

Winter 2014

inside Swale

Keeping you informed about your council services

In this issue



Sittingbourne Town Centre regeneration



Festive things to do in Swale



Keep a New Year resolution



Christmas and New Year bin collections



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*Relates to 12 month direct debit or annual membership contract purchased on or after 18th November 2014.
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Welcome

to the winter edition of Inside Swale

With Christmas around the corner it's a time for giving but also a time for looking out for your community. There

is no greater example of that than the Companionship at Christmas project at Pheonix House in Sittingbourne.

Volunteers provide free dinners to residents who would otherwise be spending the festivities alone. They are part of a fantastic network of volunteers across Swale.

This issue has details of how you can join them – a good New Year resolution to keep, if you have the time – with links to the many opportunities out there. There are also details inside of a chance to celebrate the Borough's unsung heroes at the 2015 Swale Volunteer Awards.

As well as volunteering there are, of course, lots of other things you can do. We've included a few ideas inside that would help your Borough enormously, like recycling (even) more, but also benefit those looking to make a fresh start.

From apprenticeships to employment support, Swale Borough Council is at your service with plenty of help available locally to build new skills or join the Borough's bustling business community.

Talking of a bustling business community, Swale will be doing its bit to support our town centres this Christmas – and put money back in your pocket too – with the return of free festive parking at all council-run car parks.

See inside for full details of this scheme as well as a selection of festive events over the coming weeks.

Cllr Andrew Bowles, Leader

Contact us

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Tel: 01795 417 850

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Plans will regenerate town

A seven screen multiplex cinema, new restaurants and shops for Sittingbourne and the potential of 1,000 jobs. These all form part of a planning application, set for decision by Swale Borough Council early next year.

The first phase of the ambitious Town Centre regeneration scheme was delivered to Swale House in November by the consortium leading the scheme. If planning consent is granted, infrastructure work could begin in March.

Before handing over the application at the office on East Street, bricks were laid outside the council's headquarters spelling out Spirit of Sittingbourne, to acknowledge the Town's history and heritage of brick making.

Over 1,000 jobs, the developers say, will be created through the project over the course of phases one and two. The economic benefit to the Town over the next ten years has been estimated at £326million.

The scheme includes a new road layout outside the railway station, offering a much



more welcoming and pedestrian-friendly gateway to the Town Centre. A new leisure quarter will include a seven screen cinema and around eight new restaurants, aiming to bring over 400,000 visitors a year to the Town.

New homes in the Town Centre, retail outlets and a multi-storey car park also form part of the plans.

Richard Upton, Chief Executive of Cathedral Group, said: "This is an exciting and ambitious opportunity to bring to life an entire town centre, one which will deliver a whole host of new facilities."

Is paying your rent a problem?

Residents struggling to pay their rent because of a shortfall in housing benefit can apply for extra help from Swale Borough Council.

To find out more about discretionary housing payments call **01795 417 555** or visit the council's district offices in Faversham, Sittingbourne or Sheerness.

Phone and park

Motorists can now pay to park by phone at all 31 pay and display car parks owned by Swale Borough Council, using a mobile app. To get started, register your car at: www.phoneandpay.co.uk

centre brick by brick



Cllr Mike Cosgrove, Cabinet Member for Regeneration, receiving the planning application on behalf of the Council from Rob Sloper of the Cathedral Group.

“This is a crucial step on the road to the regeneration of Sittingbourne.”

Cllr Mike Cosgrove, Cabinet Member for Regeneration, said: “This submission is a crucial step on the road to the regeneration of Sittingbourne.

“The cinema and restaurants will form a vibrant focal point in the Town Centre. We look forward to work proceeding speedily once the necessary planning processes have been completed.”



Winter salt car park give-away

In preparation for winter Swale Borough Council held a car park give away, handing out free sacks of salt to residents.

Council staff set up stall on Saturday, 6 December at the Central Car Park, Faversham; Rose Street Car Park, Sheerness; and Central Avenue Car Park, Sittingbourne.

They had 3,450 sacks to give away on the day, helping residents to keep paths at their home clear of ice and snow.

Things to do in

Christmas Markets

Swale is getting ready for Christmas with towns and villages across the Borough joining in the festive fun. On these pages we've listed some of the events coming up. Read on too for ideas of free things to do that should see you through to pay day.



Stock up on stocking fillers and some tasty treats at Swale's festive markets.

