

EAST RIDING PARISH NEWS

Keeping you up-to-date with news about your area

Issue 84 : **May 2015**



Rural health checks

The NHS Health Check is a national initiative to help prevent heart disease, stroke, diabetes, kidney disease and some types of dementia through early identification. Leisure centres in the East Riding have held health check sessions since 2013 and they have recently been extended to some GP practices.

The community partnership for the Bridlington and Driffield area wanted to see if there were other ways to offer health checks to residents in rural areas. They worked with the public health and leisure services teams to develop use of the public health bus to reach out to eligible people in rural communities.

The pilot, in March, visited five places: Barmston Village Hall, Rickaby Hall in Ulrome, Burton Fleming Village Hall, Flamborough Library and Hutton Cranswick School playground. All appointments were pre-booked. During the pilot, thirteen people were referred to their GP for further checks for issues like high blood pressure or cholesterol. These potential problems may not have been picked up if they had not had a health check.

Rosemary Swift, clerk to Barmston Parish Council (pictured above), said: "The health checks were a really good way for me to have a health check without having to travel 13 miles to Driffield or 6 miles to Bridlington."

If you would like the health bus to visit your parish to carry out health checks, contact your community partnership coordinator.

Community Partnership and Local Links event

Haltemprice and Hunsley Community Partnership is building on the success of its 2014 event by working with the Local Links Network to hold a second joint event. It will start at 5.15pm on Wednesday, 27 May at St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA. A buffet tea will be available.

The event allows the local voluntary and community sector, town and parish councils and public sector partners to network, discuss local issues and attend the community partnership meeting which follows. To find out more and confirm attendance, email Fiona Turner at fiona@ervas.org.uk or call (01482) 871077.

Community Partnerships

The dates of the next meetings are:

Beverley and Rural area

Friday, 5 June at 10am –
Beverley Children's Centre

Bridlington and Driffield area

Tuesday, 16 June at 10am –
Rickaby Hall, Ulrome

Goole and Howdenshire area

Wednesday, 20 May at 7pm
– Howden School

Haltemprice and Hunsley area

Wednesday, 27 May at 7pm
– St. Andrews Memorial Hall, Kirk Ella

Holderness area

Tuesday, 19 May at 10.30am
– Hornsea Police Station

Market Weighton and Pocklington area

Friday, 15 May at 10am –
Wilberfoss Community Hall

You can see agendas and notes of previous meetings at www.eastriding.gov.uk

From the Home Page, type "**Community Partnership**" in the **Search** box and then choose from the results page.



Licensing review

Residents and businesses are invited to have their say on the alcohol licensing policy. The existing policy was implemented in January 2011 and it is planned that the revised policy be published by January 2016.

The licensing team wants to hear suggestions for amendments to the policy which impacts on the licensed trade, together with people affected by the industry, such as residents and visitors.

You can see the revised policy by typing "Licensing news flashes" into the Search box at eastriding.gov.uk or ask for a copy to be sent to you by emailing licensing@eastriding.gov.uk

Comments on the revised draft statement must be submitted no later than Sunday, 31 May.

Fairtrade in the East Riding

Fairtrade East Riding Network will submit an application in July 2015 for the East Riding to be re-elected as a Fairtrade County. Support from people across the East Riding counts towards the success of the campaign at home and abroad.

To find out more about a Fairtrade community near you, call John Turner on (01482) 867573 or email jeturnerbev@hotmail.com



Big savings on energy bills

Householders are invited to take part in the latest YORSwitch energy bills auction following the success of previous ones. This free scheme is organised by East Riding of Yorkshire Council and gives residents the chance to save on their fuel bills by taking part in a collective auction of energy suppliers.

More than 5,700 East Riding households registered for the YORSwitch scheme in the previous round. These were combined with a number of other similar initiatives around the UK to create a collective of 30,000 households from more than 110 local authorities as part of the Big Community Switch. More than half of East Riding participants went on to make the switch, saving £234 each on average.

The next auction will be the eighth and residents have until Monday, 18 May to register their interest. Registration brings no obligation for a household to switch to the winning supplier's offer. If they do accept, it is a straightforward process and East Riding of Yorkshire Council take care of the whole process.

You can register your details for the eighth auction, without commitment, by visiting eastriding.gov.uk/yorswitch

Caravan crime

With the arrival of better weather, East Riding's caravanners are planning to get out with their touring caravans or visit local static caravan sites on the coast. Humberside Police point out that most caravan crime is preventable and is offering these tips to help avoid becoming victims of crime:

- never leave valuables on view through caravan windows
- close and lock windows and doors when leaving your caravan and take your keys with you – even if it is only for a short time to use site facilities
- register your caravan on the property registration site at immobilise.com
- UV mark all valuables with your home postcode and house number
- don't leave registration documents in the caravan
- have the 17-digit identification number etched on to the chassis and windows
- prevent tourers being towed away by:
 - securing each corner steady with a padlock and a short tackle
 - locking the coupling head into a cover using a good quality hitch lock
 - use locknuts and a clamp on caravan wheels.

You can register a wide range of valuables at immobilise.com, including watches and jewellery, laptops, mobile phones, cameras, televisions and cycles. By doing so, UK police forces and registered second-hand dealers will be informed if your property is stolen, increasing the chance of it being returned to you.





