

ONLINE: hwpartnership/viewpoint

viewpoint

West Cheltenham's FREE magazine

Volume 44 - Spring 2022

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VIEWPOINT

Spring 2022

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News, events, activities and stories
from the west of Cheltenham in
SPRING 2022

For electronic copies see
hwpartnership.org.uk/viewpoint
Call 01242 575638 for info

ANTI-SOCIAL BEHAVIOUR AND CRIME IN WEST CHELTENHAM

There have been a number of issues of anti-social behaviour, criminal damage, theft and drug use reported and we would like to encourage everyone to report incidents to the police using 999 if a crime is occurring or if you believe one is about to occur.

If the incident has passed, please use 101 to report to us. Crimestoppers can be utilised to report crime anonymously – 0800 555 111.

Recent incidents include eggs being thrown, fly-tipping and youths in the area have been causing extensive criminal damage to Franklyn Court with Gresham Court building infrastructure.

Some of the properties are owned, some of the properties are rented from private landlords or have different lease-holders and this involves joint partner agency working to solve problems for the benefit of all.

We would encourage all residents and business owners and anybody that works at Edinburgh Place to take responsibility for the environment they live or work in and please communicate any issues to the relevant authority, whether that be a landlord, the council or the police.

Residents please keep all doors/gates secure at all times and do not divulge key codes or let others shoulder surf the number when you input it.

Business owners please keep back entrances secure and keep waste bins locked and stored correctly.

If you have any information on who might be causing the problems, or have CCTV footage/photos of culprits please contact us.

St. Mark's Neighbourhood Policing Team. **Hester's Way Police Station**

In addition ASB incidents have been reported at the Springbank Community Resource Centre including damage to the main hall and toilets plus the theft of equipment. This costs us all financially and more importantly disrupts activities at the centre including those of some of the most vulnerable in our community. Attempts continue to climb the roof of the Springbank Café, this not only causes damage but is highly dangerous.

Hesters Way Forum News

Using the results of a recent local community survey, Hesters Way Forum created a Master Plan for Fiddlers Green Park, in which new trees were a high priority.

Tree Planting



Working in partnership with Cheltenham Borough Council, CPRE Gloucestershire and the Cotswolds & Vale Ash Dieback Forum, funds were raised from the Ash Fund, enabling 250 trees to be planted.

Thanks to a fantastic response from the community over 30 volunteers turned out to help with the task. On Saturday 20th November 2021, Forum Members, local residents and friends came together to plant a variety of 180 trees, (Rowan, Holly, Oak, Cherry, Acer, Wild Pear, Hawthorn, Silver Birch, Hornbeam and Maple), the remaining 70 trees were planted on Tuesday 21st December.

The value and overall benefit to residents in having trees, plants and green spaces can not be underestimated, and we welcome this happening in the Golden Valley Cyber Hub Development.

Golden Valley Development Community Questionnaire

Members of the Hesters Way Forum have been visiting local residences over the past few weeks to conduct a survey of the households adjacent to the Golden Valley development in Fiddlers Green and along Fiddlers Green Lane. To date they've been focusing on the houses nearest to the fields but we also have an online survey which anyone else can take part in.

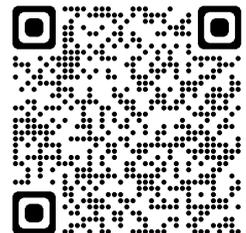
The Forum are really interested to ensure that the links between the existing houses and the new cyber development benefits everyone. The questions are very specific to the area and include how people would like to access the site, how the roads will work and what features to include.

If you would like to complete the survey please visit;

www.surveymonkey.co.uk/r/82JGJ8B or use the QR code

www.hesterswayforum.co.uk or email

info@hesterswayforum.co.uk



CheltenhamZero successfully hosted their second Carbon Workshop on the 22nd February at St Mark's Methodist Church.

The session included a workshop on carbon footprinting process for community groups by Eoin McQuone (Go Climate Positive). Following this Dai Jeremaih (EV Future Solutions) spoke to us about electric vehicles, solar panels/ batteries and how technology such as these can help us reach Net Zero Carbon.



