

EAST RIDING PARISH NEWS

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

Issue 80 : **January 2015**



Free e-magazines for library users

The East Riding library service is always looking for ways to adapt to meet a changing world. One example makes it possible for library members to have free access to over 50 popular magazine titles. Whatever your hobby or interest, you can enjoy a full-colour interactive version of the latest editions, downloaded to any computer, tablet or smartphone. Once downloaded, you can read the magazines offline.

Librarian Katherine Richardson said: "It's a different library experience - you don't have to come into the library itself. There's unlimited access to the magazines, with no holds, due dates or charges. Unlike borrowing other items from the library it does not need to be returned or renewed. There's something for everyone. E-magazines are great for reading on the go, on your lunch break or a train journey."

The wide variety of free titles includes: Amateur Photographer, Auto Express, BBC Good Food, Countryfile, Health & Fitness, Hello! magazine, Ideal Home, Marie Claire, New Scientist and Woman's Own.

The service is available through the worldwide subscription website, Zinio. To access the e-magazines, join East Riding Libraries to get a user number, then follow the instructions at www.eastriding.gov.uk/emags, or contact your nearest library.

Join *involve!* and help improve NHS services in East Yorkshire

NHS East Riding of Yorkshire Clinical Commissioning Group buys health services for its residents, including hospital, mental health and community health services. It is building a network of local people, patients, carers, voluntary sector representatives and other interested parties to share experiences, views and ideas for improving health and wellbeing services.

If you are interested in getting involved, copies of the sign-up form are available from libraries and other community venues across East Yorkshire. You can request a form by calling (01482) 672156, or you can sign up online at: www.eastridingofyorkshireccg.nhs.uk/involve

Community Partnerships

The dates of the next meetings are:

Beverley and Rural area
Wednesday, 4 February at 10.15am – Beverley Police Station

Bridlington and Driffield area
Tuesday, 20 January at 1.30pm – Bridlington Fire Station

Goole and Howdenshire area
Wednesday, 11 February at 10am – Holme on Spalding Moor Village Hall

Haltemprice and Hunsley area
Thursday, 15 January at 10.30am – Hessle Town Hall

Holderness area
Monday, 26 January at 10am – Withernsea Pavilion Leisure Centre

Market Weighton and Pocklington area
Friday, 16 January at 10am – Pocklington Arts Centre

You can see agendas and notes of previous meetings at www.eastriding.gov.uk

From the Home Page, type "**Community Partnership**" in the **Search** box and then choose from the results page.



Dementia awareness course

Do you know someone who cares for a person with dementia? A free course at Hessle Health Centre on Monday, 9 February will give carers and relatives a better insight into the condition.

The course is designed for carers and relatives involved in the care of people living with dementia, helping to understand and cope with some of the behaviours and emotions of the person with dementia.

Learning points include:

- understanding what dementia is and the different types
- knowing the three stages of dementia, signs and symptoms
- appreciating how and why dementia varies from person to person
- understanding what happens to the memory and why sufferers often live in a past reality
- hearing about new techniques that might help when caring for a person with dementia and enable them to reach into this past reality
- becoming aware of treatments, therapies and support services
- speaking with other carers and sharing experiences in a supportive environment.

To book a place, call Libby Lawrence on 07939 019888 or email libby.lawrence094@gmail.com



Feeling under the weather

With the arrival of cold, wet and windy weather, NHS East Riding of Yorkshire Clinical Commissioning Group is urging people to help themselves this winter by self-treating minor illnesses and injuries at home, and keeping medicine cabinets and first aid kits well-stocked.

The main symptoms of winter bugs are coughing, sneezing, blocked nose, sore throat, headache and a slight temperature. These will clear up in a few days with self-medication. Antibiotics don't work on colds or flu which are caused by viruses - they only work on bacterial infections.

With the over-60s, a minor illness can sometimes get worse very quickly and lead to being admitted to hospital for treatment. Speak to your friends, family or carers as soon as possible. You can also pop down to your local pharmacy for quick health advice on how to manage your symptoms before you become worse and can buy over-the-counter medicine.

The NHS Choose Well campaign helps you choose the best place to go for the right care and treatment because A&E is not always appropriate. Visit the website at www.eastridingofyorkshireccg.nhs.uk/index.php?id=choose-well

Call NHS 111 for all non-emergency health advice, including if you feel you need to see a GP at night or weekends, information about your nearest minor injury unit or local pharmacist. For more information visit: www.eastridingofyorkshireccg.nhs.uk/your-health

Community Infrastructure Levy

This new levy requires land owners and developers to pay the local council, who set charges based on the size and type of the new development. It is designed to be fairer, faster and more transparent than agreeing planning obligations under section 106 of the Town and Country Planning Act 1990.