Your local minor injury unit

Our local clinical commissioning group is reminding East Riding residents that local minor injury units are a fast way for them to get treatment for minor injuries including minor fractures, sprains and strains, cuts, bites and minor burns. You can walk in and be seen by a qualified nurse practitioner - you don't need to ring up to book an appointment.

With modern facilities, experienced, trained staff and units throughout the East Riding they are a great easy-to-use service for people with less-serious injuries. Children over 12 months can be treated and X-ray facilities are available for minor fractures - where the bone is not sticking out of the wound.

Opening times for the six minor injury units in the East Riding are:

- Beverley : 9am-5pm, Monday to Friday
9am-6pm, weekends and Bank Holidays
- Bridlington : 8am-9pm, 7 days a week including Bank Holidays
- Driffield : 9am-6pm, 7 days a week including Bank Holidays
- Goole : 24 hours, 7 days a week including Bank Holidays
- Hornsea : 9am-5pm, 7 days a week including Bank Holidays
- Withernsea : 9am-5pm, Monday to Friday including Bank Holidays.

Remember that A&E or 999 should only be used for the most serious and life-threatening emergencies. Call 111 for advice if you are unsure about where to go when you're ill.

Holderness Parish Council event

East Riding Voluntary Action Services is holding an event to let local councils in the Holderness area know about The Volunteer Project. This project for 11-25 year-olds in the East Riding supports and encourages all young people to get involved and be active in their communities.

The event will give information about the scheme and encourage development of ideas for jobs for the young people to do. This might be bulb-planting or litter picks, or any other group tasks that will improve your area. Tasks will be risk assessed and supervised. Involving young people in their local environment makes them more likely to be proud of and look after it. This reduces the chance they will get involved in anti-social behaviour like graffiti or littering.

If you would like to take part in the event, send your parish name and numbers or names of attendees to colette@ervas.org.uk

Share your experiences of hospitals

A Care Quality Commission (CQC) follow-up inspection of Hull and East Yorkshire Hospitals NHS Trust will take place in May 2015. The Trust was last inspected in February 2014 and rated as 'Requires Improvement' overall.

The CQC wants to hear the experiences and views of patients and the local community who have used the Trust's services, particularly in the last year.

The inspectors are holding a 'Listening Event' on Monday, 18 May, 6-7.30pm, at Hull Central Library, Albion Street, Hull, HU1 3TF.

If you can't attend the event but still want to give your views you can:

- complete a web form at cqc.org.uk/content/contact-us-using-our-online-form
- send an email to enquiries@cqc.org.uk
- call 03000 61 61 61.

Charity Zumbathon

As part of Dementia Week, a Dance for Life Zumbathon is being held at East Riding Leisure Beverley on Saturday, 23 May, from 2-4pm, after a Dementia Friends session from 1-2pm.

To book your place or for further details call (01482) 868118 or visit dementiafriends.org.uk/websession



Small grants, big impact

The City Health Care Partnership Small Grants programme has invested over £220,000 to local groups and organisations since its launch in December 2010. The scheme helps improve the health and wellbeing of people living in Hull and the East Riding.

The scheme enables small grass-roots community groups and organisations to apply for funding. It provides grants of up to £1,000 to carry out activities, projects or one-off events requiring an element of sponsorship.

Grants are awarded every three months. The next deadline for applications is Monday, 1 June. For more details about the programme, and for application forms, visit chcpfoundation.org.uk

Beatles in Beverley

The world's most acclaimed Beatles tribute band, The Bootleg Beatles, will visit Beverley on Thursday, 18 June for a pre-festival warm-up to Beverley Folk Festival.

The festival takes place from Friday, 19 to Sunday, 21 June. It is made possible thanks to the support of dozens of volunteers helping in a variety of vital roles in the run-up week and over the weekend itself.

If you are interested in being a volunteer, email volunteers@beverleyfestival.com or call (01377) 217569.



Arram community bus

A new community bus service route has been added to help Arram residents, following a request for more public transport. East Riding of Yorkshire Council has worked with Beverley Community Lift to make the Beverley MiBus available to visit the village every Tuesday.

Passengers will be taken door-to-door from their homes in Arram to Morrison's supermarket, in Beverley, via Lockington, Lund, Etton, Cherry Burton and Bishop Burton.

Trips on the Beverley MiBus must be booked by calling 08456 445949. Seats are allocated on a first-come, first-served basis. Concessionary bus passes can be used and the buses are wheelchair-accessible.

Beverley Community Lift was founded in 1970 and relies on volunteers to help run the community bus services. Anyone wanting to volunteer can contact them on (01482) 868082.

Bridlington Poetry Festival 2015

Now in its sixth year, the festival is a glorious long weekend of poetry performances, workshops and discussions by the sea. Sewerby Hall will be packed with poetry-lovers from Friday, 19 to Sunday, 21 June. The event will include 'Writing from Prisons', a performance and panel discussion chaired by Holly Hopkins (The Koestler Trust) and featuring two ex-offenders.

Festival patron, Ian McMillan, has already been visiting libraries around the East Riding of Yorkshire with his inspirational Pop-Up Poetry events. A series of fringe events around Bridlington will lead up to the festival weekend.

For more information, visit bridlington-poetry-festival.com

Thank you for your views

Thank you to everyone who gave their views about Parish News. The closing date was Monday, 13 April. The responses came from parish clerks and councillors, and other partners.

The short questionnaire will help us understand your views about Parish News. We plan to give some feedback about the results in the next edition of Parish News.

