

Stratford *view*

Winter 2017

**Spotlight on Charlecote
and Hampton Lucy**

Christmas Recycling Tips

**Stratford-upon-Avon
Victorian Christmas
Market**



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Here to help

If you find the text in this magazine difficult to read we can supply it in a format better suited to your needs. We try to write everything in plain English and want to make sure that everyone has access to the information they need.

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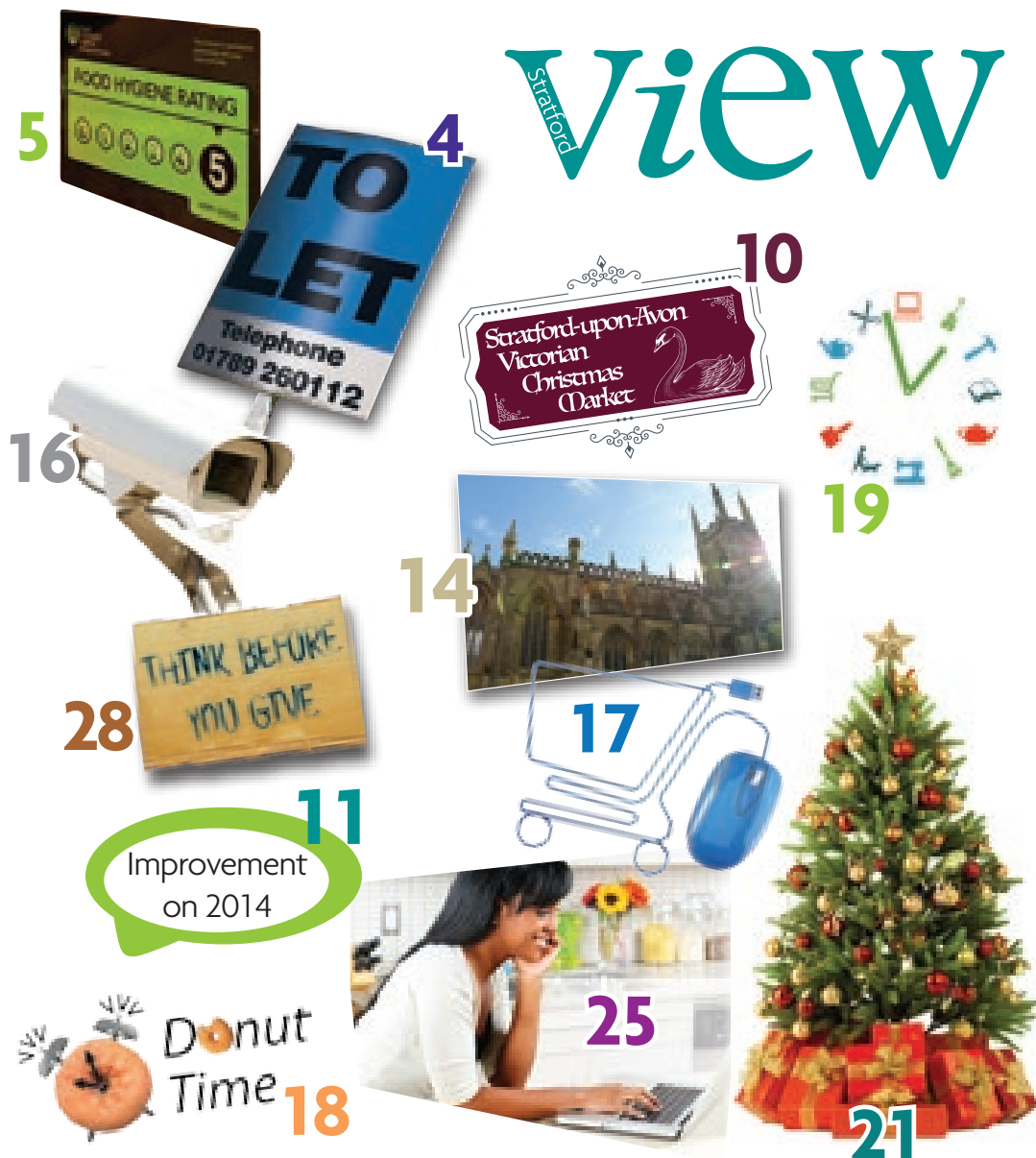
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Charlecote Park by Jana Eastwood



Welcome

to the winter issue of Stratford-on-Avon District Council's magazine, Stratford View. This magazine is produced twice a year to keep you informed about Your District Council services. The cost of producing the magazine has been covered by advertising income and only a small amount of money has been spent on distribution. We are always keen to receive ideas for content in future issues and receive feedback on the magazine, contact us at corporate.communications@stratford-dc.gov.uk

Changes to refuse and recycling collections over the festive period

If your usual collection day is	If it is your refuse week your grey bin will be collected	If it is your recycling week your blue bin will be collected	If it is your recycling week your green bin will be collected
Monday 25 December	Wednesday 27 December	Wednesday 27 December	Saturday 30 December
Tuesday 26 December	Thursday 28 December	Thursday 28 December	Saturday 30 December
Wednesday 27 December	Normal Collection	Normal Collection	Saturday 30 December
Thursday 28 December	Normal Collection	Normal Collection	Saturday 30 December
Friday 29 December	Normal Collection	Normal Collection	Normal Collection
Monday 1 January	Tuesday 2 January	Tuesday 2 January	Saturday 6 January
Tuesday 2 January	Normal Collection	Normal Collection	Saturday 6 January
Wednesday 3 January	Normal Collection	Normal Collection	Normal Collection
Thursday 4 January	Normal Collection	Normal Collection	Normal Collection
Friday 5 January	Normal Collection	Normal Collection	Normal Collection

Stratford-upon-Avon Thursday Christmas markets

This year the Christmas markets will be on Waterside in Stratford-upon-Avon and will run from Thursday 23 November to Thursday 21 December from 10am to 9pm.

Come and visit the fabulous Christmas market on Waterside, each Thursday up to Christmas - traditional gifts and crafts with street food aplenty!

FREE Christmas Parking



Remember there is FREE parking in all District Council owned car parks (excluding Bridgeway multi storey and Bridgeway surface) from 4pm to midnight on the Thursday Christmas shopping nights in Stratford-upon-Avon, starting on Thursday 23 November for the Christmas Lights switch on.

P Council operated Parking

P Disabled Parking only

D Park & Ride 'Drop off' point

P Parking operated by Local Parking Security

P Other privately operated Parking

B Park & Ride 'Boarding' point

B Park & Ride 'Boarding' point

D Park & Ride 'Drop off' point



© Stratford-upon-Avon District Council, Elizabeth House, Church Street, Stratford-upon-Avon CV37 6RH
 Ordnance Survey 100034287
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 Issue date July 2017

Syrian refugees - Can you help?



Properties needed for families settling in Stratford-upon-Avon through the Syrian Vulnerable Persons Relocation Scheme.

Self-contained rental properties in the town of Stratford-upon-Avon are required.

