700 063

Craft Fair

Sun 4 and Mon 5 April, 10am-5pm

Contact Kevin Murphy

01271 343 160

www.kevinmurphycraftfairs.co.uk

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

Local Events

March

CLUBS AND EVENTS

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. £1. 01934 628 309

Every Tuesday

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

Wednesday 10 and 24

Weston Society of Arts 2pm, Victoria Methodist Church Hall, Station Road, Weston-super-Mare. 01934 626 318

Every Thursday

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

Thursday 18

Yatton and District Horticultural Society 8pm, Yatton Bowling Club. 01934 838 047

Thursday 25

Bristol Sailors Club 7.30pm. For people interested in sailing. British Legion Hall, Long Ashton. 01275 462 985

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

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

Saturday 20

Portishead Choral Society Spring Concert - Rossini's Petite Messe Solennelle. 7.30pm, United Reform Church, Cabstand, Portishead. £9 advance or £10 on door. 01275 372 678

Saturday 27

Rhymney Millennium Choir - with Jane Gilchrist. 7.30 pm, St Mary's Church, Yatton. 01934 830 255

COMMUNITY CAFES

01934 529 320

Wednesday 10 - 10.30-11.30am, Corpus Christi Church Hall, Weston-super-Mare

Monday 15 - 10am-1pm, St Augustine's Church Hall, The Green, Locking

Thursday 18 - 9.30-11am, Winscombe Community Centre

Friday 19 - 10am-1pm, Wesley Centre, High Street, Portishead

Wednesday 24 - 10.15-11.30am, Nightjar pub, Mead Vale

Friday 26 - 9am-1pm, Claverham Village Hall

DANCE

Every Sunday

Dancing and music 7.30-10.30pm, Hutton Moor leisure centre, Weston-super-Mare. £4.50. 01934 518 529

Every Monday

Line dancing 10-11am, Clevedon Community Centre
Line dancing 7-9pm, Clevedon Triangle Club, Old Church Road

Every Tuesday

Nailsea Sequence Dance Club 1.30-4pm, Scotch Horn Leisure Centre. 01275 873 033
Social tea dance 2.30-5pm, Clevedon Community Centre

Avon Dance Club 7.30-10.30pm, Somerset Hall, Portishead (inc tea dance Sun 21, 3pm) 01275 848 059

Easton-in-Gordano Dance Club 7.45-10.15pm, Church Hall. 01275 374 291

Latin and jive for absolute beginners St Peter's Church Hall, Clevedon, 7.45-10pm. 01275 876 314

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

Backwell Sequence Dance Club 8-10.15pm, WI Hall, Station Road, Backwell. 01275 462 366

Ballroom and sequence 8-11pm, Town and Country Lodge, Bridgwater Road. 0117 9778 200

Every Wednesday

Line dancing 10.45-11.45am, Clevedon Community Centre

Sequence Tea Dance 2-4pm, Somerset Hall, Portishead. 01275 848 059

Banwell Sequence Dance Club 8-10.30pm, Banwell Village Hall. 01275 873 033

Line dancing 7.15-8.15pm
1st Clevedon Scout Hall

Every Thursday

Line dancing 9.15-11.15am,
1st Clevedon Scout Hall

Line dancing 11am-1pm, Folk Hall, Portishead
Yatton Sequence Dance Club 2-4.30pm,
Claverham Village Hall. 01934 838 906

Every Friday

Clevedon Sequence Dance Club 8-10.45pm,
Walton St. Mary's Church Hall, Clevedon. 01275 873 314

Second Friday of month

Social dance 8-11pm, Hutton Village Hall. £4.50. 01934 420 620

Last Friday of month

Social dance 8-11pm, St James Hall, Winscombe. £4.50. 01934 420 620

Soak up some history



North Somerset Museum is changing its opening hours this month.

From Monday 22 March the attraction, in Burlington Street, Weston-super-Mare, will be open from 11am-4pm Monday to Saturday.

Visitors can still enjoy the full range of popular attractions, as well as a wide selection of gifts in the shop.



01934 621 028 • www.n-somerset.gov.uk/museum





Welcome to your NHS

This guide keeps you up-to-date on who we are and what we are doing to bring you the healthcare services and support you've told us you want.

It also gives advice on how to stay healthy. You will find a list of useful addresses and telephone numbers and details of how to comment, complain or give us feedback on what you think of the health services you receive. Keep it handy for when you need to contact us.

Where we are...

