

# South Holland NOW

SUMMER 2009



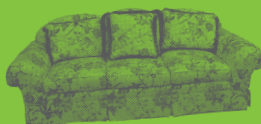
Summer Sports 2008 - Image courtesy of Jim Scott Photoimagery

SOUTH  
HOLLAND  
DISTRICT COUNCIL



INVESTOR IN PEOPLE

[www.sholland.gov.uk](http://www.sholland.gov.uk)



Recycle your furniture  
and save money!  
(See back page)

Translation available



## Looking for Sheltered Housing?

Our sheltered housing schemes enable older people to live independent lives. Crowland, Spalding and Pinchbeck each have secure door entry flatlet developments with self contained homes and Scheme Manager support.

Each of the developments has laundry facilities, a community centre and 24 hour emergency alarm cover. If you are interested in registering for the waiting list or require any further information on these flatlets, please contact the Supported Housing Team on 01775 764528.

## Do you own a historic commercial building? Does it need repairs?

Grants are available from us for traditional repairs and reinstatement of lost architectural features (such as shop fronts)



to commercial historic buildings in the conservation areas of Spalding, Crowland, Holbeach and Long Sutton.

This is the final year of this joint project with English Heritage and the County Council.

Grants range between 50% and 90% depending on the extent and type of work.

If you think your building may be eligible please contact Liz Mayle, our Conservation Officer on 01775 761161, who will arrange to visit the site.

## Volunteers needed

Lincolnshire Police are looking for more volunteers to monitor CCTV cameras in Spalding. Volunteers' petrol costs would be reimbursed by the Police. If you are interested in this key community role please contact Inspector Paul Timmins on 01775 722233



## All's Fair in South Holland



© The Fairtrade Foundation confirmed that South Holland has been awarded Fairtrade status. This makes us the first Fairtrade District in Lincolnshire.

## Annual Report

The report will be published this summer and will review how well we have performed in the last year.

We have been asking whether it covers all the areas that are of interest to you. There is still time to tell us if you have any comment on last year's report (2008) which is available on our website [www.sholland.gov.uk](http://www.sholland.gov.uk) or what should go in this year's (2009), please contact the Assistant Chief Executive via email: [info@sholland.gov.uk](mailto:info@sholland.gov.uk) or by telephone on 01775 761161.



Cllr Nick Worth, Portfolio Holder for Rural Strategy of South Holland District Council, cutting the tape at the launch of the scheme together with other members of South Holland District Council and Lincolnshire County Council.

## Transport in the district gets a boost

We have teamed up with the County Council to provide a CallConnect bus service, offering a transport lifeline for residents throughout South Holland.

The service allows you to book bus journeys in advance and travel to and from local pick-up points. It also fits in with the InterConnect fixed-route bus service.

For more information call the CallConnect Booking line on 0845 234 3344 (open 8.30am-5pm Monday to Friday and 9am-3pm Saturdays) or visit [www.lincsinterconnect.com](http://www.lincsinterconnect.com)

## Complaint against your councillor?

South Holland's Standards Committee deals with allegations that district and parish councillors have breached the Code of Conduct. You can find out how to make a complaint and about the work of the Committee and the Code itself by visiting our website [www.sholland.gov.uk](http://www.sholland.gov.uk) or contacting us on 01775 761161 or by email: [info@sholland.gov.uk](mailto:info@sholland.gov.uk)

## A helping hand with your home

Are you in receipt of an income related or disability benefit? Is your house in need of repair?

We can offer **The Handyman Scheme** for small repairs or extra security in your home. **Disabled Facilities Grants** to adapt your home to make it easier for you to stay there. **Equity Release Loans** up to £10,000 for repairs to your home, repayable when your home is sold.



Contact Community housing on 01775 761161 or find out more by emailing us at [info@sholland.gov.uk](mailto:info@sholland.gov.uk).

## Contacting South Holland District Council

Telephone: 01775 761161  
Fax: 01775 711253  
Email: [info@sholland.gov.uk](mailto:info@sholland.gov.uk)  
Web: [www.sholland.gov.uk](http://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 under 15p per copy to produce and distribute.

## The new Johnson Community Hospital

### What Services will the hospital provide?



One of the wards has been designed with the help of the Spalding Hospice Foundation to provide specialised care for patients and their families.