• Funding available to cover up to two months void period prior to occupation.

• Landlords receive support and advice during the tenancy.

• Families receive support and have a right to reside in the UK for at least five years.

If you are a landlord or letting agent with a private rented property please contact Stratford District Council on: 01789 260112 or email socialinclusion@stratford-dc.gov.uk

Stratford District Council re-awarded Disability Confident Employer status



**disability
confident**

Your District Council has been re-awarded the Disability Confident Employer standard for a two year period until August 2019. To achieve this standard Your District Council has shown a commitment to support and promote disabled people in the workplace.

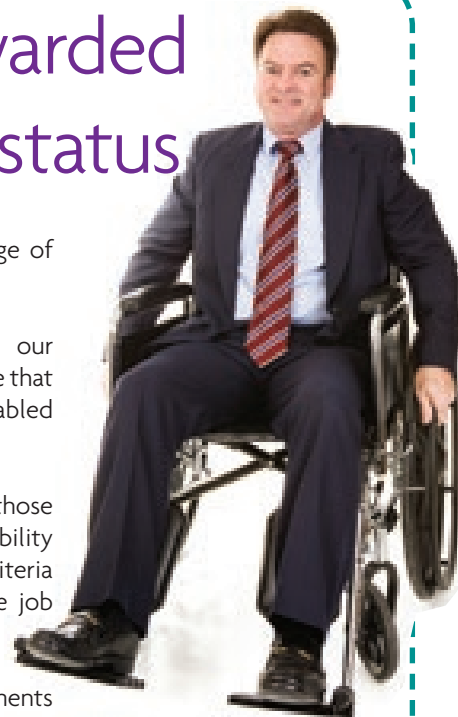
In particular against the following two themes: 'Getting the Right People for the Business' and 'Keeping and Developing Your People'

This includes:

- Ensuring our recruitment process is free from discrimination

and available through a range of channels.

- Making adjustments to our interview processes to ensure that they are accessible to disabled people.
- Offering an interview to those candidates who have a disability and meet the essential criteria for the role (detailed in the job description).
- Making reasonable adjustments as required.



Eating out over the festive period?



The Food Hygiene Rating Scheme helps make it easier for you to choose places with good hygiene when you're eating out or shopping for food. The food hygiene rating tells you about the hygiene standards in restaurants, pubs, cafés, takeaways, hotels and other places you eat out, as well as in supermarkets and other food shops.

Your District Council is part of the scheme run by local authorities in England, Wales and Northern Ireland in partnership with the Food Standards Agency.

It's not easy to judge hygiene standards on appearance alone, so the rating gives you an idea of what's going on in the kitchen, or behind closed doors. A business is given one of six ratings. These are on a scale from 0 at the bottom, which means that urgent improvement is necessary, to 5 at the top, which means that the business was found to have very good hygiene standards.

So when you eat out or shop for food, look for a sticker in the window or on the door, or a certificate on display,

showing you the food hygiene rating for that business. Businesses are encouraged to display these stickers and certificates at their premises in places where you can easily see them when you visit. You can check the ratings and use the information to make a choice of where you are going to eat or get food from.

For more information or to check a rating please visit <http://ratings.food.gov.uk/>



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Do you worry when choosing a trader? No Rogue Traders Here works with Warwickshire Trading Standards to provide consumers with fully vetted and approved traders. Traders are: bankruptcy and identity checked; address and insurance verified; quality and price monitored; interviewed and Trading Standards approved.



How It Works

Just contact us by phone or on our website, tell us what type of service you want and before you know it we'll be back with a recommendation of businesses that are continually monitored by us and approved by Trading Standards.

Consumer Confidence

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New butchers in Bidford-on-Avon
formerly Gordon's Butcher's.

Sebastian is a motivated young butcher with a vision. With a passion for sourcing the very best of British meat from farm to fork, his aim is to create a successful enterprise marrying up quality, affordability and traceability. Sebastian has been able to source **pedigree Highland Beef** with the launch of the **rare-breed beef and pork**, as well as potential **rare-breed lamb**, starting from the 16th October 2017.

Sebastian is able to **produce and stock his own sausage** and also stocks **Sutton Hoo chicken**, the oldest producer of free range chicken in the country. By making regular visits to the abattoir in Long Compton and his producers, Sebastian is able to stock the best of British.

"We saw Sebastian's Butchery on Twitter via a retweet from a famous restaurant chain owner who concluded that Sebastian 'Knows what he's doing'. We ventured to his shop to fill the freezer and every week we are more and more impressed.

A truly wonderful young man."

Michael and Angela from Malvern

@sebsbutchery



If you are experiencing domestic violence, you are not alone.



Refuge-Warwickshire Domestic Violence Service Helpline 0800 408 1552

Our services include:

- Emergency safe accommodation for women and children
- Independent domestic violence advocacy for men and women navigating the legal system
- Outreach support for men and women in their own homes, in the community
- Drop-in services
- A 10 week women's group work programme
- Sanctuary scheme - providing additional security within a property



DVSW@refuge.org.uk
In an emergency always call 999.

Image © Julian Niemann for Refuge

CRIME

Three in five UK hate crimes go unreported.
Don't tolerate hate. If you experience it, report it.

What is a hate crime?

Any criminal offence that is perceived to be motivated by a hostility or prejudice based on a person's;

Hate crime can take many forms including:

- Physical attacks
 - Damage to property
 - Offensive graffiti
 - Arson
 - Threats
 - Offensive letters
 - Abusive phone calls
 - Anti-social behaviour
 - Offensive language or name calling
- Race (including nationality, national origin, ethnic origin, race & colour)
 - Religion or belief
 - Sexual orientation
 - Disability
 - Gender identity
 - Individual characteristic that makes someone appear different

In fact, any incident or crime that is thought to be motivated by a person's 'difference' can be reported to police.

Never tolerate hate crime.

If you see it or experience it, **always report it.**

For emergencies call - 999. Non emergencies - 101.

reportthatenow.com Produced by the Safe in Warwickshire Partnership



Local Council Tax Reduction Scheme

With effect from 1st April 2017 Stratford-on-Avon District Council implemented a new Local Council Tax Reduction Scheme (LCTRS) which will continue in 2018. The change meant asking working age customers for a 20% contribution towards Council Tax payments meaning that the Council continues to fund **80%** of claimant's payments.

The change related to **working age** benefit recipients only. This meant that previously you may have received a Council Tax bill with full LCTRS i.e. nothing to pay but now may have payments to make.

If you are affected by these changes and need help making payments please see **www.stratford.gov.uk** or contact the Benefits section on 01789 260991 or email benefits.sdc@stratford-dc.gov.uk. To help mitigate the impact upon the most financially vulnerable residents, an LCTRS hardship fund will be available.

WWW.STRATFORD.GOV.UK



"The staff are patient and show great compassion, respect and sensitivity towards the residents as individuals and work very hard to stimulate and engage them in group activities."