'A great event CheltenhamZero! Wonderful to see how local communities are coming together with the aim of jointly tackling the environmental emergency.....it is of utmost importance to provide practical examples to organisations and individuals, as they may otherwise become overwhelmed or even discouraged by the magnitude of the task, and your latest workshop has certainly done just that.' **Katie Cox, Project Manager, Original**

CheltenhamZero is a network of public services, businesses and community groups, all of which have pledged to work towards meeting a shared goal of making Cheltenham Net Carbon Zero by 2030. A wealth of resources are offered to help towards achieving this goal; invaluable advice from experts in the field is supplied through workshops and talks as well as networking and promotional opportunities.

If your business or community group would like to become a member of CheltenhamZero, please visit cheltenhamzero.org to sign up. If would like more information please get in touch with Meg on info@cheltenhamzero.org.





HOME ENERGY SAVING & RETROFIT SESSIONS

Free!

3rd APRIL

Home Energy advice from **Severn Wye Energy Agency** plus a panel of **3 local householders** to talk about retrofit **energy saving** measures they have installed in their own homes.

SUNDAY 3rd APRIL
14:00 to 16:00



HOME ENERGY SAVING & RETROFIT SESSIONS

Free!

9th APRIL

Home Energy advice from **Severn Wye Energy Agency** plus a panel of **3 local householders** to talk about retrofit **energy saving** measures they have installed in their own homes.

SATURDAY 9th APRIL
11:00 to 13:00



HOME RETROFIT SESSIONS

Free!

17th APRIL

Retrofit exhibition and **3 local householders** talk about retrofit **energy saving** measures they have installed in their own homes.

SUNDAY 17th APRIL
14:00 TO 16:00



HOME RETROFIT SESSIONS

Free!

8th MAY

Retrofit exhibition and **3 local householders** talk about retrofit **energy saving** measures they have installed in their own homes.

SUNDAY 8th MAY
14:00 TO 16:00



The Workshop, Malthouse Lane, Cheltenham GL50 4EY





HOME ENERGY SAVING & RETROFIT SESSIONS

Find out how you can save energy, lower your fuel bills and help combat climate change! Come along to our **FREE** home energy advice sessions and talk to local householders who have created their own 'eco-homes'.

Home energy advice: **Severn Wye Energy Agency** will be on hand to give comprehensive energy saving advice to tenants, students, landlords and home owners.

They will be able to answer questions about grants, billing, Energy Performance Certificate (EPC) & Minimum Energy Efficiency Standard (MEES) surveys and carbon-saving switching.



HOME RETROFIT SESSIONS



The Home Retrofit sessions are a great opportunity to see examples of what homeowners have installed, talk to them directly about their experiences, the advantages and disadvantages, and get an unbiased view with no hard sell. You'll be able to look at photographs and examples of insulation materials. Many of these measures are low cost, easy to install and eco-friendly.

Detailed advice will be offered on subjects such as:

- internal, external, cavity wall, loft and underfloor insulation
- draught-proofing windows and doors
- double and triple glazing, including original wooden sash windows
- ventilation

Or maybe you are interested in technologies such as air source heat pumps, solar PV, solar thermal, positive-input ventilation, a battery backup system or diverting your extra PV power to heat your water?

The Workshop, Malthouse Lane, Cheltenham GL50 4EY



'Warm, efficient, healthy homes now and for the future.'

Press contact: pclegg@vision21.org.uk

BABY BOUNCE & RHYME



**Free weekly sessions for
babies and their families.**



Booking is essential - scan the QR code
or visit gloucestershire.spydus.co.uk

CyberFirst Schools and Colleges

CyberFirst Gold Award

All Saints' Academy was awarded the CyberFirst Gold Award at the beginning of 2022 in recognition of its outstanding Computing provision.

This prestigious award is currently only held by twelve schools across the United Kingdom. Computer Science and Cyber is a priority curriculum area for the Academy as Cheltenham prepares for the future Golden Valley development and with the Academy's close proximity to GCHQ.



