HELLO TOMORROW, CHANGE IS HAPPENING

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August 2016
A significant milestone for South Shields 365

As we head into autumn, we can look back on another superb series of summer events, attracting thousands of visitors and showcasing everything the Borough has to offer. This year’s programme, including the Maritime Mayhem Summer Parade, Sunday concerts and children’s entertainment, has been bigger and better than ever and I hope you and your family have been able to enjoy the events and activities on offer.

Next month we will be opening our stunning new cultural venue, The Word, National Centre for the Written Word. A spectacular opening exhibition about world-famous film director Sir Ridley Scott, as well as state-of-the-art new facilities, is sure to attract visitors from near and far and really put the Borough on the map as a destination of culture. This is a significant milestone in the regeneration of South Shields Town Centre and marks the end of Phase 1 of our South Shields 365 masterplan.

Work is ongoing to regenerate and restore assets elsewhere in the Borough, too. The Council will be investing £3 million to refurbish and develop Jarrow Community Centre into a vibrant community hub. It will include an updated library offer; new leisure facilities including gym equipment, fitness classes and a refurbished dance and theatre area; and a customer service centre offering a range of housing and area management services through South Tyneside Homes. We’re keen to hear your views about our future plans for the hub so we’ll be consulting you in due course.

Two of our historical assets; St Hilda’s Headstock and North Marine Park, are also to be restored to their former glory thanks to Heritage Lottery funding. The Grade II Listed St Hilda’s Colliery Headstock building in South Shields will be transformed into business start-up accommodation, giving it a new lease of life. Plans for the park include restoring original features such as the grotto and the promenade staircase as well as introducing new features such as a play area and a café. We’d like more residents to get involved in this project – full details can be found on page 13.

Councillor Iain Malcolm
Leader of the Council
South Tyneside Festival attracted thousands of residents and visitors to the Borough to enjoy a whole host of live music and performances as well as the magnificent maritime themed Summer Parade. The Sunday concerts reached record audience numbers with X Factor stars Alexandra Burke, Ben Haenow and Reggie ‘N’ Bollie, The Proclaimers and Lindisfarne, Tony Hadley and UB40 entertaining huge crowds.

Alongside the Summer Parade and Sunday concerts the Festival boasted Proms in the Park, Armed Forces Day, Kids Fun-Fest, brass bands and live music at Sandhaven amphitheatre. Other events across the Borough included Whitburn Festival Fun Day, Harton Quays Park Craft Market, the Borough’s first Comedy Festival and Hebburn Festival Fun Day.

The South Tyneside Festival has firmly earned its place on the North East’s cultural calendar with a vast programme of spectacular events for all to enjoy.
South Tyneside’s new state-of-the-art cultural venue will open its doors to the public at 10am on Saturday 22 October 2016. The Word, National Centre for the Written Word will be open for residents and visitors to enjoy and experience what it has to offer. This six page guide gives you an overview of what you can expect in The Word. Make sure you visit and have a look for yourself!
22 OCTOBER 2016

EXPERIENCE THE WORD

The Word, National Centre for the Written Word, is the centrepiece of the £100million regeneration programme for South Shields Town Centre. The building, designed by Faulkner Brown Architects and built by Bowmer & Kirkland, will not only provide a new resource and library facility for the Borough’s residents but will act as a catalyst to bring in visitors from the wider North East and beyond through a rolling programme of events and exhibitions that will celebrate the written word in all its forms.

The three floors and the rooftop boast a whole range of experiences, facilities and activities for people of all ages to engage and enjoy:

**A DIGITAL MEDIA WALL** with colouring and drawing activities for children and young people, from creating your own comic to designing a front cover of a book.

**A FABLAB** with 3D printers, laser and vinyl cutters and a heat press allowing visitors to be creative and design and make objects and decorations.

**TELESCOPES** for an up-close view of the boats sailing up and down the River Tyne.

**INTERACTIVE TOUCH-TABLES** featuring a number of activities that link to South Tyneside’s rich heritage, archived images and the view.

www.theworduk.org
During opening week, The Word has partnered with The Customs House to bring you ‘THE WICKED WITCH WHO STOLE WORDS’

With performances taking place across the week, spaces are limited and booking is essential. Tickets are £5.50 per child and £4.50 per adult or a family ticket for 4 is £18.50. A storyteller will take the audience on a journey of magic and adventure, for more information and to book tickets visit www.theworduk.org. Suitable for under 7s.

STORYWORLD is a magical world of fun, fantasy and adventure.

Through an immersive storytelling experience incorporating stunning backdrop projections and sound effects, children and families will be able to lose themselves in the depths of a jungle, under the sea or in outer space.

If your child loves animals, then make sure you get your tickets for ANIMAL STORIES ON SUN 23 OCTOBER, 1PM & 2.30PM

Stories are told whilst children get to meet interesting animals up close. Suitable for under 10s.

Tickets are £3.50 child / £2.50 adult / £10.50 family of 4. Booking essential. Go to www.theworduk.org

www.theworduk.org
THE WORD LIBRARY

With thousands more books than currently on offer in Central Library, The Word Library will have a greatly increased local studies area as well as new zones for children and young people.

The Word also boasts more PCs as part of the People’s Network and new facilities to host community groups, workshops and authors’ talks.

It’s an exciting time for the Library Service and for residents of the Borough. If you’re not a member of the Library then don’t delay, join today. You will not only be able to access The Word Library but also the network of libraries across South Tyneside.

IMPORTANT NOTICE

The current Central Library will not close before The Word opens, however there will be a reduced level of service. All customers will be offered extended loan periods and the ability to borrow more items to help minimise disruptions. If you have any questions relating to the move please ask a member of the Library staff.

OPENZONE @ the WORD

OpenZone will relocate to The Word and will continue to support schools through digital learning and ICT. With new state-of-the-art IT suites, media studio and access to the FabLab, OpenZone will offer a wider programme of activities and workshops.

IMPORTANT NOTICE:

There will be no interruption to the service that OpenZone provides to South Tyneside schools.

SHOP @ the WORD

Come and browse a great selection of arts, crafts, stationery, jewellery, birthday cards, prints and books on sale in the Shop @ The Word.

IMPORTANT NOTICE:

The shop and Visitor Information Centre, currently located within Haven Point, will be moving to The Word. It will close on Saturday 8 October and open within The Word on 22 October.

CELEBRATING 2,000 YEARS OF HISTORY

Tyne Voyages is a collection of stories by acclaimed writer Michael Chaplin scattered around The Word. The stories aren't made up, they are all true, and their extraordinary events really happened, just as the equally extraordinary people in them lived and breathed the sea air.

The stories, curated by Matthew Jarratt, form a trail around the building with a map on the rooftop terrace bringing the stories together to identify the Borough’s connections with the rest of the world. Be sure to search out the stories and discover the Borough’s amazing heritage.

You can also listen to Michael retelling the tales at various locations around the building.

www.theworduk.org
The Word’s opening exhibition called for something extra special; a popular subject with broad appeal and a real link to the area. Who better than a local superstar, who was born in South Shields and attended art college in the region, before making his name as one of the most successful and famous film directors in the world.

The Council, in partnership with Sheridan Design and sponsored by Port of Tyne, has undertaken the design and production of an exhibition, which sets out to celebrate the career and achievements of Sir Ridley Scott.

Featuring a timeline of his life and movies, and focusing on six of his most famous titles including Alien, Gladiator and one of his more recent movies, The Martian, the main exhibition is intended as an affectionate overview of his life in film. Aimed at both visitors who are perhaps only familiar with the movie titles, to passionate fans of his work, the content uses facts, stories and vivid imagery to bring to life the world of Sir Ridley’s movies with a real ‘wow’ factor. Artefacts from the movies feature alongside purpose-built replicas and costumes, movie clips and interactive activities to celebrate Sir Ridley’s hugely successful career.

A supporting exhibition looking at Sir Ridley’s immensely successful commercial advertising career showcases some of his best known TV adverts. This family friendly exhibition boasts a number of interactive activities for everyone to enjoy.

This free exhibition celebrates ‘lost words of the North East Dialect’ - words that are slowly disappearing from everyday conversations.

Language and words evolve however this exhibition looks to reignite an interest and use of words that were long used in local shipyards, mines and in street games and social gatherings and risk being lost forever.