The Sheerness Christmas Market is being held on Saturday, 13 December, with local arts and crafts and vintage items on sale, plus buskers and street entertainers,

The day ends at 4pm with a magical lantern parade through the High Street to the Clock Tower, followed by further refreshment and music.

On Sunday, 21 December it will be the turn of Faversham to set out its festive fare. Expect gifts and candles, mince pies, mulled wine and delightful decorations. The event will be followed by community carols at The Market Place from 7pm.

Discover more of Swale

Swale

Christmas Concerts



The Faversham Mission Brass Band will provide the soundtrack to the festive season with a number of indoor and outdoor events marking the countdown to Christmas.

On Thursday, 11 December the band will be performing at the Alexander Centre, Preston Street, Faversham. Admission £5. The concert starts at 7.30pm.

They will also be supporting carollers at the Faversham Gospel Mission in Tanners Street from 3.30pm on Sunday, 14 December; Faversham's Christmas Market from 11am to noon and 1pm to 2pm; then The Market Place, Faversham on Tuesday, 23 December from 7pm.



It's Panto-time

Cinderella comes to the Swallows Leisure Centre in Sittingbourne this Christmas to find her Prince Charming. Sadly her Ugly Sisters and wicked stepmother have other ideas.

Performances of this fun packed pantomime run from Monday, 15 December to Christmas Eve. Tickets cost £9.50 per person. To find out more, visit: www.swaleleisure.com

Best things in life...

Swale is blessed with a beautiful coastline and lovely rural areas to walk off any festive excess. Just pack some sturdy boots, a flask and a waterproof. From circular walks of the Isle of Harty to discovering Mount Ephraim Gardens there's plenty to explore, whatever the weather.

And if you do prefer indoors why not take shelter on board the Edith May sailing barge in Lower Halstow, where the only thing you'll need is enough change for a cup of tea and a cake.

at www.visit-swale.co.uk



It's time New Year

When it comes to making New Year resolutions it can be tricky thinking beyond the end of January. Few last much longer.

But with a bit of perseverance there are things you can try that will benefit you, of course, but also the whole community. Inside Swale has put together a ideas to test your 2015 resolve.

Get volunteering

Volunteering is a great way to make friends, learn new skills, and make a difference to your area.

For fans of the great outdoors why not join one of volunteer and friends groups which help to look after the parks and green spaces that Swale has to offer?

To find out about volunteering opportunities in Swale, visit: www.swalecvs.org.uk
email: info@swalecvs.co.uk
or call: 01795 473 828
More tips at: www.do-it.org.uk



to make a resolution

Happy New Year

Love where you live

Tonnes of litter are picked up from Swale's streets by your Council each year and is expensive to clear. Please take any wrappings to your nearest bin, or better still take it home with you and recycle.

Recycle more

More of you are separating leftovers, plastics, glass, garden clippings and paper than ever before. Thanks to you there are thousands of tonnes less waste going to landfill. Keep up the good work.

For more recycling ideas, visit: www.swale.gov.uk/recycling



Make a fresh start

If you're leaving school and don't want to go to university there are more options than ever before, including signing up as an apprentice. Swale Borough Council works with employers and organisations such as Job Centre Plus to help get young adults on the career ladder.

There is also free support available for people wanting to start up in business or expand their existing one, plus access to courses galore to build new skills.

Find out more at: www.swale.gov.uk/support-for-business





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courses/higher-education](http://www.midkent.ac.uk/courses/higher-education)



MidKent College

Free festive parking

Christmas shopping will be kinder on your pocket this year with the return of Swale Borough Council's free festive parking.

The offer began on Saturday, 6 December to coincide with Small Business Saturday – organised by the Council to support Swale shops and traders.

Parking will be free all day at all council-run car parks on Saturday 6 December and Sunday, 7, 14 and 21 December.

There will also be no charge after 2pm, Monday to Saturday, from Monday, 8 December up to and including Christmas Eve.

On street parking will continue to be enforced. To find your nearest Swale Borough Council car park, visit: www.swale.gov.uk/car-parks



Crackers, quizzes and new friends



Companionship at Christmas provides an invaluable service to those who would otherwise be spending the festivities alone.

Volunteers provide hot meals on Christmas Day and Boxing Day at Pheonix House Community Centre in Sittingbourne for elderly and housebound residents who do not have family living nearby.

Guests can also expect quizzes and carol singing, but most importantly of all companionship. The lunch is free of charge, but must be booked in advance.

