

InterCom



Regeneration
Partnership

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March 1st -

May 31st 2008

Burnham on Sea and Highbridge Community Newsletter

You can view this newsletter on-line at www.burnham-on-sea.com



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Welcome...

...to the first Intercom newsletter of 2008.



For an online version of this newsletter please go to:
www.burnham-on-sea.com

Welcome to the first Intercom newsletter of 2008. We welcome any news and events taking place in the area for inclusion in the next newsletter, which will be available in June, so please feel free to send information to boshregeneration@btconnect.com or call 01278 785002 for further information or to receive a copy by email.

Burnham on Sea and Highbridge Regeneration Partnership..... is a company limited by guarantee. At the last Annual General Meeting, in December 2007, the Regeneration Partnership elected Councillor Rosemarie Parsons to the position of Chair. Rosemarie, who lives in Highbridge, is a long-term member of the Partnership and is adamant that the needs of the communities within both towns must be the prime focus for any regeneration plans. If you are interested in the local community and would like to help in any way, you are welcome to attend one of our meetings as an observer.

March 18th at The Old Court House, Jaycroft Road, Burnham on Sea. 6pm
May 20th at Highbridge Community Hall. 6pm.

Community Development

Community Development is focused on building active and sustainable communities based on social justice and mutual respect. It is about creating opportunities for everyone, regardless of age or cultural heritage, to be involved in their community. Regeneration is a vehicle which contributes to the development of community by encouraging active participation in the changes which inevitably are happening in this area. You are invited to help make Burnham-on-Sea and Highbridge a more vibrant place to live, where everyone has access to good facilities, pride in their community and the opportunity to learn new skills and contribute towards the development of the kind of environment they want to live in. If you are part of a community group in Burnham-on-Sea and Highbridge and would like information or guidance, if you have an idea for a community project but are unsure of what to do next, then please do get in touch and we will do what we can to support you.

Please get in touch with Sue at the Regeneration Partnership on 01278 785002 or 07895 603326

Voice your views

The **Regeneration Partnership** invites you to a public consultation taking place this month to view and discuss the Civic Pride plans. The proposed scheme for the improvement and updating of the town centre is to be shown to members of the public in early March at Burnham Library. You will be given the opportunity to view and comment on possible changes to the town centre which include the partial pedestrianisation, restricted vehicle access, wider pavements, new seating and tree planting.

An exhibition is to take place at the Library in Princess Street on Thursday, March 6 from 10am-5.30pm; Friday, March 7 from 9.30am-7.30pm, and Saturday, March 8 from 9.30am-12.30pm. The project architect will also be available to discuss details on Friday, March 7 from noon-7pm. All are welcome.

If you would like further information please telephone 01278 785002 or email boshregeneration@btconnect.com

Volunteering day in Highbridge

At Highbridge community Hall, Saturday June 7th, 10 am – 3pm, a chance to meet with volunteer organisations and other volunteers and to celebrate the diversity of volunteering in Sedgemoor. There will be discussion groups, help and advice on training opportunity for volunteers and free refreshments.

Volunteering is an excellent way to build up on your skills and experience gaining confidence and helping you back into the paid work.....Alternatively it is a great way to meet new people and get involved in what is happening in your neighbourhood.



Children and Young People's Partnership

CHYPPS is the Children and Young Peoples Partnership in Somerset. CHYPPS provides a connection for all voluntary organisations that support children and young people. As the area development worker, I link local schools and services together to provide further opportunities for young people. The BOSH Regeneration Partnership is supported in the development of this newsletter by CHYPPS. We want to let you know what is going on and where within your community so that you can get involved. For further information about CHYPPS and our networking services please telephone Cara Faulkner on 07766 418521.

Active Living Centre

The Morland Community Hall, Pearce Drive, Highbridge

You are invited to come and enjoy fun, friendship and activities for the over 50's at Morland Hall, on the first Tuesday of each month, 10.30am-1.30pm. Please come on your own, or feel free to bring your friends and neighbours.

