

South Holland NOW

SUMMER 2008

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Council News

Local Housing Allowance for private tenants

If you are a private tenant there is a new way of working out the maximum Housing Benefit (HB) we can pay you if you make a new claim for HB, change address or have a break in your HB entitlement.

Your HB is now based on the average rent in the area for the number of rooms you need.

The number of rooms allowed depends on the size and make up of your household. It is easy to work out what rent you can afford using the online calculator. You can then choose a home that suits you. If you rent somewhere cheaper than your LHA, you can keep at least some, if not all, of the difference as we do not limit LHA to your rent charged.

Please visit our website page: www.sholland.gov.uk/services/service601 or contact our Benefits Section on 01775 761161

Lottery money helps 'Home Start South Holland'

'Home Start South Holland' are asking for volunteers to work with families in the area.

The group has recently been awarded, with help from us, a grant of £282,896 over five years from the Big Lottery Fund to give children in the district the best start in life by providing help and guidance to families.

If you are interested in becoming a volunteer or a trustee you can call them on 01406 701720.

South Holland Community Furniture Recycling Project

Are you thinking of buying some new furniture and don't know what to do with the items you are replacing?

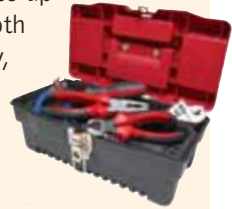
The South Holland Community Furniture Recycling Project is a registered charity and will collect unwanted re-usable furniture as long as it is in good condition at no charge.

Just call them on 01775 711171 on Tuesdays, Wednesdays and Thursdays between 10am and 3pm.

The handyman can!

In partnership with the Lincolnshire Home Improvement Agency, we have recently launched a Handyman Scheme, aimed at helping older people and people with disabilities to obtain reliable and safe adaptations and/or minor repairs – by using contractors they can trust.

If you're over 60 and on a means tested benefit you could qualify for a free service up to the value of £250 (covering both parts and labour) for home safety, home security, small repairs or home maintenance.



To find out more or to arrange a service, call Rachel on 01427 676205 or email rtittcomb@lincshia.org.uk

Groundworks Lincolnshire project in Spalding



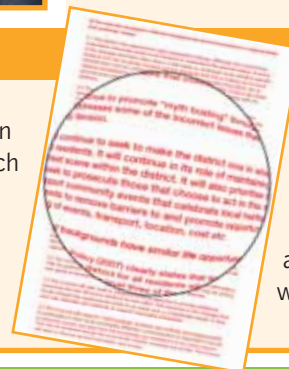
More Affordable Housing!

As well as building Council houses we work with other organisations who provide affordable housing in South Holland. Recently, we supported successful bids by housing associations for Government funding from the Housing Corporation. They received £2.7million for 52 new rented properties and 21 shared equity properties to be built over the next three years. This is on top of many other affordable housing projects that are already underway.

A Real Community

We would like to help South Holland to be a place where local people feel that there is a real sense of belonging to a community, and where people's different backgrounds and circumstances are appreciated and valued. We would also like to do as much as we can to help everybody have the same opportunity to

get on in life. As a result of this our Community Cohesion Policy has been created which aims to define what this means to us as an authority. This policy outlines the existing issues within the district and sets out how we



will work to address these through the provision of our services and our relationships with our partners. The Draft Community Cohesion Policy is available to read on www.sholland.gov.uk

Contacting South Holland District Council

Telephone: 01775 761161

Fax: 01775 711253

Email: info@sholland.gov.uk

Web: www.sholland.gov.uk

Address:
Council Offices,
Priory Road,
Spalding, Lincs.
PE11 2XE

South Holland Now for the Blind and Partially Sighted

We can provide this magazine in large print form or on tape. If you, or any of your friends or family, would be interested please call us on 01775 761161 and let us know.

This magazine has been produced by South Holland District Council and printed by Classic Printers on environmentally friendly paper. It costs 11p per copy to produce and distribute.

Community News

rural ACTION ZONE

What is the Rural Action Zone (RAZ)?

The Rural Action Zone is a group of people representing a wide variety of organisations which works together in partnership for the benefit of the people of South Holland.

Who are the partners?

Some of the partners are: Lincolnshire Police; The Primary Care Trust; South Holland District Council; Produce World; South Holland Youth Council; Lincolnshire County Council; The South Lincolnshire Voluntary and Community Sector; The University of Lincolnshire and Older People's Forums.

