

Inside Swale magazine

Autumn 2013

Keeping you informed about your council services

In this issue

Parish review – have your say

Housing Team help after Richmond Street fire

Improving your refuse collections

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feeling
great

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Extended performance space at Swallows Leisure Centre and Spinning classes now available at Sheppey Leisure Complex.

For full details of all facilities, activities, memberships available and to join online visit:

swaleleisure.com

Sheppey Leisure Complex
Tel: 01795 668 061

Swallows Leisure Centre
Tel: 01795 420 420



*Price relates to off-peak gym membership at Sheppey Leisure Complex. Membership from £19.95 at Swallows Leisure Centre.
**Dependent upon membership type. Other memberships also available. see online for details.
Free parking proportionate to activity & presentation of ticket slip at reception.
54 classes at Swallows & 29 classes at Sheppey subject to change. Terms and conditions apply.





Cllr Andrew Bowles
Leader

Welcome to the autumn edition of Inside Swale

The first phase of the review of parish and town councils and the draft Local Plan consultation have both nearly come to a close. Thank you to all who took the time to respond. It is important that local communities have their say and contribute to how the Borough develops in the forthcoming years, for now and future generations. There is still a great deal of work to be done, and we will continue to work hard to ensure the proposals for the Borough look at the needs of our communities whilst also looking at the infrastructure required to support those developments. We

will keep you updated through, Inside Swale, our website and local media.

We have now taken on board our second group of young apprentices from the Borough. After eight successful placements last year, we were keen to offer similar opportunities again this year. Apprenticeships are an excellent way of providing young people vital work experience as they work towards a qualification. I am confident that this year's apprentices will once again prove to be a success, and wish them all the very best for the coming year.



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Swale Borough Council

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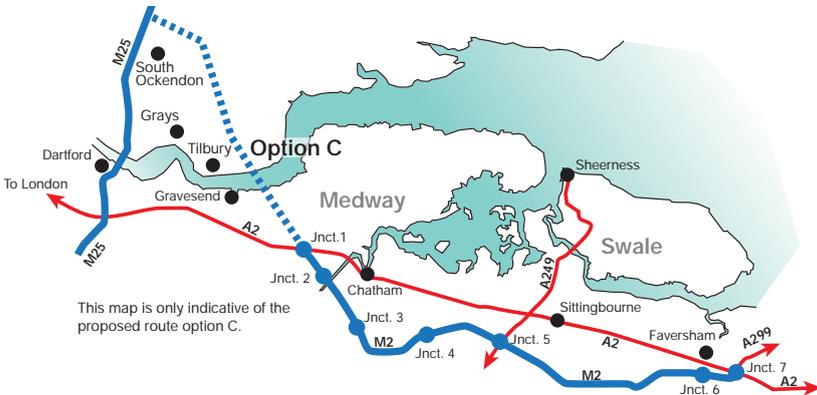
Your council meetings

You can access all agenda and minutes of council meetings online at www.swale.gov.uk Items of discussion can vary from consultation documents, financial matters and council tax. Two reports submitted at a recent Cabinet meeting included the council's revenue underspend of £587,710 during the last financial year.

Swale's Cabinet Member for Finance, Cllr Duncan Dewar-Whalley said: "This report highlights the continuing work that is being carried out to reduce expenditure, whilst protecting frontline services. Despite three years of no council tax increase for the residents of the Borough we are still providing high quality services at a reduced cost.

"We will continue to work hard to reduce costs but without reducing the quality of services as we face further funding reductions for the next financial year."

A second report detailed the council's preferred option in the Government consultation proposals for a Lower Thames Crossing. Members agreed to the overall preference of Option C variant which includes the proposition of the crossing from the M2 to the east of Gravesend to the A13 and the M25, but must include the widening of Bluebell Hill.

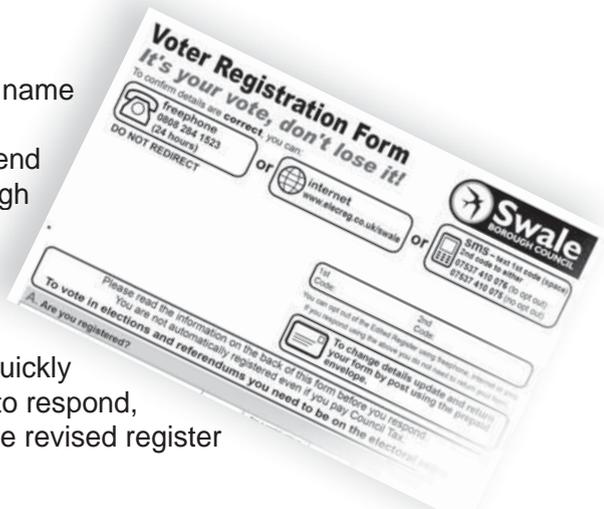


Swale's Deputy Leader, Cllr Gerry Lewin said: "Option C variant is Swale's preferred option as it shows the greatest reductions in congestion and is best for connectivity and the economy for Swale."