Free Entry

Refreshments will be provided (50p for tea/coffee).

Book your lunch (£1 - £2) before 11am by telephoning 01278 780811

Date	Time	
Tues 4th March	10.30am	Flexercise - fun / exercise
	11.30am	Reading for pleasure 2008- author visits, books on wheels and more.
	1.00pm	Reflexology/ hand massage
Tues 1st April	10.30am	Flexercise – fun exercise
	11.30am	Police talk / crime prevention
	1.00pm	Falls prevention- advice and quiz
Tues 6th May	10.30am	Flexercise – fun exercise
	1.00pm	Musician / sing-a-long
Tues 3rd June	10.30am	Flexercise – fun exercise
	1.00pm	Pensions, benefits, care, Blue badges- information /talk/questions

The Active Living Centre (ALC) is supported by the Sedgemoor Community Partnership & hosted by The Highbridge Stroke Club. It is run by local volunteers, in association with the Partnership for Older People Project (POPP), to promote health and wellbeing and to encourage and strengthen community ties.

We look forward to seeing you very soon.

Information/advice leaflets, on a range of topics will also be available.

For information contact:

Andrew Paterson - Age Concern Tel: 01278 792904

Active Living at Burnham-on-Sea Community Centre

Berrow Road, Burnham-on-Sea
Tel: Ken Hindle 01278 787831

Friday 7th March Gill Gould (Women's Royal Voluntary Service) will talk about services on offer through the WRVS. Photograph display by Les Hughes. Sue Shepherd talks about 'POPP past and future'

Friday 6th April Library service and local history
Friday 2nd May Red Cross - home from hospital and flexercise.

Active Living at Berrow Village Hall

Tel: Rosemary Lee 01279 785952

"Poppins" is held every Monday 10.30am – 1.30pm

Monday 3rd March Flexercise - fun exercise
Monday 10th March Board games and Bingo
Monday 17th March Tai Chi - chair based exercise
Musician

For further information telephone Andrew Paterson on 01278 792904 (Age Concern)

Health & Wellbeing

Dianne Kidner is the Ageing Well Co-ordinator for Age Concern Somerset and is based in Manor Gardens. Ageing Well promotes healthy lifestyles and physical activity for Older People in Sedgemoor.



Dianne Kidner leading a Flexercise class.

Dianne Kidner leads Flexercise classes at the Active Living Centre, Morland Hall in Highbridge.

Volunteers are trained to lead chair-based activity sessions called Flexercise which are held Active Living Centres as well as Sheltered Housing Sites and Residential Homes. If you are interested in training to become a leader please contact Dianne Kidner.

We also hold active classes in the community for anybody aged over 50, classes are held in Highbridge Community Hall.

We have Line Dancing for beginners on a Tuesday afternoon 3.30 – 4.30pm and an Improvers class on a Wednesday evening 7.45 – 9.15pm.

Come along and join in the fun.

On a Thursday afternoon we have Tai Chi from 2 – 3pm which can greatly improve strength and balance.

For any further information please contact Dianne Kidner on 01278 785702.

Sedgemoor 'Active Somerset'

In partnership with Somerset Active Living are promoting exercise for the over 50's as follows;

Wednesdays: 50+ Cardiac Rehab
2:15pm at Highbridge Community Centre. £3 or £5 per couple.
Contact: Jane Scott Tel: 01278 691417

Thursdays: Arabic Dance
1 - 2pm at Victoria Park Community Centre, Bridgwater £4.00.
Contact: Jan Cromack Tel 01278 652411

Fridays: Fighting Fit
10 - 11am at Victoria Park Community Centre £4.00.
Contact: Jean Nurse Tel: 01278 685261

50+ multi sport & exercise
10:30 - 12noon at King Alfred Sports Centre £3.70.
(due to start 7th March) Tel: 01278 786868

50+ Aerobics
12 - 1pm at Victoria Park Community Centre £3.50.
(due to start on 29th February)

Groove FX
6 - 7pm at Bridgwater YMCA £4.00. Tel: 01278 422511

Legs, Bums and Tums
7 - 8pm at Bridgwater YMCA £4.00. Tel: 01278 422511

AGE Somerset
Concern

Age Concern Somerset are opening a **Toe Nail Cutting Clinic** on Wednesday 19th March at Burnham Community Centre and this will be open 9.45am till 1pm every Wednesday. Please call 01278 785921 for an application form and for more information on how to assess this service and clinic.

