

EAST RIDING PARISH NEWS

Keeping you up-to-date with news about your area

Issue 92 : **January 2016**



New Year, new you?

East Riding Leisure operates 10 sports and leisure centres across the East Riding providing quality health, sports and well-being facilities supported by a highly-trained team of dedicated staff, passionate about making a difference to customers' lives. These include the award-winning East Riding Leisure Beverley with its 90-station Tone Zone which opened in April, providing over 100 classes a week through its new dedicated spin studio and group X exercise studio.

Supported by fitness professionals, the Health Plus programme helps people achieve their goals and make long-term positive changes to their lives – all included as part of the membership. Services provided in partnership with Public Health deliver nationally-recognised health improvement programmes including:

- exercise referral
- cardiac rehabilitation
- Live Well
- free NHS Health Checks for 40-74 year olds.

One membership unlocks access to all 10 East Riding Leisure sites with prices starting from £23 per month. Casual users are welcome to 'pay-as-you-go'. You can find out more at eastridingleisure.co.uk

New Year bin collections

Collection dates across the East Riding for green, blue and brown bins will return to normal on Monday, 18 January. Revised collection dates are available at <http://bins.eastriding.gov.uk> New bin collection calendars have been posted to residents to show all dates up to Saturday, 24 December. You can also sign up to the council's free text reminder service – information is on the calendar and on the website.

Household waste and recycling sites are open from 10am to 5pm, for everyone who cleared out their garages during the Christmas break, or for disposing of excess packaging from presents.

Real Christmas trees can be recycled in the brown bin - remove all lights and decorations. Cards, wrapping paper and cardboard boxes can be put in the blue bin.

YORSwitch

The latest auction, its tenth, has again shown significant savings potential for customers. More than 4,500 customers registered, with average annual savings of around £230 each on their energy bills. Overall, 99 per cent of households registered could have saved if they had switched.

Results show more than 30 per cent of customers switching made a total saving in excess of £310,000 in this latest round. Total savings for East Riding households since the scheme started in 2013 now exceed £1.7 million.

The next YORSwitch auction is already open for registration. Offers are hassle-free, cost-free and obligation-free.

If you are interested, register before Monday, 1 February. The auction will take place the following day. The process is easy; East Riding of Yorkshire Council takes care of everything, making it as hassle-free as possible.

Residents can register their energy details on the YORSwitch website at: eastriding.gov.uk/YORSwitch or call (01482) 393939 and give the details – remember to have your latest energy bill to hand.



Chairman's Awards

Time is running out to nominate someone for the Chairman's Awards. Town and parish councils have until the end of January to nominate someone from their community.

East Riding of Yorkshire Council presents the Chairman's Awards to individuals, businesses and organisations in the East Riding to recognise their achievements towards enhancing the well-being of the area in which they work and live.

The awards are split into five categories: community, built heritage, environment, business and sport.

The closing date for nominations is Sunday, 31 January. To submit a nomination, visit eastriding.gov.uk/chairmansawards or call (01482) 393260.

Be sugar smart

NHS England's Change4Life has launched a new healthy eating campaign to help families find out how much sugar lurks in their food and drink, and make healthier choices.

You can download the Change4Life Sugar Smart app for free from the App Store or Google Play. By scanning the bar code on foods in your fridge, cupboards and when you shop you can see the total amount of sugar in everyday food and drink.



Make giving blood a New Year's resolution

More than half of all donors are over 45 years-old, so it is important that younger people are recruited to donate blood now and in the years to come. With less than 3 per cent of people aged 17-70 giving blood in the last year, NHS Blood and Transplant is asking people in East Yorkshire to make a New Year's resolution that saves lives.

Giving blood for the first time is an inspirational way to start 2016. By giving up just one hour, residents could save or improve up to three lives. Donors get a warm welcome, a refreshing drink, and the famous biscuits.

NHS Blood and Transplant always needs first-time donors to replace those who can't donate any more, and to ensure they have the right mix of blood groups to meet patient needs. An increase in donors can help ensure that patients have access to the blood they need, when they need it.

NHS Blood and Transplant needs donors from all blood groups and communities but is particularly looking for donors with the universal blood group O negative, as well as from groups A negative, B negative, AB negative and new donors from black and Asian communities. Don't worry if you don't know your blood group.

You can book an appointment to donate at blood.co.uk or call 0300 123 2323 (charged at national rate and may be part of your inclusive minutes) to find the nearest session. It is also easy to book through mobile apps for Windows, Android and Apple devices. To download the app, search 'NHSGiveBlood' in the app store.

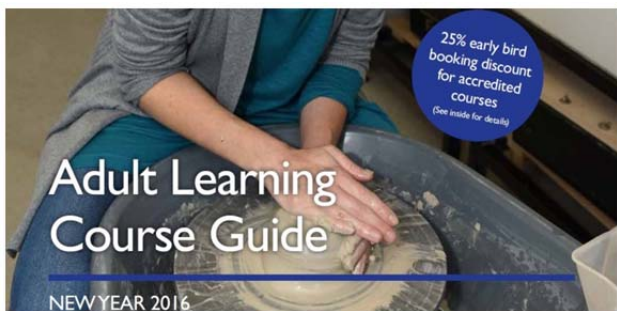
Protect and immobilise your property

Humberside Police is recommending that residents make a New Year's Resolution to keep new Christmas presents and New Year sales purchases safe, by registering them for free on the property logging website immobilise.com

This crime prevention initiative means lost or stolen items can be quickly identified when they are recovered and returned to the rightful owner. It also increases the potential to catch a criminal in possession of stolen goods.

