

EAST RIDING PARISH NEWS

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

Issue 66 : **November 2013**



Keeping warm this winter

What steps can people take to help those they are concerned about stay warm and healthy this winter? Recent price increases in energy mean some households have made drastic decisions about warming their homes. This effect is amplified in rural areas, where houses are often difficult to insulate because of solid or single-brick walls, and no access to mains gas means reliance on more expensive energy sources.

Many do not fully appreciate the health risks people face through living in a cold house. In winter in Yorkshire and Humber, up to 27 people a day die because of being too cold in their own home. The greatest risks are not usually from hypothermia as many people think. Cold-related living conditions significantly increases the risk of heart attacks and strokes and lowers resistance to respiratory infections, affecting young and old alike.

Solutions available to make warming homes more affordable generally fall into two broad categories, which ideally need to be addressed simultaneously: making homes more energy-efficient, and understanding and managing to meet fuel bills.

If a household member receives one of several benefits they could qualify for free home energy-saving improvements. Anyone who thinks they may qualify should call the public protection team on (01482) 396301 and choose option 2. The same team can give advice about East Riding Affordable Warmth, a scheme for homes not connected to the mains gas network, offering access to more effective and affordable sources of heat.

The YORSwitch - Cheaper Heating Oil Together scheme also helps residents get the best deal on the market for their heating oil. The scheme arranges bulk-buying of heating oil to get the best deal on the day the order is placed. Residents and community groups join by paying a small annual fee towards the cost of running the scheme. To find out more or to register, contact Humber and Wolds Rural Community Council (HWRCC) on (01430) 430904 or email oil@hwrcc.org.uk

HWRCC is also running energy-saving workshops. Future events are:

- Airmyn Village Hall on Thursday, 7 November 2.30–4pm.
- Wressle Village Hall in Thursday, 21 November 6.30–8 pm.

To book a place, ring (01430) 430904 or email peter.hirschfeld@hwrcc.org.uk

Community Partnerships

The dates of the next meetings are:

Beverley and Rural area
Thursday, 5 December at 10am – East Riding Community Hospital

Bridlington and Driffield
Tuesday, 10 December at 12 noon – Cass Hall, Driffield

Goole and Howdenshire
Wednesday, 4 December at 10am – Think Conference Building, Goole High School

Haltemprice and Hunsley area
Thursday, 5 December at 10am – Hessle Town Hall

Holderness area
Monday, 18 November at 10am – Keyingham Village Hall

Market Weighton and Pocklington area
Wednesday, 6 November at 10am – Seaton Ross Village Hall
Monday, 16 December at 2pm – Barmby Moor Village Hall

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.



EAST RIDING
OF YORKSHIRE COUNCIL

Self-Care Week

A series of local road-shows have been arranged as part of this initiative promoted by the National Health Service.

The events will give advice about keeping fit and healthy, information about how to take medicines, treat minor ailments and seek help when needed. Those with long-term conditions will be helped to understand the condition and how to live with it.

The road-shows are at:

- Driffield Market on Thursday, 7 November, 9am-4pm
- Beverley Tesco on Thursday, 14 November, 10am-2pm
- Pocklington Market on Tuesday, 19 November, 9am-4pm
- Withernsea Aldi on Thursday, 21 November, 10am-2pm
- Goole Tesco on Tuesday, 26 November, 10am-2pm

Anlaby Community Day

A community day is being held in Morrison's car park on Sunday, 17 November 11am-3pm. This free event will have fun activities for children and lots of information on community safety and healthy lifestyles.

Come and have a go on the 'Smoothie' bike, chat to the local PCSO or take the community safety quiz. Contact Rose Blackburn on (01482) 391015 for more information.



Winter Preparations

During November, East Riding of Yorkshire Council will be distributing their new Make Time for Winter booklet. The booklet gives advice to residents about how they can help themselves keep safe and warm during the colder months and, in particular, during extreme weather events.

It includes information on how to create a winter plan, the roads that are treated in winter, where to get important information about home improvement grants and even a tasty recipe for residents who may be running out of provisions.