Proposed Lower Thames Crossing Option C Variant

Voting

To vote in elections and referendum, your name needs to be on the electoral register. The register is reviewed each year when we send out forms to every household in the borough asking people to confirm their details, or update the information as necessary. This year, forms will start to be delivered from October, earlier than usual, and residents are encouraged to respond as quickly as possible. There are a number of ways to respond, more details can be found on the form. The revised register will be published on 17 February 2014.





Art in the Park update success!

With visitor numbers higher than before, and a number of groups appearing for the first time at Art in the Park, organisers have heralded the event a success. The Milton Creek Trust's partnership with Swale Arts Forum brought something new to the park with several Swale based artists and performers attending the event.

A highlight for many was the fantastic bumblebee mural by local artist Dean Tweedy. Dean and his team donated a lot of time and materials to complete the amazing artwork for visitors to the park.

A big thank you to all those who attended, including Kent Fire and Rescue Service, Kent Air Ambulance, British Heart Foundation, Sittingbourne Lights, Kemsley Community Angling Preservation Society, Sittingbourne and Kemsley Light Railway, Dogs Trust, Bumblebee Conservation Trust, Creepy Claws, Amicus Horizon, Kent Geocachers, SFM radio and all those with stalls selling local produce.

Thank you also to the Event Marshalling Unit for their help and all the "Friends of Milton Creek" volunteers, without whom this event could not have taken place.



Oare Green Flag Award

Oare Gunpowder Works Country Park in Faversham, is one of the very best in the UK – and that's official. The Country Park was among 1,447 parks and green spaces that received a Green Flag Award from environmental charity Keep Britain Tidy.

A Green Flag flying overhead is a sign to visitors that the space boasts the highest possible standards, is beautifully maintained and has excellent facilities.

Swale's Cllr David Simmons said: "We are absolutely delighted to once again receive a Green Flag Award.

"The success of the Country Park would not be possible without the support of the Country Park 'Friends Group', volunteers and local community working together to create this fantastic area for everyone to enjoy."

Visit www.gunpowderworks.co.uk for more details or call **01322 384 848**.



Did you know Swale Borough Council hosts meetings for the Swale Youth Forum? Representatives from schools across the Borough join together to discuss issues directly affecting them. Items which have been discussed include the Sittingbourne Skate Park, highways issues surrounding schools and how the council can help you. Find out who your representative is by following the group on Facebook and Twitter. Ask for issues to be raised at the next meeting and keep in touch.

<http://www.swale.gov.uk/swale-youth-forum/>

Get up, get involved.



Kent Family Mediation Service provide a service for separating/divorcing couples, helping them make arrangements for the future in respect of finances, property and future parenting/contact arrangements.

Legal Aid is available for those who qualify – alternatively subsidised rates are available. The service is one of the largest providers in Kent still able to offer Legal Aid for family matters and the only not-for-profit charity doing so.

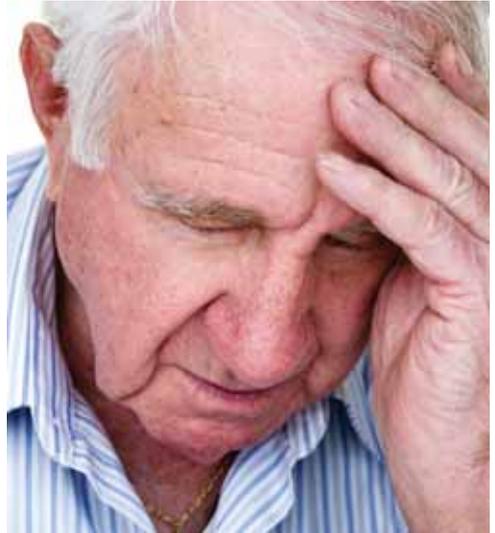
For more information call **01795 410 457** or visit www.kentfms.co.uk/

Community Triggers

Local people will be given new powers to tackle anti-social behaviour in their neighbourhood thanks to a new scheme being tested in Swale.

The Community Trigger scheme has now been launched in the Borough, and means that local police, the council, and housing associations will be required to review how they have dealt with complaints about anti-social behaviour, if local residents do not feel matters have been handled properly.

The Home Office carried out a pilot of the project last year. The aim is to ensure that vulnerable people are heard and their concerns are dealt with. From 2014, every local authority will be required to introduce the scheme. More information will be available on www.swale.gov.uk



Flag raising

Sheppey Gateway held its first flag raising ceremony in July after the long awaited flag pole was installed.

Mayor of Swale, Cllr Sue Gent joined members of staff from the Gateway, Former Mayor Councillor Pat Sandle, Councillor Mike Whiting and Ward Councillor Steve Worrall for the event.