Immobilise is a secure online register of valuable property; anything from mobile phones, bikes, tools, electricals and gardening equipment. It is free to register and takes just a few minutes to sign up. Ownership details can be viewed by police across the country on the National Mobile Property Register and allows police officers to check recovered items and instantly find the owner.





Sign up to an adult learning course

East Riding of Yorkshire Council has launched the 2016 adult learning course guide, aimed at people aged 19 years and over. The new guide is full of courses that can help improve skills to get a job, get a new qualification or learn something completely new. New for 2016 is a 25 per cent early-bird discount offer for accredited courses booked in January.

Courses on offer include counselling, Supporting Teaching and Learning in Schools (STLS), ECDL (European Computer Driving Licence) and photography. Also new are maths, English and psychology GCSE head-start courses, which allow learners to start studying for a GCSE in January, receiving extra tuition before the main exam in May 2017.

The course guide also has a selection of community learning courses on offer such as ceramics, pottery, flower arranging, patchwork and quilting and the ever-popular mindfulness courses.

Course guides are available at East Riding libraries, leisure centres, adult learning centres or customer service centres, and are being distributed to local community venues. Or, download a copy and look for a local centre at eastriding.gov.uk/learn

WHAT project

A range of organisations across East Yorkshire have joined forces to tackle rising rates of fuel poverty and bring warmth to cold homes. Fuel poverty affects over 11,900 households in the East Riding of Yorkshire and is a contributing factor to the 4,100 excess winter deaths in the winter of 2014-15.

There are an additional 3,000 emergency admissions to hospital each year as a result of cold conditions, and some 108,000 children are believed to live in fuel-poor households across Yorkshire and the Humber, making them vulnerable to ill-health.

The Warm Homes Action Team (WHAT) is led by Humber and Wolds Rural Community in East Yorkshire, funded by the British Gas Energy Trust's Healthy Homes Fund. It will work in 21 target areas to the end of 2016. Referrals can be made for residents with a health condition made worse by living in a cold home. You can see details of the areas to be covered and the individual villages on the website at hwrcc.org.uk

For more information on the project contact Peter Hirschfeld on (01652) 637700 or email peter.hirschfeld@hwrcc.org.uk

Find out about fostering

Sometimes children are unable to live with their own family. This may be due to a crisis in the family, ill health, relationship difficulty or bereavement. It could also be because they have experienced abuse and need to be protected.

That's where foster carers come in, looking after these children in their own homes, allowing time for difficulties to be sorted out.

Could you help some of these vulnerable young people? Have you ever thought about becoming a foster carer? Why not come along to an information event on Wednesday, 20 January at Tickton Grange Hotel, near Beverley, at 6pm.

The event will give people an opportunity to talk to fostering social workers and discuss suitability, meet foster carers and their birth children, and find out about free professional training and excellent support.

Prospective foster carers should ideally be over 25, and can be single, married or co-habiting. People with or without families, heterosexual, lesbian or gay, can be foster carers.

Anyone interested in finding out more can contact the fostering team on (01482) 396673 or email fostering@eastriding.gov.uk



Swanland Heritage Centre

Although the centre will be closed until March, this doesn't mean that work has stopped. During the break, the volunteers will continue to update the website, filling the hanging frames with other interesting village information and generally making good use of the time.

Interviews with long-standing local residents will be transcribed. Other ways of adding to the increasing volume of information are being explored – if you have any knowledge that could be included, the Centre would be glad to hear from you.

You can also become a Friend of the centre at £10 per year or volunteer your time. You can find out more at swanlandheritage.info

Beverley Folk Festival

Plans for the event at Beverley Racecourse from Friday, 17 – Sunday, 19 June 2016 have been announced.

A raft of headline acts include the multi-award winning Kate Rusby, folk-rockers Steeleye Span and rising stars, The Young 'uns.

Winter Special weekend tickets are on sale at £95, a saving of £20 on the full price. Concession and family deals are also on offer. You can find out more, and book, at the website beverleyfestival.com



£300k for local crime reduction

The Crime Reduction Fund was launched in 2014 by the Police and Crime Commissioner for Humberside. Over £300,000 has already been given to a range of projects aimed at cutting crime and making local communities safer.

The Fund will provide around £1.5m for community projects over four years. Community groups, charities and organisations with an interest in crime reduction and public safety can bid for grants from the scheme. Youth projects have also benefitted significantly from funding.

Examples include grants for CCTV equipment, security gates for alleyways to reduce burglaries and anti-social behaviour, and projects to divert young people at risk of committing crime into more positive activities. Bids are particularly welcome from smaller groups who do not have much access to funding.

To get further information or discuss a potential project, call Dave Hudson on (01482) 220793 or email david.hudson@humberside.pnn.police.uk Full details on how to apply, and a list of projects funded so far are on the Police and Crime Commissioner's website at humberside-pcc.gov.uk

Holderness Foodbank

Holderness Foodbank is holding a coffee morning and tombola on Saturday, 16 January at Toll Gavel United Church in Beverley from 10-11.45am. Donations of cakes for the cake stall and prizes for the tombola, and offers of help selling tickets and manning the tombola are welcomed.

If you feel able to help, or would like to arrange for donations to be collected, contact Richard Newby at foodbev@hotmail.co.uk

Give us your news

Parish News is happy to receive comments from town and parish councils about the content and format of this newsletter – please feel free to get in touch and give us your opinions.

We welcome proposals for articles but cannot guarantee to print everything, as space is limited. If you would like to contribute to Parish News call **Brad Webster** on (01482) 391431, or email brad.webster@eastriding.gov.uk