To find out more email: sue.richards@swalecvs.co.uk or call **01795 473 828**.

The dinner service is run entirely by volunteers – some of whom have been volunteering for over 20 years. To join them call Maria or Julia on **01795 473 828** or email: maria.cardoso@swalecvs.co.uk



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Philip Neame remembered

“For conspicuous bravery on the 19th December [1914], near Neuve Chapelle, when, notwithstanding the very heavy rifle fire and bomb-throwing by the enemy, he succeeded in holding them back and rescuing all the wounded men whom it was possible to move.”

*Victoria Cross citation
(London Gazette, 18
February 1915)*



A memorial stone to Lieutenant General Sir Philip Neame, one of the heroes of World War One, will take place in Faversham Town Centre on Friday, 19 December.

The ceremony, in front of the Guildhall, will start at 11.50am, exactly 100 years to the day since Neame, cousin of the founding Member of the Shepherd Neame brewing dynasty, was awarded his Victoria Cross.

He received the VC in 1914, in honour of his heroic actions with the Royal Engineers during a battle in France. A keen sportsman, in 1924 he also won an Olympic Gold Medal as part of the shooting team in the Running Deer competition, making him the only man to hold both an Olympic Gold Medal and VC.



Above: Philip Neame with his parents at the Civil Ceremony held in Faversham, July 1915.

Right: The Shepherd Neame Brewery.



The service will start with a parade from the brewery to the Guildhall, led by the Royal Engineers military band. At noon, a 45 minute open air service will be held in front of the Guildhall.

It will be attended by members of the Neame family along with Faversham Army Cadets, the Lord Lieutenant of Kent, Viscount Philip De L'Isle, and Lieutenant General Sir Mark Mans, the Chief Royal Engineer, who will officially unveil the memorial stone.



“bringing about significant change, swiftly and impressively”

Ofsted, July 2014

IOSA

As we continue our journey to become outstanding, we would like to wish all members of our community a very Happy New Year.



“what a fantastic difference has been made in such a short time”

Gordon Henderson MP

www.oasisacademyisleofsheppey.org

Christmas opening times and waste collections

Below are details of changes to services run by Swale Borough Council over the festive period. For more information and advice, visit: www.swale.gov.uk

Swale Borough Council services are closed between December 24 to 27 and on January 1, although there will be a limited service between 9am-12 noon on Saturday, December 27 at Sheppey Gateway.

For Sheppey Gateway library services please check the website www.swale.gov.uk/sheppey-gateway

Recycling and refuse collections



Please use the table below to find out when your bins and recycling waste will be collected over the Christmas and New Year period.

There will be no clinical waste collections on Christmas Day or Boxing day instead they will be collected as normal the following week.

Bulky waste collections will be suspended from 25 December until the 7 January. In the case of bad weather, visit: www.swale.gov.uk

If your collection day falls on...



It will be collected on...

Thursday 25 December



Saturday, 27 December

Friday, 26 December



Monday, 29 December

Monday, 29 December



Tuesday, 30 December

Tuesday, 30 December



Wednesday, 31 December

Wednesday, 31 December



Thursday, 1 January

Thursday, 1 January



Friday, 2 January

Friday, 2 January



Saturday, 3 January

Turn to page 26 for more on festive recycling.

Be prepared this winter

Brrr-ing on winter .

Energy savings



During the winter months, some residents could be eligible for discount on their electricity bill through the Warm Home Discount Scheme.

The discount will not affect those who receive a Cold Weather Payment or Winter Fuel Payment.

The money is not paid directly to residents; it is a one-off discount on their electricity bill, usually between October and March.

To find out if you're eligible, visit:

www.gov.uk/the-warm-home-discount-scheme or contact your energy supplier.

Keep winter flu at bay

If you're aged over the age of 65, pregnant, or have a long term condition such as asthma, chest or heart problems then you are eligible for a FREE flu jab. Children aged between two and four are eligible too.

For more tips on avoiding winter flu speak with your GP, visit: www.nhs.co.uk or phone 111.



Safe driving

Put the emergency kit (blanket, flashlight, snack food, etc) in your car/van.

Remember to check tyre tread, wipers, fuel level, etc) before driving in wintery weather.