The Mayor of Swale gave a brief speech during which she thanked all those involved in the installation of the flag pole: "I'd like to give particular recognition to Cllr Steve Worrall who has worked tirelessly to champion this flag pole project."

Swale's Cllr Mike Whiting added: "Thanks to everyone's hard work, the flag has at last been raised over Sheerness."

Mayor of Swale, Cllr Sue Gent raises the flag over Sheerness



The new West Faversham Community Centre

One of the best events and training venues in Kent

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www.westfavershamca.org

West Faversham Community Centre, Bysing Wood Road, Faversham ME13 7RH
E: manager@westfavershamca.org T: 01795 537321

West Faversham Community Association: Registered Charity 1139228; Registered in England and Wales No. 7296070

Embracing localism

Members' Localism Grants – Bringing Swale Together

Did you know Swale Borough Council's Members' have access to grant funding for local community projects? Each councillor has been allocated £2,250 (overall £105,750) through the Members' Localism Grants scheme to award to small-scale, community projects. Applications are welcomed from groups who have ideas for local community projects. Previously supported projects have included those which have helped young children to learn to read, getting the elderly active, and improving sustainability by replacing an ailing boiler in a community hall.

To find out more about the Members' Localism Grants either contact your local ward councillor, or call Christopher Blandford on **01795 417 165**.



Litter Angels who have received a grant, attending the Sports Taster Day in Faversham last year.



SCVS celebrates 40 years of local community support

Swale Community and Voluntary Services (SCVS) have celebrated their 40th anniversary this year at an event in Sittingbourne.



Alongside employees of SCVS, volunteers and charitable organisations, the Mayor of Swale, Cllr Sue Gent attended, along with Council Leader, Cllr Andrew Bowles and Chief Executive, Abdool Kara.

Cllr Bowles praised the strong working partnership that SCVS enjoys with the council and the

excellent reputation established by SCVS locally, regionally and nationally. "I have seen Swale CVS grow into a well-regarded and recognised organisation over the years; a conduit and champion for the voluntary and community sector. Swale CVS is Localism in practice. It supports local groups, has the principles of Localism at its heart and enables local people to take responsibility and make things happen at grass roots level."

In 1973, SCVS had one part-time member of staff, and recruited 11 volunteers. In 2012 they recruited 751 new volunteers, providing over 40,000 hours of volunteer time. SCVS now also employs 37 members of staff.



THE ISLE OF SHEPPEY
ACADEMY

ISLE OF SHEPPEY ACADEMY YEAR 6 TRANSITION EVENTS 2013/14

“100% of year 6 students agreed that they were happy during their transition from Primary School to IOSA”



“98% of students agreed that they enjoyed their transition from Primary School to IOSA”



“98% of parents agreed that their son/daughter were happy during their transition from Primary School to IOSA”



KEY DATES AND EVENTS

Open evenings	East (Minster) Site	(18.00 - 20.30)	25th September
	West (Sheerness) Site	(18.00 - 20.30)	26th September
Tours of the	East (Minster) Site	(0900 – 1000) available by appointment from	10th September – 22nd October
	West (Sheerness) Site	(0900 – 1000) available by appointment from	12th September – 24th October
Coffee mornings hosted by the new Executive Principal David Millar available at the following times:			
	East (Minster) Site	(0900 – 1000)	23rd October
	West (Sheerness) Site	(0900 – 1000)	24th October
	East Site: Minster Road, Minster-on-Sea, ME12 3JQ T: 01795 873591		
	West Site: Marine Parade, Sheerness, ME12 2BE T: 01795 873591		

For further information about the Academy visit our website: www.theisleofsheppeyacademy.org.uk



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Join our 'Caring for the Carers' event

At Kingsfield care home, Faversham
Tuesday 29th October, 4-7pm

Come along to our free event and meet local support groups who will be on hand to offer information and guidance on caring for a loved one with dementia.

We'll be joined by experts from the Alzheimer's Society and a financial adviser from Ashcourt Rowan who can inform you on funding long term care.

Take a tour of the home and meet the team. Refreshments will be available.

Drop in and see us at any time between 4pm and 7pm.
If you are not able to attend but would like more information about the home call today.

**Kingsfield, Jubilee Way,
Faversham ME13 8GD
0333 321 8842
careuk.com/kingsfield**



Milton Regis Court Hall



A group of volunteers is looking for community help to re-open Milton Regis Court Hall to the public. 'Friends of Milton Creek' was created in 2011 and working with Swale Council, have already carried out extensive work to bring the historic building back into use. A plan is now in place to complete the work on the building with a final ambition of making it a museum dedicated to Milton's past. The group is looking for people to help them with this project. Call Paul David on **01795 471876** for more information or visit www.friendsofmiltonregiscourthall.co.uk

Heritage Lottery Fund

Thinking of applying for grant from the Heritage Lottery Fund? If so, visit the free 'Information and Advice Session' in Sittingbourne on 5 November, to meet the development team and get advice on your project ideas!