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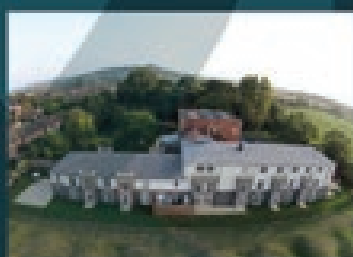
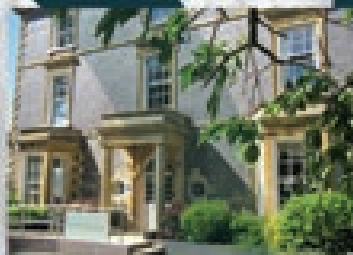
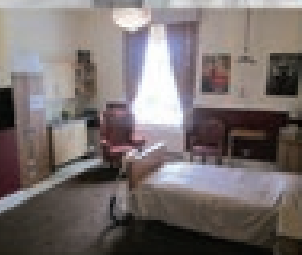
So spend some time getting to know us a little better by popping in to Quinton House to discover our story for yourself.

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WWW.QUINTONHOUSE.NET

As recommended on www.carehome.co.uk

Main Road, Lower Quinton, Stratford-upon-Avon, Warwickshire, CV37 8RY





The Christmas lights will be sparkling and a warm welcome awaits... at Stratford-upon-Avon's very first three day Victorian Christmas Market where you are invited to join in the magical festivities...

This new and exciting event organised by Your District Council, in partnership with Stratford-upon-Avon Town Council and LSD Promotions, supported by Stratforward and our media sponsors Stratford Herald will take place between **8 and 10 December**.

...Experience what makes Christmas in Stratford-upon-Avon so unique, the town's streets will be filled with 150 stalls selling an array of products including local arts and crafts, international products, festive gifts and tempting international street food. Enter into the festive spirit and sample local gins, mulled wine, Baileys and other Christmas cheer.

Whether you're looking for a Christmas decoration, a piece of unique jewellery, an unusual item for the home or some edible festive treats, you won't be disappointed with the varied choice on offer. Oh, and don't forget the roast chestnuts!

A generous sprinkling of entertainment and cheer will get even the biggest of humbugs into the Christmas spirit! Enjoy the eclectic programme of entertainment provided by professional and local amateur entertainers including bands, musicians, singers, choirs, Victorian street entertainers and not to mention the 'Dancing Grannies'.

You are cordially
invited to

Stratford-upon-Avon
Victorian
Christmas
Market

8th-10th December

**From Bridge Street to Henley
Street, Meer Street and
Wood Street.**

OPENING HOURS
Friday and Saturday
10am until 9pm,
Sunday 10am until 5pm

A Vintage fun fair with Carousel, helter-skelter, swing boats, Ferris Wheel and traditional rides all add to the fun and merriment.

The town will sparkle from 23 November onwards when the best Christmas lights show in the country will be officially switched on at 4.30pm, accompanied with a Christmas themed market on Waterside, and every other Thursday until Christmas (see News in Brief).

Stratford-upon-Avon has plenty to offer outside of the market too, including family friendly entertainment, heritage buildings, theatres, top restaurants catering for all tastes, well known High Street stores and a plethora of independent shops.

So join in the festivities and make Stratford-upon-Avon, your must go to Christmas Destination.

On behalf of Your District Council, Stratford-Upon-Avon Town Council and LSD Promotions

We Wish You All...

...A Very Merry Christmas

Facebook: [victorianchristmasmarketstratforduponavon](https://www.facebook.com/victorianchristmasmarketstratforduponavon)
Website: <http://lsdpromotions.com/christmas-markets/>

Residents reveal opinions

Thank you to all the residents who completed the Stratford District Council Residents' Survey in the Spring. 1906 responses were received which achieved a 34% response rate. You like living in the district with 93% satisfied with the local area as a place to live.

Improvement
on 2014

Decrease on
2014

Key

Same as
2014

22% told us they were
satisfied with development
of planning policies

77% satisfied with
how Your District Council
runs things

90% said you were
satisfied with our refuse
collection

56% said you were
satisfied with sport and
leisure facilities

34% of you are
satisfied with public
toilets.

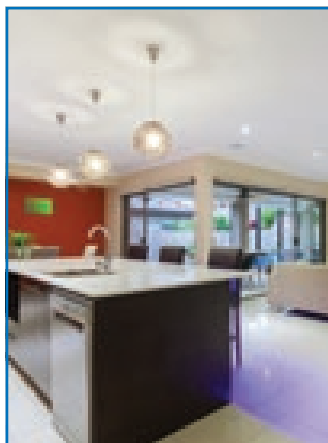
39% are satisfied
with the way complaints
are handled

26% satisfied with
housing services

79% said you were
satisfied with our door step
recycling service

72% of you were
satisfied with keeping public
land clear of litter & refuse

Traffic congestion and affordable housing remain the most important aspects that need most improvement. This survey is carried out every two years. The a full report is available on Your District Council's website www.stratford.gov.uk



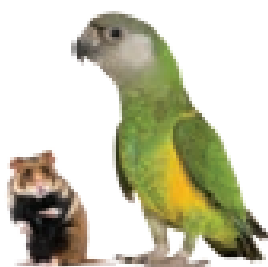
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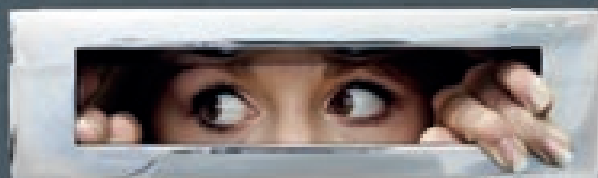
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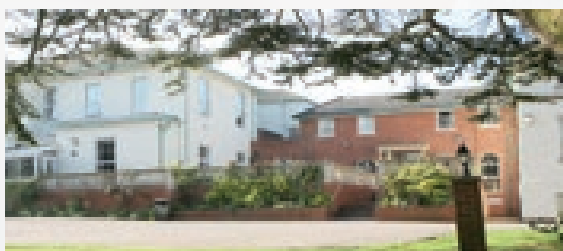
If you're considering care for an elderly loved one, a warm, welcoming place close to family and friends means a lot. That's why our choice of care homes in Stratford-upon-Avon could be something for you to think about. And, you don't need to be a Bupa customer to stay with us.

To find out more, call our Elderly Care Support Line on

01789 868 221

Lines are open seven days a week. For training and quality purposes, we may record or monitor calls.

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Canning Court
Canners Way CV37 0BJ

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- ✓ Palliative/End of Life

Village spotlight on Charlecote & Hampton Lucy



Charlecote and Hampton Lucy can be found almost exactly halfway between Warwick and Stratford-upon-Avon. The two villages are separated by half a mile and the river Avon - with Hampton Lucy on the north side in what was the Forest of Arden and Charlecote on the flat Feldon side where the fertile land stretches to the Vale of the Red Horse and Edgehill.

The land in and around Charlecote and Hampton Lucy has been in the Lucy family since at least the 12th century and the present house was built by Thomas Lucy in the 1550s. The Tudor house has been largely renovated and extended during the Victorian period, resulting in the more modern Victorian house and park that we all know today – Charlecote Park.