What does the partnership do?

The RAZ partnership lists your major priorities and divides them into five themes.

The five themes cover:

Crime and Anti-Social Behaviour / Health / Education and Learning / The development of a strong economy / and making South Holland a good place in which to live and work.

How does it do this?

The partnership listens to what you tell us you want, takes into account what Government organisations expect and then works in the best way possible for South Holland to make things happen.



What has it done for me?



What is the future for the RAZ?

Central Government looks to partnerships like the RAZ as playing a vital role in improving life for those who live and work in the district and more and more money is being made available to organisations such as RAZ through Government to make sure it gets to where it's most needed.

Walk your way to health

The RAZ found that money was available from the Primary Care Trust to promote walking and this is how the "Walk your way to health" programme began. (see centre pages)

Eight Police Community Support Officers on the streets of South Holland

The RAZ annually allocates money which is added to by Lincolnshire County Council and the Home Office which then funds eight Police Community Support Officers on the streets across South Holland.

Fairplay Football helps reduce Anti-Social Behaviour

In both Spalding and Long Sutton young people have been encouraged to join the Fairplay Football programme. Co-operation between the Police, the Youth Service, Boston United Football Club and the Peele School plus determination from a member of the RAZ team has seen this programme flourish.

Groundworks Lincolnshire Improvements in Holbeach and Spalding

Areas of Holbeach and Spalding needed some improvements. In association with Groundworks Lincolnshire, real efforts are being made to change the appearance of these areas in order to make life for these communities much more pleasant.

Youth Council grants in excess of £10,000

The RAZ has worked with our Youth Council to obtain grants in excess of £10,000 which are being used to develop a youth garden in Whaplode St Catherine, to promote the work of the Youth Council and to actively encourage more young people to take an interest in democracy.

Talking POINT

Fit for life!

Being in good health is an absolute essential to enjoying life. On these pages are just some of the things we are doing that will help people in the district maintain a healthy lifestyle.

Exercise Referral Scheme



This scheme is aimed directly at the people that need it most. And we are working with the local Primary Care Trust, medical centres, gyms and health centres to make sure help is available to them.

It works by GPs referring selected patients who meet the referral criteria on to the 10 week exercise programme delivered by trained exercise referral specialists.

The programme is entirely free to the patient. It's hoped that this will kick start their quest to a permanent change of lifestyle.

Referral on to the programme can only be through a medical centre that is signed up to the scheme, these are the Holbeach, Gosberton Centres and Spalding's Munro Medical Centre.

Summer Sports Tour

In 2007 we organised the first Summer Sports Tour for children and young people and were 'bowled over' by the response.

This year we we're pleased to welcome back our sponsors Broadgate Homes.



Their increased sponsorship has allowed us to be even more ambitious for 2008 with two tours, each including activities for people over 50.

The Easter Sports Tour has already taken place and now we are looking forward to the second Summer Sports Tour which begins Monday 25 July.

With additional sponsorship from Lincolnshire South East School Sport Partnership, the programme has over 35 different sports and over 700 sessions on offer - all at minimal cost.

The activities take place throughout the district and details are published in a



booklet which is distributed with the help of the Schools Sports Partnership to every child through primary and secondary schools in the district.

The booklet is also available in libraries, surgeries, our offices, tourist information centres and other places of interest.

The over 50s Tour provides people with a variety of different activities including archery, cricket, ballet, line dancing, hockey, netball, pilates and much more.



Walking Your Way to Health

'Walking your way to health' schemes, which we organise in conjunction with the Primary Care Trust and libraries, are now established in Spalding, Crowland and Donington, and are proving very popular.

The scheme is aimed at people who are over 50 and who don't exercise regularly, and focuses on encouraging them to join in with these short walks, but the message is "everyone is welcome."

The walks are led each week by local volunteer walk leaders and can vary in route but always start from the same point. Each walker receives a map and a walking

pack which includes a free pedometer, details of all the walks and various other goodies.

These walks take place in:

Spalding - every Monday 10.45am from the Fitness Company, Spring Gardens.

Donington - every Tuesday 10.45am from the Ruby Hunt Centre, Church Street.

Crowland - every Wednesday 10.45am from Crowland Library, Hall Street.

Long Sutton - every Friday 10.45am from Long Sutton Library, West Street.