The session will be an informal opportunity to learn more about the Heritage Lottery Fund and to discuss your ideas. You don't need a definite project idea to attend - just come along to find out more.

The session will run on Tuesday 5 November, from 2pm - 4.30pm at the Pulse Café, Park Road, Sittingbourne. Places are limited, if you are interested in attending, call **020 7591 6048** or email southeastengland@hlf.org.uk.

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Sittingbourne Skateboard Park



The fundraising team outside Swale House

Big steps forward have been made for plans for a Skateboard Park in Sittingbourne as land has now been confirmed in Mill Way, as a site for the project. In addition, the council has now confirmed its own contribution of £30,000 to their funding. Representatives from the fundraising team have been making their own steps to boost funds. Return to Earn has exchanged cash for old clothes, handbags and shoes collected by the team. The group hope to

use any funds raised to help publicise future fund raising events. Call Jordan Rogers if you can help with fundraising on **07805 347 3942**.



FACES of Kent

(Families Affected by Caring Empowerment Services)

**Do you help look after someone who has a disability or is ill?
Or do you help look after someone who misuses drugs or alcohol?
... and are you aged between 5 and 18?**

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We can offer YOU:

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www.facesofkent.org.uk

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Embracing localism

Sport developments in Swale

The passion for sport and being active in the Borough has played a large part during this year's summer holidays.

Swale Community Leisure Ltd, who manage the Swallows Leisure Centre and the Sheppey Leisure Complex, started the summer with guest Paralympian Steve Brown who officially opened the newly refurbished gym at the Swallows Centre in Sittingbourne. Steve Brown captained the GB wheelchair rugby team at last year's Paralympic games. The fun continued in Sittingbourne as Kent Fire and Rescue Services hosted a Family Firefit event, supported by the council. The free event was well attended as families tried the firefighter assault course, took part in competitions and tested training equipment used by the fire crews. It is hoped this will be held again, keep updated on our website.

Sheppey Leisure Complex held an open day in July as they celebrated the leisure centre roof replacement - completed ahead of schedule. A grant of £50,000 from Sport England's Inspired Facilities, Olympic Legacy Fund helped towards the cost. The work was originally estimated to be completed in October.



Steve Brown



Lawn Bowls

With the Commonwealth Games in Glasgow next summer, there are a wealth of sports hoping for a revival. Sports organisers across the Borough are looking to encourage more people to try out activities including New Age Kurling, and Indoor and Outdoor Bowls. For more information on activities and taster sessions, visit www.kentsport.org.

Working together with Run England, the council has introduced markers along the Minster Leas

promenade on Sheppey. This marked route is known as a 3-2-1 route, which gives runners suitable target distances for anyone who wishes to have a go! Find out more www.runengland.info

Take a look at page 22 for more details on cycling events. For more details of events near you visit.swale.gov.uk.



New Age Kurling

Enjoy your Borough as you keep active!



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Parish Councils?

Community Governance Review Consultation

The first phase of the Community Governance Review Consultation has nearly come to a close. In July, the council announced a consultation on how communities across the Borough are represented and governed at a local level, known as community governance.

The review focused on the unparished areas of Swale, the arrangements for the existing parish councils that border the unparished areas of Swale and also responded to any requests from existing town or parish councils who asked for their arrangements to be reviewed.

Leader of the council, Cllr Andrew Bowles said: "Parish and town councils are the most local tier of governance, helping local communities have a voice on what matters to them. We are grateful for everyone within Swale who has taken this opportunity to have their say on how we help shape the future of the Borough."

Responses from this consultation will help form a set of draft proposals on creating, merging and changes to parish and town councils which will be published for consultation early in 2014. The overall review will be completed by June 2014.

Keep up-to-date by visiting www.swale.gov.uk/CGR



Have your say...
...local arrangements
for your area today

Dockyard Church



Dockyard Church, Sheerness hand over

The Dockyard Church in Sheerness on the Isle of Sheppey has now been handed over to the Spitalfields Historic Building Trust for restoration works, following the compulsory purchase of the building by Swale Borough Council. Will Palin, Oliver Leigh-Wood (both from the Spitalfields Trust), and Tom Foxall (from English Heritage), joined Deputy Council Leader Gerry Lewin, at the hand-over event in July. All representatives spoke of the community passion to restore the building, which stands alongside Naval Terrace, Regency Close, the Commissioners House and the Police House, which are all undergoing their own restoration works. Look out for further developments on the Sheerness restorations in future issues of Inside Swale.

Heritage Angels

Deputy Leader and Heritage Champion, Cllr Gerry Lewin was pleased to receive acknowledgement from English Heritage that the



Shurland Hall, Eastchurch

Spitalfields Historic Buildings Trust is set to receive a certificate of commendation for their contribution in rescuing Shurland Hall on Sheppey.