The Council's Cabinet agreed on 18 October to the principle of introducing a Community Infrastructure Levy for the East Riding. Since then, the Council has been finalising its Local Plan as the infrastructure needs evidence informing the plan as well as the overall amount and distribution of development planned.

The Local Plan has been through its main examination in public, and the Council is now focusing on the background viability evidence which will inform a preliminary draft levy charging schedule for public consultation early next year. It is likely that the charging schedule, which will require Council approval, will be ready later in the year or in early 2016.





Not in our community

East Riding's Safeguarding Children Board has been working with Crimestoppers to protect children and young people against sexual exploitation, which is when they become involved in sexual activity for some form of gain.

Perpetrators use a variety of methods and it usually involves befriending the young person over a period of time, treating them as special, letting them drink or use drugs. Young people may be encouraged to stay away from home, truant from school and view their parents or carers as controlling and spoiling their fun.

No matter whether the child appears to have instigated the sexual activity, or whether the child sees it as a positive thing, this is abuse and exploitation. Exploitation is never a young person's fault.

Although there is no typical victim of sexual exploitation, there are warning signs in a young person's behaviour:

- a change in their appearance
- a change in their friendship networks and befriending older people
- being picked up/dropped off in cars you don't recognise
- physical marks such as bruising
- they have received unexplained gifts or money
- they are using alcohol or drugs
- they stay out late, overnight, go missing or are secretive
- they use the phone or internet more
- they are using sexualised language
- they have been diagnosed with sexually transmitted infections and/or termination of pregnancy.

There are a number of different agencies that you can contact for advice, guidance and support through the Early Help and Safeguarding Hub. The Hub is open Monday to Thursday 9am to 5pm and 9am to 4.30pm on Friday. For enquiries call (01482) 395500. Enquiries at all other times, including weekend and bank holidays, should be made to (01377) 241273.

If you think a child is in immediate danger call 999.

There is more information on the websites of Crimestoppers at www.notinourcommunity.org and the East Riding Safeguarding Children Board at www.erscb.org.uk

Anti-bullying event

Anyone who works with children and young people is invited to a free event on Wednesday, 15 February at the Lawns Centre in Cottingham.

The event will help people understand how to reduce bullying of children and young people with special educational needs and disabilities.

Evidence shows that children and young people with special educational needs and disabilities are significantly more likely to be bullied or victimised than those who don't.

The event is part of a programme funded by the Department for Education. It will cover:

- the definition of bullying
- roles involved in bullying
- why disabled children, young people and those with special needs are more likely to be bullied?
- the ten key principles to tackling bullying of disabled children and those with special needs
- case studies.

To book a place, contact Detty Tyler by Monday 26 January on (01482) 871077 or by email at: detty@ervas.org.uk



Free seeds

Grow Wild has thousands of free seed kits for groups to share, so people can transform local spaces into beautiful, inspiring and colourful wild flower havens.

Group leaders can join one of the UK's biggest-ever seed-sowing campaigns and help to create over one million square metres of wild flowers in spring 2015.

Register to receive wild flower seeds native to your area for you to share with people in your formal and informal group/s, including activity clubs, societies, work places, schools and neighbourhoods.

There are 120,000 free kits up for grabs. There is more information about the kits at www.growwilduk.com/seed-kit

All you need to do to register on behalf of your group is fill in Grow Wild's simple two-minute form. Registration closes at midnight on Saturday, 14 February 2015 and the kits will be sent out in late March, just in time for spring sowing.

There's a guide to help groups get started on your Grow Wild adventure and lots of useful tips and hints on the website at www.growwilduk.com



Playground area inspection

A course has been arranged for Saturday, 24 February from 9.15am to 3.45pm at Haltemprice Sports Centre, Springfield Way, Anlaby, HU10 6QJ. It will cover daily, weekly and monthly inspections of play areas and cost £49.50.

The day course will be particularly helpful to groups who are developing play facilities and for play areas that are already established. Time will be spent looking at risk assessments, accidents, legislation and record-keeping. Participants will also be taken around a play area for a practical inspection.

More details are available from Bernie Clarke, play and sport project officer, call (01482) 392533 or email bernie.clarke@eastriding.gov.uk

Play equipment loans

Did you know that groups providing activities to young people can borrow equipment free of charge from the youth and family support team? The equipment ranges from sumo suits, a range of sports equipment, to lighting and staging. All they ask is that the group collects it, uses it, and returns it in good working condition.

Any group wanting to borrow the equipment is asked to complete a loan agreement, and ensure that insurance is in place to use the equipment if appropriate. Any lost or damaged equipment must be replaced.

For more information and a full list of the equipment, contact Darron Lawer by email at darron.lawer@eastriding.gov.uk or call 07796 697940.

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 community.partnership@eastriding.gov.uk