'Fit Kids' Scheme

This scheme, in which we are working with the local Primary Care Trust, South East Elloe School Sport Partnership and local health & fitness centres, is very similar to the Exercise Referral Scheme but is aimed at children and young people between 12 - 16 years of age.

The concept is the same but school nurses and teachers will also be able to refer children onto the scheme.



Photo courtesy of Lincolnshire Free Press and Spalding Guardian

Virtual Gym

The Virtual Gym initiative, in which we are working with the Primary Care Trust and Groundworks Lincolnshire will see mobile fitness centres visiting community venues in five different areas of the district for ten weeks at a time.

You will be able to come along and participate under the watchful eye of a trained exercise instructor who will also be offering MOT health checks and will be able to give you advice as to what type of physical activity will be best for you. Watch this space for details!

'A little of what you fancy does you good!'

Some tips for a healthy diet:

- Eat a variety of nutrient-rich foods like plenty of whole grains, fruits and vegetables.
- Maintain a healthy weight for your height.
- Eat moderate portions.
- Eat regular meals.
- Reduce, don't eliminate certain foods.
- Balance your food choices over time.
- Know your diet pitfalls.
- Make changes gradually.
- Remember, foods are not good or bad.

Don't feel guilty if you love 'naughty' foods just eat them in moderation and make sure you balance them with 'nice' foods because, as the old saying goes:

'A little of what you fancy does you good!'

Before you start...

Remember before you start your new health regime if you have any existing health condition, or are worried about your health, speak to your GP first.



Photo courtesy of Jim Scott Photo Imagery

Work it off gently...

Going to the gym might suit some people but exercise doesn't have to take place only in the gym. If you are able, use the stairs and not the lift, leave the car in the garage and walk to the shops or just go for a walk regularly, it can make a real difference to your fitness levels.

We are looking for suggestions for Talking Point - we are asking YOU what you would like us to cover. Call us on 01775 761161 and ask for the Communications Team - you might find yourself as a roving reporter!!

Events in SOUTH HOLLAND

For details about events at the South Holland Centre and for bookings, call the Box Office on 01775 764777 between 9.30am to 8.30pm (Monday - Saturday)

- ☎ Phone for booking details
- 😊 No booking required
- South Holland District Council event

Community Events

For listings of your community events visit www.sholland.gov.uk click on 'Leisure and Culture' and 'What's On' where local events and opportunities for getting your event listed are shown.

Using the 'Get your event listed form', you can electronically submit your event to us for listing on our website.

London Mozart Players
Wed 18 June Gedney Church
Thurs 19 June Croyland Abbey



As part of their residency in South Holland, London Mozart Players will be performing in two concerts in Croyland and Gedney. Tickets £7, £3 (children and students) Tickets are available from South Holland Centre Box Office 01775 764777 or on the door. 7.30pm

Dreamnights! - Auditions
Saturday 14 June ■ 🎭
South Holland Centre

As part of the Four Seasons project, we, in partnership with Polka Dot Productions are holding auditions for aspiring actors, singers and dancers who would like to perform in Dreamnights! at Ayscoughfee Gardens on 9 and 10 August. If chosen you could even get to perform in Hungary!

If you are aged between 13 and 19 with an interest in theatre, pick up an application form from the South Holland Centre or call

Walking your way back to health...

This very successful free walking scheme goes from strength to strength

Walks take place at:

Crowland - Every Wednesday 10.45am from the Library

Donington - Every Tuesday 10.30am from the Ruby Hunt Centre

NEW WALK! **Long Sutton** - Every Friday 10.45am from Long Sutton Library

Spalding - Every Monday 10.30am from the Fitness Company, Spring Gardens.



Please call Dan Matson, Sports Development Officer on 01775 764826 for more information.

the Community Team on 01775 761161. Then on the 14th June come along to the auditions at the South Holland Centre from 10.00am - 12.30pm.

Summer Street Entertainment ■ 😊
Every Saturday between 26 July and 30 August
Spalding Town Centre

Look out for a host of street entertainers performing in Spalding Town Centre every Saturday throughout the summer holidays. See local press for more information. Free events

Dreamnights! ■ 🎭
Open Air Theatre
Saturday 9 and Sunday 10 August
Ayscoughfee Gardens

Following the success of last year's Robin Hood, our Community Development Team and Polka Dot Productions are staging another family theatrical treat in Ayscoughfee Gardens - Dreamnights!