Cllr Lewin nominated the Trust in the English Heritage, Heritage Angels Awards. Up against 180 nominations, the heritage sector experts involving in choosing the shortlist were very impressed with the conservation work at Shurland Hall, although it did not make the final shortlist.

Looking Forward Queenborough and Rushenden

Those who live and work in and around Queenborough and Rushenden can now start to look forward to new homes, more jobs and more education provision as the next stage of major regeneration of the area is underway. The first housing land is being marketed to potential developers who will build new homes in the area.

The regeneration of the area will deliver much-needed housing with approximately 1,800 homes built, as well as education, community and leisure facilities which in turn support up to 2,000 jobs over the lifetime of the project.

The £30m transformation of Neats Court is already well underway and the much-needed Rushenden link road opened in December 2011. Morrisons and KFC have now opened and Phase 2 will be underway very soon.

Swale's Cabinet Member for Regeneration, Cllr Mike Cosgrove said: "The opening of Morrisons on Sheppey is a milestone in the regeneration of the area, and with it brings a boost to the economy and jobs for local residents. This is just the start. The Homes and Communities Agency (HCA) are pressing ahead with its plan to bring new homes, jobs and infrastructure to Queenborough and Rushenden, going out to the market to select a developer and bring forward proposals by the end of the year. We will work in partnership with the HCA to ensure the best possible scheme is delivered for the benefit of residents."



The new Morrisons and below the Neats Court development area



The HCA is the government's land and housing agency and owns the land being developed. Bringing together Swale Borough Council, Kent County Council, the local community, and businesses. The HCA have consulted extensively with the local community. Their role is to use government land and investment in the area to help Swale Borough Council deliver the homes and jobs needed.

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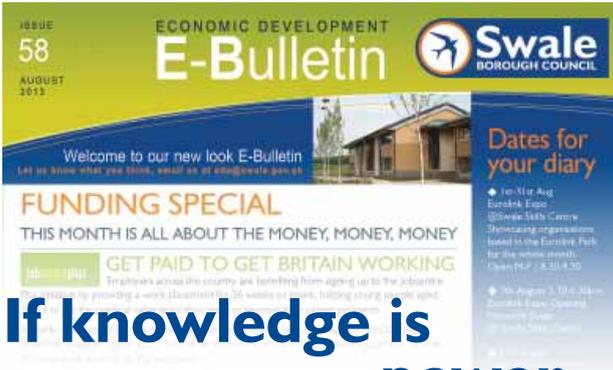
"I have just had my electricity usage statement for the year and it has gone from an average of 18.91 kW a day to 7.02 kW which is pretty spectacular. I'm very pleased."
J.S. - Somerset

Our heaters are excellent replacements for gas, oil and economy 7 heating systems. They will work alongside both economy 7 and economy 10 - see our brochure for more information. Sunflow has fully qualified Gas Safe engineers and electricians with a great deal of experience in replacing old systems. We renew water heating and have a range of options, including thermodynamic.

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If knowledge is power... ...power up your business

Join the growing number of businesses who have signed up to our monthly e-Bulletin. It's a short, sharp summary of information for Swale's business community and provides you with essential knowledge that could help you to develop and grow your business.

To join, email us today at: edu@swale.gov.uk with 'EBULLETIN OPT IN' in the subject bar.

Are you Linked to your Business Community?

Swale Borough Council wants the Borough's business community to have a voice on issues affecting the local economy and its success. If you operate a local business, we would like to hear your views on issues impacting upon your business, and how you would like the local economy to develop. Join us on LinkedIn 'Swale Economy & Regeneration Partnership' and have your say!

Free business support with Start-up

If you need help with your business or business start-up, then a new scheme launched by Swale Borough Council and Kent Invicta Chamber of Commerce may help.

The first phase of the business support programme, 'Start-Up' is a free and available to new and existing businesses in the Borough. This programme will be available over the next two years to encourage, support local businesses, and to help boost the local economy.

Swale Borough Council's Cabinet Member for Regeneration Cllr Mike Cosgrove said: "One of our priorities is to ensure the Borough is 'Open for Business'. Working with Kent Invicta Chamber of Commerce, we can help new and existing businesses develop, boosting the local economy thus providing increased employment opportunities within the Borough. Together we are helping to make Swale a better place."

If you are interested in taking part in this **FREE** programme, please contact the Chamber on **01795 379 012**. The Chamber can also provide help to those looking to make applications to the TIGER loan fund, once potential applicants have passed through the pre-application stage. For more information about this go to www.tiger20million.co.uk

Blaze put team in the spotlight

The council's Housing Services Team have come into the spotlight recently after families were displaced by the fire in Richmond Street, Sheerness. Seven families lost their homes but finding temporary accommodation was not the only job for the Housing Options Team as they responded to the emergency with the council's Emergency Planning Team.