North Somerset is an area rich in history, natural beauty and ethnic and cultural diversity. We have an estimated population of 205,000 people who mainly live in the coastal towns of Weston-super-Mare, Clevedon and Portishead, and the market town of Nailsea. Nearly one in three people in North Somerset live in rural areas in or around villages such as Winscombe, Churchill, Yatton and Congresbury.



Our commitment to equality and diversity

Both as a commissioner of health services and an employer, we are committed to promoting equality and diversity for everyone, irrespective of gender, marital status, age, disability, race, religion, nationality, ethnicity, sexuality or social class. We are constantly looking for ways to ensure our services are accessible, delivered in a way that respects the needs of each individual and seek to exclude no-one.

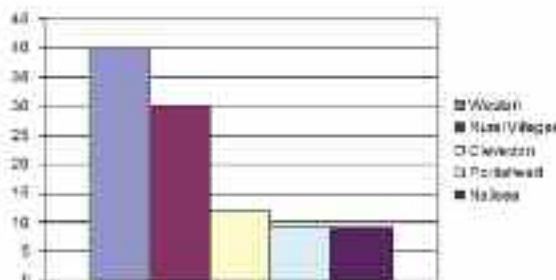
Who we are and what we do

NHS North Somerset provides services directly, such as community nursing, and also purchases NHS services from a range of health professionals, including GPs, dentists, high street pharmacies, opticians, hospitals and health care providers. We work with local hospitals such as Clevedon Hospital and Weston General Hospital and at teaching hospitals located in Bristol and beyond. We also obtain mental health services from Avon and Wiltshire Mental Health Partnership Trust and ambulance services from Great Western Ambulance Trust. We work closely with social service departments, schools, voluntary groups and community organisations.

Our major goals...

- To reduce the health gap between the richest and poorest people in our community
- To improve care for older people and those with long-term conditions such as cardiovascular disease, cancer and mental illness. We want to help them live independently at home for as long as possible
- To improve joint working between all health professionals and voluntary organisations, other health and social care services, carers and families
- To get it right first time by delivering safe, effective care

Our population



Key objectives for 2010:

- Continued redevelopment of Clevedon Community Hospital
- A 'Weston Futures' partnership between Weston Area Health Trust and NHS North Somerset to improve seamless, integrated care
- The development of modern facilities for comprehensive healthcare services for patients of Wrington Vale GP practice
- A new nurse-led service in The Boulevard, Weston-super-Mare, with GP appointments daily between noon and 6pm, running alongside a new health shop which will provide information and advice
- A new 'ward in the community' approach to healthcare for people in urgent need

Did you know you should already be able to...

- get health advice from NHS Direct on 0845 46 47 or www.nhsdirect.nhs.uk
- obtain healthcare advice from your local pharmacy
- book an urgent same-day appointment at the practice you are registered with
- book an appointment with a GP at the practice you are registered with more than two or three days in advance
- Contact a local out-of-hours GP service for urgent issues outside normal surgery hours (eg. after 6.30pm and on weekends) by calling 0845 121 0235

Help yourself to better health

Stay healthy and happy with help from NHS North Somerset

We can all help ourselves to better health by simple changes to our lifestyles. Whether you want to give up smoking, cut down on drinking or eat more healthily in 2010, we're right behind you with support and advice. So take the **BIG 5 steps to better health...**

1. Quit smoking

By quitting smoking you actually increase your chances of living a longer and healthier life.

- If you are thinking of making 2010 smoke free, contact your local stop smoking adviser
- Thousands of people in England have already gone smoke free. Don't worry if you step backwards and start smoking again. It takes most people more than once to succeed.
- You are four times more likely to stop smoking if you use NHS Stop Smoking services

Where to get help

- Your GP surgery or local pharmacy. Drop-in sessions take place every Saturday until the end of March at the Working Men's Club, Orchard Street, Weston-super-Mare, 11am-1pm.

For more information contact the Stop Smoking Team on 01275 546744 or sts@nsomerset-pct.nhs.uk



2. Watch your drinking

- Men should not regularly drink more than three to four units of alcohol per day
- Women should not regularly drink more than two to three units of alcohol per day
- Don't mix alcohol with any kind of medication as it can reduce the drug's effects and be harmful
- Don't mix alcohol with recreational drugs, especially stimulants (such as ecstasy or cocaine)
- If drinking wine, try using a smaller glass: a small glass (ABV *12%) is about 1.5 units but a large glass of stronger wine can contain three units or more
* alcohol by volume
- It may be best not to drink if you have mental health problems like depression – it could make these worse

Where to get help

Log onto www.units.nhs.uk or call 0800 876 67 78 for free, confidential advice

Making North Somerset Healthier

3. Eat better – and move more!

Being overweight can put your health at risk and most of us need to eat less and move more.