Inspired by A Midsummer Night's Dream. Come along with your picnics and low-back seating for a lovely summer's evening on the South Lawn. Free entry. Performances start at 6.30pm

Summer Sports Tour

Thursday 24 July - Friday 29 August

Holiday programme of sport aimed at engaging people in physical activity. The tour is for young people and adults. The Summer Sports Tour provides over 800 sessions of sport for people to try throughout the Summer holidays. Sports Tour booklets will be distributed through all primary and

secondary schools and made available on the District Council's website and at the Council Offices, Libraries and Doctors surgeries throughout the district. Sponsored by:



Virtual Gym

A partnership between South Holland District Council, Primary Care Trust and Groundwork's Lincolnshire.

The Virtual Gym Scheme will soon be coming to five different areas of the District in turn and will see mobile fitness equipment established for ten weeks in a local community venue somewhere near you.

Visiting Holbeach,

Please call Dan Matson, Sports Development Officer on 01775 764826 for more information.

Sutton Bridge, Gosberton, Donington and Crowland, people will be able to come along and participate under the watchful eye of a trained exercise instructor.

We will also be offering MOT checks were people can come and have a health

check carried out by trained Exercise specialists. People attending the virtual gym will then be signposted into a variety of different activities making their uptake of physical activity sustainable.



Sports and Leisure Directory 2008

Pick up a copy (subject to availability) from the Council Offices or download the South Holland Sports and Leisure Directory from our website. It contains information, facts and contact details for all your sporting and leisure needs in the South Holland area.

www.sholland.gov.uk/leisure/sport



If you have any events coming up then use the 'Get your event listed form' (details above) to get listed on our website.

Events at Spalding's South Holland Centre

South Holland District Council Culture Day Tuesday 3 June

An open day celebrating the cultural opportunities provided by South Holland District Council and its partners including aspects of arts, sports, heritage and tourism. 10.00am to 2.00pm

An Evening with Gervase Phinn Thursday 5 June

SORRY SOLD OUT!

His Dark Materials Part I Act II Friday 6 & Saturday 7 June

This local youth theatre return with a production based on Phillip Pullman's thrilling trilogy. 7.30pm



Dulsori Korean Drummers Wednesday 11 June

An infectiously noisy evening of Korean beats. Heart-pounding excitement! 7.30pm



Telling Tales Friday 13 June

Delightful, playful and funny dance theatre based on The Hare and the Tortoise and The Golden Goose. For all ages but especially suitable for children aged 4 to 7 and their families 1.30pm & 5.30pm

Godfrey Birtill's Gospel Concert Saturday 14 June

Presented by The Lighthouse Church 7.30pm

Father's Day Lunch Sunday 15 June

Treat Dad to a hot carvery Sunday Lunch. Book early to avoid disappointment. Choose from 12noon, 12.30pm, 1.00pm or 1.30pm.

The Eye of Design Wednesday 18 June

A demonstration by Jonathan Moseley presented by The Spalding and District Flower Lovers Club 7.30pm



The Baghdaddies Thursday 19 June

Festival favourites from the north-east play a fusion of funky jazz and reggae rhythms with blistering middle-eastern harmonies. Cabaret style with dance floor. Bar open & Jamaican Jerk Chicken with Rice & Peas available. 8.00pm

Jongleurs on the Road Thursday 26 June

Another evening of top-notch stand-up comedy. Bar open & Tex-Mex platters available. 8.00pm



Buckethead Tuesday 1 July

Boomerang Theatre brings the story of a young boy with Asperger's Syndrome to life with music, dance, humour & drama. 7.30pm

Events confirmed from Monday 2 June to Monday 18 August 2008

Box Office: 01775 764777
To book on-line visit www.southhollandcentre.co.uk

FILM - Look out for our bi-monthly film guide from May 2008.