A key purpose of the booklet is to encourage residents to think about how they can help themselves and their neighbours during difficult conditions. Copies will be sent to town and parish councils later this month.

Local Grant Fund

In 2012-13 there were 44 approved bids to this fund by parish councils for help to prepare for bad weather. Bids included supplies of salt, pedestrian salt spreaders and additional salt bins. There have already been several bids to the fund this year, both to provide materials and equipment, but also to replenish stocks in time for winter.

If you would like to discuss ideas for a grant application, contact your community partnership coordinator.

Silent Killer

Blue-light services are reminding people to have their fossil fuel and wood-burning appliances checked by a registered engineer before winter sets in.

Each year in England and Wales, carbon monoxide poisoning causes around 40 accidental deaths, over 200 serious injuries and 4,000 attendances at accident and emergency departments. The gas is known as the 'silent killer' because it is colourless, tasteless and odourless.

Humberside Fire and Rescue Service has responded to over 150 suspected carbon monoxide incidents since 2010. Twenty of these were confirmed as carbon monoxide leaks and some sadly involved fatalities.

If anyone suspects that they are suffering from carbon monoxide poisoning, they should immediately turn off all appliances, go outside and seek medical help or call NHS Direct on 0845 46 47.





Once again, town and parish councils are working hard to help communities get into the Christmas spirit. Perhaps your residents want to go to events in nearby towns and villages as well as any you have organised? Here are some of the events. More events will be listed next month.

Saturday, 23 November	2-5pm	Middleton-on-the-Wolds	Christmas Fair and Grand Prize Draw at the Village Hall: refreshments, gifts and crafts, tombola, children's stalls, bric-a-brac.
Friday, 29 November	5pm	Anlaby	Wolfreton School Choir singing outside the Red Lion; Father Christmas switches on lights at 5.30pm.
	5.30pm	Hessle	Lights switch-on in The Square, with live music by KCFM, late-night shopping and Father Christmas.
	6pm	Goole	Lights switch-on in Goole precinct, with carols, stalls, rides and late-night shopping.
	6.15pm	Anlaby Common	5th Hull Boys' Brigade Band will accompany residents for the switching on of the lights at 6.30pm.
	6.30pm	Hedon	Lights switch-on by the mayor, with reindeers, Father Christmas and Sleigh, rides, stalls and festive music.
	7pm	Withernsea	In Queen Street. Festivities from 4.30pm include stalls festive music, children's rides, and Santa at 7pm.
Saturday, 30 November	10am-3.30pm	Beverley	Christmas Festival of Food and Drink inside Beverley Minster. Over 60 food and drink stalls from local producers, and mediaeval musicians.
	6pm	Skirlaugh	Christmas Light switch-on.
	6.30pm	Skidby	Their first Christmas Light switch-on, at Church Green, followed by get-together at the Half Moon Pub.
Sunday, 1 December	10am-4pm	Wansford	Real Aid shoebox appeal at St Mary's Church, with short programme of readings, and carols at 2pm.
	6pm	Wetwang	Light switch-on at the village pond, followed by carol singing. Mulled wine, mince pies and nibbles.
Wednesday, 4 December	6pm	Hook	Carols around the Christmas tree at Hook Memorial Hall, with refreshments and raffle / tombola.
Thursday, 5 December	4pm	Driffield	Late-night shopping and Christmas light switch-on featuring the new Sensational Christmas Maker Market.
	5-8pm	Howden	Christmas Fair in Market Place, with seasonal gift and craft stalls, fairground rides, circus skills workshop, Santa's grotto and carol singing.
Friday, 6 December	6pm	Holme-on-Spalding-M'r	Switch-on Christmas tree lights on village green and sing carols led by Holme School's Key Stage 2 Choir.
	7pm	Withernsea	Remembrance tree service at Municipal Buildings and Meridian Centre - place a personal message on the tree.
Saturday, 7 December	10am onward	Brough	Christmas Tree Festival in the Village Hall, with Father Christmas at 5pm, and Christmas songs and more.
	11am-4pm	Bridlington	Christmas event in the Promenades Shopping Centre including Spa pantomime cast, Bridlington Girls' Choir and school choirs and local dance schools.