Eat better:

- Base meals on starchy foods such as potatoes, rice, pasta and bread
- Aim to eat five portions of fruit or veg a day
- Avoid snacking on food high in saturated fat and sugar – swap biscuits for dried fruit and nuts
- Avoid sugary drinks and drink plenty of water
- Eat more fish – it's an excellent source of protein and contains many vitamins and minerals
- Try to eat less salt – three-quarters of salt we eat is already in food we buy, such as soups, sauces and ready meals
- Find an alternative to food as a reward or comfort
- Don't skip breakfast! Start your day with cereal and fruit juice
- Eat three meals a day and reduce portion sizes

Visit www.eatwell.gov.uk for 200 healthy and cheap recipe ideas.

For information about helping your family eat better, move more and live longer visit www.nhs.uk/change4life

Move more:

- Find time to take a brisk walk or use the stairs instead of the lift at work
- Set a time limit on sitting in front of TV and computer screens
- Be more active together as a family
- Simply being up and about burns calories

Where to get help

To find out what activities are available call the Go4Life team on 01275 810 995 or visit www.go4life.org.uk



Encouraging and helping people to live healthier and more active lives

4. Look after your sexual health

Sexual health is an important part of living a healthy lifestyle. Both men and women need to understand the issues surrounding contraception and sexually transmitted infections (STIs).

The following simple measures will ensure sex remains a healthy part of your lifestyle:

- Ensure you have the contraceptive that is right for you. Use a condom – even if you opt to use another form, get into the habit of using a condom too
- Be aware that alcohol and drugs can affect your sexual performance and decision-making (such as wearing a condom)
- Get a check up. If you've had unprotected sex and are worried, seek help from one of the services below. No-one is going to judge you and early treatment can be very effective.
- If you think you are pregnant, seek advice as soon as possible

For sexual health services in North Somerset, contact your GP or any of the following:

- No Worries teenage health service for young people: 0800 28 29 30
- Weston Integrated Sexual Health Service (WISH): 01934 88 12 34

- Clevedon Contraception and Sexual Health Clinic: 01275 872212

Free tests and treatment for young people aged between 15 and 24 are available as part of the National Chlamydia Screening Programme at:

- surgeries (some offer free self-testing kits; ask at reception)
- some pharmacies – look out for the chlamydia screening box on the counter
- order online at www.freetest.me.uk
- Call 0845 180 0050, 9am-5pm, Monday-Friday, to request a kit by post

5. Plan for an emergency

The recent swine flu pandemic coupled with severe weather throughout December and January highlighted the need for emergency planning. Being prepared for emergencies – whether they relate to health or our weather – can help minimise their impact and ensure that you and your family can cope.

Being informed about what to do in an emergency means you can help yourself and others when an incident happens. The information and advice may seem familiar to you, or just plain common sense, but a reminder of it could help to save a life in the future. The Government's Directgov website provides information and links to all voluntary and public agencies. Visit www.direct.gov.uk/en/governmentcitizensandrights/dealin_gwithemergencies



Making it right for you



NHS

Keep in touch Useful telephone numbers:

NHS Direct: 0845 46 47

Out-of-hours advice: 0845 121 0235

NHS North Somerset: 01275 546 770

Clevedon Community Hospital: 01275 872 212 / 46 770



Links to support and advice

Action for Victims of Medical Accidents

www.avma.org.uk

The only charity offering free practical help and advice to people injured by medical accidents.

Alzheimer's Society

www.alzheimers.org.uk

The UK's leading care and research charity for people with dementia, their families and carers.

Asthma

www.asthma.org.uk

Information on asthma and its treatment for patients, carers and health professionals.

BBC health pages

www.bbc.co.uk/health

Links to the BBC health section with lots of useful information.

British Heart Foundation

www.bhf.org.uk

Free help and support seven days a week on 0330 333 1333.

Cancer Backup

www.cancerbackup.org.uk

Cancer Backup has now merged with Macmillan to provide support advice and information about all aspects of living with cancer.

Carers information – Department of Health

www.doh.gov.uk/carers/carersleaflet.htm

Links to the Government site, explaining how to get a Carer's Assessment if you are currently caring for someone.

Citizens Advice Bureau online

www.adviceguide.org.uk

Advice guides give basic advice and information on your rights, a broad outline of where you stand and what you can do.

The Compassionate Friends (UK)

www.tcf.org.uk

An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children.