Get more safe driving tips at: www.theaa.com

Icy conditions

Kent County Council is responsible for keeping the County's major road network clear of ice and snow. To register for school closure alerts, find your nearest saltbin, gritting routes and general winter advice, visit: www.kent.gov.uk/winter

For those using social media follow [@kenthighways](https://twitter.com/kenthighways) on Twitter for the latest updates on Kent's roads. And don't forget to check for any affected Swale Borough Council services by following [@swale_council](https://twitter.com/swale_council) on Twitter or visiting www.swale.gov.uk

Hints and tips to ensure you're prepared

Advice for older people

The NHS recommends that older people seek early advice from their local pharmacist for winter illnesses or visit www.nhs.uk/asap.

If you're over 60, and especially if you already have a long-term condition, a minor illness can get worse quickly so do seek advice.

Find health help with NHS app and website

The NHS in Kent has a free mobile phone app and website to help you find the right treatment, especially when you are not sure what to do or who to contact.

The Health Help Now app lists common symptoms and the nearest health services, whether they are open or closed with a map of their location and directions. Download from the App store or Google Play.

The website www.healthhelpnow-nhs.net also offers reliable health advice and links to other useful websites.

If you don't have internet access, or if you need medical help fast but it isn't a 999 emergency, dial **111**.



Embracing localism



The General Election will take place on 7 May 2015, giving registered voters across Swale the opportunity to say who they want to see run the country.

Borough elections based on new ward boundaries will also take place. These will decide who runs Swale Borough Council for the next four years. Parish and town councils will be going to the polls too.

To be able to vote in the elections, you need to be on the electoral register. If you have just moved to the Borough, or haven't yet registered to vote, the simplest way to register is by using the on-line system. It is quick and simple to register to vote online at www.gov.uk/register-to-vote You will need your national insurance number to hand.

Alternatively phone our Customer Services Team on **01795 417 850**, who will be able to help you with your registration. You can also email: electors@swale.gov.uk

For more information click on: www.gov.uk/all-about-voting



AGE UK FAVERSHAM & SITTINGBOURNE

Love later life

Did you know that Age UK offers services to anyone over the age of 50 and that we have a wide range of services in your area?

Age UK Faversham and Sittingbourne have joined forces; you can still access all of the same great services at the same centres but together we will be able to develop new and exciting services and offer you more support.

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"I don't know what I would have done without them"

"They have been tremendous from the minute I picked up the phone to call"

Faversham

Tel: 01795 532766

Sittingbourne

Tel: 01795 477520
Charity number: 1152234

Teynham

Tel: 01795 521052



Tell us about your community heroes



Companionship at Christmas Steering Group, winners of the Volunteer Swale Team of the Year Award 2014.

Nominations for the Swale Volunteer Awards are now open for residents to tell us about people making a difference to their area.

Categories include: Young volunteer of the year; Adult volunteer of the year; and Volunteering contribution to the environment.

There are additional awards for fundraising, sport, team of the year, and contribution to creativity, culture or heritage.

Cllr Mike Whiting, Cabinet Member for Localism, said: "The Volunteer Awards shine a light on some of the fantastic work taking place across Swale. I look forward to hearing about more of the unsung heroes out there who do so much for the benefit of others."

To make your nomination, visit: www.swale.gov.uk/volunteer-swale and download the form. You can also use our social media pages: [@VolunteerSwale](https://twitter.com/VolunteerSwale) on Twitter or the [Swale Borough Council](https://www.facebook.com/SwaleBoroughCouncil) page on Facebook.

Building skills for Sheppey

Projects focused on helping residents to increase their chances of finding work on the Isle of Sheppey will benefit from the launch of a new grant scheme.

Big Local East Sheppey Swale has unveiled a new Community Grant Fund with an initial £10,000 set aside for projects in Eastchurch, Leysdown and Warden.

Applications of up to a maximum of £500 will be considered for ideas that expand existing activities, help towards buying new equipment, or new projects that increase skills of residents.

The deadline for bids is 31 May 2015. To find out more, email: sarah.williams@swalecvs.co.uk or call **01795 473 828**.



At the heart of its community

A fundraising appeal is underway to replace an outdated but popular community hall with a new building fit to serve families for generations to come.

The existing Quinton Hall on Quinton Road, Sittingbourne, was built around 40 years ago but surveys have revealed the wooden structure is now nearing the end of its life.

In October Swale Borough Council agreed an 125 year lease on the building with The Ichthus Trust, which has used the hall for the Quinton Community Playgroup since 1994.