It features a jukebox of North East songs performed by Benny Graham, accompanied by Chuck Fleming, and an interactive quiz to test your knowledge and understanding of the North East Dialect. You can also donate your favourite ‘lost words’.
THE WORD WILL HOST WORKSHOPS, TALKS, PERFORMANCES, CREATIVE SESSIONS AND EVENTS FOR PEOPLE OF ALL AGES AND INTERESTS. Make sure you regularly visit the website to find out more and to book your tickets.

AIDAN DOYLE EXHIBITION
Sat 22, Mon 24 & Tues 25 Oct 10-12noon. Free
Local artist Aidan Doyle received Arts Council England funding to capture the building of The Word and the people involved in a series of paintings and drawings. Aidan will be available to talk you through his work and inspiration.

JIBBAJABBA SLAM @ THE WORD
Tues 25 Oct 7-9.30pm
Tickets £5.50. Booking essential
This poetry/spoken word slam will see 12 performers competing to win audience votes with a special guest appearance from Scott Tyrell, the BBC Poetry Slam Champion and UK Anti-Slam Champion 2015.

HERITAGE CLUB, WITH SPECIAL GUEST MICHAEL CHAPLIN
Wed 26 Oct, 1-3pm & 5-7pm
Tickets £1. Available now from Central Library and The Word from 22 Oct
Come and listen to Michael Chaplin tell the fascinating story of voyages to and from the Tyne.

LOST DIALECT WRITING WORKSHOP
Thurs 27 Oct, 2-3pm
Suitable for over 12s
Free. Spaces are limited and booking essential
Join acclaimed local writer Tom Kelly to explore our local North East dialect and be inspired to start writing your own original material.

HEY PRESTO
Sat 29 Oct, 10.30-11.20am and Sun 30 Oct, 11-11.50am
Tickets £3 child / £2 adult. Booking essential
This fun and engaging story of Presto the Cat and Monty the Dog by Nadia Shireen is brought to life by New Writing North.

AN EVENING WITH MEN OF THE TYNE AND BENNY GRAHAM
Sun 30 Oct, 7.30-9.30pm
Tickets £10.50. Booking essential
This heart-warming show captures the stories of men who worked in the Tyne shipyards from the 1950s to the 1980s. Tom Kelly, Ian Ravenscroft and Ted Cuskin will perform songs and stories from the Men of The Tyne show. Renowned North East folk singer Benny Graham, accompanied by Chuck Fleming, will make a special appearance singing local North East songs.

GOTHIC FOR GIRLS
Sat 12 November, 2-3.30pm
Tickets £5.50. Booking essential
History Wardrobe presents this dark drama of black in fashion, and the best of British supernatural stories. With shiveringly beautiful costumes and readings from Jane Austen, the Brontës, Mary Shelley, Mrs Radcliffe... coming right up to date with The Woman in Black.

For more information about THE WORD and the planned exhibitions and events:

| www.theworduk.org
| 0191 427 1818

Follow us: facebook /theworduk twitter @theword_uk

GET DIGITAL AND BE CREATIVE IN OPENZONE @ THE WORD
All workshops are £10.50 per person with 15 places per workshop. Booking essential.

BRICK FILMS (5-14YEARS)
Sat 22 & Sun 23 Oct 10-12noon, Sun 23 & Mon 24 Oct, 2-4pm
Make your own stop motion animation using Lego minifigures. Where will your imagination take you?

EBOOK MAKING (5-14YEARS)
Sat 22 Oct 2-4pm, Mon 24 Oct 10-12noon
Become an ebook author in this session. Use text, pictures and video to create a truly interactive story.

MARS MISSION (8-12YEARS)
Tues 25 Oct 10-12noon, Wed 26 Oct 2-4pm
Use your Kodu rover to explore Mars. Use visual coding to control it in the arid and mysterious terrain that makes up the planet.

MILO THE MARS ROVER (8-12YEARS)
Tues 25 Oct 2-4pm, Wed 26 Oct 10-12noon
Build Milo the Mars Rover using Lego Wedo to explore the Martian terrain.

ALL THE FUN OF THE FAIR (6-11YEARS)
Thurs 27 Oct 10-12noon & 2-4pm
Become a computer programmer! Build your own Lego Wedo model and then learn how to make it work by writing a computer program.

RASPBERRY PI (9-14YEARS)
Fri 28 Oct 10-12noon, Sat 29 Oct 2-4pm
A raspberry pi is a small general purpose computer that can be coded to do practically anything. In this workshop we strip computing bare and show you how each component can be controlled.

BRING IT TO BLING IT (9-14YEARS)
Fri 28 Oct 2-4pm, Sat 29 Oct 10-12noon
Bring along a piece of boring clothing or shoes and learn to write the code to make them come alive.

Please Note: All event details are correct at the time of going to print. You are advised to check the website.

www.theworduk.org
The Coastal Communities Fund (CCF) is a UK-wide programme designed to support the economic development of coastal communities by promoting sustainable economic growth and jobs.

The deadline for submitting expressions of interest for Round 4 of the Fund was 30 June 2016. With £90million available for projects the length and breadth of England, the Council has submitted a proposal that will aim to regenerate the southern part of the South Shields Foreshore Promenade from Gandhi’s Temple south to Trow - the area at the southern end of the redeveloped South Shields Promenade at Sandhaven.

Sandhaven and Littlehaven Promenades have already created a better seafront for residents and visitors to enjoy. The current CCF project will see ongoing works complete in November this year. If successful, the Round 4 funding will mean that the full 2km of promenade will have been upgraded with:

- New paving
- Landscaping
- New seating
- Beach huts
- Areas for stalls and entertainment

The Big Lottery Fund is delivering the CCF on behalf of UK Government (DCLG).

The Council is hoping to be awarded further funding from the Coastal Communities Fund to complete the Promenade at South Shields seabront.

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The Big Lottery Fund is delivering the CCF on behalf of UK Government (DCLG).

For more information visit www.southtyneside.gov.uk/southshieldspromenade

South Tyneside Council has recently completed works to install a new access ramp at Herd Sands. The previous ramp had been suffering from deterioration before it was badly damaged in the East Coast tidal surge of December 2013. During the storm the central section was undermined causing the ramp to lose stability. Funding was received from the Environment Agency and the construction of the new ramp was completed in July. The new ramp offers improved access to the beach for both pedestrians and emergency vehicles, allows the Council to undertake vital maintenance works on the beach and reduces the risk of coastal erosion in this location.

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Thanks to funding awarded to the Tyne & Wear Building Preservation Trust, by the Heritage Lottery Fund (HLF), the derelict St Hilda’s Colliery Headstock building in South Shields will be restored and brought back into use.

It is proposed that the Grade II Listed building, which is owned by the Council, be transformed into business start-up accommodation through a partnership with the Trust, in turn helping to address issues around the physical condition of the building and ensuring it can be preserved for the future.

The plans also include space to be created within the building to display mining memorabilia, artefacts, photographs and banners, paying tribute to the Borough’s mining past thanks to the support of the Harton & Westoe Miners Banner Group.

Peter Fall, Chairman of Tyne & Wear Building Preservation Trust, said: “We are delighted that St Hilda’s can now be restored and brought back into use. Coal is such a key part of the region’s identity and the Trust has been working hard to protect what little remains of this once vibrant industry.”

In addition to the Heritage Lottery Fund grant, the Council is contributing around £60,000 towards the project’s overall costs of £812,000. The project is also being supported by the Architectural Heritage Fund, which funded early feasibility work to examine the potential reuse of the building, and has committed to further support in the future.

If you are a resident, artist or small business owner and you would like to find out more about the plans and opportunities at St Hilda’s, contact Martin Hulse, Trust Manager of Tyne & Wear Building Preservation Trust, on 0191 260 2133 or email martin@twbpt.org.uk.

Tyne & Wear Building Preservation Trust: www.twbpt.org.uk
Heritage Lottery Fund: www.hlf.org.uk

St Hilda’s Colliery

The first coal was mined at St Hilda’s Colliery in 1810. The colliery continued to be operational until 1940 when St Hilda’s was closed and used only as a ventilation shaft for the new Westoe Colliery built in 1910.