As responders in an emergency situation, housing staff took the call on the afternoon of the fire, confirming that it was of such severity that residents would not be able to return immediately to their homes. Working with emergency services, they worked into the small hours of the morning to find residents temporary accommodation, organising food, healthcare, clothing, support from other agencies, and other immediate essentials.

The following few days were spent helping the families with access to their homes to pick up essential items, working with Building Control and Highways to ensure the building and surrounding area was safe. Weeks later, the team continue to support those displaced by the fire.

This emergency support remains in place as the team continue with their daily work. In addition to helping local residents with any housing issues, throughout the last financial year, the Housing Services Team have;

prevented **390** people from becoming homeless, brought **64** properties that were empty over six months back into use, carried out nearly **700** handyman jobs through 'Staying Put' and secured **116** new affordable homes, exceeding the target set and improving on previous years.



Fire aftermath in Richmond Street.

Are you Vulnerable?

**Staying Put
could help you!**

Staying Put 
improve your home, health and life

Staying Put, a Home Improvement Agency run by Swale Borough Council, can help the elderly, disabled and vulnerable people live safely and independently in their homes.

Home repairs | Making the home safe | Making the home secure

For more information call 01795 417 131 or email stayingput@swale.gov.uk

Healthy environment

Help your environment get your walking shoes on!

Swale Borough Council is working with Kent Messenger to encourage schools to sign up to their KM Walk to School initiative. A subsidy of £50 is being offered to schools re-signing for the next academic year and up to £100 to new schools that are close to an Air Quality Management Area, joining the programme.

Earlier this year, we announced that the Council had introduced two new Air Quality Management Areas (AQMAs) in Sittingbourne. Help keep pollution levels down by walking to school and keeping children active!

We currently have over 17 schools in Swale signed up to the charity. Speak to your school to find out if they are involved. If your school requires more information, contact the KM Charity Team on **0844 264 0291**.



Walk to School

Swale Warm Homes save energy, save money

Did you know you qualify for a FREE home energy assessment?

Swale Borough Council is offering residents a FREE home energy assessment to check your eligibility for insulation and heating improvements as part of the Kent and Medway Warm Homes Scheme, delivered by our partners Enterprise.

Insulating your home could help you save money, as well as keep your home warm and reduce your energy bills.

The energy saving improvements available includes cavity wall insulation, loft insulation, draft proofing, and solid wall insulation.

Enterprise are writing to local residents and visiting homes across the Borough to conduct a FREE no obligation assessment of your property.

Take advantage of the FREE home assessment to check your eligibility and arrange for work to be installed by our approved installers. If your home was assessed under a previous scheme and you were advised that insulation work could not be carried out, our Warm Home scheme may be able to help.

Call Enterprise to book your FREE assessment on **0800 521 660**.



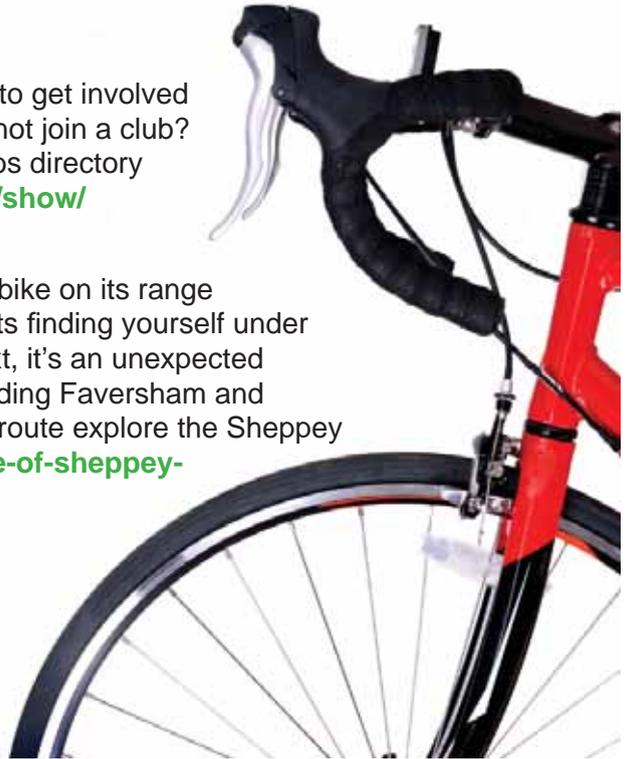
Healthy environment

Cycling in Swale

There are still plenty of opportunities to get involved in cycling across the Borough. Why not join a club? Use our recently updated Sports Clubs directory to find out more: www.swale.gov.uk/show/sportsdirectory.aspx

Alternatively explore the Borough by bike on its range of footpaths or roads. One moment its finding yourself under a canopy of trees and then at the next, it's an unexpected view point of the countryside surrounding Faversham and Sittingbourne. For a more structured route explore the Sheppey trails at <http://visit.swale.gov.uk/isle-of-sheppey-cycle-routes/>

From the international success of Chris Froome at the Tour de France in July to the Sky Ride events that have run locally throughout the last few months, this has really been the summer to get cycling!