The Academy leadership passionately believe that all students should have access to the future high-skilled opportunities and high-paid careers that will become available in the local area. For this reason all students study an extensive programme of Computing at Key Stage 3 and the subject is a popular option at GCSE and A level. Weekly extra-curricular activities are provided in conjunction with local STEM volunteers, and students have the opportunity to compete in regional and national competitions and have access to a range of employers who can offer high quality careers guidance.



Having achieved such a high level of excellence, All Saints Academy is now keen to share its expertise with other organisations through its work as one of the founding members of the Cheltenham Education Partnership and by supporting its local primary schools. Recently, the Academy provided a Cyber Workshop for the Year 5 students of

Springbank Primary Academy, where students had hands on experience of using Raspberry Pi devices. They all enjoyed an exciting taster of the kind of activities they will be involved in, on a regular basis, once they join All Saints' Academy.

MARTIAL ARTS AT SPRINGBANK



GKRKARATE
KARATE FOR EVERYONE



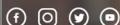
Karate was developed in Okinawa, a small Island off Japan. Karate is a highly effective system of self-defence, and also an excellent form of exercise that promotes a number of life skills and values.



GKR Karate Cheltenham

Springbank Resource Centre

Springbank Way
Cheltenham Gloucestershire GL51 0LG United Kingdom
07852 292218 • region34uk@gkrkarate.com



Come and join Adrian and the team at Springbank to learn more;

- ⇒ **Build a stronger body and mind**
- ⇒ **Feel more confident and self assured**
- ⇒ **Enhance your fitness**
- ⇒ **Become more self-disciplined**

Training with GKR Karate will provide you and your family the foundations for life-long personal development and growth. Take your first step towards an exciting and enriching Karate journey... Join us now for your free trial class.



Samurai Martial Arts

@smadojos · Martial Arts School

Our karate classes are friendly and welcoming with many black belts to help children of all ages and adults settle into the world of martial arts and karate. We offer introductory free trial karate classes to help you and your family decide whether or not karate is for you. Our programmes offer age specific karate classes for children in school Year 1 +, teens and adults.

You can begin lessons slowly or immerse yourself to gain a quicker proficiency. We have a comprehensive timetable allowing you to choose karate classes that fit around your existing schedule. Parents are welcome to stay and watch their children's development as they learn key skills in co-ordination, balance and social-interaction whilst developing confidence, control and discipline in a safe and structured environment.



07971 584901
sma.jarvis@gmail.com
www.samurai-martialarts.co.uk

Artlift

Arts to help you feel better

Artlift offers a creative space through which adults living with mental health challenges, chronic pain and / or cancer, can move forward thanks to the experience of the artists, the relaxed atmosphere, and the personalised approach.

I had no experience of art before this but now I love it and it has been a cathartic process in dealing with my past and a distraction from my current health problems'

What Does Artlift Do?

Artlift runs courses and creative projects for anyone registered with a doctor in Gloucestershire. Artlift also provides residencies and Workplace Wellbeing packages to support the mental health of staff in the corporate and statutory sectors in these challenging times. Some activity is based at **Springbank Community Resource Centre**

Artlift provides art courses for people experiencing mental health challenges and / or long term physical conditions which impact negatively on mental health.

Why Art Matters

Since 2007, Artlift has collected a huge database of evidence showing the positive impact creative health interventions have. When times are tough, art helps us to see the world differently. It can also help us feel better and inspire us to make change. By focussing on new skills with others who care and understand, we can increase our confidence and wellbeing.

You do not need any prior experience of the arts to join our courses – we just 'have a go' and enjoy each other's company! Take a look at the sort of courses we run on our website www.artlift.org/our-courses/ As well as courses, there is the opportunity for work alongside Artlift's Creative Navigator on a more bespoke, potentially longer-term programme of Arts on Prescription.

