

# TENANT AND LEASEHOLDER NEWS

ISSUE 15 WINTER 2019

How your rent is spent | Find us on Facebook | Festive recipes


## + PLUS

Best Kept Garden  
Competition winners

Tips for a zero waste  
Christmas

Council house  
building update

Information and advice from  
South Cambridgeshire District Council

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South  
Cambridgeshire  
District Council

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## WELCOME TO THE WINTER ISSUE OF TENANT AND LEASEHOLDER NEWS

The magazine is created with the help of South Cambridgeshire District Council staff and our editorial panel, which is made up of members of our Tenant Participation Group (TPG).

In this issue you will find information on the EU settlement scheme; how your rent is spent; fire safety in blocks of flats; and how to keep your family safe in the autumn and winter months with Halloween and Christmas celebrations looming. You'll also find an overview of our Best Kept Garden Competition awards ceremony in September; and an update on the charging policy in communal rooms.

We will also share some seasonal recipes recommended by our editorial panel for you to try, and you can view the dates for your diary, and useful information and contacts towards the back of the magazine.

We hope you enjoy reading this issue.



**Cllr Hazel Smith**  
Lead Cabinet Member  
for Housing



**Wendy Head**  
Chair of TPG

### JOIN THE CONVERSATION ON FACEBOOK

Did you know we are launching a new Facebook page for tenants and leaseholders to hear the latest news from our team? Visit our website during November to find the link to the new page.  
[www.scambs.gov.uk/housing/council-tenants](http://www.scambs.gov.uk/housing/council-tenants)

### ABOUT THE TENANT AND LEASEHOLDER NEWS

The editorial panel is keen for the magazine to have more content produced by and about local residents – including upcoming events in your villages. So if you have any ideas for articles to include in future issues, please contact the team.



03450 450 051



[tnews@scambs.gov.uk](mailto:tnews@scambs.gov.uk)

For a large print copy please contact the team.



## STAY HEALTHY AND HAPPY

There are lots of ways that we can help you to stay happy and healthy during the colder winter months.

You may well have spotted some of our team at recent local flu clinics, giving residents support and advice. Here, we take a look at some of the ways we can help you fight off the winter blues.

According to the Campaign to End Loneliness, loneliness and social isolation can be as harmful as smoking 15 cigarettes a day. The charity also says that there are 9 million lonely people in the UK and 4 million of them are older people.

Furthermore, according to Age UK, half a million older people go at least five or six days a week without seeing or speaking to anyone. We can help you to make connections and friendships with other people in your area. We can also support you to travel around the district using a community transport scheme.

Keeping you and your home warm during the colder winter months is another important element of health and wellbeing. Your home should be heated to at least 18 degrees (65F). While indoors, try not to sit still for more than an hour. Hot meals and drinks keep you warm too.

You might be eligible for financial support to help keep your house warm. Citizens Advice can provide information on benefits, heating, grants and debt. Visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

If you need a little extra help to stay independent in your home, many villages have Mobile Warden schemes that can help you to do just that. As well as making regular visits and phone calls to provide social contact and friendship, carrying out errands and helping clients access other support, the scheme also organises regular outings and activities including a lunch club.



For a little extra reassurance to help you stay in your home, our Community Lifeline service could be just the ticket. It provides a pendant alarm in your home which, when pressed, contacts a response centre so that help can be raised.

*Our Lead Cabinet Member for Housing, Cllr Hazel Smith, said:*

**“We’re committed to doing all we can to help improve the health and wellbeing of all our residents. If you think any of the schemes on this page could help you, please don’t hesitate to get in touch with us.”**



**For further information about any of the above schemes, contact Ellen Bridges on [ellen.bridges@scamb.gov.uk](mailto:ellen.bridges@scamb.gov.uk) or call 01954 713294.**



## BEST KEPT GARDEN COMPETITION 2019 — AND THE WINNERS ARE...

The 38th annual Best Kept Garden Competition awards ceremony took place on Friday 20 September. It was a lovely sunny evening, hosted at The David Rayner Centre at Scotsdales, Great Shelford.

Helen Pagram, Resident Involvement Officer, and Peter Moston, Resident Involvement Team Leader until recently, spent three days in July visiting all the gardens of residents who had entered one of the 13 categories.

There were wonderful wildflower gardens, beautifully maintained mature gardens and unique shed artwork. This year the entries were exceptional and the judges found it extremely difficult to decide who should win each category. The standard continues to improve each and every year.