This led to a steady demolition of the surrounding buildings along with the transfer of machinery from the pit leaving only the shaft top buildings required for maintenance, which included the pumping station – the only building left standing today.

The headstocks were restored in 1985 and the Pumping House partially renovated in 1989 to commemorate the 150th anniversary of the devastating gas explosion, which killed 51 miners and led to the introduction of safety lamps in mines.

It is one of very few physical remains of mining heritage within the former Durham coalfield.

www.southtyneside.gov.uk
A scheme which will provide greater protection against flooding in Jarrow has won an award for its innovation and sustainability

South Tyneside Council worked in partnership with Northumbrian Water and the Environment Agency to deliver the scheme on the Fellgate estate. This partnership has been recognised by recently winning the Legacy Award (for sustainability) at the Constructing Excellence in the North East Awards.

The scheme is one of the first in the country to see a local authority, a water and sewerage company and the Environment Agency working together to tackle flood-affected properties.

The partnership approach resulted in an integrated scheme which involved installing sustainable drainage systems around the estate to tackle both surface water flooding and sewer flooding. The scheme also incorporates education and community facilities with the creation of new ponds at two local schools.

Linzie Pentleton, sewerage operations controller at Northumbrian Water said: “Reducing flooding is one of Northumbrian Water’s top priorities and the use of sustainable drainage systems allows us to tackle problems that can be caused by surface water.

“It is fantastic that the judges at the Constructing Excellence in the North East Awards have recognised the partnership approach that has been taken, not only to reduce the risk of future flooding in a sustainable way, but to make a positive impact on the environment.”

By working sustainably and in partnership, the scheme has delivered cost savings of around 36 per cent as well as overwhelming customer satisfaction. The flood mitigation works will not only minimise the disruption and distress flooding can cause but gives local residents peace of mind that they are more protected during periods of heavy rainfall and extreme weather.

The scheme has also been recognised by the UK Water Institute Research project for its industry-leading approach and has received an Innovation Award from the Institute of Water.
Restoring to former Victorian grandeur

Plans to restore North Marine Park have been given a funding boost after securing initial support for £2.45million from the Heritage Lottery Fund (HLF) and Big Lottery Fund.

This funding, alongside a development grant of £194,000, means that the Council and the Friends of the Park group can work together to bring forward detailed plans to restore North Marine Park to its former Victorian character.

Plans include:
• Creating better links between the park and the newly transformed Littlehaven Promenade and Seawall
• Improving the area round the Lawe Top which, as the park’s highest point, acts a viewing platform for the stunning coastline and harbour
• Restoring original features such as the stone arch and the promenade staircase
• Introducing new features such as a play area and a café
• Improvements to the bowling area
• Art installations to celebrate the park’s history and heritage

The second stage grant application to HLF and BLF will be for around £2.45million and, if successful, would see work starting at the park at the beginning of 2018.

Margaret Thompson, Chairman of the Friends of North and South Marine Parks, said: “The Friends of the Marine Parks are delighted to learn of the success of the first stage of the National Lottery bid to carry out the exciting restoration of the much loved North Marine Park. The renewal and restoration of North Marine Park will further enhance the stunning refurbishments of the north and south foreshores and the exquisite coastal paths beyond.”

HLF’s Chair, Sir Peter Luff, said on behalf of HLF and Big Lottery Fund: “It’s clear that our parks are important to us in countless ways – from physical and mental wellbeing to a connection with nature and our heritage.”

GET INVOLVED

The Council is keen to preserve and enhance the park’s beauty and heritage for future generations. If you have ideas on how the park can be improved and restored contact Gary Frazer on 0191 424 7855 or email gary.frazer@southtyneside.gov.uk

You can also get involved by joining the Friends of the Park, the group can be contacted by email at friendsoftheparksouthshields@hotmail.co.uk

www.southtyneside.gov.uk
A new £9 million centre catering for the needs of older people and their families and carers has opened its doors.

The new centre, named Haven Court, in McAnany Avenue, South Shields, provides a range of integrated services for South Tyneside’s ageing population with a focus on people with dementia.

Haven Court brings together key health and social care organisations and voluntary sector agencies, to improve the range, quality and co-ordination of services for older people and provide high quality preventative support to enable them to live in their community for as long as they are able.

The new development has been delivered by South Tyneside NHS Foundation Trust on behalf of the Council. It is just one strand of the Council’s strategy to reshape the health and social care system to help more people live independently with support in the community.

The 80 bed centre offers a wide range of high quality support and services, including residential, day and respite care and rehabilitation. The centre offers rooms for medical consultations and assessment of people’s needs as well as information and advice and help to use technological aids to support independent living. The centre also has a café and shop, allowing older people and their families and carers to familiarise themselves in an informal setting.

South Tyneside NHS Foundation Trust Chief Executive Steve Williamson said: “It is immensely satisfying to see the doors open at this superb facility. Haven Court is an innovatively designed centre which will act as a beacon of excellence for care and support for older people for years to come.”

For more information about Haven Court:
0191 404 5500
www.southtyneside.gov.uk/havencourt
The summer is almost over but that doesn’t mean it’s time to put fitness at the back of your mind yet. With over 110 fitness classes currently available each week at various locations across the Borough there is something to suit all interests and abilities.

Come to Zumba and dance along to a fusion of Latin and international music that will set your pulse racing. It’s the perfect class if you want to tone and sculpt your body whilst burning fat without feeling like you’re at the gym.

Step up your game at Insanity for a more intense workout. You’ll do cardio and plyometric drills with intervals of strength, power, resistance and core training. There will be long bursts of maximum-intensity workouts with short rests so you can burn up to 1,000 calories in an hour!

Take fitness to the pool and exercise to music in the water at Aqua Fit. Not only is water great for creating resistance to tone your body but Aqua Fit is also suitable for all levels including non-swimmers.

SO WHAT ARE YOU WAITING FOR?

For more information about venues and fitness classes visit www.southtyneside.gov.uk/leisure
PROUD TO TAKE ON CIVIC ROLE

It has been a busy three months for the Mayor and Mayoress of South Tyneside, Councillors Alan and Moira Smith.

The couple have thrown themselves into the start of their year in office by attending social engagements and meeting hundreds of local people. They have also launched their charity appeal which this year is supporting Diabetes UK South Tyneside, Young Carers in South Tyneside and Citizens Advice Bureau South Tyneside.

Highlights of their first months include the traditional Mayor’s Sunday, the Mayoress at Home, Armed Forces Day, Remembering Srebrenica, meeting the Mayor of Wuppertal, meeting residents and the spectacular Maritime Mayhem-themed Summer Parade.

The Mayor said: “The Mayoress and I have had a marvellous three months so far meeting and representing the fantastic people of South Tyneside and those who come to visit the Borough.

“We are honoured to play such an important role in the Borough’s civic events and to attend the variety of wonderful community events and activities that take place across South Tyneside, which makes it such a great place to live and visit.”

“The coming months are set to be just as full of exciting events and engagements and we look forward to continuing our work and meeting more of the Borough’s talented, generous and exceptional people.”

South Tyneside’s Sunday Parade was held in Jarrow to welcome the new Mayor of South Tyneside, Councillor Alan Smith, into office.

The Mayor and Mayoress showed their respect for military organisations at the Borough’s Armed Forces Day event.

The Mayor and Mayoress celebrated Mrs Mena Larkin’s 107th birthday with her friends and relatives at Patrick Cain House, in South Shields.

The Mayor presented the Mayor of Wuppertal, Mr Andreas Mucke, with an artist’s impression of the Groyne at the Mouth of Tyne by John Coatsworth.

The Mayor and Mayoress enjoyed this year’s maritime themed Summer Parade.

The Mayor and Mayoress met representatives from their chosen charities, Diabetes UK’s Clare Allorn and Louise Simonian, South Tyneside’s Citizens’ Advice CEO Ian Thompson, and CAST Young Carers Ryan and Ellie Young, Levi Cosker and Mark Pendleton.

The Mayor and Mayoress attended a service at St Paul’s, in Jarrow, to celebrate the work of school children in Jarrow and Sunderland who created a Children’s Codex to mark the 1300th anniversary of the Codex Amiatinus, known as Bede’s Great Bible.
A new app for South Tyneside Libraries has been launched to provide library members with full access to the library catalogue.