Counsel and Care

www.counselandcare.org.uk

A charitable organisation founded in the early 1950s to provide advice, information and direct services for older people.

Cruse Bereavement Care

www.crusebereavementcare.org.uk

Offers free information and advice to anyone who has been affected by a death as well as one-to-one and group counselling and support.

FPA (Family Planning Association)

www.fpa.org.uk

The only registered charity working to improve the sexual health and reproductive rights of all people throughout the UK.

Medical Advisory Services for Travellers Abroad

www.masta.org

Raising awareness of health issues associated with travel.

MIND

www.mind.org.uk

The leading mental health charity in England and Wales working for a better life for everyone with experience of mental distress.

National Autistic Society

www.nas.org.uk

Information on autism and the work of the National Autistic Society.

The Patients Association

www.patients-association.com

National organisation which listens to patients and speaks up for change.

Rethink (National Schizophrenia Fellowship)

www.rethink.org

Royal National Institute for the Blind

www.rnib.org.uk

RNIB is one of the UK's biggest charities, providing more than 60 different services for more than two million people with serious sight problems.

Royal National Institute of the Deaf (RNID)

www.rnid.org.uk

The UK's largest charity providing advice, information and direct services for deaf and hard of hearing people.

SANE

www.sane.org.uk

One of the UK's leading charities concerned with improving the lives of everyone affected by mental illness. Support and information through the SANELINE helpline: 0845 767 8000

Sense

www.sense.org.uk

A wide range of support, information and services to help sensory impaired people of all ages.

The Stroke Association

www.stroke.org.uk

01275 546 770

The only UK-wide charity solely concerned with combating stroke in people of all ages. It funds research into prevention, treatment and better methods of rehabilitation and helps stroke patients and their families directly through its rehabilitation and support services.

Terrence Higgins Trust (THT)

www.tht.org.uk

The leading HIV and AIDS charity in the UK and the largest in Europe.

CUT OUT AND KEEP GUIDE YOUR VIEWS MATTER TO US...

We want to hear how you feel about the health service in North Somerset. Bouquets or brickbats – they are all important in ensuring we are delivering our promises and providing a service that meets your needs.

Our Patient Advice and Liaison Service (PALS) is available to help resolve patients, relatives and carers problems and complaints over NHS or social services. Last year we dealt with 1,094 enquiries, 82 per cent of which were completed within one day.

Patient Advice and Liaison Service: 0800 923 2222 • pals@nsomerset-pct.nhs.uk

Making North Somerset Healthier

Get your healthy lifestyle

back on track



Getting fit is one of the most popular New Year's resolutions made but many people lose their willpower within a few short weeks as life gets in the way.

For anyone who has lost their initial spark of enthusiasm, **Go4Life** is here to help you get back on track.

Go4Life is a local initiative which supports people who want to get more active and healthy in their everyday lives.



Encouraging and helping people to live healthier and more active lives

Healthy lifestyles for all

Help and advice about how to live a healthy lifestyle is on offer during a free course next month.

Bookings are now being taken for the next free healthy lifestyles course which takes place in Portishead during April.

Learn to eat more healthily, make physical activity fun, feel better about yourself and relax.

It is open to anyone over the age of 19 who lives in North Somerset and there will be plenty of activities to try.

For more information or to book a place call 01275 888 461.

Work out during your working day

Workers can spend up to 60 per cent of their waking hours in their place of work so if you have a sedentary job, getting active can be problematic.

ActiveWorkplaces4Life is a new initiative by Go4Life which supports workplaces to set up eight-week physical activity programmes.

The project encourages employees to get active before or after work, during lunchtime, and can include anything from classes to team challenges, gardening clubs or walking groups.

Contact us if you're an employer and think your workplace could benefit.



Spring into sport

People who haven't played sport since school but fancy giving it another go can take advantage of the Back to Sport4Life project.

Anyone aged 16 and over who wants to get back into sport or try something new can join relaxed sessions led by experienced coaches.

To extend the project, more community clubs are being invited to get involved.

Clubs must be able to cater for all abilities and be prepared to run a number of sessions before inviting participants to join regular ones. Support will be given.

01275 812 054

go4life@n-somerset.gov.uk



01275 812 049

sport.andactivelifestyles@n-somerset.gov.uk



A recycling revolution for North Somerset



Over the next six months residents in North Somerset will see some major changes to their recycling and waste collections, as North Somerset Council introduces its recycling revolution.

The new services include a weekly recycling collection of a much wider range of materials, in a bid to reduce the amount of waste going to landfill, reduce the amount of council tax payers' money spent on landfill costs and taxes, and make recycling easier for everyone.