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Alleyway in Sheerness

Cameras installed in Sheerness to tackle fly tipping

Swale Borough Council has installed two 'roving cameras' in Sheerness in a bid to tackle fly tipping.

The cameras have the capability to be moved to target areas that have been highlighted as 'hot spots' for fly tipping, littering and dog fouling. The cameras have been primarily paid for through fixed penalty revenues for littering and fly tipping. Anyone found dumping waste in the alleyways will be investigated and could receive a heavy fine.

Report it online www.swale.gov.uk

Did you know that CCTV assists with more than just catching criminals?

CCTV in the town centres across Swale helps to reduce crime and anti-social behaviour and is operated 24 hours a day, 7 days a week. The cameras are there to help in any way they can.

In July, the police received reports of a hot air balloon in difficulty in the Kemsley area. The CCTV operator conducted a search of the area and spotted the balloon near Sittingbourne railway station. The operator directed both the police and the balloon support vehicle to the balloon's location. It landed safely and the balloonist was advised to notify the appropriate authorities to arrange a flight plan and landing in future.

Also in the summer months, a pet shop owner in Sittingbourne High Street spotted a dog left in a car on a hot day and quickly informed CCTV operators. The operator was aware of a police officer in the High Street and directed him to the car. The officer found the windows of the car slightly ajar, and the owner returned to the vehicle before any further action was taken. He was given strong advice and the dog a well-received bowl of water.



Living in Safety Event 2013

Offering Advice for over 60's and disabled on living a safe, independent and healthy life

Tuesday 1 October 2013

10.00am - 1.00pm

Swallows Leisure Centre
Sittingbourne

Offering lots of information
on services available you!



01795 417131

Staying Put

improve your home, health and life

**AGE UK in SWALE
FAVERSHAM, SHEPPEY & SITTINGBOURNE**



Provide services to anyone in the Swale area over the age of 50 and can include:-

- Information Advice and Guidance
- Freshly cooked two course lunch
- Transport to and from centres
- Social activities including outings
- Bathing with trained care workers
- Personal care in your own home
- Help with domestic tasks
- Freshly cooked meals delivered to your home
- Hairdressing
- Chiropody and foot care
- Specialist dementia care services including carer support, day care, dementia café and cognitive stimulation groups.

Please contact your local branch to see what they can offer.

Age UK Faversham
2 Middle Row
Faversham
Kent
ME13 7AJ
Tel: 01795 532766

Age UK Sheppey
Rosemary House
43 Trinity Road
Sheerness
Kent
ME12 2PF
Tel: 01795 662562

Age UK Sittingbourne
Heather House Day Centre
Avenue of Remembrance
Sittingbourne
Kent
ME10 4NN
Tel: 01795 477520

Improving your refuse collections



5 litre kitchen container

Improvements to the way we collect your refuse and recycling will be introduced over the coming months.

The most significant change will be the introduction of a weekly food waste collection from Summer 2014. On average households in the UK waste around £400 of food each year, most of which ends up in landfill.

The food waste will be collected using a small five litre container for the kitchen and a 23 litre container to store outside, which will be emptied weekly in addition to your green or blue bin collection.

This waste will be taken to a processing plant in Kent where it will be mixed with other organic waste to produce soil improver to be used on farms.

Currently residents help the council achieve a recycling rate of 32% through the current blue bin scheme and the changes scheduled to be introduced will see an initial increase to above 40%.

Swale's Cllr David Simmons said: "The emptying of bins is an important service provided to every household in the Borough. The contents of the bins must no longer be regarded as rubbish but instead as a valuable resource. As a farmer, I am delighted that we are now able to introduce this new service. Unwanted food will be collected, composted and returned to the land as an important soil conditioner. This will play an important role in enhancing the council's green credentials and further reduce the volume of material sent to land fill."

For the next 12 months there will be no change to your current collection days. A new pull-out calendar, reminding you which day to put your blue or green bin out, will be in the next issue of Inside Swale.

Keep updated. Further details will be made available through Inside Swale, our website www.swale.gov.uk, your local newspaper, Twitter and Facebook. You can also contact us on waste@swale.gov.uk



MP visits eco-friendly schemes



Sustainable Sheppey is a Swale Borough Council led project, supported by the Big Lottery Fund, which brings together a number of partner agencies and the Sheppey community, to help everyone prepare for the challenges and opportunities of climate change.

Sittingbourne and Sheppey's MP Gordon Henderson, visited two eco-friendly Sustainable Sheppey schemes run from HMP Stanford Hill earlier this year.