The House is set in acres of beautiful parkland that has seen a few changes over the years, including some of the work carried out by 'Capability' Brown around the 1750s. Continuing conservation efforts throughout the year, by the current team at Charlecote, Continuing conservation efforts throughout the year, by the current

team at Charlecote, preserve the parkland as a wildlife haven for many species, who call it home. A herd of fallow deer and rare breed Jacob sheep roam the grounds. Along with 'visiting' rare breed, Red Poll cattle in the summer months on Camp Ground, who can be seen grazing from across the river. On a dedicated tree walk, you can admire some of the historic trees across the property that the team at Charlecote take great care of, ensuring their health is continually being looked after for positive future growth.

The house was handed to the National Trust to manage in 1946 but the Lucy family still live here today. Visitors can park in the car park at the top of the property next to Visitor Reception, and then enjoy the grand driveway entrance walk to the Gatehouse, before exploring the atmospheric Victorian outbuildings and kitchen. Heading into the main house you will often see the team of staff and volunteers hard at work, carefully cleaning delicate components of the collection to help protect against various forms of damage and deterioration.

Visitors can view the property decked out for a Victorian Christmas at weekends in December. During the weekdays, starting in November, you can book a delicious Christmas meal from their special seasonal menu, perfect for work parties or family feasts.

From 1 January 2018 the Parkland will be opening at the earlier time of 9am to allow visitors the chance to enjoy the grounds for longer during the day. For dog walkers, there will also be a dog walking loyalty scheme in place throughout January. More information on the details of this can be found with the team at Visitor Reception.

You can stroll through the parkland to spot wildlife, enjoy the fresh air and changing seasons any time of the year. The Park is the setting for numerous events and activities throughout the year including many local groups. Or if you would like to get involved in helping with any of the conversation work across the property, the team would love to hear from you. www.nationaltrust.org.uk/charlecote-park

Two villages with their roots in the medieval history of the county, entries in the Domesday Book and a family history that ties them together...



Although Charlecote is best known for its House and Park, it is also home to a Garden Centre, coffee shop, a pet centre catering not only to visitors to the House, but the many serious local gardeners in the area. Charlecote also has a thriving village hall, formerly the village school until 1923 when it closed due to falling numbers of children, a gift from the Lucy family to the village, which has recently been refurbished to a high standard and is used for village events as well as external hires. For those people wanting a base while they visit the area there is the popular Charlecote Pheasant Hotel, Restaurant and Bar, based in the grounds of an old farmhouse, with views across to the Park.

Following the road from Charlecote towards Hampton Lucy you will find Charlecote Mill. This is one of the last commercial grain mills in the country still using a water wheel to turn its French Burr Stones to mill grains grown locally which it then supplies to other local businesses.

Hampton Lucy is separated from Charlecote by the river Avon and crossing

it is one of the oldest iron bridges in the country having been paid for by the Revd John Lucy and installed in 1829. Today the River is part of Shakespeare's Avon Way walk, covering almost 90 miles from the Avon's source in Naseby, Northamptonshire to Tewkesbury in Gloucestershire. www.shakespearesavonway.org

These days Hampton Lucy is a picturesque village, with significant parts of the parishes protected by the Charlecote and Hampton Lucy Conservation Area, in the middle of Warwickshire set in the meanders of the Avon and next to the parklands of Charlecote Park. As a thriving traditional village, it still has its own Primary School set next to the St Peter ad vincula church.

The Revd John Lucy (brother of George Lucy who built Charlecote Park) being independently wealthy, had the existing medieval church demolished and St Peter ad vincula rebuilt in the Victorian Gothic Revival style by Thomas Rickman and Henry Hutchinson of Birmingham, at the time the foremost church designers in the country for the cost of £23,000. The new

church was consecrated in 1826 by the Bishop of Worcester and is considered to be one of the finest examples of this style in the country.

The Lucy family also owned the local pub in the 1600's and today the Boars Head pub provides another focal point for the village providing food and drink and a place where many of the village groups meet informally alongside the busy village hall.

Hampton Lucy has an active Parish Council serving the residents of this lively village with a number of events held throughout the year in the Parish Field under the gaze of the Church, organised by the Parish Council and other groups. The King George V Children's playing field is always busy with young families using the equipment and space and many of the groups active in the village use these spaces and the village hall for their activities including the Women's Institute, the Youth Club and the 'Lucy Lads'.

Vehicle crime is on the rise

A lot of crime is the theft of, or from cars, vans, quad bikes and bicycles. But most of it can be prevented.

🔒 Lock the doors and close the windows and the sun roof when you leave the vehicle for any length of time.

🔒 Don't leave anything on display - even a jacket can seem like an appealing target for a thief.

🔒 Remove satellite navigation devices where possible, including the support cradle and suction pad. Remember to wipe away

any suction pad marks left on the windscreen or dashboard.

🔒 Never store vehicle documents in the car.

🔒 Use a steering lock and additional alarm in older vehicles.

🔒 Keep your keys out of sight, even in your house.

🔒 Remove tools from your van, use a van alarm and display a sticker 'no tools kept in this van overnight'.

🔒 Never leave your vehicle unattended with the keys in the ignition, not even for a second; your insurance could be void.

🔒 Keep your vehicle out of sight of would-be car thieves, in a garage if you have one.

🔒 Park in well-lit areas and within view of CCTV.



24/7 CCTV - keeping you safe

Your District Council's CCTV Operators observe 106 cameras throughout the day and night. Cameras are located in Alcester, Bidford, Henley, Shipston, Stratford, Southam, Studley and Wellesbourne. All cameras operated within the scheme are always recording, routinely serviced, and regularly patrolled by operators 24/7.

Early mornings in the district should be tranquil, however the CCTV team have recently observed attempts at supermarket break-ins, cash machine ATM theft and violent offences in the early hours. Several missing and vulnerable people have also been found resulting in Warwickshire Police ensuring their safety.

For more info please visit: www.stratford.gov.uk/crime-nuisance/cctv

Nuisance Neighbours

Neighbour feuds can last for years and ruin lives, as what is annoying to one person could be perfectly acceptable to another. If you show some tolerance and understanding and always try to be reasonable and considerate to your neighbours, there shouldn't be any problems.

But if you do, don't suffer in silence here's what you need to do. Report anti-social behavior to the right agency in the right way.

There are a number of different agencies involved in tackling anti-social behavior.

The main three are:

1. The Police
2. Your District Council
3. Housing Associations

When you call to report anti-social behavior - be prepared. You will probably be asked the following questions so have your answers ready:

1. What sort of housing do you live in, ie private or Housing Association.



2. What exactly is being done?
3. Who is doing it?
4. When and how often does it happen, dates and times? (Keep a diary).

Having this information allows the organisation to make a speedy assessment of your situation.