Phone 03000 200 102 Referrals & Admin Coordinator Amy Iles
referrals@artlift.org



Springbank Community Hub



Springbank Community Group is a not-for-profit organisation based in the Ron Smith Pavilion, on the edge of Springfields Park. We have been operating throughout the pandemic and at the height of Summer 2020, we were providing 200 food parcels every week.

Our vision is to create a **vibrant community hub**, where local people can meet up over a cup of coffee and a slice of cake, take part in community activities and know that there is a safe place to come if they need help and support. A lot has happened since we started as an emergency food support project, and we are now close to achieving our vision.

We run a **Community Food Pantry**, which is **open Tues-Thurs from 0900-1200**, with a home delivery service on a Monday for disabled and vulnerable residents. The Pantry is intended to help residents stretch their food budget further.



Each week on average, **150 Pantry Members** shop with us, paying £3.50 membership and in return they shop for items worth around £15. We know that working families struggle to access existing food pantries, which all operate during the daytime, and so we are going to trial an evening pantry session. We are excited to announce that we now have volunteers in place and our **Tuesday Evening Pantry** starts on **Tuesday 22 March (5-6pm)**.



Our **Community Café** is open weekdays from 9am-3.30pm and will soon be open every weekend. We sell a range of hot and cold drinks, homemade cakes, a choice of breakfast options, hot and cold sandwiches, ice creams and other snacks. We deliberately



Our **Cheltenham Household Essentials Project (CHEP)** was also set up during the pandemic, and provides donated small household items to people across Cheltenham who have

been offered accommodation and have nothing, or are unable to afford to replace broken or worn-out items

We run **Youth Services** in Brizen and Churchdown, and we will be running our own **Springbank Youth Group** starting after Easter, initially 1 night a week.



We are also one of the partners in **Gloucestershire's Holiday Activities and Fun (HAF) Programme** and run a range of activities and provide food support to families at the end of each term. Coming up this Easter, we will have 4 fun-packed days of activities to offer.

Tucked away behind the pavilion, we have a **mini allotment** and **garden area** – it's a lovely place to sit in the sun and enjoy time with family and friends, and the produce we grow in our raised beds gets added to our Pantry veg supplies. This year, we hope to partner with local Social Prescribers to offer gardening activities for local residents who would benefit from this.

Through our services and activities, we aim to **reach people** in the area and **build relationships**. As people get to know and trust us, they open up more and tell us about other activities they'd like to be involved in and services they would find helpful. This helps shape what we do and how we grow as an organisation.

Other activities include:

Drop-In Advice & Info Sessions (Severn Wye, Police, P3)
Happy Wednesdays Group (1st and 3rd afternoon of each month)

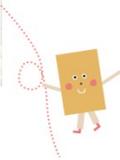
Knit & Natter (Thursdays , from 1pm, starting on 7 April)
'Our Space' Coffee Mornings (Fridays 0930-1100), in partnership with Inspiring Families



Megan Baker House

Providing Children's Services in Springbank

Here at Megan Baker House we firmly believe that every child should be included in their learning regardless of their neurological movement disorder; whether this is through the use of structured tasks or play. All groups are led by Conductive Education Specialists who will support your child in their learning journey and help them to realise their own potential and celebrate each achievement.



At MBH all of our staff have been trained in movement disorders and use Conductive Education in every session. By nurturing and allowing each child to have fun and explore their own movements they will learn skills that will be useful in their everyday life. Across all of our centres we strive to support any child that may have a motor disorder such as Cerebral Palsy or Development Coordination Disorder (also known as Dyspraxia) and aim to provide them with many learning opportunities within the sessions that we run.

The services we provide are designed to meet individual needs, so please apply for an initial consultation to find out more about how we can help you and your child to achieve their goals regardless of their condition.

Our specialists also have many years experience working with other teaching and health professionals to form multi-disciplinary approaches for the child's overall benefit.



MBH Centre MBH Ltd Orchard Lane,

Ledbury Herefordshire, HR8 1BY

Telephone: 01531 633840 **Email:**
admin@meganbakerhouse.org.uk



OUR PLACE COFFEE

15

Have fun and relax in a safe space.