'Oil Works' – run by the charity Work This Way, is a scheme based on a model pioneered at Ford Open Prison in West Sussex, with the support of Southern Water, which turns waste domestic cooking oils into bio-fuel. This fuel will initially be used within the prison estate, with future plans for other groups in the community to use the fuel.

Mr Henderson also visited the Community Allotments project – led by Sheppey Matters. The local community has snapped up 30 plots and several community groups have now become involved in this exciting project!

Keep up-to-date by visiting www.swale.gov.uk/sustainable-sheppey/



Swale Borough Council is supporting the 'Be Clear on Cancer' campaign which aims to get more cancers diagnosed at an early stage by raising awareness of key symptoms, and encouraging people to

discuss them with their doctor earlier. When cancer is picked up early, treatment is more likely to be successful.

People can be put off getting symptoms checked out for lots of different reasons. But we know that people often take notice of advice from friends, family, and people they trust when deciding if symptoms are serious enough to see their doctor. They might worry about wasting the doctor's time. Or, if they think it could be cancer, people are often frightened of finding out, or are scared of treatment.

You do not need a medical background to explain that it's best to get symptoms checked out early - the chances are it's nothing serious, but it may still need treating. If it is cancer, finding out sooner can make a real difference.

For more information visit [nhs.uk/lungcancer](https://www.nhs.uk/lungcancer)



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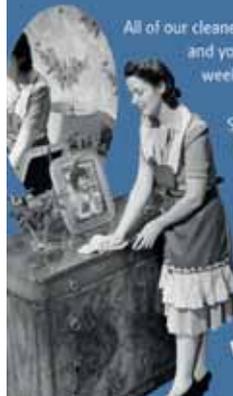
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Medway



NHS Foundation Trust

The importance of your NHS number

Everyone registered with the NHS in England and Wales has their own unique patient identifier - NHS number - which will stay with them throughout their life. Here is an example of an NHS number **943 476 5870**.

Your NHS number can be found by looking at recent NHS letters/documents or by contacting your GP practice. Using your NHS number helps to co-ordinate your care both within our trust and across health care organisations: it improves patient safety by correctly identifying you and makes it easier to find your health care records.

What do you need to do when using NHS services?

When you visit or contact the NHS, please provide your NHS number, your current address and advise on any changes to your name or GP practice, so that your contact details are kept up to date. It is important that your GP practice always has your most current details.

Do I need my NHS number to get care?

No, but providing your NHS number to NHS staff will assist in finding your records more easily, quickly and to share them safely with other staff involved in your care.

Medway's record breaking number of WOW! Awards



Dilber Dalgic and Angela Norman with their WOW Awards

More than 200 staff at Medway NHS Foundation Trust have been nominated by patients in the national WOW! Awards.

That figure represents the nominations in just one month (June) –according to WOW that is the most nominations any organisation has ever received in a single month.

The WOW! Awards give patients the opportunity to nominate a member of staff who has gone above and beyond the call of duty or delivered a great customer service.

Staff from Medway NHS Foundation Trust have been short-listed in four out of 16 categories in the

Awards Gala Ceremony. Winners will be announced later this year.

The categories Medway staff are short-listed in are Most Inspiring Front Liner, Leadership Award and WOW! That's Really Special.

Chief Executive Mark Devlin said: "Through a number of events we are listening to our patients' experiences and will continue to gather staff ideas, suggestions and feedback on how we can work together to make Medway an even better place to work and be treated."

It's easy to nominate, visit www.thewowawards.co.uk/nominate

A delicate operation under local anaesthetic

For the first time surgeons at Medway Maritime Hospital have completed a delicate operation under local anaesthetic – that was previously completed under general or epidural anaesthetic.

Medway NHS Foundation Trust is the only hospital in Kent doing percutaneous endovascular aneurysm repair (EVAR) for patients with abdominal aortic aneurysm and one of the few hospitals in the country doing it under local anaesthetic.

Traditionally the aortic stent grafts are inserted via surgical incisions in both groins. Surgeons at the Trust have been doing the procedure without any incision (percutaneous EVAR) since early 2012 but until now all the procedures were done under either general or epidural anaesthetic.

Surgeons have now completed their first percutaneous EVAR under local anaesthetic - with the patient awake throughout the procedure and was well enough to go home the following day.

Consultant Interventional Radiologist Dr Anil Madhavan said: "This is a much simpler procedure because it is less invasive and with no need for a general anaesthetic, the surgical risk is greatly reduced too."

The patient was so impressed with his care at Medway Maritime Hospital that he nominated Mr Edrees and Dr Madhavan for a WOW! Award.

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We are improving...

how we collect
your refuse
and recycling

We will be
introducing
weekly
food waste
bin collections



Details
available from
Autumn 2013
in the local
press and
future council
communications

Please see page 25 for further details

FACT

Studies suggest
nearly 20% of all
food purchased
is thrown away.



Source: Wrap



Swale
BOROUGH COUNCIL