It has taken on the legal ownership of the Hall with a long term plan to provide the Quinton community with a brand new, purpose-built Family Services Centre.

Cllr Mike Whiting, Cabinet Member for Localism, said: “The Quinton Community Play Group has been at the heart of Quinton life for the past 20 years supporting generations of families.

“The transfer of Quinton Hall to the Trust offers a fantastic opportunity for a new community resource that will ensure that this good work will continue with the potential for a range of new services.

“There will be a need for funding, of course, but I have no doubt the Trust will succeed in raising the amount needed to build a new Quinton Hall of which the whole community can be proud.”

“The transfer of Quinton Hall to the Trust offers a fantastic opportunity.”

Quinton Hall isn't the only community facility enjoying a new start. The following are among a number the Council are in the process of transferring under Swale Borough Council's localism agenda.



Iwade Barn

A new trust, Iwade @The Barn, is being established to run and manage the Barn as a community facility.

They are planning to use the Barn, for small meetings and community functions in future.

Queenborough Quayside and Dinghy Park*

Queenborough Harbour Trust run the mooring service at Queenborough. They will be taking over the quayside, dinghy store, and boatyard.



Allotments*

Four sites at Millfield, North Preston, Stonebridge Pond and St Nicholas Road, which is currently unused, will transfer to Faversham Town Council, with Queenborough Town Council taking over plots located there.

Football Grounds*

Range Rovers FC hope to improve football facilities on their Seager Road ground, as will New Road FC once they take control of their site. Both will be able to apply for funds not available to Swale Borough Council.

* Subject to the outcome of lease negotiations.

Alexander Centre in the spotlight

Localism is all about helping Swale's clubs, groups and organisations to thrive. Over the coming editions Inside Swale will focus on places and people making a real difference to their community.



The Alexander Centre in Preston Street, Faversham was built in the 1860s as Gatefield House, a private house for one Henry Barnes, who made his fortune as a bricklayer.

It later became the residence of Sir Sidney Alexander, the Town's longest serving mayor, and in 1943 took on a new life as council offices. The building was taken over in 2012 by The Alexander Centre Trust.



Today it has become a popular community resource and is used for a range of activities: from weddings and gigs to fitness classes, book fairs and pop up restaurant nights.

The Trust also supports the local economy, letting office space for new start-up firms. Any income generated from events and lets are used to maintain and refurbish the building. This work is ongoing.

The coming year will be a particularly exciting one for the Centre,

as it prepares to host an exhibition of the Faversham Magna Carta, part of commemorations marking the 800th anniversary of the sealing of England's first Bill of Rights.



To keep up to date with events at the centre, visit: www.alexandercentre.com

Celebrating Swale's diversity



Christine Locke of Diversity House, with Cllr Mike Whiting (centre) and Keith Dumall from Powell Cotton Museum.

Swale Borough Council has launched a £10,000 Heritage Grant Fund to support community projects aimed at celebrating the area's rich past.

The first successful applicant was Christine Locke from Diversity House, part of the Phoenix House Community Centre, Sittingbourne.

Christine applied for a £300 grant to help fund a

research project exploring traditions of Nigeria and the country's historical links with the UK.

Interested in applying for a Heritage Grant?

Email:

brookebuttfield@swale.gov.uk or call 01795 417 155 before 31 March 2015.

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Open for business

Swale means business



A new business website for Swale is now live. The site, www.swalemeansbusiness.co.uk, gives essential information for firms already based in the Borough and, just as importantly, those considering moving here.

Created by Swale Borough Council, it is a one stop portal for business of all sizes offering comprehensive advice and support as well as useful contacts and a calendar of upcoming networking events.

There will be regular business news updates, information on funding opportunities, and the latest on government and local business initiatives. It will become the main focal point for business related enquiries to the Council.

A key section of the website will focus on attracting business investment into the Borough as part of the Council's ongoing campaign to put Swale on the map.

It will feature information on opportunities, travel times, workforce demographics, transport infrastructure, and case studies to demonstrate why Swale is the best place in Kent to do business and create jobs.

Cllr Mike Cosgrove, Cabinet Member for Regeneration, said: "Swale is a great place to do business and this website provides a real showcase of what the area has to offer, as well as signposting to the wide range of support available.

"Whether you're starting out in business, looking to expand, or would like to know more about building skills for your workforce or taking on an apprentice, this website will be invaluable."