Free Health Checks

Health trainers are helping people who are 40–74 years of age who live in the East Riding and are registered with an East Riding GP.

People who haven't already been diagnosed with heart disease, stroke, diabetes or kidney disease, can get a free health check at a nearby base.

The check takes about 30 minutes and takes place in a relaxing, stress-free environment with a friendly lifestyle advisor to talk you through every step.

After some simple questions and straightforward health tests, the health trainer goes through a full health check, including cholesterol and blood pressure testing.

After the checks, a lifestyle advisor talks through how people can make healthy choices and give help and support straightaway. They can also signpost to other local services that will be able to help with further advice.

You can book a health check by calling Freephone 0800 9177752, email inghealthtrainers@humber.nhs.uk or dropping into an NHS health trainer base at Bridlington, Goole or Withernsea.

Health checks are available in Goole, Bridlington and Withernsea, East Riding Community Hospital, in Beverley, and some leisure centres.



Hull and East Yorkshire Credit Union

This organisation has made a big difference to local communities, providing loans, savings, insurance, banking and other services. People join as members and save. These savings form a pool which can be loaned to members. Any surplus is returned to saver-members as dividends each December.

They have staffed branches in Bridlington, Goole and Hull as well as volunteer-run branches in Driffield, Beverley and Withernsea.

They are looking for cost-effective ways to develop a county-wide presence, so residents can access their services wherever they live. Perhaps your community could benefit from their not-for-profit financial services?

If you have an organisation that might be able to help, contact them on (01482) 778753 to discuss your ideas.

Launch of VCAP

The Voluntary and Community Action Partnership (VCAP) provides voluntary and community organisations with easy access to information and support.

VCAP can help your organisation reach its goal. Complete the online organisational health check and, in one easy step, they will help you find the support you need. Find out more at www.vcaction.org.uk

Homelessness Audit

East Riding of Yorkshire Council has to submit an official return to the Government on the number of rough sleepers in the area. It is asking for help from town and parish councils, residents and community groups to identify people that are sleeping rough in their area.

To avoid double-counting, the night of the estimate will be Tuesday, 12 November. All relevant bodies will be contacted with full instructions on how to help with the estimate and sent a return to submit by the deadline. If you haven't received this information, email tim.gammon@eastriding.gov.uk

Free Trees from the Woodland Trust

The Woodland Trust is again offering community groups, youth groups and schools the chance to apply for packs of free trees for delivery in March 2014. They have over 3,000 packs to give away in spring and they come in three sizes – 30 saplings, 105 saplings and 420 saplings. There are several themes - hedge, copse, wildlife, wild harvest, year-round colour, working wood, wild wood and wetland. Applications are being accepted until 9 January 2014.

Please pass this information on to any groups in your parish who may be interested in helping wildlife; creating a green space; planting for remembrance, creating a community garden or allotment; or just want to enhance their local area - any community groups are very welcome to apply for free packs of saplings. Find out more at www.woodlandtrust.org.uk

Help Getting a Community Group Going

Skipton Building Society has launched free resources to help community organisations develop and grow. The first guide, Getting the Cash In, offers advice on getting over the hurdle of gaining funding. It provides tried-and-tested advice on asking for cash, tips on preparing an application, identifying the right kind of funders, and how community groups can ensure they are communicating to potential funders effectively, to generate their additional revenue streams.

The second guide, Governance Essentials, gives advice about successfully managing a community group. It takes people through the process of structuring and managing a group in the appropriate way, identifies key responsibilities and roles and has guidance on things like charity registration and legal structures.

You can find out more at <http://skiptonbig160.co.uk/free-resources/>

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 **Coral Gladstone** on (01482) 391470, or email: community.partnerships@eastriding.gov.uk