Members can download the app onto their smartphone and reserve items as well as renew books, find out about opening times and discover events taking place at their local library.

The new app aims to reach a wider audience by bringing the local community together and making South Tyneside Libraries an accessible service for all.

What does the app do?

The app allows members to:
- Check local library opening times
- Search for books on the catalogue
- Manage their library account
- Check branches
- Manage membership

Look out for ‘the Library App’ available for FREE download for all Apple, Andriod and Windows platforms from the App Store and Google Play.

The Port of Tyne is proud to support business, communities and the arts in South Tyneside. Working with the Borough’s great organisations, we were delighted to see around 600,000 people enjoy and take part in almost 600 events and projects last year.
Learning baskets full of Eastern Promise

An innovative approach to learning pioneered in South Tyneside has proven to be so successful that it could soon be used in the Middle East.

Teachers from a training consultancy and teachers from two schools in Dubai visited the Borough to observe the Baskets of Opportunity (BOO) programme in action.

The BOO programme was developed in South Tyneside in partnership with educational psychologist Dr Madeleine Portwood.

The scheme sees families given resources from a basket including threading beads, building blocks, a jigsaw, a ball, a chalk board and a nursery rhyme book and CD which parents and carers are encouraged to use to stimulate language learning and physical, social and emotional development in two-year-olds.

The initiative has led to outstanding results with youngsters who took part in the sessions found to be on average 14 months ahead of their peers in terms of physical, personal, social and emotional development and more than 12 months ahead in their communication and language skills.

Managing Director of Ebdahah, Michael Davey, said: “It is a fantastic opportunity to use the model of excellent practice developed in South Tyneside to make a difference to children and their parents in the Middle East.

“We were extremely privileged to be able to have teachers from United Arab Emirates observing the delivery of the child development programme by such committed practitioners.”

For more information visit www.southtyneside.gov.uk/FIS
Neglect can have serious effects on teenagers

Neglect affects the physical, emotional and physiological development of teenagers.

Worried about a teenager?

If you are worried or concerned about a young person in South Tyneside then call 0191 424 5010 (during normal office hours of Mon-Fri 8.30am-5pm) or 0191 456 2093 (outside of office hours).

www.stscb.org.uk
Foster carers in South Tyneside come from all walks of life. Single or married, employed or unemployed, home owner or living in rented accommodation, they are all different as are the children and young people that they care for.

There are real opportunities to consider becoming a foster carer in South Tyneside and we need carers who feel they can offer support and guidance to a young person or siblings who need someone they can trust, learn from and really make an extraordinary difference to their lives.

Find out if fostering is for you and come along to our Information Sessions held on the last Thursday of every month (6 - 8pm) at 16 Barrington Street, South Shields, NE33 1AJ.

0191 423 8500
www.southtyneside.gov.uk/fostering
Put yourself in the picture

South Tyneside Council welcomes people from all walks of life to become adopters.

Alison and Ashley, from Durham*, adopted with South Tyneside Council. They’ve told their story:

“When we decided to adopt, we researched many different local authorities before deciding on South Tyneside. We really liked the friendly and welcoming atmosphere at the open evening and felt that South Tyneside would be supportive and helpful throughout the whole adoption process. We found the training weekends particularly useful because they gave us the opportunity to ask lots of questions to both professionals and guest speakers, such as adoptive parents and birth parents. It was also a good opportunity to meet other people in the same position as ourselves, and was reassuring that they were experiencing the same emotions and worries as us! The home study aspect of the approval process was nowhere near as daunting as we had previously thought. This was largely due to the professional, yet personal, approach of our Adoption Worker. Because of this aspect of the approval process, we feel that we will be better equipped as new parents to tackle any issues which may arise. We cannot recommend South Tyneside highly enough. We have been supported every step of the way and we are confident that this support will continue in the future.”

If you can offer a loving and caring home to a young child or siblings and would like more information contact the Adoption team.

0191 423 8500
www.southtyneside.gov.uk/adoption

*Names and location changed for confidentiality purposes.
Wash today and recycle for another day

When you have an item that needs to be put in the blue bin for recycling don’t forget to make sure it doesn’t contain liquids or food waste which can contaminate all the perfectly good clean recycling that is collected. Contamination is when items are put into the blue bin that cannot be recycled; most of the contamination relates to either bags of rubbish or food waste and liquids. If the material is collected and it is contaminated, it may mean that the whole load is rejected and cannot be recycled.

NO plastic carrier bags or black sacks of any kind go into the recycling bin.

Recycling Village opening times

Our Recycling Village in South Shields is open every day of the year, except Christmas Day (25 December), Monday - Sunday, 9am - 6pm and is open longer on bank holiday weekends, 9am - 7.30pm.

It can get very busy during peak times, so to avoid the queues try to arrive before 11am or after 4pm. It will also help speed up your visit if you separate your waste before you visit the site, and this will also help you to put the right items into the right container.

Bin collection dates and what goes in what bin?

To find out when your bins will be collected or what items can be recycled visit: www.southtyneside.gov.uk/recycle
Clearing out?...
Give us a shout!

Do you have eight or more unwanted items that are too big or heavy to put into your bin and you can’t take them to the Recycling Village at Middlefields? We can provide a Bulky Waste service collecting items from your home. That’s not all, check out other services we can provide for you at a competitive rate:

**BULKY COLLECTIONS** - Only £20
We will remove up to eight household items including settees, fridges, freezers, washing machines and carpets.

**GARDEN CLEARANCES** - From £45
We will remove garden waste, soil, branches, sheds, decking, paving and more.

**HOUSE CLEARANCES** - From £45
We will remove household items from both council and private properties. All items will be either recycled or treated to produce energy and if this is not possible, disposed of in a sensitive and professional manner, in line with current waste legislation.

**BUSINESS CLEARANCES** - From £60
We will clear non-hazardous items from both office and business premises.

All charges must be paid in advance of the collection. Payment can be made over the phone or through our online form.

0191 427 7000
www.southtyneside.gov.uk/waste

What can go in the caddy?

For a larger list and more information about the items we can recycle and your future collection dates visit [www.southtyneside.gov.uk/recycle](http://www.southtyneside.gov.uk/recycle)

If you do not have a caddy call our Customer Contact Centre on 0191 427 7000 (Mon-Fri 8am to 8pm, Sat 9am to 1pm).

[www.southtyneside.gov.uk/recycle](http://www.southtyneside.gov.uk/recycle)
Jarrow Hall
Anglo Saxon Farm, Village and Bede Museum

Opening October half term!

• The Bede Museum
• Anglo Saxon Farm and Village
• Exhibitions, talks and workshops
• Family activities
• Special events
• Unique event spaces available to hire
• School visits
• College & University lectures
• Cafe and dining at Jarrow Hall
• Artisan units to hire
• Community groups and volunteer sessions

For more information and for the latest updates:

f/OfficialJarrowHall  t @Jarrowhall  www.jarrowhall.co.uk

www.groundwork.org.uk/stan
South Tyneside Council has a long-term vision for the future of Jarrow Community Centre with investment secured to refurbish the building and update the facilities on offer.

The Council will be investing £3million to refurbish and develop Jarrow Community Centre into a vibrant hub for community life, with:

- A new library offer
- A new leisure offer including gym equipment and fitness classes
- A Customer Service Centre offering a range of Housing and Area Management Services through South Tyneside Homes
- A refurbished dance and theatre space

Whilst investment will look to provide new and updated facilities within the existing footprint of the building, residents can rest assured that the specialist facilities for people with disabilities will be retained.

This is a long-term vision with the refurbishment work expecting to start late 2017 (early 2018). The Council will be consulting with local residents on the future plans for the hub, for more information please contact Mike Linsley on 0191 424 7574 or mike.linsley@southtyneside.gov.uk

get active... at Jarrow Hub

All existing leisure members (with multi or duo activity passes) are now able to access the gym and fitness classes at Jarrow Hub at no additional charge to their membership.

Opening times are:
Monday - Thursday: 8.30am - 9.00pm
Friday: 8.30am - 5.00pm
Saturday: 9am - 12noon

To find out more about our memberships call today on 0191 424 7800 or visit www.southtyneside.gov.uk/leisure
New orders in place to tackle anti-social behaviour

Following consultation in March this year South Tyneside Council, working in partnership with Northumbria Police, has introduced Public Spaces Protection Orders (PSPO) in designated areas across the Borough to tackle specific types of anti-social behaviour affecting the local community.