Become part of a support network in your community.

Feel supported in achieving your well-being goals.

ST PAULS COMMUNITY HUB

GL50 4HG

THURSDAYS 9:30-11AM (FROM 5TH
NOV)

SPRINGBANK COMMUNITY

CAFE

GL51 0LH

FRIDAYS 9:30-11AM (FROM 18TH
NOV)



Inspiring
Families

CHELTENHAM

SESSIONS USUALLY
INVOLVE CRAFTS,
INFORMATION SHARING
AND SUPPORTIVE
DISCUSSIONS ABOUT
FAMILY LIFE.

FOR MORE
INFORMATION PLEASE
CONTACT LOUIS AT:
07553 611061
INSPIRINGFAMILIES
@CHELTENHAM.GOV.UK



@InspiringFamilieschelt



@IFamilieschelt



@IFamilieschelt



West Cheltenham

COMMUNITY PANTRY

COMMUNITY PANTRY

The **West Cheltenham Community Pantry** has been set up by the Hesters Way Partnership to support individuals and families in the local community who are struggling to pay for their weekly shop.

The **pantry is a membership scheme** offering a weekly shop for members who will pay **£3.50 a week** for approximately £15 worth of tinned and chilled foods and household items plus free fresh fruit and vegetables.

Members will also benefit from additional services including things like **benefits, work, debt, utilities and wellbeing support.**



Drop in to the Community Pantry to register your interest and to sign up! You can find us at

Unit 2 (in the car park) , Hesters Way Community Resource Centre, Cassin Drive GL51 7SU

Call us on **01242 575638** or **07483 125289**

email info@westcheltenhampantry.org

website www.westcheltenhampantry.org

HESTERS WAY
PARTNERSHIP

GET HELP / GET INVOLVED / DONATE



West Cheltenham
COMMUNITY PANTRY

COMMUNITY PANTRY

Please help us if you can by donating

The **West Cheltenham Community Pantry** relies on donations in order to provide quality food and essential household goods to those that need it.

You can donate either by offering a one-off payment, regular weekly or monthly standing order. (See details below) Alternatively we welcome the following items;

<p>Toiletries</p> <ul style="list-style-type: none"> Shower gel Hand wash Bars of Soap Toothpaste Sanitary towels Tampons Shampoo Conditioner Toothbrushes <p>Baby / Children's Goods</p> <ul style="list-style-type: none"> Nappies (Large Size) Baby wipes Baby bubble bath wash Children's toothpaste Children's Shampoo Jars of baby food Baby milk formula Dummies 	<p>Pantry Food Items</p> <ul style="list-style-type: none"> Rice (brown / white) Tinned tomatoes Baked beans Canned tuna Fruit squash Tea bags Instant coffee Porridge / cereals Jars of cooking sauces Jars sandwich Spread Tinned kidney beans Tinned sweetcorn Tomato puree Cornflour Free from items (Coeliac) 	<p>Sweet Food Items</p> <ul style="list-style-type: none"> Canned rice pudding Canned custard Jelly / jam Granulated sugar <p>Household Goods</p> <ul style="list-style-type: none"> Toilet roll Washing powder Fluid detergent Washing up sponges Washing up liquid <p>Luxury Items</p> <ul style="list-style-type: none"> Biscuits / Crackers Tomato sauce Mayonnaise Chocolate lunch box bars Sweets / Crisps
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Donations can be delivered to

Hesters Way Community Resource Centre, Cassin Drive, Cheltenham, GL51 7SU

Unit 2b on Tuesday—Friday between 9.30am—1.30pm

Reception on weekdays between 1.30pm—5.30pm

Financial donations can be paid via the link on the website

www.westcheltenhampantry.org

Thank You

HAF Easter Hampers

The Government announced the continuation of the Holiday Activities and Food programme (HAF) enabling eligible children and young people able to access physical exercise, activities and healthy food from April 11th—14th. #Feedcheltenham with help from Springbank and West Cheltenham Pantries will be supplying a food hamper enabling children to have access to healthy food.