For information and advice on how to deal with, report or gathering evidence of anti-social behavior please visit: www.asbhelp.co.uk



Support for Victims of Crime

Warwickshire Police and Crime Commissioner, Philip Seccombe funds a range of victim services across the county. Victim Support provides emotional and practical help to people who have been affected by crime across Warwickshire, whether or not they have reported the incident to the police.

Last year they offered immediate support to over 6,000 people affected by crime in Warwickshire, and gave in-depth support to nearly 800 people. Visit www.victimsupport.org.uk or contact them on 01926 682 693.

Specialist help is also available for victims of crime such as domestic abuse, sexual assault or for people with problems caused by drugs and alcohol:

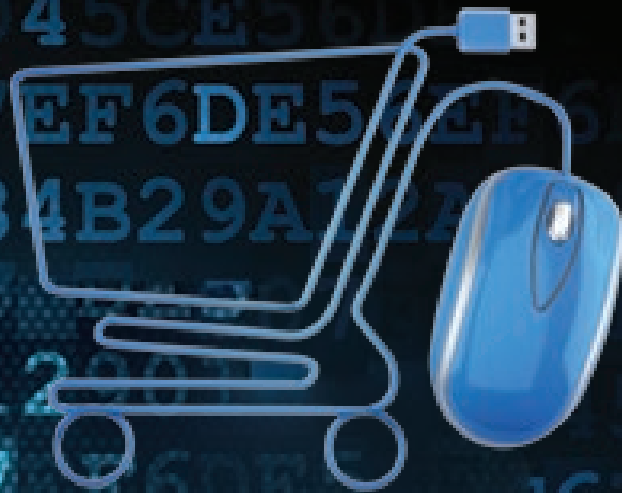
- Refuge - Warwickshire Domestic Violence Service Helpline on 0800 408 1552 www.refuge.org.uk
- RoSA - Rape or Sexual Abuse Support - contact 01788 551150 www.rosasupport.org
- Safeline - helping people through sexual abuse and rape - visit www.safeline.org.uk
- The Recovery Partnership (Drugs and Alcohol) - visit www.cw-recovery.org.uk

safeline

**VS VICTIM
SUPPORT**

ROSA

The Recovery Partnership



Online Shopping Advice

One of the main concerns residents have is staying safe online. Here are some top tips and advice to stay safe from Cyber Safe Warwickshire

Stick to trusted brands and websites

Always double check that the name is spelled right in the URL - 'amazon.com' not 'amazOn.com' - small differences like the number zero, instead of the letter o could be the only difference. Make sure apps are downloaded from genuine app stores or websites.

Look out for email scams and offers

Any request for personal information by email could potentially be criminal. Check the email address of the sender and hover your mouse over any links (but don't click) to see where they really take you. If a deal looks too good to be true they usually are.

TOP TIPS

- Look for HTTPS and a padlock within the address bar when entering personal details.
 - Go directly to the website to claim an offer; rather than clicking on links in emails or on social media.
 - Debit cards should be avoided when buying online, as they offer little to no protection in case anything goes wrong.
- For more information about staying safe online, visit www.cybersafewarwickshire.com

https://

What's on at

Venture
HOUSE STRATFORD-UPON-AVON



COVENTRY &
WARWICKSHIRE
BUSINESS FESTIVAL

2017

Venture House Business Centre is proud to be an official venue partner of the Coventry and Warwickshire Business Festival, which will take place from 20 November to 1 December.

The Business Festival will put Coventry and Warwickshire businesses on a central stage, helping to increase economic growth and drive inward investment for the region. The Festival will be made up of a number of events put on by organisations in the area to benefit local people and businesses.

During the Festival fortnight, Venture House is one of a number of venues offering free or heavily discounted space for businesses to host events, providing a great opportunity to:

- Bring new audiences to their door
- Meet future investors or customers
- Form partnerships that will drive their business forward

For more information about the Festival please visit www.cwbusinessfestival.com, email hello@cwbusinessfestival.com or call 0247 601 1447.



Introducing "Donut Time" A Fun Networking Event at **Venture House the business centre that inspires...**

As the name might suggest, this free networking event will provide delicious coffee and donuts and a brilliant opportunity to meet interesting business people, make new contacts and discuss ideas. There will also be a lively 'Ten Top Tips' presentation on a different engaging topic each month, aimed at helping small businesses, sole traders and entrepreneurs to develop their business.

Donut Time takes place on the second Wednesday of each month between 10am and 11.30am and places will be limited so bookings are advisable.

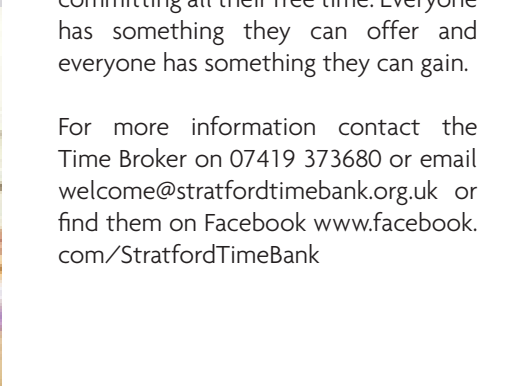
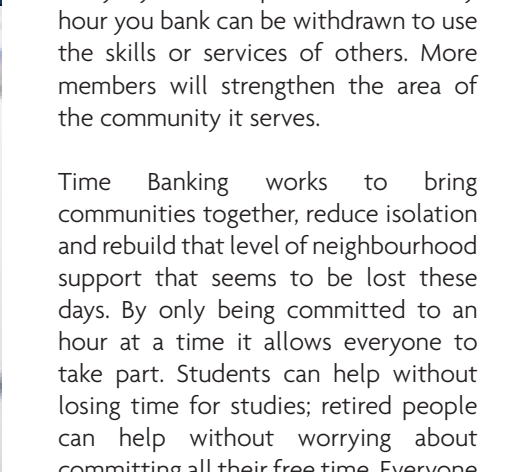
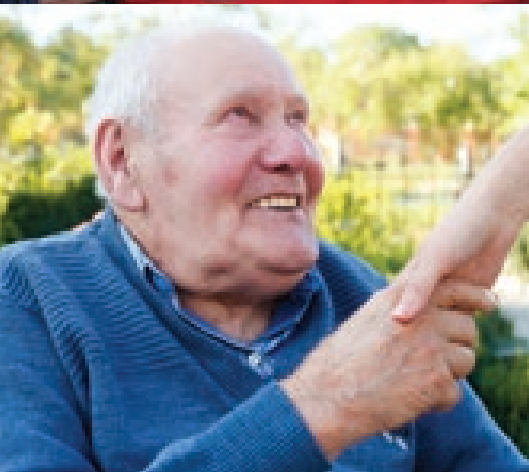
For further details of each month's speaker and how to book go to <http://venturehousestratford.co.uk/events/>

Attendees are also invited to take advantage of working from Venture House's airy co-working space for the rest of the day - it's FREE on the first visit and no booking required. Parking and Wi-Fi are also included so you just bring along your laptop!