Congratulations to the winners and runners up



Winner



Runner up

### Ted Hall

Riddy Lane, Bourn



### Sean Firby

Orchard Road, Histon



### Ted Hall

Riddy Lane, Bourn



### Terry Prothero

Fromont Close, Fulbourn





## Karen and Mark Sanderson, and Yvonne Lovett

Chalklands, Linton

Joint



Best community garden 🏆

## Sean Firby and Vicky Brasnett

Orchard Road, Histon

Joint



Best community garden 🏆

## Karen and Mark Sanderson

Chalklands, Linton



Best wildflower garden 🏆



Best window box/  
container garden 🏆

## Stephan and Sarah Dobromylski

Whitton Close, Swavesey



Best wildlife garden 🏆

Best greenhouse flowers 🏆

Best vegetable garden 🏆

Best overall garden 🏆

## Sue Brooklyn and Czelaw Mikolajewska

Franklin Gardens, Cottenham



Best sheltered housing  
scheme garden 🏆

## Harold Gawthorp

Cambridge Road, Balsham



Best greenhouse flowers 🏆



Best window box/  
container garden 🏆



Best greenhouse vegetables 🏆



# TENANT AND LEASEHOLDER NEWS



**Jean Hall**  
Riddy Lane, Bourn



Best wildflower garden

**Andrew Neville**  
Chaston Road, Great Shelford



Best wildlife garden

**Rosemary Foreman**  
Fromont Close, Fulbourn



Best small garden

**Melvyn Mole**  
Thistle Green, Swavesey



Best large garden

## Thank you

To everyone who entered the awards this year and invited the team to visit and chat to you about your beautiful gardens.

To Peter Moston and Helen Pagram for judging the gardens, having the difficult task of picking the winners, and to Helen in particular for organising the fantastic awards ceremony.

To Sam Carlton from Scotsdales Garden Centre for donating the venue for the awards ceremony and prizes for the winners and runners up.

To South Cambridgeshire District Council Chairman, Cllr Douglas de Lacey, and Lead Cabinet Member for Housing, Cllr Hazel Smith, for presenting the awards.



## A GARDEN FOR THE COMMUNITY

Gardening brings many benefits: to the gardener and to those who enjoy spending time in the garden.

As part of our Best Kept Garden Competition we invited people to enter their community gardens for an award.

Joint winner of this year's best community garden category was the community garden in Orchard Road, Histon, created by Sean Firby and Vicky Brasnett.

*Vicky said:*

**"I have lived in Orchard Road for nearly 40 years and have noticed a lot of change in that time, including BT removing the telephone from the telephone box in November 2018 (not one of the traditional red ones). The area became neglected and overgrown and, in time, we were able to have the telephone box removed.**

I decided it would be nice to brighten up the area with a flower border, choosing hardy plants that would look after themselves.

I asked around for help and Sean jumped at the chance, using his carpentry skills to create planters.

We contacted the parish council, and South Cambridgeshire District Council, to apply for planning permission to adopt the area. We also asked for plant donations and SP Landscapes was very kind, donating the hardy perennials which helped us to make a start in February 2019. We also received funding from the parish council for bulbs and from The Red Lion Histon Beer Festival for a bench, which Sean made.

In addition to the bench and planters, Sean made a notice board and then a bug hotel and a couple of posts, so we could have some local apple trees planted, which will be donated by Histon Community Orchard.

Children helped to plant 100 crocus bulbs, and with the youngest ones we held a sunflower growing competition.

**The area improved enormously during the six month period from November 2018 to April 2019, and is appreciated by everyone. Winning the Best Kept Garden Competition's best community garden award is the icing on the cake."**



Before



After



After



After



After

## EU SETTLEMENT SCHEME: ADVICE FOR RESIDENTS

If you're an EU, EEA or Swiss citizen, you can now apply to the EU Settlement Scheme to continue living in the UK after Brexit.

Full details of the Settlement Scheme, including how to apply, are available in all 26 EU languages. You can find all the information at [www.gov.uk/settled-status-eu-citizens-families](http://www.gov.uk/settled-status-eu-citizens-families)

As we went to print, it wasn't clear if the UK would leave the EU with or without a deal. If the UK leaves the EU without a deal, the deadline for applying will be 31 December 2020. If a deal has been agreed, the deadline for applying is 30 June 2021.

Help and information about an EU Settlement Scheme application is also available by phone from the EU Settlement Resolution Centre on 0300 123 7379. Applicants can also contact the Government's

Assisted Digital Service, which offers telephone and face to face support in completing an application form, by calling 03333 445 675.

If an application to the EU Settlement Scheme is successful, it will mean the applicant is granted settled or pre-settled status. With both statuses, a person will be able to travel in and out of the UK, work in the UK, use the NHS, enrol in education or continue studying and, if eligible, access public funds such as benefits and pensions.

We have pulled together some further Brexit advice for residents. You can find it on our website at [www.scams.gov.uk/housing/brexit-information-for-residents](http://www.scams.gov.uk/housing/brexit-information-for-residents)

IF YOU'RE AN  
EU CITIZEN  
LIVING IN THE UK  
APPLY TO THE  
EU SETTLEMENT  
SCHEME



## MY SOUTH CAMBS

You can now check your council tax bill and any benefits payments in just a few clicks.