If you are a local business and cannot find what you are looking for please call the Economic Development Team on **01795 417 194** or email: edu@swale.gov.uk

And the winners are...

The winners of this year's Swale Business Awards have been revealed.

The 2014 finalists came from all sectors of business selling everything from scuba diving kits and edible insects to beauty products.

John Casey, Managing Director of Mainstream Group, a training provider based on the Eurolink Business Park, was delighted to win Business of the Year 2014.

He said: "It feels absolutely wonderful to win the big award. It's a great privilege to be recognised; not just for myself but also for my staff, my clients, and for everyone that's been a part of it – a real team effort".

Cllr Mike Cosgrove, Cabinet Member for Regeneration, said: "The Swale Business Awards champion excellence in business, and not only highlight firms doing a great job to boost the local economy but also inspire the next generation of entrepreneurs. Congratulations to all."

The full list of winners were:

- Swale Business of the Year – Mainstream Group
- Business of the Year Runner-Up – The Simply Group and New Appointments Group
- Small Business of the Year – Bush Grub Limited
- Judges' Special Award – South East Coachworks (SEC Operations Ltd)
- Customer Service and Commitment – Julie Gamble Advanced Skin and Beauty Clinic



Business of the Year - Mainstream Group

The Mayor and Mayoress of Swale George and Brenda Bobbin were among the guests at the business awards gala held at the Coniston Hotel, Sittingbourne.

More than £2,200 was raised on the night for his charities, British Heart Foundation and Cancer Research UK.

A helping hand for Swale youngsters



Apprenticeships are making an important contribution to giving Swale's young people the chance to kick start their careers and earn while they learn.

The Spring edition of Inside Swale will take a closer look at the success of apprentices in Swale, to coincide with National Apprenticeships Week, which runs from 9 to 15 March 2015.

For further details on apprenticeships in Swale, including grant and recruitment support, visit: www.apprentices.org.uk or call **01795 417 194**.

Don't suffer in silence, help is at hand

A campaign has launched to promote the support available for victims of domestic abuse.

Whoever You Are, You Are Not Alone highlights a series of situations in which women – and men – might find themselves in and reveals the extensive help available.

One poster depicts a woman whose husband abuses her physically and emotionally and highlights everyone from the witness care officer and housing worker to the GP and 999 operator who will help her to rebuild her life.

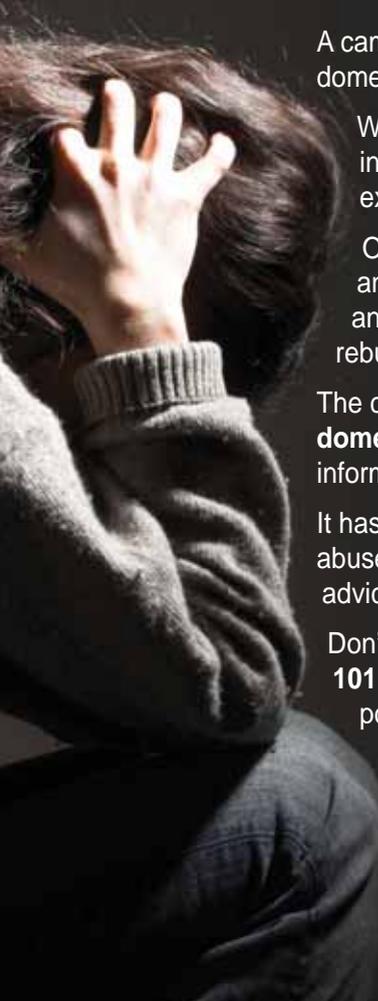
The campaign coincides with the launch of a website – www.domesticabuseservices.org.uk – which has comprehensive advice and information about support services available in Kent.

It has details of one stop shops across Kent, where victims of domestic abuse can get access to a range of services: from legal help to housing advice. No appointment is required.

Don't forget - if you or your family are in immediate danger, dial **999**. Call **101** if you consider the matter less urgent. Alternatively visit your local police station and ask to talk with an officer in confidence.

There is also a freephone, 24 hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge on **0808 2000 247**. For male victims of domestic abuse call the Men's Advice Line on **0808 801 0327**.

For more on community safety issues in Swale, visit: www.swalecsp.co.uk, email: csu@swale.gov.uk or call **01795 417 193**.



Festive recycling



Have you had enough of your festive turkey? Residents can now dispose of their food waste weekly. It is collected and eventually recycled as a soil conditioner.