Life has put together this definitive guide to the changes so you know what's happening and when.

What's already happened?

March 2009

Property survey – the council carried out a survey of every property in North Somerset to work out exactly how much storage space is available to each household. Properties were assessed as either:

Type 1 enough space for a wheeled bin

Type 2 not enough space for a wheeled bin

Type 3 flats of four or more households – changes to collections at type 3 properties will be introduced separately.



October 2009

New contract awarded – at their meeting on 13 October, councillors voted to vastly improve recycling and waste collections in 2010. It was agreed that the new collections will include a weekly recycling collection of a wide range of materials including plastics, all types of cardboard, and food and drinks cartons. Food waste will also be collected weekly and green waste collections will continue every other week. Any non-recyclable rubbish left over will be collected every other week using a wheeled bin, or plastic sacks for anyone who doesn't have space to store a wheeled bin.

March 2010

New contracts begin – the council's new recycling and waste collection contractors May Gurney took over the existing collection services on 1 March. However, there are no changes to recycling and waste collections yet and services will continue as at present.

What's going to happen?

March and April 2010

Letter to type 1 and 2 properties – the council will write to all households that were identified as either type 1 (enough space for a wheeled bin) or type 2 (not enough space for a wheeled bin) in last year's property survey. The letter will outline the council's proposed recycling and waste service for that household, and residents will have up to three weeks to respond if they believe this solution is not suitable for their property type, based on the amount of storage space available. A council officer will then visit these properties to reassess the storage space. People living in type 3 properties (blocks of flats of four or more households) will receive a letter later on in the year, as changes to collections from blocks of flats of four or more households are being introduced separately.



April 2010

New calendars – new collection calendars for Monday 3 May onwards will be delivered to all homes in North Somerset as collection days will be changing in May.

New services at Recycling Centres begin.



May 2010

New collection days – from Monday 3 May collection days in North Somerset will change.

Collection rounds will be geographically zoned so, for example, all of Clevedon's recycling and waste will be collected on the same day. This will be much more efficient and significantly reduce the level of carbon emissions from collection trucks that have previously travelled all over North Somerset each day. Collections will also begin at 7am from Monday 3 May.

Another major change being introduced this month is that waste will be collected on all Bank Holidays, apart from Christmas Day and New Year's Day. Residents whose new collection day is a Monday will therefore receive a collection on the May Day Bank Holiday, Monday 3 May.

Stage one and two areas

Because of the large number of households in North Somerset, the council will be introducing the changes to recycling and waste collections for type 1 and 2 properties in two stages: half in July, the other half in September. Everyone will find out which stage they are in well before any changes to collections begin.

June 2010

New containers delivered to stage one areas – all new bins and plastic sacks (depending on whether you live in a type 1 or 2 property) will be delivered to approximately half the households in North Somerset during June.

There is more information on the containers your property is likely to receive in our feature on page 27.



July 2010

New services begin in stage one areas – households that received new bins or plastic sacks in June will begin receiving their new recycling and waste collections from mid-July. The information packs delivered with each household's new containers will let you know the exact date that your new services will begin.



August 2010

New containers delivered to stage two areas – all new bins and plastic sacks (depending on whether you live in a type 1 or 2 property) will be delivered to the remaining half of the households in North Somerset during August.

There is more information on the containers your property is likely to receive in our feature on page 27.

September 2010

New services begin in stage two areas – households that received new bins or plastic sacks in August will begin receiving their new recycling and waste collections from mid-September. The information packs delivered with each household's new containers will let you know the exact date your new services will begin.



Remember to keep recycling!

Until your recycling and waste services change later this year, remember to keep recycling as much as you can at home. Paper, thin printed card, cans, tins, foil, glass and textiles can already be put out for recycling in your green box.

A recycling revolution for North Somerset: **new bins**

North Somerset Council's new recycling and waste collections will see the introduction of new waste containers for the majority of residents in North Somerset later this year.

In 2009 the council carried out a property survey to identify how much storage space is available to each household.

The council has used the results of this survey to decide which type of containers your household will receive.

All North Somerset properties fall in to one of three categories:

1

Enough space for a wheeled bin

Your household will receive:



Recyclables



Food waste



Non-recyclables

2

Not enough space for a wheeled bin

Your household will receive:



Recyclables



Food waste



Non-recyclables

Type 1 households will receive:

- one additional 53-litre green recycling box (households should already have one green box)
- one 25-litre sealable food waste container and one 5-litre food waste caddy to keep in your kitchen
- one 180-litre capacity wheeled bin for any non-recyclable rubbish left over.