The Public Spaces Protection Orders place restrictions on people entering designated areas and prevent them from participating in alcohol consumption, begging and motorcycle use.

Where are the designated areas?

The restricted areas are linked to where the Council has received a significant volume of complaints from local residents and businesses. The new PSPOs will impose conditions for three years:

**AREA A:** the use of illegal motorcycles in public spaces across the whole of South Tyneside.

**AREA B:** prevent any person(s) in South Shields Town Centre from consuming alcohol when requested not to do so by a Police Officer, Police Community Support Officer or an authorised officer of the Council.

**AREA C:** prevent any person(s) in Jarrow Town Centre from consuming alcohol when requested not to do so by a Police Officer, Police Community Support Officer or an authorised officer of the Council and prevent begging.

**AREA D:** prevent any person(s) in Hebburn Town Centre from consuming alcohol when requested not to do so by a Police Officer, Police Community Support Officer or an authorised officer of the Council.

**AREA E:** prevent any persons in the Chichester Area from consuming alcohol when requested not to do so by a Police Officer, Police Community Support Officer or an authorised officer of the Council and prevent begging.

£100 FIXED PENALTY NOTICE

Anyone who breaches the Public Spaces Protection Orders can be issued with a £100 Fixed Penalty Notice. Failure to pay may result in prosecution. The PSPOs can be enforced by the Police, Police Community Support Officers and any Authorised Officer of the Council.

If you want to see more details about the PSPOs, including the maps of the restricted areas go to www.southtyneside.gov.uk/PSPO

If you have any questions call 0191 427 7931

Illegal motorcycles and their riders are a menace and a danger to other highway users and pedestrians, and pose a serious threat to public safety.

Motorcycles that are causing alarm, distress or annoyance to the public are often driven ‘off road’ and are most typically found on public footpaths, parks, fields or privately owned land.

South Tyneside Council is working in partnership with Northumbria Police to combat the problem of illegal motorcycling and have a range of powers at their disposal that can lead to seizing nuisance motorcycles and taking action against those involved.

If you see someone who you know or believe to be using a motorcycle illegally or inappropriately please get in touch and tell us:

- When the bike is being used (including any particular days or times)
- Where the bike is being used (including any particular locations or routes used)
- The name and address of the owner of the bike (if known)
- Where the bike is stored (if known)
- A description of the bike (including make, model, colour, distinguishing marks)
- A description of the rider (including any clothing or helmet that they are wearing)

If you have any of the above information please call the Police on 101 or the Community Wardens on 0191 420 3713.
From 6 April 2016 a new law made it mandatory for all dog owners to have their dogs microchipped. In preparation for this change the Council’s Animal Welfare Officers worked with local residents from across the Borough to microchip over 650 dogs.

The new law states that a dog must be microchipped and registered to an approved database by the time it is eight weeks old. However even once the dog is microchipped the owner must ensure that the registration details are kept up-to-date at all times, this includes any changes to:

- address
- telephone number
- owner

If a dog is encountered without a microchip the owner will have up to 21 days to comply with the law or be fined up to £500.

There are several benefits to microchipping:

- Easier and quicker to return dogs to their rightful owners and can save the owner having to pay fees for unplanned stays in kennels
- Easier to identify owners guilty of animal cruelty
- Breeders are traceable, reducing the problems associated with puppy farming
- Deterrent to dog thefts
- Helps vets contact owners for emergency procedures

South Tyneside Council offers a dog microchipping service for £10 per dog. To arrange an appointment call 0191 427 7000.

DOG CONTROL ORDERS

Five Dog Control Orders are in place that cover specific offences in particular areas and across the whole borough. Anyone found not adhering to these orders will be issued a Fixed Penalty Notice of £80:

The Dog Control Orders that are in place are:

- Failing to remove dog faeces
- Not keeping a dog on a lead that is no longer than 1.5 metres in South Marine Park and all cemeteries
- Not putting, and keeping a dog on a lead that is no longer than 1.5 metres when directed to do so by an Authorised Officer
- Permitting a dog to enter land from which dogs are excluded, which includes all enclosed children’s play areas, all School playing fields and Sandhaven beach between the hours of 8am - 6pm during 1st May - 30th September each year
- Walking more than four dogs at any one time

Animal Welfare Officers and other Authorised Officers target hotspot areas to engage with dog owners as it is recognised that only a small proportion of the dog walking community do not adhere to the orders which are designed to protect public health.

More information is available at www.southtyneside.gov.uk/microchip. To report irresponsible ownership or to book a microchipping appointment call 0191 427 7000.
Every day thousands of people become a victim of scams. Don’t believe the false promises and protect yourself. There are many different types of scams from telephone, mail, internet and doorstep. South Tyneside Council is urging residents to be scam aware and to trust their gut instincts. South Tyneside’s Trading Standards team has joined forces with the Citizens Advice Bureau and the Chartered Institute of Trading Standards to promote the campaign locally, aiming to create confident local consumers. We want to spread the message that scams can be tackled if we take our time to spot the signs and share what we learn with others.

- SPOT IT - identify suspicious behaviour
- REPORT IT - take action
- SHARE IT - share experiences with #scamaware

Remember if you’re not sure get advice and always report a scam

For advice on scams call
Citizen Advice Consumer Helpline: 03454 04 05 06

To report scams call
Action Fraud: 0300 123 2040
South Tyneside Council Trading Standards: 0191 424 7887

trading.standards@southtyneside.gov.uk

For more information on tips and advice visit
www.southtyneside.gov.uk/tradingstandards
Discover the heritage of South Shields Football Club

South Shields Football Club is one of the new additions to Heritage Open Days in South Tyneside this year.

The roots of South Shields Football Club weave in and out of history and can be traced back to 1888. However, it was in 1899 when real history began when a club formed by Jack Inskip, a teenager from Laygate, founded the South Shields Adelaide Athletic Club with fellow schoolboys. The Club progressed rapidly through the local Shields and district leagues and achieved prominence.

From local obscurity, the club became a member of the North Eastern League in 1908, and became South Shields FC and a limited company in 1910 with an impressive rise to membership of the Football League Second Division in 1919. However the Club had financial difficulties and moved to Gateshead.

In 2015 the Club returned home to South Shields, after Geoff Thompson purchased the former grounds and renamed it the Mariners Park. South Shields Football Club enjoyed a memorable season with its return to the first division. This generated huge support with record attendance at the ground of over 1,800 towards the season’s end. The Club now competes in the Ebac Northern League Division 1 and aims to eventually reach the Conference League.

Especially for Heritage Open Days, South Shields Football Club is giving visitors a unique tour of the grounds, including a talk on the history of the popular local club by the Club Historian and also a chance to meet the players.

The South Shields Football Club tour is taking place on Friday 9 September at 12pm. Book your place now by calling 0191 454 7800 or email bookings@southshieldsfc.co.uk

Discover more by visiting www.southtyneside.gov.uk/hod or www.hodsw.org.uk
Last year’s inaugural Restaurant Week saw 28 pubs, restaurants and cafes across South Tyneside offer special two course menus. It was a huge success, and this year’s promises to be even bigger and better.

Taking place from 1-8 October, South Tyneside Restaurant Week will involve a broad selection of our best restaurants and eateries and provide you with a variety of special Restaurant Week dishes and offers.

Restaurants taking part will offer a special two course set menu. This will differ from any other promotional deal and feature a one-off menu especially for Restaurant Week! South Tyneside College’s bistro will be one of a number of new venues taking part in the event in 2016, and be sure to keep an eye out for local businesses making one-off special products and dishes too.

To book a table all you need to do is simply call the participating businesses and request the Restaurant Week menu.

For more information on Restaurant Week, including a list of venues taking part, keep checking:

🌐 www.southtyneside.gov.uk/restaurantweek
獄 /southtynesideevents
🐦 @stynesideevents
There is a jam-packed programme of events to enjoy over the coming months in South Tyneside. Here are just some of the highlights!

A march into history

This October marks 80 years since the historic Jarrow Crusade, when 200 local men marched all the way to London in their protest against injustice.