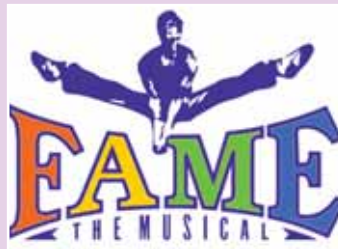
The Little Howard Appeal Thursday 3 July

Perrier Award winning comedy double act, Big Howard and his animated six-year-old sidekick Little Howard, performed at the Royal Variety Show 2007. Come and see their adult only show. 8.00pm



Alice in Wonderland Polka Dot Productions

Sunday 6 July
Lewis Carroll's masterpiece is adapted for the stage and performed by the younger groups of the Centre's resident youth theatre, Limelight. 1.00pm & 4.00pm



Fame Polka Dot Productions Thursday 8 to Saturday 12 July

Following the hugely successful High School Musical, Limelight Youth Theatre bring South Holland's talented teenagers to stage once more - this time with the smash hit Fame 7.00pm Saturday Matinee 2.30pm

Sing

Presented by Gedney Hill Primary School
Wednesday 16 July
Come and hear those songs that stand the test of time. 6.30pm

Dance 'Till the Sun Goes Down

Friday 18th July & Saturday 19 July
Summer show from the dance school Bourne to Dance
Friday 18 July - 7.00pm
Saturday 19 July - 2.00pm & 7.00pm



Falstaff Tuesday 22 July

A one man show with Roger Forbes as Shakespeare's jolliest comic character. A wonderful historical portrait of Great Britain is seen through the eyes of this great man. 7.30pm

Potted Potter By Dan and Jeff Saturday 26 July



3.00pm & 6.00pm

His Dark Materials Part II ACT II
Friday 1 & Saturday 2 August
7.30pm

All seven Harry Potter books in 70 minutes! A fantastically funny show full of your favourite characters.

Good News for Garden Waste!

We can now send your garden waste for composting and save it going to landfill

We have improved the Saturday morning waste facility - where residents can take their household and garden waste for disposal. This means you can now separate your garden waste from household waste - so garden waste will go for composting.

Previously, it was put into landfill. Your household waste will still be sent to landfill so recycle as much as you can (using our kerbside recycling service), 'bring sites' or the Household Waste Recycling Centre in Spalding before using this service.

Household Waste

- ☺ Food waste
- ☺ Polystyrene
- ☺ Nappies
- ☺ Bulky waste e.g. sofa, table, chairs, wardrobe

We can not take:

- ☹ White goods* e.g. fridge freezers (these need treating before disposal)
- ☹ Hazardous waste e.g. florescent tubes, chemicals, asbestos
- ☹ Tyres
- ☹ Paint
- ☹ Cooking fat (due to leakage from vehicle)
- ☹ Gas bottles

* Telephone Customer Services to arrange for your white goods to be collected

Saturdays 8am-11am

Long Sutton, Crowland, Holbeach 2nd Saturday in the month

June 14th, July 12th, August 9th,
September 13th, October 11th 2008
then December 13th and February 14th 2009

Donington, Sutton Bridge 3rd Saturday in the month

June 21st, July 19th, August 16th,
September 20th, October 18th 2008
then December 20th and February 21st 2009.

Gedney Hill 3rd Saturday in the month (alternate months)

June 21st, August 16th, October 18th 2008
then December 20th and February 21st 2009.

Green Waste

- ☺ Grass cuttings
- ☺ Leaves
- ☺ Old flowers
- ☺ Spent bedding plants
- ☺ Wood ash
- ☺ Wood shavings
- ☺ Wood clippings
- ☺ Hedge clippings
- ☺ Young annual weeds
- ☺ Comfrey leaves

Green waste must NOT:

- ☹ be left in any bags
- ☹ be left in builders bags
- ☹ contain other household waste such as food, plastic or metal

These may cause the whole load to be rejected - which would then go to landfill

Lincolnshire County Council's Household Waste Recycling Centre

- ☺ LCC disposes of: all household waste.
- ☺ LCC recycles: plastics, cans, glass, paper and cardboard, car batteries, furniture, wood and green (garden) waste.

West Marsh Road, Spalding - signposted off the A16 bypass opposite the power station. For more details of this site, run by Lincolnshire County Council, please visit: www.lincolnshire.gov.uk and follow the A-Z link to 'household waste recycling centres'.

Where to take your waste:



Long Sutton -
Spring Gardens

Crowland -
Thorney Road

Holbeach -
Community Centre
car park

Donington -
Red Cow Paddock car park

Sutton Bridge -
Allenby Chase/St Matthews Drive
Gedney Hill - High Stock Lane

The old timetable runs until the end of May and the new one starts on 14th June so there will be **NO Saturday Household/Garden Waste Collection on June 7th**

☎ 01775 761161

✉ info@sholland.gov.uk

🌐 www.sholland.gov.uk/environment/waste
or follow A-Z to 'waste disposal sites'