When it comes to recycling your Christmas tree, take it to your local Household Recycling Centre. Christmas wrapping paper can also be recycled, just pop it in your blue bin.

Even more to recycle

Glass bottles and jars can now be put in your blue bin (or clear sack for those without blue bins).



Other items that can now be put in with your recyclables include all plastic bottles – milk, squash, fizzy drinks, washing up bottles, and plastic containers.

Long life milk and juice cartons (Tetra-Pak) can also be included. Place all recycling in your blue bin, not in black sacks.

Anything that won't fit in your blue bin, place alongside your blue bin in carrier bags, cardboard boxes or your black insert box.

Remember to rinse the bottles and tubs before putting in your blue bin. For more recycling advice, visit: www.swale.gov.uk/recycle

Green Doctor

An energy saving campaign has already identified over £100,000 worth of ways for residents to reduce their fuel bills.

'Green Doctors', from environmental charity Groundwork, have visited over 900 households so far as part of the Big Lottery funded Sustainable Sheppey project.

They check energy usage and suggest ways to reduce heating costs, including advice on government grants available to some homes. All visits are free of charge and take an hour to complete.

If you live on the Isle of Sheppey and would like to book a Green Doctor visit, email: jo.ursell@groundwork.org.uk or call **01795 434 222**. To read more on the scheme, visit: www.swale.gov.uk



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Medway **NHS**

NHS Foundation Trust

The Oliver Fisher Neonatal Unit is a little gem tucked away on the fourth floor of the hospital's green zone.

Inspectors from the Care Quality Commission declared the Unit, which has over 100 staff, including, 94 nurses, six consultants, 20 junior doctors and eight administration staff, as 'outstanding, following their July visit.



Every year around 5,000 babies are born at Medway Maritime Hospital. While many will go home with their families on the same day, some babies will need intensive, high dependency, special or transitional care before they are strong enough to do so.

Each year, around 900 babies spend time being looked after in the Oliver Fisher Neonatal Unit.

The unit contains 36 cots; eight intensive care, 16 special care and eight transitional care. An extra two will be added shortly to the four cot high dependency section.

Dr Aung Soe, Clinical Lead for Oliver Fisher Neonatal Unit, added: "I am immensely proud of my team who show passion, commitment and work extremely hard to save delicate little lives every day."

The Oliver Fisher Special Care Baby Trust is the charity that supports Medway Maritime Hospital's neonatal intensive care unit – 'The Oliver Fisher Neonatal Intensive Care Unit'. To find out more about its work, visit: www.oliverfisher.org

Improved Children's Emergency Department unveiled soon

Children attending Medway Maritime Hospital for emergency treatment will soon benefit from radical improvements to the emergency department.

Due to open early in the New Year, the new children's emergency department will have a separate entrance, three additional treatment bays, and new consultant examination and treatment rooms.

The new entrance will be clearly signposted and, once inside, there will be a dedicated reception and waiting area.

Tell us about your experience quickly and easily

Patients, visitors and staff will find it quicker and easier to leave their comments and suggestions about their experience at Medway Maritime Hospital.

They can now do this by simply posting feedback into one of three new post boxes located just inside the main hospital entrance.



Extra parking spaces created

An additional 18 disabled parking bays have been created at Medway as part of a traffic improvement project. The new spaces are located in Car Park One, near the main entrance.

Join the Medway Team

At Medway Maritime Hospital we've faced many challenges, but we're changing. The Trust is always on the lookout for people who match our core values to join us.

We are particularly keen to hear from experienced nurses, doctors and imaging staff.

You don't have to be clinically trained to join the team. There are often opportunities to work with us in our administrative or support teams.

To find out more, visit: www.medway.nhs.uk and click on 'Find out more about working and living in Medway.'

Your Councillors

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 Labour  UKIP

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- Assistance with your medication
- Preparation of your meals
- Care throughout the night-time
- Domestic and cleaning services
- Accompanied visits to appointments
- Days out and leisure visits
- Respite care for the people who look after you
- Dog walking and pet care



Become a part of the team:

We are looking for friendly, approachable and dedicated carers to join Scott Care. If you would like to join the team call **01795 508860** or e-mail sittingbourne@scottcare.co.uk

Visit www.scottcare.co.uk to find out more about our services.

We are a Gold Provider for Medway Council and a Contracted Provider for Kent County Council

t. **01795 508860** www.scottcare.co.uk

On behalf of