Type 2 households will receive:

- one additional 53-litre green recycling box (households should already have one green box)
- one 25-litre sealable food waste container and one 5-litre food waste caddy to keep in your kitchen
- plastic sacks for non-recycling waste (equivalent to two sacks per week) We will only issue new rolls of sacks every six months.

3

Flats of four or more households

Collections will continue as usual from the containers already used in blocks of flats of four or more for the time being. As storage space varies so widely at each property, these will be looked at separately.

For more information about the changes to recycling and waste collections go to www.n-somerset.gov.uk/revolution



Spending your money wisely



The UK is now officially out of recession but economists predict recovery will be very fragile.

Growth may be slow and shaky for life 'beyond the crunch' so value for money was a key concern for councillors setting the budget and council tax levels for the next financial year.

Cuts in central government funding are anticipated to reduce national debt levels but North Somerset is already one of the lowest funded councils in the country in terms of government grant per head of population.

The council needs to spend public money in smarter, more efficient ways while also protecting frontline services. Government funding is being tightened but demand for a high number of council services is set to increase.

Last year's council tax rise of 2.5% meant North Somerset Council set the second lowest council tax in the South West and councillors want to keep it low for the next few years.

This year's rise of 2% includes additional investment in services for the most vulnerable people in the community, including looked-after children and older people. This is balanced with a substantial programme of internal efficiencies to cut costs and help balance the books.

Why is funding reduced?

The level of government grant distributed to councils is made on a three-year basis so the level for 2010/11 was set some time ago.

This allows for a medium-term approach to financial planning but, because of the recession, things have changed.

Grants were calculated on predictions that the council tax base would increase from new housing being built, but this has reduced dramatically.

The council has requested grants are recalculated but has no influence on the final decision.

Budget risks to take into account:

- general and pay inflation
- the number of looked-after children
- the economic climate
- waste recycling targets
- care home fees

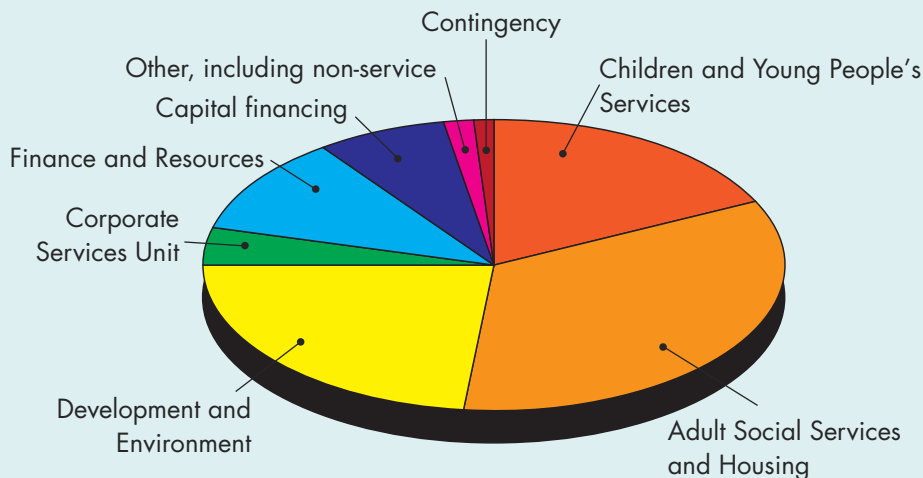




Where is the money going?

Significant demands on frontline services, such as vulnerable children and young people, means there is a continued shift in funding to help support them. This is how the money is distributed:

Budget analysis 2010/2011



This is a 6% increase in the Children and Young People's Services budget and 2% growth for Adult Social Services and Housing to cope with increased demand and give you the best care possible.

Adjusted base budget for 2010/11

	£000
Children and Young People's Services:	25,291
Adult Social Services and Housing:	47,982
Development and Environment:	32,792
Corporate Services:	5,979
Finance and Resources:	15,312
Capital financing:	10,209
Other, including non-service:	2,499
Contingency:	1,204
Total:	141,268