The building itself has received an excellent rating for its consideration of the environment.

Services will transfer from two existing hospitals, one clinic and an ambulance station and will provide:

- 32 inpatient beds in single rooms / small wards
- outpatient clinics
- diagnostics
- physiotherapy, podiatry, occupational / speech therapy
- minor injuries
- day unit for adults with mental illness

### When you get there

**Car parking** will be available on site and is free for the first four hours. After that you will need to get your ticket validated at reception this is to discourage inappropriate use of the car park by anyone not on hospital business.

There will be 24 hour coverage by **CCTV** and security officers.

**Cycle racks** are available

**Café facilities** operated by Hills are available Monday to Friday between 10am and 4pm

**Bus service.** The hospital is accessed by a number of local buses including services by Kimes and Fowler. It is hoped that Brylaine and the Town Bus will also operate a service.

If a journey cannot be made by conventional buses then **CallConnect** is now available in the Spalding area. Anyone is eligible to use it once registered - find out more details at [www.lincsinterconnect.com](http://www.lincsinterconnect.com)

**Clear signposting** will help you find your way around the hospital and staff will be on hand to assist you should you have any difficulties.

### When are the changes happening?

By the time this magazine reaches you all the changes should have taken place.

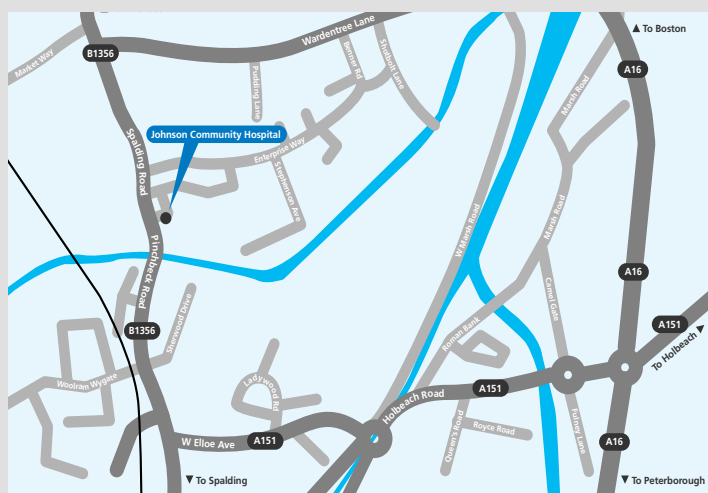
### The League of Friends

The Friends will be moving to the hospital and anyone who wants to join them can contact The Secretary, Bonny White, 3 Cleveland Close, Spalding, Lincs PE12 6BE on 01775 767267

### What is happening to the old building?

The Johnson Hospital in the town centre and the Welland Hospital on the edge of town are owned by United Lincolnshire Hospitals NHS Trust. The Trust are sensitive to the age and the importance of these buildings and are carefully considering the disposal of them.

### How to get there:



Welcome to Johnson Community Hospital	
1	Child & Family Services Coastal
2	Outpatients Clinics 1-3 Farmland
3	X-Ray Woodland
4	Minor Injuries Welland
5	Mental Health Clinics Welland
	Outpatients Rehabilitation Welland
	Welland Ward Welland
	Inpatient Rehabilitation Welland
	Administration & Support Services Sky
	Mental Health Offices Sky
	Faith Room on First Floor
	Lift and Stairs
	Toilets

### Contact details:

The Johnson Community Hospital  
Spalding Road, Pinchbeck,  
Spalding, Lincs. PE11 3DT  
Main switchboard: 01775 652000

Remember that the hospital's minor injuries unit will transfer but this is not a 24 hour service.

The nearest full 24 hour A&E service are: Peterborough District Hospital and Boston Pilgrim Hospital.

# Talking POINT

Now that summer is here it's just the right time to think about getting out and about and leading a healthier lifestyle. We interviewed some of the people who are working with our Sports Development Officer Dan Matson to help make this possible.

## Health Tips



From the district's health trainers who are here to advise people about healthier life style choices and to improve their general health.