About Venture House

Venture House Business Centre is a District Council facility providing affordable facilities and support for small businesses, self-employed, entrepreneurs, freelancers and home workers. Services include hotdesk facilities in the large co-working space, easy-in-easy-out serviced offices, meeting facilities and free business advice & support from business experts.

The business centre that **inspires...**



STRATFORD



TIME BANK

Stratford Time Bank is expanding across Stratford District and they need new members. Time Banking works on the theory that an hour of your time is worth an hour of someone else's time. This means you can offer whatever you can, be it over the phone, help with everyday tasks or specialist skills. Every hour you bank can be withdrawn to use the skills or services of others. More members will strengthen the area of the community it serves.

Time Banking works to bring communities together, reduce isolation and rebuild that level of neighbourhood support that seems to be lost these days. By only being committed to an hour at a time it allows everyone to take part. Students can help without losing time for studies; retired people can help without worrying about committing all their free time. Everyone has something they can offer and everyone has something they can gain.

For more information contact the Time Broker on 07419 373680 or email welcome@stratfordtimebank.org.uk or find them on Facebook www.facebook.com/StratfordTimeBank

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Warwickshire
County Council

recycle
for Warwickshire

It's Christmassssssssss!

Over Christmas we generate around 30% more waste and most of this can be recycled.

All your wrapping paper, Christmas cards, wine bottles, glass jars and lids, plastic bottles, tubs, pots and trays, foil, tin and cans and drinks cartons can all be recycled in your blue lidded bin.

If you have more recycling than will fit in your bin, please leave it in a rigid or recyclable box next to your bin for collection.



Top ten tips

1. Use up items in your freezer - you are going to need the space. Items suitable for freezing can be frozen up to their 'use by' date.
2. Avoid unnecessary presents - buy something you know your relatives and friends will definitely like or give them a gift card.
3. Send an e-card to friends and family and make a charitable donation of the amount of money you would have spent on cards.
4. Plan meals and do your shopping around them. Make a shopping list so you don't forget anything and also avoid impulse purchases. The main supermarkets will only be closed for a couple of days! When buying fresh and chilled items look for the longest 'use by' date.
5. Portion planning is important at Christmas to avoid cooking more than you need. The Love Food Hate Waste website has guidance - <http://england.lovefoodhatewaste.com/>
6. Recipes for using leftovers can be found on the Love Food Hate Waste website and **don't forget to use your green bin for food waste.**
7. Ebay and Gumtree are useful ways of buying and selling items and don't forget your local charity shops as well. Some charities have Christmas gift catalogues.
8. If you're having a party avoid using disposable cutlery and plates. Ask guests to help with the extra cutlery and plates.
9. Check your Christmas lights early - if they are faulty recycle them in our kerbside service.
10. Don't forget you can freeze milk and hard cheese. You can also freeze an egg, by breaking it into a small airtight container.

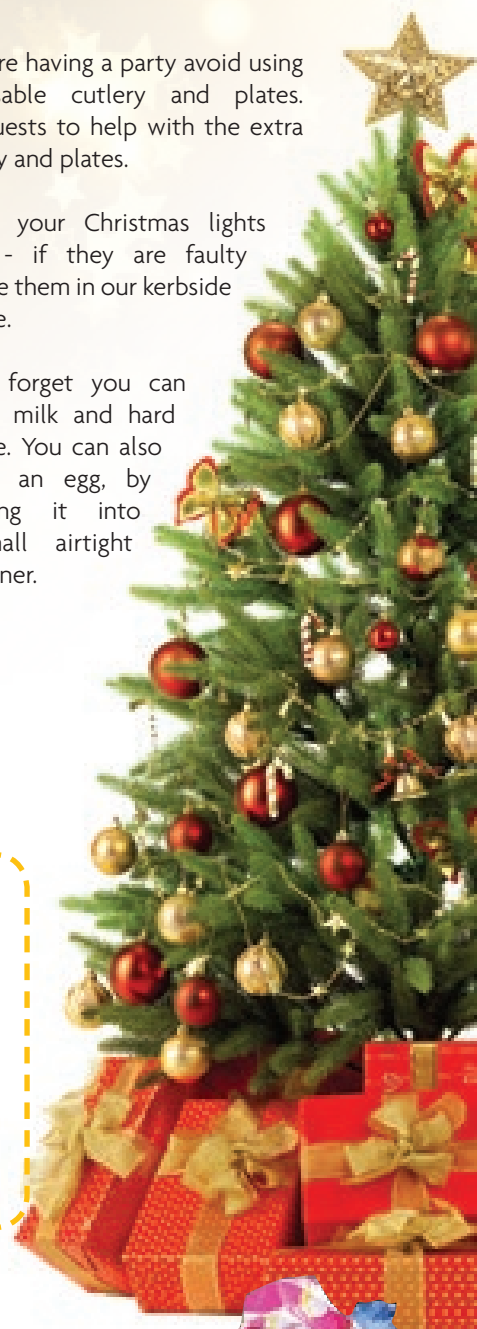
FACT

Every year we throw out around 4,500 tonnes of tin foil over Christmas, enough to cover Suffolk! Please recycle clean foil in your blue lidded bin.

8 million Christmas trees are sold in the UK each year - laid end to end they would be an equivalent distance from London to New York and back again! You can recycle

yours by leaving it next to your green bin on your scheduled collection. Trees over 1.5 metres / 5 feet should be cut in half.

And remember you can recycle your household batteries by placing them in a tied carrier bag, putting them alongside any of your bins for your next collection.





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**We want to make it easier for
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to come forward for treatment
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and rebuild their lives.**

- The Blue Sky Centre, at George Eliot Hospital, Nuneaton, is the Sexual Assault Referral Centre (SARC) for Coventry & Warwickshire
- Crisis Workers are available 24/7 365 days a year on **02476 865505** or www.blueskycentre.org.uk
- We support victims of rape and other sexual violence of any age or gender and whether or not you choose to report to the police
- We can offer a medical response, the collection of forensic evidence, storage of forensic evidence in case you later decide to report to the police, help to pass anonymous intelligence, and refer you for ongoing medical and welfare support
- It is a confidential, non-judgemental and free service
- We are a joint venture between Police, NHS and Local Authorities in Coventry & Warwickshire
- If travel to Nuneaton is an issue please call us

George Eliot Hospital NHS Trust
College Street, Nuneaton, Warwickshire CV10 7DJ

02476 865 505
www.blueskycentre.org.uk



Child abuse happens in Warwickshire

If you have concerns that a child is suffering
abuse or neglect, contact **Warwickshire
Multi Agency Safeguarding Hub** on

01926 414 144



People in Warwickshire are safeguarded from harm, receiving the services they need, at the right time, effectively and efficiently. The Multi Agency Safeguarding Hub (MASH) is a partnership between Warwickshire County Council, Warwickshire Police, National Health Service (NHS) and other key partner agencies working together to safeguard children, young people and adults.