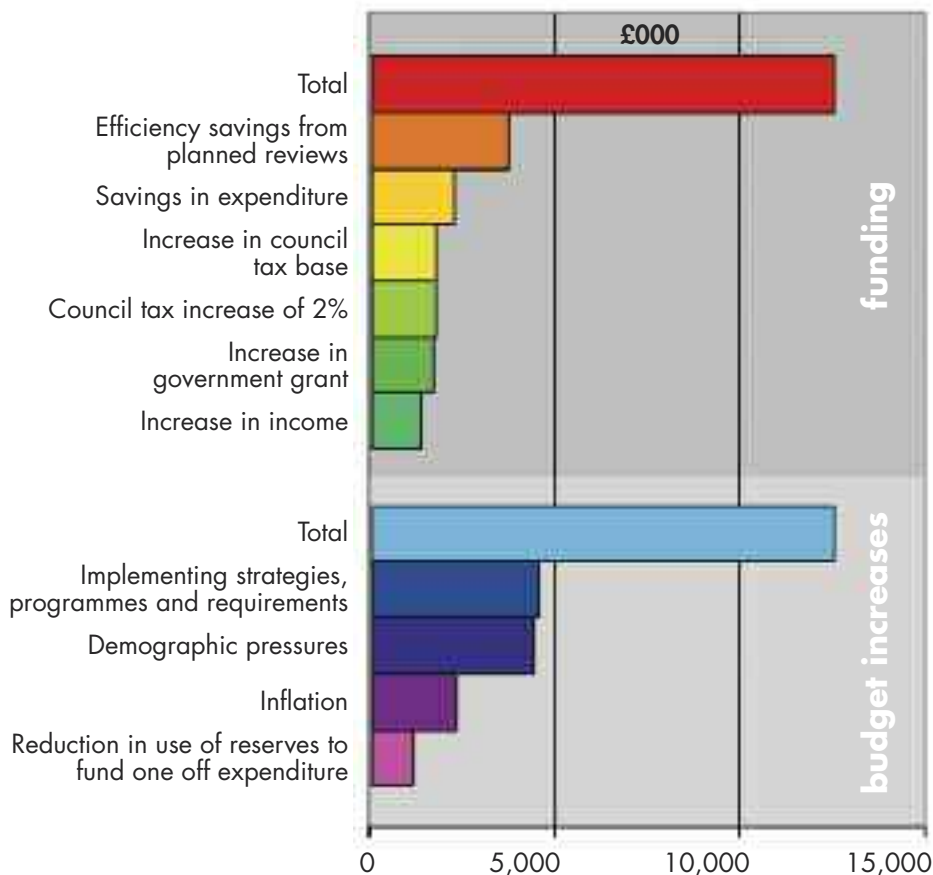
Council tax levels

An increase of 2% in 2010/11 means the average council tax for a Band D property will be £1,150.87.*

This figure represents an average for the district. In addition to this, your council tax bill will include precepts set by Avon and Somerset Police, Avon Fire and Rescue and town and parish councils. They are collected by the council on behalf of these bodies but North Somerset Council has no control over them.

* subject to council approval

Budget increase and funding sources

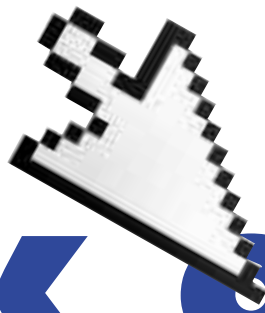


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To get hold of books closer to home, North Somerset library users can search for collections in more than 100 libraries by logging on and using their card and PIN.

Books, DVDs and CDs can be ordered and delivered to local libraries for collection. Email reminders can also be sent two days before the items are due back. Visit www.librarieswest.org.uk

Newspapers, dictionaries and an encyclopaedia are also available to view at any time of the day or night at www.n-somerset.gov.uk/onlinelibrary.

Seven to 11 year olds could get homework help with the Junior Britannica, while paintings, 3D musical instruments and biographies can be found in Oxford Art and Music.

The Dictionary of National Biography and Who's Who give you the low-down on your favourite people, the Oxford University Press also runs a bi-monthly online competition. Visit www.oxfordonline.com/library/quiz



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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

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,

I would like to comment on the extremely good work carried out by the refuse, recycling and green bag collectors. During the atrocious weather conditions (in January) we were left with a small backlog of refuse, which was quite understandable, but once the conditions improved everything was taken (even with a smile from those concerned).

As we are both semi-disabled and unable to lift or walk outside a great deal, we receive an assisted collection and are treated so well so want to thank each and every employee.

Mr and Mrs Parry, Worle

Jo Shanks, customer services officer:

Thank you for taking the time to write to us with your kind comments. I have passed your letter to the manager of the service so will make sure the refuse collectors are aware of this. We really do appreciate letters like yours.

Dear Editor,

Through your magazine, I would like to pass on my family's grateful thanks to your Care and Repair team who so efficiently helped my elderly mother in January when her front door lock jammed, meaning she had no means of securing her front door.