Attendees at the football programme (see opposite) will be able to collect a voucher for a frozen meal redeemable at the Springbank or Hesters Way Pantry. #Feedcheltenham will be supplying the meal.

If you are eligible vouchers will be provided by your child's school. please and bring it to Springbank or West Cheltenham Pantry.

West Cheltenham Pantry contact Ami Walker at info@westcheltenhampantry.org or 07483 125289.

Springbank Pantry faith.rooke-matthews@springbankcommunitygroup.org

#feedcheltenham contact Sarah Avery sarah@familyspace.org.uk.



Easter Holiday Drop-In Sessions

Football and Basketball



Multi Use Games Areas @

OASIS / SPRINGBANK / KGV

Mondays to Thursdays 12–4pm

April 11 to 14

Coached football and basketball sessions

#HAF @hwpartnership 01242 575638

Be Fearless

Speak out
against those
carrying a
knife



Get info/give info about crime
100% anonymously at

fearless.org

 **fearlessagainstcrime**

 **fearlessorg**  **fearlessuk**

Did you know, that if you have information on crime or criminality you can provide it 100% anonymously to the charity Crimestoppers. The only person who would know you contacted them with information is you. And your information can make a real difference. Last year 34 arrested and charged were made in Gloucestershire because of information given to the charity.

Last year, Crimestoppers passed on over 80 pieces of anonymous crime information to local police which related to the possession of a knife or weapon, this resulted in a person being arrested and charged.

Fearless.org is Crimestoppers youth brand and allows young people to learn what constitutes a crime, which activities are illegal and the consequences of criminal behaviour. It also empowers young people to speak out about crime 100% anonymously via the Fearless.org website, where a simple and secure online form can be completed.

Since last November, over 900 teenagers from eight Gloucestershire secondary schools have received the new interactive 'Fearless from knife crime prevention session', delivered by the charity's new outreach worker Gemma Hall. The session includes asking young people why they think their age group doesn't always report crime and what they think knife crime is. An interactive quiz opens a group discussion and Gemma provides an overview of the charity's website, Fearless.org and what anonymous means.



If you work with young people and would like a prevention workshop for your young people or a professional support workshops to increase awareness of Fearless.org please visit

www.fearless.org/en/Campaigns/be-fearless-in-Gloucestershire

Please like and follow our Crimestoppers Gloucestershire Facebook page:
www.facebook.com/CSGloucestershire



Specialists in family law

DS Legal is an experienced, highly regarded forward-looking law practice, specialising in family law. We are committed to offering a first-class service and we pride ourselves on our no-nonsense and practical approach.

We provide clear and effective advice, whilst at the same time understanding just how difficult family breakdowns can be. We offer our clients professional and informed advice at every step.

Divorce & Separation Financial Remedies Children Domestic Abuse Will & Probate Civil Partnerships Social Services Involvement

Putting your children's welfare first

Few things can be as sensitive or as difficult to overcome as a dispute involving your children. As a parent, you'll be looking for solutions that are right for your children and you'll always want to put their welfare first. At DS Legal, our expert family lawyers will provide you with sensitive and practical advice at this difficult time. Our aim is to put everything back into focus for you. Once clarity has been restored, we will work with you to find the right solution for your children.

Costs and Legal Aid

As with all matters we will firstly assess your eligibility for legal aid. In the event that you are not eligible we will look to see if we can provide you with a fixed fee package depending upon your circumstances and if all else fails we will provide you with a competitive hourly rate which we will seek to reduce from our standard rate (please see our terms and conditions)



Can we help you?

If you would like to get in touch with us to find out how we can help you, please call Mark or alternatively, please email us at enquiries@ds-legal.co.uk. We work in the strictest confidence and we are here to help you.