E: mash@warwickshire.gcsx.gov.uk

www.warwickshire.gov.uk/mash





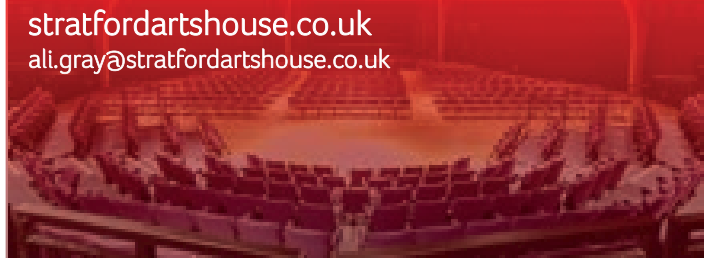
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Services for the **over 60s** to continue independent living and provide respite and support for carers

VASA
Voluntary Action
Stratford-on-Avon District

We provide **friendly environments** for our clients to be socially active, **reduce isolation** and promote positive health and wellbeing.

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- Carer Respite • Lunch Clubs • Tea/Coffee groups
- Activity and craft groups • Wheelchair Loans

If you'd like to know more about VASA or are **interested in our many volunteering opportunities** visit:

www.vasa.org.uk | 01789 262889

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WARWICKSHIRE
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There are hundreds of different ways to volunteer across Stratford District. No matter where you live, who you are, how much time you have or what your reasons for volunteering are - there's a volunteering role just right for you.

Whether you want to be involved in a one off event or volunteer on a more regular basis, Warwickshire CAVA can help you find a volunteering role.

Register today on Volunteer Connect:
www.wcava.org.uk/volunteering

Alternatively for more information, call 01926 413611 or email: elizabeth.williams@wcava.org.uk

Strengthening Warwickshire

WARWICKSHIRE COMMUNITY AND VOLUNTARY ACTION
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Please feel free to contact the office and arrange a visit:

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Save time... Do it online

Stratford District residents can now sign up to a new online customer account portal.

Your District Council's My District is available to residents 24/7 and provides a secure and easy way for the public to access and use council services via the Council website.

This will let residents contact the Council out of normal office

hours to report, apply, book and review District Council services in one location through their own personalised portal.

Once you have registered for an account there will be no need to re-type in all the details, as forms will be automatically populated. Forms can be saved to be completed later and submitted online, meaning no need for printing off and posting.

Services available include:

- Useful information about your local area including bin collections, where's my nearest GP surgery
- You can tell us about any problems in the area
- Pay for services
- Keep up to date with what's going on in your area

Sign up for My District

Your online customer account portal

Make life easier

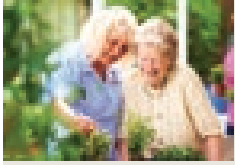
www.stratford.gov.uk/mydistrict





Cedar Lawn

Cedar Close, Welcome Road, Stratford-upon-Avon, Warwickshire CV37 6UP



Working with older people for over 65 years, we have used our experience to develop a special service at Cedar Lawn offering:

- Residential care within a friendly home environment.

- A personal care package tailored to meet your individual needs.
- On-site dedicated team to provide you with 24-hr care.
- Residents choose what time they go to bed and get up in the mornings.



Delicious meals are prepared by the chef, who speaks with each person and discusses their food preferences for the next day. Staff give everyone the choice of whether or not to join in with activities, including regular visits from local schools.

Facilities & Services: Own GP if required • Own Furniture if required • Near Public Transport • Minibus or other transport • Lift • Wheelchair access • Gardens for residents • Residents Kitchenette • Phone Point in own room/Mobile • Television point in own room



CQC overall rating for Cedar Lawn is **Outstanding**

For more information please call: **01789 205 882** or visit: www.mha.org.uk/care-homes/residential-care/cedar-lawn/



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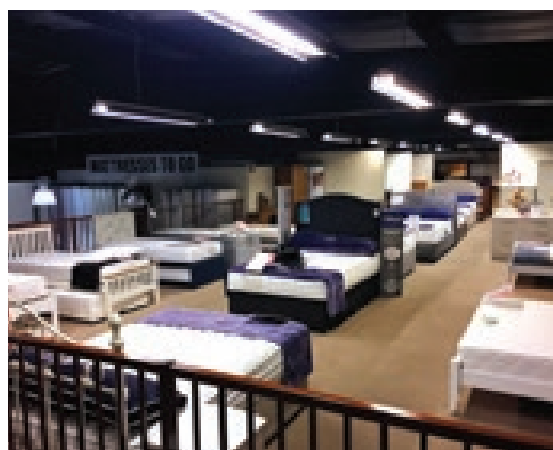
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Your District Council has a Rough Sleeper Engagement Officer in response to the increase in rough sleepers in Stratford town centre, to engage with them. However a big part of the street community is made up of people begging who are not always what they appear to be. Few would think to question how genuine the person sitting on the street is, but sadly appearances can be deceptive.

This is to help dispel some of the myths around rough sleepers and begging in Stratford-upon-Avon. So the message to anyone contemplating giving to beggars on the streets is 'Think before you give...

The following information will help you to make an informed choice.

Stratford is made up of 'professional beggars'

70% of those begging in Stratford have accommodation and benefits and help is available to those who don't.

No-one would sit on the street for hours out of choice just to earn a few pence?

Maybe not for a few pence, but a person begging in Stratford can earn between £80 to £100 a day. For this reason Stratford often gets 'professional beggars' who treat begging as a form of employment or job as well as 'commuting beggars' who travel to the town in order to beg and then go home in the evening.

Why doesn't Stratford get a hostel or a soup kitchen then?

- Stratford has a Homegroup Hostel providing supported accommodation.
- There is also temporary accommodation available via Your District Council.
- Your District Council also has Housing First, an innovative housing scheme providing a home and intensive support for people with complex needs in partnership with local landlords.
- Food and support for a range of issues is provided from the Stratford Link Project

Soup Kitchens can be useful but often feed people without having a chance to look at their issues and provide support.

Which can sometimes be counter-productive.

Aren't these just people a bit down on their luck?

Most people begging are not in temporary difficulties, but are dependent on a begging income. 80% of those begging in Stratford are caught up in a desperate cycle of begging from the public, 'scoring' drugs from a dealer and then taking these drugs and putting their lives at risk.

Aren't you demonising all homeless people as beggars and drug addicts?

Our primary concern is that people with serious drug and alcohol problems are vulnerable, seriously damaging their health and even putting their lives at risk from using money raised through begging.

The main point to make is the link between begging and the misuse of Class A drugs. Most people sleeping rough do not beg and most people begging do not sleep rough.

How can I help people to get off the street and away from the dealers?

Support local charities and organisations that are working with people in need. You can make a donation or offer up your time as a volunteer. We are not asking you to just 'walk on by', but please don't give beggars money. That pocket change doesn't make a positive difference and could cause harm. The support provided by local organisations and charities can help get people off the street and turn lives around.