- 1 Remember your medical checks - blood pressure, cholesterol and Body Mass Index (BMI).
- 2 Try to exercise at least 30 minutes a day, five days a week. This can be in small bursts throughout the day.
- 3 Try to eat as healthily as you can.
- 4 Remember your five fruit and vegetable portions a day.
- 5 If you are a smoker, and we know this is difficult, try to cut down as much as you can.

### Your health trainers are:

#### Alison Woodcock

email: awoodcock@sholland.gov.uk  
phone: 01775 764586  
mobile: 07827872349

#### Chloe Hayter Jose

email: chayterjose@sholland.gov.uk  
phone: 01775 764656  
mobile: 07827872345



Health trainer Chloe Hayter Jose.

# Fit for life

A real  
team effort

Focussing  
on our Priority of  
'Improving health  
through cultural and  
sporting opportunities'  
within the  
district



## 10 week GP Referral Scheme

**Cheryl Ingleby of Leisure Connections, Castle Sports Complex, Spalding.**

The main scheme we work together on is the 10 week GP Referral Scheme which has been running for 18 months. It begins with a consultation where we work out what people need, design their programme and do some very simple tests to make sure that they will be able to start the course.

People can join the scheme by visiting their GP's surgery and speaking to their doctors or the practice nurse. We work with surgeries in Crowland, Spalding, Holbeach and Gosberton. But I must emphasise that the scheme is for people who are not exercising already.

**The GP Exercise Referral Scheme operates at Castle Sports Complex and Everybody's Gym, Spalding and Peele Leisure Centre, Long Sutton.**



Cheryl Ingleby with Anne Smith at the gym.

**One person who is testimony that this scheme works is Anne Smith from Crowland.**

### Anne takes up the story:

"I had suffered a neurological problem which resulted in a considerable weakening of strength in my right side, particularly my right leg. I was very fit before I was ill and I just felt very isolated and despondent being stuck at home. I asked my GP whether the scheme existed in South Holland and he signed up and referred me.

"The gym really changed my life. I could go as many times as I wanted free of charge and had one to one sessions which were absolutely superb. Initially I did the exercises in the wheelchair and then gradually as time went by I began to be able to use my sticks to transfer from the chair on to the equipment. I started rowing and cycling at the very first session although it was on a low setting and only for a few minutes but quite



Funded by the district council and run by Tracey Lewis through the Fitness Company in Spalding.

Fitkidz is a 10 week scheme during term time for children who may not be as active as they should be. The idea is to involve the children in all sorts of exercise and includes some advice on what's best to eat.

We have noticed great changes when parents really get involved especially on when it comes to food, as they are the ones who cook the dinners and pack the lunchbox. It's good for the children to see that changes are happening and one of the biggest gains is in their confidence. The idea is for them to go back to school and be happy to take part in PE and games.

The hour long sessions are on Mondays and Thursdays after school. People can get in touch through their local GPS or visit the gym in Spring Gardens for more information or call Tracey on 01775 766775.

## Over 45's Activator

**Tracey Lewis is also our over 45's activator funded through Lincolnshire Primary Care Trust.**

The job is all about finding out what is available for the over 45's in the district and seeing how sessions can be improved or publicised. I'm hoping to put together a brochure that could go out to every household listing all the

activities available to people over 45. We'd also like to take a road-show to supermarkets, leisure centres and firms in the district.

If people have any ideas or run any clubs for over 45's that they would like help promoting please contact me through the council on 01775 761161.

“It's given me hope and a positive outlook on life and has made me feel that I can get back to full health.”



quickly I made enormous progress. I've done my ten weeks now and it was so good that I decided to join the gym and my husband has joined too because he saw the benefit I was getting.

“It's given me hope and a positive outlook on life and has made me feel that I can get back to full health. I can see the improvements I'm making all the time and I can feel myself getting stronger and getting better. My GP thinks I'm making good progress and since I've been going to the gym I haven't needed him so much.

“My message to anyone reading this is: don't hesitate, see your GP straight away.”



Our Summer Fun brochure (available in July) includes opportunities for young people and older people to take part in a variety of sports over the summer at a reduced cost. These range from Archery, Kickboxing, Trampolining, Football and Hockey to name a few.

This project and the Easter Sports tour are run jointly with the Lincolnshire South East School Sport Partnership (SSP) and are also part funded by Broadgate Homes.