Mark Saunders

enquiries@ds-legal.co.uk

01242 517949

**Eagle Tower
Montpellier Drive
Cheltenham
Gloucestershire**

Your Children's Welfare First

Few things can be as sensitive or as difficult to overcome as a dispute involving your children. As a parent, you'll be looking for solutions that are right for your children and you'll always want to put their welfare first. But when emotions are running high during times of stress and upheaval, it can often be really hard to be objective and make the right decisions. Wherever your children are concerned, it's important to call on expert and objective advice from someone who has extensive experience in this most sensitive area of law.

Putting your children's welfare first

At DS Legal, our expert family lawyers will provide you with sensitive and practical advice at this difficult time. Our aim is to put everything back into focus for you. Once clarity has been restored, we will work with you to find the right solution for your children.

We will help you to ensure that your children are properly provided for, enjoy the living arrangements that best suit them and have the right amount of contact with both parents in the future. Our experienced legal team also works with a range of advisors who can give additional assistance along the way too, such as counsellors, children experts and financial advisers.

In the first instance we will always look for a settlement reached by agreement where possible, but if all else has failed we will apply to court for the appropriate orders.

There are some occasions when a child's safety is in issue and emergency court orders are needed. Our highly experienced team of family lawyers can all make emergency applications to court, the same day if necessary, to ensure your child's safety is legally protected.

**For further help
please see the
information on
the opposite
page.**



legal

Neighbourhood Charity Shop

Save money, recycle and
help raise funds for local
project

Bargains Galore!

Donations Welcomed!

Shop Opening Times

The Hesters Way Road shop
is open

Tuesday to Friday 9am to 3pm

Contact 01242 252325

Photo by [Artificial Photography](#) on [Unsplash](#)

WEST CHELTENHAM DIRECTORY 2021

If you want to find out what's
available in west Cheltenham
then why not try looking in the
West Cheltenham Directory?

westcheltenham.org/directory



Night Carers at Lilian Faithfull Care

The caring never stops in the five care homes Lilian Faithfull Care. Diane Donaldson, a Carer and Team Leader, has worked for the charity for almost 8 years, and she shares her story of work life on nights. The charity looks after around 220 remarkable residents, with a 'home for life' promise. Proudly providing day care, respite, residential living and nursing care, with specialist knowledge of dementia and end of life care.



Many of Lilian Faithfull Care's night staff have chosen a night work pattern, as they have found it a more convenient way to fit in work around a young family or other commitments.

Diane Donaldson who works at Faithfull House in Cheltenham explains, ***"I am not made for days. I like nights it works for me."***

Diane started as a Carer and now has worked her way up to be a Team Leader. She loves her role leading the team of night staff as well as managing the medication. The night team liaise closely with the day staff dovetailing their work around the resident's preferred routines. *"At Faithfull, the day and night staff get on really well. Working nights you get to spend lots more one to one time with the residents, there isn't as much hustle and bustle and we're a very close knit team. Every shift is different, it's challenging but fun."*

Suzanne Booker, Director of Care, has herself worked many night shifts over her career and understands what the shifts involve, *"During the night residents might ring their call bell for support, a friendly face to talk to and a warm drink. Some residents need reassurance; this is an important part of the night staff role."*

Working through the nights also brings a special camaraderie with colleagues and this teamwork and mutual support can make all the difference. You can achieve a 36-hour working week in just three shifts, which staff finds gives them much more time to themselves for family and home life. Are you looking for a job that uses your caring skills but fits around the rest of your life. Joining the teams of night staff might just work for you.

To find out more visit: www.lilianfaithfull.co.uk/about-us/work-with-us

For current job opportunities please contact the HR team on 01242 500416 or email them at HR@LFHgroup.co.uk

MY TOP 10 MONEY-SAVING TIPS

I'm Joyce and I live in Springbank live on a tight budget, but I manage comfortably. I have a few money-saving hints. You may already know them, but if not, here they are.