There are a range of organisations, aiming to reduce harm amongst Stratford's street community

In a recent survey of those who beg in Stratford:

- 70% of people who beg in Stratford have accommodation and benefits and help is available to those who don't.
- 80% of people who beg in Stratford do so to support a drug habit.
- A person begging in Stratford can earn up to £100 per day.

Please think before you give.



Recovery Partnership

What: Help and support with alcohol and drug addiction

When: Monday-Friday 9am-5pm, Wednesday 9am-7pm

Where: Stratford Healthcare, Arden Street, Stratford-upon-Avon, CV37 6HJ

Contact: 01789 206770

To donate or volunteer visit:

www.addaction.org.uk/services/recovery-partnership-stratford-upon-avon or www.justgiving.com/StratfordTRP

The Recovery Partnership Housing Support Service addresses the specialist and unique issues that surround people living with addictions who are also facing or experiencing homelessness. Working closely with Your District Council and local service providers, they use a combination of cognitive behavioural approaches and motivational interviewing skills within both group and 1-2-1 sessions aiming to view the person as a whole, understand and support them to understand their full situation and then provide a service.

Street Pastors

What: Church on the streets of Stratford on weekend nights providing welfare and support

When: Friday, Saturday, Sunday 9.30pm to 3.30am

Where: On the street

Contact: Maureen Green on 07939 961476

To donate or volunteer visit:

www.stratforduponavon.streetpastors.org or Text 70070 to donate £10 text SASP10 or to donate £5 text SASP5

P3 - People, Potential, Possibilities

What: Outreach service for street homeless people and in home support for vulnerable or socially isolated people

When: Monday to Friday 9am-5pm

Where: Stratford District Council Offices, Elizabeth House, Church Street, Stratford-upon-Avon, CV37 6HX

Contact: 08081 646220 or via Facebook and Twitter

To donate or volunteer visit:

www.p3charity.org/services/warwickshire-floating-support

Stratford 'Link' Project

What: Drop-in for rough sleepers and socially isolated people providing essential needs and support and advice

When: Monday, Tuesday and Thursdays 10am-1pm

Where: 14 Waterside, Stratford-upon-Avon, CV37 6BA

Contact: Ann Johnson, Rough Sleeper Engagement Officer, 01789 260645 or 07929 369273 or email ann.johnson@stratford-dc.gov.uk

To donate or volunteer visit: Stratford 'Link' Project on Facebook

One of Stratford's most valued services. The Link is a drop-in centre at the rear of Waterside, providing hot meals, washing facilities, clothing, leisure and social activities. Advice and support is available for housing, benefits, drugs and alcohol. The Link offers an opportunity for those who are 'socially isolated' rough sleepers or other members of the street community, to access support from skilled professionals in an informal, supportive and positive environment.



Got a concern?
24/7 Hotline:
0300 5000914
To report concerns about
someone sleeping
rough.

Apprenticeships at Warwickshire County Council



At Warwickshire County Council we offer a wealth of apprenticeship opportunities across many of our services. Each apprenticeship fits within one of our six career pathways:

Supporting the Community - Social Care, Education, Libraries
Information Technology - IT Services, Data Analysis,
Telecommunications

Country Parks and Forestry - Ecology, Forestry, Countryside Rangers

Finance - Accountancy, Procurement, Pension Services

Transport and Highways - Technical Design, Engineering, Vehicle
Maintenance

Professional Services - Human Resources, Project Management,
Business Administration

Apprenticeships in these areas available in 2017 - apply via
wmjobs.co.uk or contact us for more information.

Email: apprentice@warwickshire.gov.uk

Web: www.warwickshire.gov.uk/apprenticeships

Find us on Facebook: Apprenticeship Opportunities in Warwickshire





SPECIALIST HEART CARE.

It's a sobering statistic that heart disease is the No. 1 threat to women. In fact it kills three times more people than the three main female cancers (breast, ovarian and cervical) put together.

Follow these ten tips below to keep things ticking over nicely:

1. Know the signs of trouble

Chest pain can be a sign of a heart attack. But heart attacks in women can also be accompanied by symptoms that can be confused with other ailments.

Shortness of breath, nausea or actual vomiting, back or jaw pain, and unexplained fatigue can also be danger signs.

2. Pack it in

We could fill this magazine with reasons why you should stop smoking. It helps your health in so many ways, and lowering your risk of heart disease is right up there.

3. Get yourself checked

The British Heart Foundation says that anyone over the age of 40 should be having regular cardiovascular checkups with their doctor. This examines risk factors including cholesterol, blood pressure, family history and diabetes.

4. Confront your front

The more fat you store around your middle (as opposed to your hips, thighs or bottom), the higher your risk of heart disease. But on the plus side, this more dangerous fat is also the easiest to shift.

5. Cut out trans fats

Unlike 'good' fats found in foods such as olive oil, flaxseed oil and walnuts, trans fats are chemically altered vegetable oils and should be avoided. They are very common, turning up in everything from ready meals and biscuits to crisps and sweets.

6. Get going

It's unfair but after menopause, women have higher concentrations of total cholesterol than men do. To compensate, women need to make their life more aerobic. Aerobic exercise helps boost your 'good' cholesterol and lowers the blood fats (known as triglycerides).

7. Salt: just a pinch

Salt can raise your blood pressure and you shouldn't consume more than six grams a day. That's about a teaspoon's worth. Start taking an interest in the labels of foods you buy and, at home, go very easy on what you use.

8. Eat fish twice a week

It can lower your blood fats and help boost your levels of HDL, or 'good' cholesterol. In particular, go for mackerel, salmon or sardines which are high in Omega-3 fatty acids.

9. Cut down on alcohol

There is some evidence that an occasional glass of red wine can be beneficial, but on the whole alcohol and good health don't tend to mix.

10. Reduce your risk of diabetes

A woman with diabetes has an increased risk - by a factor up to 7 - of heart disease or heart attack. The easiest way to do this is keeping control of your weight.

Upcoming Heart Health Event

At BMI The Meriden Hospital our cardiology team are on hand to provide you with guidance on how to keep you in rhythm. At **6.30pm** on **15th February 2018** at **BMI The Meriden Hospital** we will have an open evening for patients who will receive information from our Cardiologists, Dr Dawn Adamson and Dr Faizel Osman on heart conditions and treatments available.

To book your place either email emily.c.taylor@bmihealthcare.co.uk or call 0800 092 8667.

BMI The Meriden Hospital,
University Hospital Sites,
Clifford Bridge Road,
Coventry, CV2 2LQ

bmihealthcare.co.uk/meriden



Join us at our Open Events

Discover our huge range of courses and get advice on making the best choice for your future

November 2017 Open Events

Moreton Morrell College

Sat 11 November, 10am - 1pm

Warwick Trident College

Mon 13 November, 5.30pm - 8pm

Royal Leamington Spa College

Thurs 16 November, 5.30pm - 8pm

January 2018 Open Events

Moreton Morrell College

Sat 27 January, 10am - 1pm

Warwick Trident College

Tue 30 January, 5.30pm - 8pm

Royal Leamington Spa College

Wed 31 January, 5.30pm - 8pm

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