Image courtesy of Jim Scott Photoimagery

We also work with the SSP on a number of other projects around the district, including sports awards and coaching workshops.



## Spalding Amateur Boxing Club

**John Sutton from the Boxing Club.**

It all started with a council survey which showed that, out of all sports, people in the district wanted a boxing club most.



We are affiliated to the Amateur Boxing Association and our members compete in shows. The people that come range from 'juniors' from 11 years old up to 17 years and 'seniors' from 17 to 34 when amateur boxers cease to be competitive.

We have attracted a great range of people particularly lots of youngsters including one or two from young offenders programmes. There is a real future for anyone who is good enough. We have our own show coming up in a few months so things really have developed since we started in January this year.



For more information contact John Sutton on 07887 833054 or at the boxing club which is on Abbey Lane in Spalding Town Centre.

The sessions are on Tuesday, Wednesday & Friday between 6.30 - 7.30 for Juniors 11 - 16 years and Seniors from 7.30 to 9pm. There is a Seniors' session only on Monday from 7.30pm.

# 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](http://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.

## Free Swimming for 16 years & under & 60 & over



Now underway, this promotion will operate up to April 2011 and encourages an active lifestyle. There will be free swimming for people aged 16 years and under and 60 years and over at the Castle Pool, Castle Sports Complex, Spalding. Call the swimming pool on 01775 725978 to register and to take up this great offer.



### Summer Fun Workshops

**Wednesday 29 July,  
Wednesday 12 &  
Thursday 27 August**

#### Ayscoughfee Hall Museum

Drop into Ayscoughfee Hall Museum and take part in a variety of art activities with Maria Maidment. Activities will be in the theme of summer holidays and the whole family can contribute to a giant art map as well as have a go at craft activities.

Activities range from free to £1. 1pm - 4pm



### Exhibitions in the Geest Gallery over the summer

**June** - Norman Rossiter.  
**July** - Pallets of Three (a group of local artists).  
**August** - John Lincoln.

### Lunchtime and evening talks programme

**Wednesday 24 June**  
Pottery collectables of the future given by Julia Knight, Ayscoughfee Hall Museum's Assistant Manager

**Wednesday 8 July**  
Subject to be confirmed given by Alice Robotham, museum trainee at Ayscoughfee Hall Museum

### Evening talk

**Wednesday 22 July**  
The early history of Ayscoughfee Hall given by Richard Davies, Ayscoughfee Hall Museum's Manager

The lunchtime and evening talks will each last about forty five minutes, Tickets will be £1 with numbers limited to 20

people for the lunchtime talks and 35 for the evening talk. The tickets will be available from 17 June.



**Lord Burgh's Retinue**  
**Saturday 29 - Monday 31 August**  
Medieval living history event in the Gardens



**Ayscoughfee Hall**  
Museum and Gardens



For more details about these events please contact Ayscoughfee Hall.

Tel: 01775 764555.  
Email: [museum@sholland.gov.uk](mailto:museum@sholland.gov.uk).  
Website: [www.ayscoughfee.org](http://www.ayscoughfee.org)

Ayscoughfee Hall Museum and Gardens is owned and operated by South Holland District Council

## Summer Fun Brochure 2009

For full listings of activities taking place across south holland over the summer, look out for our Summer Fun Brochure which will be available in July.



## Films in South Holland (FISH)

South Holland District Council has a mobile cinema screen which can be hired to bring the cinematic experience to the heart of your community. For further details contact Adam Patman on 01775 764823 or by email: [apatman@sholland.gov.uk](mailto:apatman@sholland.gov.uk)

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

# Summer fun for Children and Young People at the South Holland Centre

## SUMMER HOLIDAY CINEMA - TOP VALUE!

See the big family films at the South Holland Centre in Spalding this Summer

All daytime and family tickets £4.50

Pepsi & Popcorn combo only £3!