HIGHBRIDGE STROKE CLUB

VOLUNTEER HELPERS AND DRIVERS are needed at the Burnham and Highbridge Stroke Club. The club has been set up to provide a social meeting place for people who have suffered strokes and meets every Tuesday at Morland Hall from 10am – 1.30pm. Different activities are enjoyed by members each week and outings take place once a month.

We need more volunteer helpers at the weekly meetings and extra drivers to transport members to and from the club. Mileage is subsidised by the club. If you are interested in helping, please contact the Chairman, Alan Massingham, on 01278 786447

The Stroke Club meets at...

The Morland Hall, Pearce Drive in Highbridge every Tuesday.

For further information contact Derek Stone on 01278 783784

Young People



Highbridge Community Youth Club is located in the Morland Hall Annex, Pearce Drive, Highbridge and runs from 6pm - 8pm on a Friday night. It is open to all youths aged nine and above for a small admission charge of just 50p.

The club has recently been kindly given exclusive use of the building by Sedgemoor Community Partnership and will be starting improvements to the building with a grant from the Sedgemoor Area Working Panel in mid March, this will include the redesign of the toilets and a new kitchen. In addition to other work, the safety of the building will be improved by new handrails and a new floor.

The members of the club enjoy a range of activities from football and basketball through to arts and crafts and bingo. The club has a playstation 2 and a karaoke machine, during the summer months they enjoy BBQ's and disco's.

An activity-based club is proposed to run from mid April at the Morland Hall Annex. If you would like further details to either join the club or volunteer as a helper please contact Gill on 07917750861.

AWSOM

A brilliant site for young people to search for activities they would like to get involved in <http://www.awsom.org.uk>

BURNHAM AREA YOUTH CENTRE

NEW Camera Club

Thursdays 7.00pm - 9.00pm
Free membership and £2 attendance fee. Open to adults.

Young Peoples Activities

The Carousel Club:

Cooking Skills

Mondays 3.00pm - 5.30pm
Free of Charge

Sex Education

Free condoms
Mondays 12.00noon - 5.30pm
For young people

Art/Crafts

Tuesdays 7.00pm - 9.00pm
Free of Charge

Adventure Club run by the Somerset County Youth Service.

Contact Sue Summers on 01278 422976

Young peoples Games Club "The Warhammers"

Saturdays 10.00am - 12.00 noon
Charge 50p per young person

Highbridge Community Youth Club are having an open evening...

Friday 11th April to celebrate the refurbishment of their youth building. 6pm - 8pm, free admission - fancy dress on the theme 'What were you wearing when the boat went down ??'

For further information call Gill on 07917750861



The Sports Centre is currently working with Burtle Village hall, setting up classes and activities, and they are also looking for five other halls to work with. The aim is to build up classes and activities in the local hall for local communities to use.

Junior

Junior squash - Saturday 4pm to 6pm

Engise kid's fitness - Saturdays 2pm to 3pm. Cost £3

Play tots - Wednesday 9.15am to 10.15 am. Cost £2

Trampoline courses every term - 5-8 years Monday 5pm to 6pm. Cost £15;
9-14 years Thursday 5pm to 6pm. Cost £15

Spiral Dance every term - 7-12 years Wednesday 5pm to 6pm. Cost £18

Adult

Basketball club - Monday 9pm to 10pm

Karate/Tae Kwon Do/Ju Jujitsu clubs

Self defence classes

5-a-side tournaments

17 hours of Aerobic/Cardio fitness classes a week.