To commemorate this occasion the permanent display in Jarrow Town Hall has been relaunched with much improved interpretation allowing you the opportunity to see one of the original march banners and petition boxes.

Between 1 October and 26 February a major exhibition at South Shields Museum also brings new light to this legendary event that captured the imagination of a nation. The exhibition will reveal more details about who the marchers were and will incorporate unique photographs, artefacts and film, and is the culmination of a number of fantastic projects that have taken place in Jarrow during the year.

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Turner: Shields on the River Tyne

This summer thousands of visitors headed to South Shields Museum to see Renoir’s oil painting of St Tropez. Now the team have delivered another major coup for the area, the loan of Turner’s Shields on the River Tyne.

The high profile spotlight loan of this Turner watercolour comes from the prestigious Tate Britain collection and shows the section of the Tyne close to where The Word is being constructed. The painting will be displayed at the museum from 8 September until 10 December and is supported by lovely riverscape paintings from the South Tyneside collection.
The panto that keeps growing and growing

Have you got your tickets yet for this year’s pantomime at The Customs House?
If not, be sure to get yours soon as tickets for this year’s offering, Jack and the Beanstalk, are already selling fast.
Casting a spell over pantoland will be actress Eleanor Chaganis who takes on the role of The Fairy. The talented South Shields born actress is no stranger to The Customs House having previously performed in the venue’s smash hit Geordie the Musical and festive favourite Santa’s Naughty Elf.
Eleanor will be joined on stage with a very talented cast, which of course includes Executive Director Ray Spencer’s hilarious take on the panto dame.
You can catch the show from 29 November to 7 January, with tickets priced from just £9.75. To book go to www.customshouse.co.uk or call 0191 454 1234.

Movies under the stars

After a successful event last year M&R Leisure are looking to return this autumn with their American style Drive-In Movies at Bents Park.
The movies will be shown in the park on various dates between 29 October and 20 November with films catering for all the family.
Details are to be confirmed at the time of going to print - stay up-to-date with all the latest news at www.thedriveincinema.co.uk

The Great Run

This year’s world famous Great North Run takes place on Sunday 11 September.
Whether you’re taking part yourself or cheering on the runners we hope you enjoy the unique atmosphere of this fantastic event.

For information on events and activities across South Tyneside, keep checking www.southtyneside.gov.uk/whatson
or alternatively follow us @stynesideevents /souhtynesideevents /stynesideevents
Heritage Open Days
Discover more about our rich heritage at this popular annual free event, which takes place Thursday 8 – Sunday 11 September. Find out more about Heritage Open Days on page 29.

South Shields Volunteer Life Brigade
Celebrations continue for the 150th anniversary of the South Shields Volunteer Life Brigade. Explore their fascinating Watch House at special open weekends on 10 & 11 September and 15 & 16 October, and until 17 September there’s a dedicated exhibition at South Shields Museum.

Ranger Ramble
Sunday 25 September, 10am
Join Souter Lighthouse’s Rangers for a seven mile walk over Cleadon Hills and along the spectacular sea cliffs. To book call 0844 249 1895.

Library events
There is a wide selection of events and activities across South Tyneside libraries throughout the autumn months. Check out the website or your local library for details.

Sporting activities
Take part in a range of sporting activities with South Tyneside Council’s Sports Development team. For details visit www.southtyneside.gov.uk/sports

Autumn Laffalang
Friday 28 & Saturday 29 October, 7.30pm
You’re guaranteed a hilarious evening of comedy at the Westovian Theatre at this event, which is being compered by the brilliant Alfie Joey. For tickets contact the Visitor Information Centre on 0191 424 7788.

Christmas Wonderland 2016!
It’s not too long until the festive season is upon us and South Tyneside will again be transformed into a magical Christmas Wonderland with music, entertainment and sparkling lights for the whole family to enjoy.

Dates for your diary include the return of the Christmas Fair on Saturday 26 and Sunday 27 November at Haven Point, along with the unmissable Camel Parade on Friday 2 December. And with Christmas Light switch-ons, pantomimes and lots more, there’s an action packed programme of events taking place.

Check out the next newsletter for more details of our festive events.

www.southtyneside.gov.uk/whatson
Myths & Monsters
Friday 28 October, 10am – 2pm
Learn all about the myths and monsters of ancient civilizations at Arbeia Roman Fort.

Halloween Fright Night
Friday 28 October, 5 – 7pm
The Wicked Witch of Souter will guide you on an outdoor trail around the lighthouse, with lots of frights and spooky noises along the way. Suitable for over 5’s. Tickets are £5 plus a booking fee, call 0844 249 1895 to book.

Halloween at West Boldon Lodge
Friday 28, Saturday 29 and Monday 31 October
There will be fun family party games along with creepy crafts and stories during the day and scary trails for the older children during the evenings. For more details and to book go to www.westboldonlodge.co.uk

Halloween at The Dunes
This Halloween there will be special Halloween soft play and party events at The Dunes. Find out more at www.dunesadventureisland.co.uk or call 0191 455 5255.

Wendy the Witch
Sunday 30 & Monday 31 October, 4.30pm
Great family fun with this spooky tale at The Customs House. For more information, and to book, go to www.customshouse.co.uk or call 0191 454 1234.

SPECTACULAR FIREWORKS
Sunday 6 November, 6.30pm & 8pm
Celebrate Fireworks Night in style at this year’s annual fireworks display at South Shields seafront.

Organised by South Tyneside Council with the support of Ocean Beach Pleasure Park this is always a great night so come along and enjoy the atmosphere as the sky is lit up with fabulous fireworks!

To find out more about these events and lots more go to:

- www.southtyneside.gov.uk/whatson
- Visitor Information Centre at Haven Point on 0191 424 7788
- /southtynesideevents
- @stynesideevents

Please note: At the time of going to print (August 2016) all dates and events were correct but you are advised to check before you travel.

www.southtyneside.gov.uk/whatson
Free gas boilers for South Tyneside residents

Residents across South Tyneside are benefiting from a scheme which is providing free, energy efficient boilers for many households, helping them to save money on their bills.

The scheme is part of Warm Up North’s commitment to making homes in the North East greener and warmer. Households with old or inefficient gas boilers can have them replaced for free if they receive income-related benefits such as Pension Credit, Income Support, Job Seekers Allowance or Universal Credit - and have an inefficient gas boiler.

An ageing, inefficient boiler can make it expensive and difficult for people to heat their homes. A new energy efficient boiler can save up to £215 a year and the summer months are the ideal time to apply, before the winter sets in.

The scheme is open to anyone who qualifies, not just British Gas customers, and the company will do a free boiler survey to check eligibility. Both homeowners and private renters can apply.

Stuart Margerrison of Warm Up North said: “People in South Tyneside have the chance to get a new, efficient gas boiler, and for many people it will be completely free. Anyone who receives income-related benefits should contact us to find out more about how the scheme could help them to be more energy efficient, keep warm and save money on their bills.”

More information on the Warm Up North gas boiler offer is available at www.warmupnorth.com/freegasboiler or on 0800 316 4320*. For text phone please contact 18001 0800 072 8626.

FREE Gas Boiler
subject to eligibility and survey

Check to see if you qualify by calling 0800 316 4320* or visiting warmupnorth.com/freegasboiler

Endorsed by

South Tyneside Council

Warm Up North

British Gas

Terms and conditions apply. Offer subject to qualification and survey and open to residential properties only: homeowners or those renting from a private landlord. Your current boiler needs to be inefficient; C-rated or lower. Only customers who meet the eligibility requirements will qualify for the offer. Only applies to boiler measures recommended by an appointed surveyor. The offer is subject to availability and change or withdrawal at any time.

It’s free to call Warm Up North from mobiles as well as landlines. Calls are recorded to improve our service to you. Phone lines open Monday - Friday 9am - 7pm.
Bridges Your Community Bank is now

FIRST FOR MONEY
Your Credit Union

We are committed to providing the community in South Tyneside and Sunderland with an ethical way to manage your money.

Regulated and secure, First for Money offers savings and loans to anyone who lives and works in South Tyneside and Sunderland.