**FREE TICKETS FOR UNDER 26s**

**FREE THEATRE TICKETS! FOR UNDER 26s**

ANIGHTLESSORDINARY.ORG.UK

ARTS COUNCIL ENGLAND IN ASSOCIATION WITH METRO



**Free music gigs  
Free comedy  
Free dance  
Free theatre**  
at the South Holland Centre,  
Spalding

**TO FIND OUT MORE PLEASE GO ONLINE**

[www.southhollandcentre.co.uk](http://www.southhollandcentre.co.uk)

or call into the South Holland Centre and ask about

**FREE TICKETS FOR UNDER 26s**

Free tickets are subject to availability

## MUSIC MAKING

**First Notes**  
With soundLINC'S



Four Tuesday morning musical fun sessions

From 2 June  
3 to 5 year olds  
£2.50

## SCULPTURE

**Sellotape Sculptures**  
With James Sutton

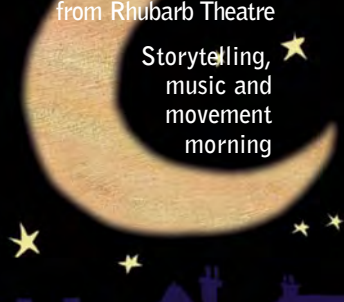


A day making crazily amazing beasts and beings

Mon 27 July  
8 to 12 year olds  
£15

## STORYTELLING

**The Way Back Home**  
With Kirsty Mead  
from Rhubarb Theatre



Storytelling, music and movement morning

Wed 29 July  
4 to 7 year olds  
£5

## DRAMA

**What a Twit**  
With Kirsty Mead  
from Rhubarb Theatre

A drama afternoon full of fun and tricks

Wed 29 July  
8 to 12 year olds  
£6

## MUSICAL THEATRE

**Summer Youth Theatre**  
With Polka Dot Academy



Two full weeks of acting, singing, dancing and performance

Week 1 from Mon 3 August,  
Week 2 from Mon 10 August  
8 to 14 year olds  
£75 including a souvenir T-shirt

## ROCK SCHOOL

**Rock School & Music Production Week**  
With soundLINC'S



A creative week for aspiring musicians and producers

From Mon 17 August  
11 to 16 year olds  
£50

## DRAMA

**The Enormous Crocodile**



With Kirsty Mead from Rhubarb Theatre

Drama, music and art morning

Wed 26 Aug  
4 to 7 year olds  
£5

## DRAMA

**Mask Theatre**  
With Kirsty Mead  
from Rhubarb Theatre



An afternoon of drama games and fun

Wed 26 Aug  
8 to 12 year olds  
£6



Market Place Spalding PE11 1SS

**South Holland Centre**

[www.southhollandcentre.co.uk](http://www.southhollandcentre.co.uk)

**There are lots of ways to find out what is coming up at the Centre:**

Either call in to see us in Spalding Market Place, phone our box office on 01775 764777 to request a Live guide and Film guide, visit our website [www.southhollandcentre.co.uk](http://www.southhollandcentre.co.uk) where you can also book online, or see local press listings.

**We hope to see you soon.**

# Recycle your furniture and save yourself money!



Had a Spring clean?  
Got bulky items you no longer need?

Instead of calling your council to arrange a bulky collection (which would cost you £15 and increase landfill) why not try South Holland's only furniture re-use project....

**So far in the last six months the project has helped 215 families in the local area.**



The project welcomes donations of household items and furniture that is good enough for reuse by householders in need.

**You can deliver to the Project or arrange for them to collect (FREE).**



## What they accept

- 3 piece suites (*must have fire retardant label*)
- Dressers
- Tables & chairs
- Beds
- Wardrobes
- Chests of drawers
- Bookcases
- Washing machines
- Tumble dryers
- Dishwashers



## What they can't accept

- Fridges & freezers
- Televisions
- Large sideboards
- Cookers
- Bric-a-brac
- Crockery
- Cutlery
- Paint

**In the last six months the project has also diverted a massive 28,374 tonnes of furniture and appliances from landfill. This is equal to the weight of 28,000 family sized cars!**



## South Holland Community Furniture Recycling Project

A charity working for the community  
(registered number 1105025)

34A Little London, Spalding, Lincolnshire, PE11 2UB

**Telephone: 01775 711171**

Office open Tuesday, Wednesday and Thursday  
10am to 3pm

## Needing furniture or household goods?

People on low income, income support and other benefits may be eligible for furniture. You could also ask for a referral letter from SHDC Housing Services, Social Services, social workers, health workers, probation officers and the Citizens Advice Bureau.