During school holidays - cycling proficiency; Holiday Club 8.30am - 5.30pm; courses in badminton/squash/football/dance/trampoline and more to come.

For more information on the above courses or to enquire about any other courses that are available, please phone 01278 786868 or e mail kingalfred.sports@somerset.gov.uk

Avon and Somerset Constabulary

ASDA beat surgery (Highbridge)

Your Safer Stronger Neighbourhoods team will be holding beat surgeries in ASDA on a weekly basis to provide the residents of Highbridge with an easily accessible Police Information Point to encourage greater communication between the public and the police. The community are being encouraged to come along to discuss any concerns they may have with their local officers. Crime reduction advice and security marking to property is available free of charge. A poster has been placed in the foyer of ASDA with the date and time of the next surgery listed. This is updated weekly with the days and times changing to meet the needs of the community.

Neighbourhood policing is the police service's commitment to improving your quality of life by working together with partners to improve your neighbourhood and targeting the issues that you identify as those that really matter. You will be able to contribute to policing in your area by helping to establish the local priorities. Through getting involved you will have the opportunity to play an active role in your community to improve your quality of life. Neighbourhood teams will be working closely with residents in your area to improve your neighbourhood.

Your local Safer Stronger Neighbourhoods Police Team can be contact via the Neighbourhood Beat Office 01823 363450

Burnham and Highbridge Youth Town Council

Young people between 10 and 19 years of age who live in or are educated in our parish are eligible for membership of the Burnham and Highbridge Youth Town Council.

As a council, supported by our mentors, we aim to empower young people by giving them a voice in their community. As well as campaigning on some pertinent youth issues we also seek to engage with the wider community. We have links with the Somerset Youth Parliament and British Youth Council. At a local level we have links with schools and community groups and are keen to develop this further. We also seek to feedback the views of young people to the town council.

In the past we have conducted an accessibility survey, carried out a litter pick and held several sponsored events. Last year we were involved in Regatta Week and the Folkfest and it is hoped that we can extend those projects this year. Some of our members helped collect at carnival.

Our charity this year is CLIC and we have raised several hundred pounds for them. The charity was chosen by our members because a school friend suffering with cancer was fund-raising for them.

We hold our youth town council meetings monthly. Our next meeting will be on Thursday March 6th at 6.30pm in the council offices at Jaycroft Road. Any young person is welcome to join us. Our next meeting will be a special open evening when we launch our web-site! The construction of this is almost complete and will mean that young people can easily contact us and see what is going on at our meetings. We have several projects and events planned including a sponsored walk along the beach and involvement with local arts and community projects. Please contact us via the council offices at Jaycroft Road to find out more! Tel. 01278 788088



Win £100

'Spot the Odd Item in the Window' is running from Good Friday, 21 March to Monday, 14 April 2008. Participating Town Centre businesses will be displaying an item they do not sell in their shop window - all you have to do is find them.

Entry forms will be available from Burnham-on-Sea Tourist Information Centre from mid-March and will also be distributed through local schools.

OVERLOAD

**FREE YOUTH
EVENT**

(14+ Only)

Coming to Burnham on Sea

Princess Theatre
6.15 - 8.00pm
30 March & 13 April

Café - Music & Stuff

In conjunction with Burnham
Community Church

For more details contact:
01278 781818



Riverbed House, Highbridge

Riverbed House provides accommodation for up to 12 young people (residents) for a period of up to 2 years. Occupants need to be aged between 16 and 25 years old with low to medium support needs.

The support we provide is designed to assist with budgeting skills, literacy and social skills. The aim is to give young people the necessary skills that they may need, not only to live independently, but within the community. We encourage residents to meet up as a group once a month often with a meal !

Residents meet with a support worker, on a weekly basis to set targets, and hopefully achieve goals. This might be something such as teaching someone to pay their rent on time, or researching training or education courses, or seeking employment. Sometimes we can provide the push that is required to motivate or boost their confidence, to move on to employment, training and permanent accommodation.