Contact us today, to find out how we can help you manage your finances, including help with Christmas loans, visit www.firstformoney.org or call 0191 514 7491 (Sunderland office) or 0191 454 7677 (South Tyneside office)
The Council is driving forward the public health agenda and residents can look forward to improved health and wellbeing thanks to a range of initiatives that are taking place across the Borough.

Committed to promoting health and wellbeing

Local schools, the voluntary sector, workplaces and individual staff have been recognised for their commitment to promoting health and wellbeing at the Change4Life South Tyneside Public Health Awards.

Over 20 local schools and children’s centres were presented with the Healthy Schools Award, which recognises best practice for the health and wellbeing of students. Local businesses and the voluntary sector including Age UK, Autism Able, Bright Futures, Escape Interventions, First Contact Clinical, Mental Health Concern and Women’s Health in South Tyneside (WHIST) achieved the Change4Life Quality Mark, a new award which recognises the achievements of local services. Talbot Road Medical Centre was awarded the Young Persons Quality Mark for the work it does in helping teenagers access treatment and support.

South Tyneside NHS Clinical Commissioning Group, South Tyneside NHS Foundation Trust, Ford Aerospace Ltd, Bliss=Ability and BT South Shields were some of the businesses who were awarded the North East Better Health at Work Award (BHAWA) for their commitment to improving workforce health.

Rob Braines who has been a public health volunteer for over eight years was also recognised for his contribution to the Change4Life South Tyneside programme which offers help and support for people looking to lead healthier lifestyles through quit smoking, cutting down on alcohol or finding out about healthy eating tips.

He said: “It was a lovely surprise to be presented with a plaque in recognition of the work I do in holding regular health and wellbeing events and drop-ins across the Borough.”

Dr Sharmilla Parks, of Talbot Medical Centre, said: “The award has given us the chance to focus on removing barriers for teenagers accessing the services.”

For more information about Change4Life South Tyneside:
- www.change4lifesouthtyneside.co.uk
- 0191 424 7300

Follow us for news, information and healthy tips:
- /C4LSouthTyneside
- @Change4LifeST
The Change4Life 10 Minute Shake Up with Disney campaign returned this summer to encourage families to ‘Just Keep Moving’.

This summer, Change4Life once again teamed up with Disney to help children get active with an exciting 10 minute Shake Up campaign, using their favourite Disney characters to make exercise fun. This year’s campaign was inspired by Disney Pixar film, Finding Dory.

Too much inactive time is bad for a child’s physical, social and mental wellbeing, yet just 21% of boys and 16% of girls currently meet the daily national recommended level of activity of 60 minutes.

Being active helps children to:

• Build social skills
• Boost self-confidence
• Improve bone and heart health
• Maintain a healthy weight

Every 10 minute burst of exercise can make a real difference in helping children reach the 60 minutes they need each day.
The Be Clear on Cancer campaign encourages residents with a persistent cough or breathlessness to go to their doctor.

The Public Health England campaign, supported by the Council, highlights that a cough for three weeks or more could be a sign of lung disease, including cancer and that if you get out of breath doing everyday things that you used to be able to do, like mowing the lawn, it could be a sign of lung or heart disease, or even cancer.

While it may well be nothing serious, the campaign makes it clear that if you have either of these symptoms you should go to your doctor. Finding these conditions early makes them more treatable.

Latest figures show that in the North East:
- 2779 people were diagnosed with lung cancer in 2014
- 75,370 people in the region have already been diagnosed, and are living with COPD (Chronic Obstructive Pulmonary Disease – a common form of lung disease that includes emphysema and chronic bronchitis)
- 118,296 people suffer with coronary heart disease

Early diagnosis of these diseases has the potential to save lives. For instance, 83% of people diagnosed with lung cancer at the earliest stage (stage 1) will live for at least a year after diagnosis. At the latest stage (stage 4), this drops to 17%. Sadly, in 2014, 2133 people died from the disease in the North East.

The campaign which runs until 16 October 2016 is aimed at men and women aged 50 and over, as older people are most at risk of lung cancer, COPD and heart disease. It builds on the success of the previous Be Clear on Cancer lung cancer campaigns and a regional breathlessness pilot (which focused on lung and heart disease), making this the first national campaign of its kind to raise awareness of these conditions jointly.

For more information go to www.nhs.uk/be-clear-on-cancer
Local children attending primary schools in South Tyneside will be offered the nasal flu vaccination this autumn to protect them against flu.

All children in Year 1-6 will receive the vaccine, including special schools. Children who are in a clinical at-risk group will be required to visit their GP to have the vaccine. Children aged 2, 3 and 4 will also be vaccinated by their GP.

**Why are children being offered a flu vaccine?**

Flu can be very unpleasant for children. They have the same symptoms as adults including fever, chills, aching muscles, headache, stuffy nose, dry cough and sore throat lasting up to a week, and can lead to further complications.

Children are good at spreading flu, because they tend to sneeze everywhere with many not using tissues correctly or washing their hands afterwards. Vaccinating them may also protect others that are vulnerable to flu such as babies, older people, pregnant women and people with serious long-term illnesses.

**Do you qualify for a FREE seasonal flu vaccine?**

You are encouraged to make an appointment with your GP practice in early autumn if you:

- are aged 65 years or over
- are pregnant
- have a serious medical condition
- live in a long stay residential care home
- in receipt of a carer’s allowance, or are the main carer of an older or disabled person whose welfare may be at risk if you fall ill

For more information visit www.nhs.uk
A campaign to encourage local people to take advantage of free, expert health advice from their local pharmacy and help ease pressure on hospital services has seen over 21,000 consultations since April 2015, three quarters of which have been for those aged 18 and under.

Think Pharmacy First is aimed at encouraging people to get advice and medicines to treat common or less serious illnesses, such as coughs, colds, upset stomachs and skin problems, simply by going to a community pharmacy.

What do I have to do?

All pharmacies in South Tyneside offer the scheme and you will be seen as soon as possible without having to make an appointment. Staff will speak to you about your health condition and discuss with you what treatment you might need.

Most pharmacies now have a consultation area if you feel you need to discuss things in private. You will be asked questions about your symptoms, including which medicines you are taking and information about your illness.

It would be helpful if you took a list of any medicines you are using. This is to make sure that the treatment you are given is right for you. All details given to the pharmacist are confidential.

If you need it, the pharmacist will be able to provide the right medicine for you, as well as telling you the best way to take the medicine and give you any extra advice you need to help with your illness. For example, if your child has a fever the pharmacist will be able to give you advice as well as give you paracetamol if it is needed.

Free treatment

If you don’t normally pay for your medicines, then you don’t need to pay with Think Pharmacy First – you can get them free and over the counter from your local pharmacist without the need to see your GP. Make sure you ask for a ‘minor illness consultation’.

The top five reasons for consultations have been for:

- Fever
- Head lice
- Coughs
- Threadworm
- Teething

Tell us your patient stories

The most complete story of a person’s treatment comes from the patient and their relatives or carers. NHS South Tyneside Clinical Commissioning Group’s operations manager, Helen Ruffell, said: “We need to hear first-hand experiences of patients’ treatment in South Tyneside to help us learn from the good work that is happening and help us identify where the services are not working so well.”

“By sharing their stories of involvement with local health services people can help us develop patient-centred care for residents across South Tyneside.”

If you have a story you would like to share please contact Helen on 0191 283 1903 or email helen.ruffell@nhs.net.
Schemes to attract GPs to the borough

NHS South Tyneside Clinical Commissioning Group (CCG) is supporting two innovative schemes to attract new GPs to the borough and help develop their leadership skills.

A recent survey by Pulse magazine revealed that around 12% of all GP posts in the UK are vacant, the highest proportion ever recorded.

NHS South Tyneside CCG’s operations manager, Helen Ruffell, said: “These posts help us encourage new GPs to work in our patch and ensure that their experiences with patients are shared with the CCG to improve our commissioning for the Borough as a whole.

“These schemes will support young doctors to develop their skills and knowledge to contribute to the increasing role that GPs play in managing the health budget and developing services.”

Dr Jen Hunter, 29, originally from the West Midlands, moved to the North East to study at Newcastle Medical School and has stayed in the region for her post graduate training. She has accepted a 12 month integrated training post as GP registrar and will spend her final year of training in South Tyneside, part-time at Central Surgery and part-time with the CCG.