I telephoned a very helpful lady at Care and Repair who organised for 'Bruce' to call on my mother. A new lock was fitted within five hours of my initial call to North Somerset. Both the lady at Care and Repair and Bruce were helpful and caring - thank you!

Gill Voisey, Portbury

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:		am		March 2010				pm	
Clevedon: 10 min	1 Mon	07:07	12.95	00:47	0.19	19:32	12.94	13:11	0.04
Portishead: 18 min	2 Tue	07:49	13.19	01:29	-0.05	20:12	13.03	13:53	-0.05
later than Weston-super-Mare.	3 Wed	08:29	13.14	02:09	-0.04	20:50	12.81	14:32	0.14
	4 Thur	09:08	12.73	02:47	0.24	21:28	12.24	15:06	0.56
	5 Fri	09:46	11.95	03:21	0.72	22:05	11.36	15:36	1.11
	6 Sat	10:23	10.94	03:52	1.29	22:41	10.35	16:06	1.69
	7 Sun	11:01	9.87	04:23	1.90	23:22	9.37	16:40	2.27
Weather conditions which differ from the average will have an effect on the differences between predicted and actual tide times.	8 Mon	11:48	8.87	05:05	2.53	-	-	17:26	2.91
Strong winds can hold the tide in or push the tide out. Air pressure fluctuations in predicted levels.	9 Tue	00:22	8.52	06:05	3.20	13:05	8.15	18:39	3.54
Tidal predictions for Weston-super-Mare have been computed by the Proudman Oceanographic Laboratory.	10 Wed	02:00	8.20	08:23	3.51	14:52	8.19	21:05	3.41
Copyright reserved.	11 Thur	03:39	8.81	09:39	2.83	16:14	9.05	22:05	2.62
	12 Fri	04:39	9.79	10:28	2.10	17:05	9.99	22:50	1.93
	13 Sat	05:25	10.61	11:08	1.57	17:46	10.68	23:28	1.49
	14 Sun	06:02	11.12	11:46	1.28	18:21	11.09	-	-
	15 Mon	06:36	11.39	00:03	1.26	18:52	11.34	12:21	1.13
	16 Tue	07:07	11.56	00:37	1.13	19:20	11.55	12:54	1.03
	17 Wed	07:36	11.70	01:09	1.03	19:49	11.72	13:27	0.96
	18 Thur	08:06	11.76	01:40	0.99	20:19	11.73	13:58	0.97
	19 Fri	08:38	11.61	02:10	1.06	20:50	11.50	14:27	1.13
	20 Sat	09:09	11.22	02:38	1.27	21:21	11.05	14:54	1.40
	21 Sun	09:41	10.65	03:02	1.55	21:53	10.49	15:20	1.69
	22 Mon	10:18	10.02	03:35	1.83	22:34	9.89	15:57	2.01
	23 Tue	11:09	9.37	04:23	2.18	23:35	9.28	16:55	2.43
	24 Wed	-	-	05:33	2.63	12:31	8.87	18:22	2.90
	25 Thur	01:14	9.02	07:29	2.92	14:13	9.04	20:28	2.81
	26 Fri	02:51	9.58	09:11	2.37	15:40	9.93	21:44	2.08
	27 Sat	04:10	10.62	10:22	1.64	16:47	11.03	22:51	1.34
	28 Sun	06:10	11.64	-	-	18:41	11.92	12:21	0.96
	29 Mon	07:01	12.34	00:42	0.70	19:27	12.46	13:08	0.48
	30 Tue	07:44	12.72	01:26	0.31	20:07	12.75	13:49	0.25
	31 Wed	08:25	12.88	02:06	0.16	20:46	12.81	14:27	0.26
You can buy 2010/11 tide timetables from Weston-super-Mare Tourist Information Centre for £1.50.		am		April 2010				pm	
	1 Thur	09:03	12.78	02:42	0.23	21:22	12.61	15:01	0.47
	2 Fri	09:41	12.38	03:16	0.50	22:00	12.07	15:31	0.83
	3 Sat	10:18	11.63	03:45	0.91	22:37	11.23	15:58	1.30
	4 Sun	10:55	10.66	04:13	1.43	23:11	10.25	16:26	1.80

Delights of diversity

More than 1,000 people enjoyed the sights, sounds of smells of exotic places right here in North Somerset during a popular annual event to celebrate diversity.

Your North Somerset was held at the Winter Gardens in Weston-super-Mare in January and featured international food tasting, face painting, and a variety of singing and dancing.

The event is community-based and gets bigger and better every year.