We encourage residents to take full advantage of the facilities at Bridgwater YMCA, which include a climbing wall, a caving tube a multi use all weather sports pitch.

Lastly I will leave you with a quote from a letter from a young person who left recently

"I don't know what I would have done without you lot, you made my time easier to cope with. You taught me a lot of useful stuff that will never be forgotten."

Andrew Pearce, Senior Support Worker



BRIDGWATER
COLLEGE

Improve your writing and number skills.

How about working out how much carpet you need?

Can you help your children when they ask you about English and maths?

Come to our FREE sessions and improve your writing and number skills in a friendly and relaxed atmosphere.

Courses run at The Princess Hall, Burnham-on-Sea and in Highbridge at times to suit you – day and evenings.

For further information or to book your place ring Evelyn on 01278 441212



Free Basic Diy Course

CHYPPS and Somerset County Council

B&Q are holding a FREE course on basic DIY skills at their store in Bridgwater. If you want to gain confidence in basic DIY, this is for you.

The first course offers a tour around the store; teaches you which tools are useful to have at home and how to use them safely; how to put up a shelf; how to change a plug.

This FREE course is due to start on Friday, 4 April, from 10.00am until 12.30pm with refreshments provided.

Also available in the future are courses in gardening skills, decorating skills, kitchen plumbing, and flooring.

If you want to join the basic DIY skills course, contact Cara Faulkner, Children's Locality Services, 130 Taunton Road, Bridgwater, TA6 6BB, before 12 March 2008.

Inspire and be inspired

We want to raise the profile of volunteering in the area and to promote greater recognition of the contribution volunteers make to our community.

**Volunteer Fair
Saturday June 7th
Highbridge Community Hall
10am – 3pm.**

For further details contact Sue Quatermass 01278 785002
boshregeneration@btconnect.com

Planting at Apex Park

A community planting day is being planned for Saturday, 26 April 11.00am – 4.00pm at the Wildflower Meadow on Apex Park. 9,500 wildflower plugs have been ordered and local schools will be helping with the planting during the week. Families and youth groups are invited on Saturday 26 April to help with this enormous task.

Wellingtons or strong footwear should be worn, as well as gloves.



Britain in Bloom

It's that time of the year again! Whether you have a garden, balcony, window box or simply like to grow plants in baskets or containers, now's the time to start planning - and planting.

BURNHAM-ON-SEA & HIGHBRIDGE - "Beautiful Britain in Bloom"

ENTRY FORM

Each year the committee organises a local competition, the aim being to enhance the towns with floral displays during the summer season for the benefit of local residents and visitors. ANYONE can enter, whether you have a large or small garden. Please select the categories that suit you.

PRIVATE

- A Groups of Houses
- B Hanging Baskets
- C Balcony
- D Window Boxes
- E Container
- F Unusual Containers

COMMERCIAL

- J Hanging Baskets
- K Best Overall
- L Unusual Containers
- M Shop Windows
- N Holiday Village
- G Front Gardens
- O Nursing Homes
- P Public Houses
- Q Garages
- R Guest Houses

All entries must be visible from the front of the property.

Please support your committee and help make the best "Beautiful Britain in Bloom" competition. Judging will take place during July and trophies and certificates will be presented later in the year on a date to be announced.

Entry forms will also be available from the Tourist Information Centre in Burnham, or Highbridge Library by the end of March.

PLEASE RETURN THIS SECTION BY END JUNE

Hand in to the Tourist Information Centre, Esplanade, Burnham-on-Sea or, alternatively, it may be posted to D Perrett, 66 Worston Road, Highbridge.

NAME:..... ADDRESS:.....

CATEGORY(IES)

TEL. NO. DATE: SIGNED:

When you've finished with this newsletter please pass it on to someone else or dispose of it with consideration for the environment.



This newsletter is funded by the big lottery, supported by CHYPPS, printed by Jimas Print and available on line at www.burnham-on-sea-com or by telephoning The Regeneration Partnership on 01278 785002