Dr Hunter said: “Commissioning wasn’t something I was familiar with, but I was interested in seeing how my work as a GP and dealing with individual patients could contribute towards making improvements to the health system across the Borough. "It’s been a steep learning curve, looking at the bigger picture. It’s definitely been worthwhile and I’ve had great support from staff in the practice and within the CCG."

The second scheme is a GP clinical fellowship programme; this two year post is aimed at newly qualified GPs, allowing them to work for three quarters of their time within general practice, with the remaining quarter at the CCG to help improve services.

Dr Urmila Roy-Craggs, 32, is the first person recruited to the fellowship programme. She started in March and is based at the Glen Medical group three days a week, with one day at the CCG.

“Prior to accepting the role I was based in Newcastle. The fellowship scheme in South Tyneside offered an attractive opportunity for newly qualified GPs to learn new skills and clinical leadership. It’s something I had little experience of, but it is very relevant in this day and age.”

Better health at work

After achieving the Better Health at Work silver award in 2015 and bronze the previous year, this year NHS South Tyneside Clinical Commissioning Group is striving towards the gold award.

All staff were invited to take part in a health needs assessment prior to taking part, which assessed their current health and asked them to think about how it could be improved.

Health checks were offered to staff, which included measuring their weight and height, checking their cholesterol level and looking at the risk for developing diabetes. The check also opened discussions about making healthy lifestyle choices, for example around alcohol consumption and activity levels.

Since then the team has been involved in a range of activities, including a fortnightly walking club, parkruns and, most recently, the Gibside team marathon. Seven members of staff also completed the My Marathon in May, which involved running or walking the 26.2 marathon distance over the month.

Local GP Dr Jon Tose said: “It’s a great initiative and as local health commissioners it’s one we’d love other organisations to get involved with.”
South Tyneside Homes’ newsletter - Housing Matters - has now been merged with South Tyneside Council’s newsletter to deliver cost efficiencies and savings. Key information and stories for South Tyneside Homes’ tenants are featured on pages 44-47.

One year on, £1million better off

It has been a busy year for the Welfare Support Service which formed in August 2015 when South Tyneside Council’s Welfare Rights and Local Welfare Provision teams joined forces with South Tyneside Homes’ Welfare Reform team.

Key highlights you need to know about the Welfare Support Service

- The team supports residents right across the Borough, renters and homeowners alike, with debt and benefit issues.

- Residents are over £1million better off as a result of accessing our service for support. Outcomes recorded show that, in total, we helped bring over £1million of additional income into the pockets of those residents who accessed the service for advice and support during April 2015 to March 2016.

- We offer outreach appointments at South Shields Town Hall, Jarrow Town Hall, Hebburn Central, Landreth House and Marsden Road Health Centre. We can also see you at Boldon Village Hall and Dundee Court or book a home visit for you.
Independent living from Housing Plus

Our Housing Plus apartments and bungalows offer somewhere modern, safe and friendly to live. Housing Plus accommodation is available for people who are aged 60 or over, or from 55 if you receive Personal Independence Payments (PIP).

Living in a Housing Plus home is enjoyable, social and supportive and is a place where you can enjoy the privacy of your own home and also spend time with others.

19 of our Housing Plus schemes have recently been refurbished to include either a new conservatory or a ‘sky room’. Sensory rooms have been installed in 4 of our schemes.

We have also installed internet access and WiFi in our schemes.

Housing Plus officers are available to provide support to tenants. Every Housing Plus home is linked to a 24-hour warden call service for extra peace of mind.

If you, or someone you know, is interested call the Housing Plus team on 0300 123 6633 or email housingplus@southtynesidehomes.org.uk.
MAINTAINING PUBLIC SPACES

The Handy Estates team delivers a valuable integrated service across South Tyneside.

In addition to the cleaning and maintenance of housing estates, parks and cemeteries, the collection of litter and fly tipping and the removal graffiti and dog fouling, the Handy Estates team is also responsible for:

• The management of the Market at South Shields
• Cleansing duties on our Foreshores
• Responding to minor oil spillages on our highways
• The management of the caretakers based in the high-rise flats within Jarrow and Hebburn
• Providing assistance to South Tyneside Council at key events throughout the year

A recent compliment received by the team stated:

“My family came down from Berwick upon Tweed recently and we decided to have a walk on the seafront, we would just like to say what a fantastic beach it is, it is the cleanest beach we have ever seen and also the park over the road was fantastic too. People are always quick to complain about facilities nowadays so we thought we would acknowledge something good. We will be back again very soon, keep up the great work.”

Please continue to help keep South Tyneside a place that people are proud to live, work and visit.

• Dispose of your litter in the correct way or take it home with you
• Clean up after your dog - bag it and bin it
• Don’t leave excess waste outside if your household bin is full, this is fly-tipping and you could be fined

REPORT IT - If you see any acts of fly-tipping, dog fouling, graffiti or even abandoned shopping trollies

0191 427 7000
handyestates@southtynesidehomes.org.uk
www.southtyneside.gov.uk/reportit
‘RENT FIRST’ - paying rent didn’t seem important until he lost his home

We understand that there are many pressures on tenants' incomes but payment of rent should always be your first priority as failure to pay can result in legal action and the risk of being evicted.

We now offer an increased range of payment dates for you to pay by direct debit, to make it as easy as possible for you to remember to pay you rent. You can pay by direct debit on any day of the month between the 1st and 28th and you can also pay weekly or fortnightly. Alternatively you can use our 24-hour payment line 0300 456 0501. For a full list of ways to pay your rent visit www.southtynesidehomes.org.uk

Are you having difficulties paying your rent?
Contact us on 0300 123 6633 as soon as possible so that we can provide you with the necessary support and advice.

Important notice to applicants on the housing register
'Rent first' also applies to applicants on the housing register. Before bidding for properties you should carefully think about whether you will be able to afford the rent and other costs of running a home. Applicants who are successful in bidding for a property will be required to pay the first week's rent at sign-up and also set up a direct debit to pay the rent on an ongoing basis. If you don't have a bank account that can pay direct debits, you should arrange one that does before signing up to a new tenancy. If you are not able to pay your first week’s rent or don't sign up for direct debit you will have your offer of a new tenancy withdrawn.

For all South Tyneside Homes enquiries:
بريد الكتروني: connect2@southtynesidehomes.org.uk
الرقم الثابت: 0300 123 6633
الموقع: www.southtynesidehomes.org.uk

www.southtynesidehomes.org.uk
In July and August the electoral registration office sent household enquiry forms to every residential property in the borough.

**YOUR FUTURE**

**YOUR VOTE**

**YOUR CHOICE**

The form lists all the people living at your property who we currently have on the register of electors. You should check the details printed on it and respond as soon as possible. You can:

- Go online at [www.hef-response.co.uk](http://www.hef-response.co.uk)
- Enter your 10 digit security code and 8 letter password
- Add the names of any new occupants, including any young people aged 16 and 17
- Let us know if anyone listed no longer lives at the address
- Make any other changes needed

If there are no changes to make, you can also:

- Call freephone 0800 025 3176, or
- Text your 10 digit security code and 8 letter password to 07507 319 820

The 10 digit security code and 8 letter password are printed on the form.

If you don’t have access to a computer, smart phone or tablet you can fill in the paper form, sign it and send it back in the pre-paid envelope.

You still need to reply to the household enquiry form, even if there are no changes to make to it.

Contact the Electoral Registration Office
0191 424 7230
[www.southtyneside.gov.uk/elections](http://www.southtyneside.gov.uk/elections)

South Tyneside Council

We have changed the format and paper stock of the South Tyneside newsletter to make sure we keep costs down and provide you with as much news and information as possible. If you live in South Tyneside and don’t receive this newsletter to your home address by Friday 9 September, or if you would like to provide feedback or comments, please call 0191 427 1717 or email marketing@southtyneside.gov.uk to let us know. If you would like the newsletter in a different format we can arrange this for you. If you would like to receive enewsletters from South Tyneside Council visit [www.southtyneside.gov.uk/email](http://www.southtyneside.gov.uk/email)

This issue includes information from South Tyneside Homes, if you have any queries please call 0300 123 6633 or visit [www.southtynesidehomes.org.uk](http://www.southtynesidehomes.org.uk)