1. When washing up without a dishwasher, first scrape any food residue into your food waste caddy and wipe the dish with a strip of paper towel or tissue. When you have accumulated enough dishes, 1/2 fill a washup bowl with hot water and a small amount of detergent. These dishes won't need rinsing under that running tap.
2. We have a shower installed over the bath. My husband has always kept the shower running while lathering himself, much to my concern. One day, I put the plug in, and we were both shocked at how much water he had used. He now soaks himself under the shower, turns it off, washes, then turns the shower on to rinse off the suds. This also saves on shower gel.
3. When washing your hands, if you wet them, then turn off the tap, wash them with soap or your preferred cleanser, then turn the tap on to rinse, you save water and expensive energy. Even better, putting the plug in will show you how much water you use.
4. Don't leave the tap running while brushing your teeth - it's just a waste of precious water.
5. You don't need to flush the loo after every use - "If it's brown, flush it down."
6. Tumble drying your clothes is very heavy on electricity. Do you have somewhere to hang your washing when it has been through only the spin-dryer, eg bathroom or garden, weather permitting?
7. Ironing - most items don't need pressing, possibly only shirts and formal trousers. I knew a woman who ironed absolutely everything, including socks (!)
8. Radiators under windows, losing heat to the outside wall and window? Can you fix some reflective sheets on the wall behind the radiators and tuck the curtains behind? Also, look out for heavy curtains in charity shops or on Gumtree. Also, north-facing walls can lose a lot of heat and feel cold to the touch. Rolls of Polystyrene are easy to paste onto the wall.
9. Teenagers (and husbands!) leaving the lights on all over the house? The price of LED bulbs has dropped since they were first in the shops.
10. Shopping - for anything from food to clothes: first write a list of EXACTLY what you need AND STICK TO IT. Don't be tempted by 'offers'

More ideas coming next time!

Thanks, Joyce :-)



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For further information please contact The Macmillan Information Hub on:
0300 422 8880 or email: ghn-tr.macmillanhub@nhs.net.

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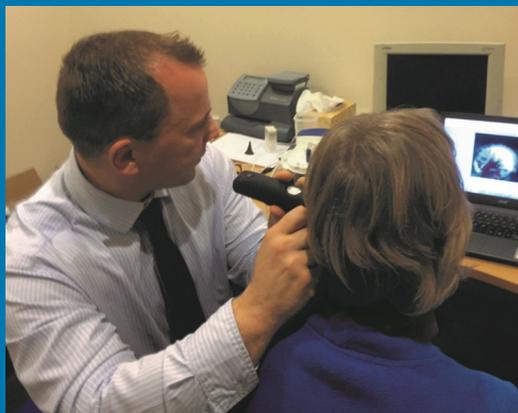
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Andrew Bird set up the business in 2007 to make a difference to people's lives by focusing on customer care, rather than sales and profit. The business head office is in Cheltenham however they hold hearing clinics in over 30 different centres throughout the South West.

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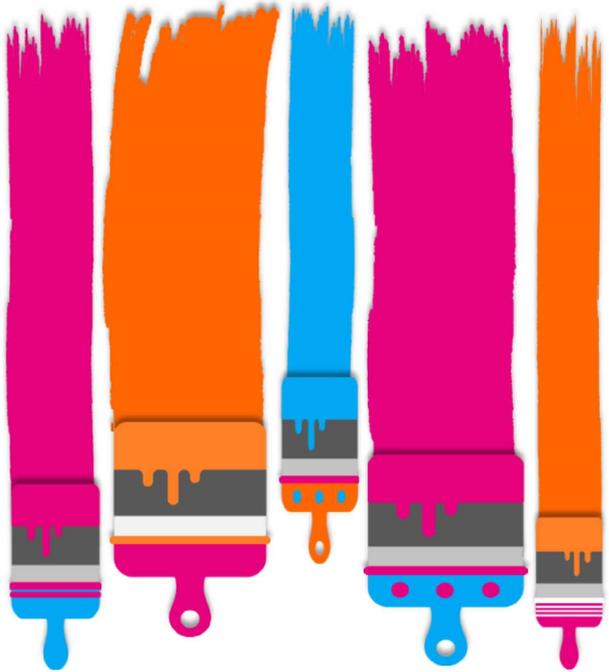


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