The My South Cambs portal, which you can access through our website, provides a secure account for all of your online contact with us. The aim is to have as many automated self service functions in there as possible, so that you can self serve 24/7 when it is convenient for you.

**Within the council tax area, residents can see:**

- ✓ their council tax band
- ✓ their current council tax balance including any arrears
- ✓ payments made for the current year's council tax
- ✓ when their next Direct Debit will be taken and how much it will be
- ✓ various ways to make a payment
- ✓ how to apply for discounts

**Within the benefits area, residents can see:**

- ✓ their housing benefit (or housing element of Universal Credit) per week
- ✓ when their next payment will be and for how much
- ✓ their last payment and what period that covered
- ✓ how much support they are entitled to for council tax per week
- ✓ information about how their benefits are calculated

Visit [www.scams.gov.uk](http://www.scams.gov.uk) and click on the My South Cambs link in the top right-hand corner. You can even use your social media account to help you sign up and log in more quickly.



## HOW YOUR RENT IS SPENT

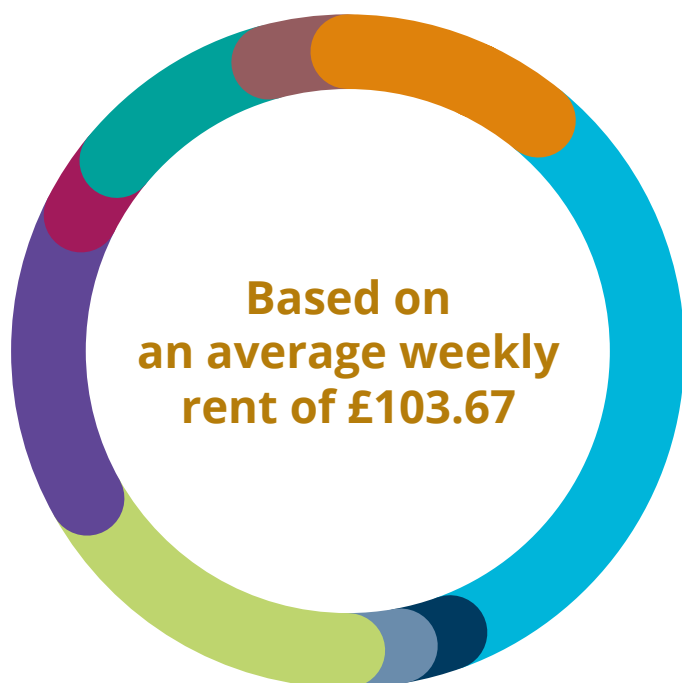
We wanted to provide you with an overview of how your rent was spent during the 2018/2019 financial year.

This is calculated by taking the average weekly rent that was charged for our properties and dividing it up into the percentage we have allocated for each area.

We continue to try and utilise every penny we get from our rental income to reinvest back into our housing service, improving our current stock and building new homes wherever possible along the way.

The full annual report will be available to view on our website at [www.scambsgov.uk/housingtla](http://www.scambsgov.uk/housingtla) in the autumn. It will include statistics about repairs, maintenance, telephone performance, developments, projects and more.

If you would like any more information, or a physical copy of the annual report to be sent to you, please contact the Resident Involvement team.



- General management: £11.35
- Repairs and maintenance: £39.94
- Outdoor maintenance: £0.49
- Sheltered housing: £0.40
- New housing provision: £20.64
- Loan repayments: £25.85
- Resident involvement: £0.60
- Spending deferred to future years for major capital improvements or new builds: £3.78
- Other: £0.62



## COMMUNITY ROOM CHARGES: AN UPDATE

To encourage residents to make the most of community rooms, including organising parties and events for everyone to enjoy, we asked for your views on a charging policy to use the rooms.

Thank you to everyone who provided feedback. The overall message we received was that it is great to have a place to hold events, but that not everyone always can or wants to use it.

Bearing in mind this feedback, it has been decided that the fairest way for all residents to use and book the communal rooms is:

### To have no charge for events when all residents are invited

To qualify to book the communal room free of charge, an invitation for all residents will need to be advertised on the scheme notice board.

The resident organising the event will also need to inform all residents in advance of the day and time the event will take place.

### To have a nominal charge for private events

A charge of £5.00 per hour will apply for private events. This relates to any event where other residents are not invited or when only some residents are invited.

### The new charge came into effect for any events taking place since 1 October 2019.

If you have any questions about the new policy please contact Shirley Stephen, Community Impact Team Leader, by emailing [Shirley.Stephen@scambs.gov.uk](mailto:Shirley.Stephen@scambs.gov.uk)



## NOTICE OF UNCONTESTED ELECTION

In the summer 2019 issue of Tenant and Leaseholder News we shared information about an election for the Tenant Participation Group (TPG).

The closing date for nominations was 31 July 2019.

With 15 vacancies, and only 12 people expressing an interest, the election was uncontested.

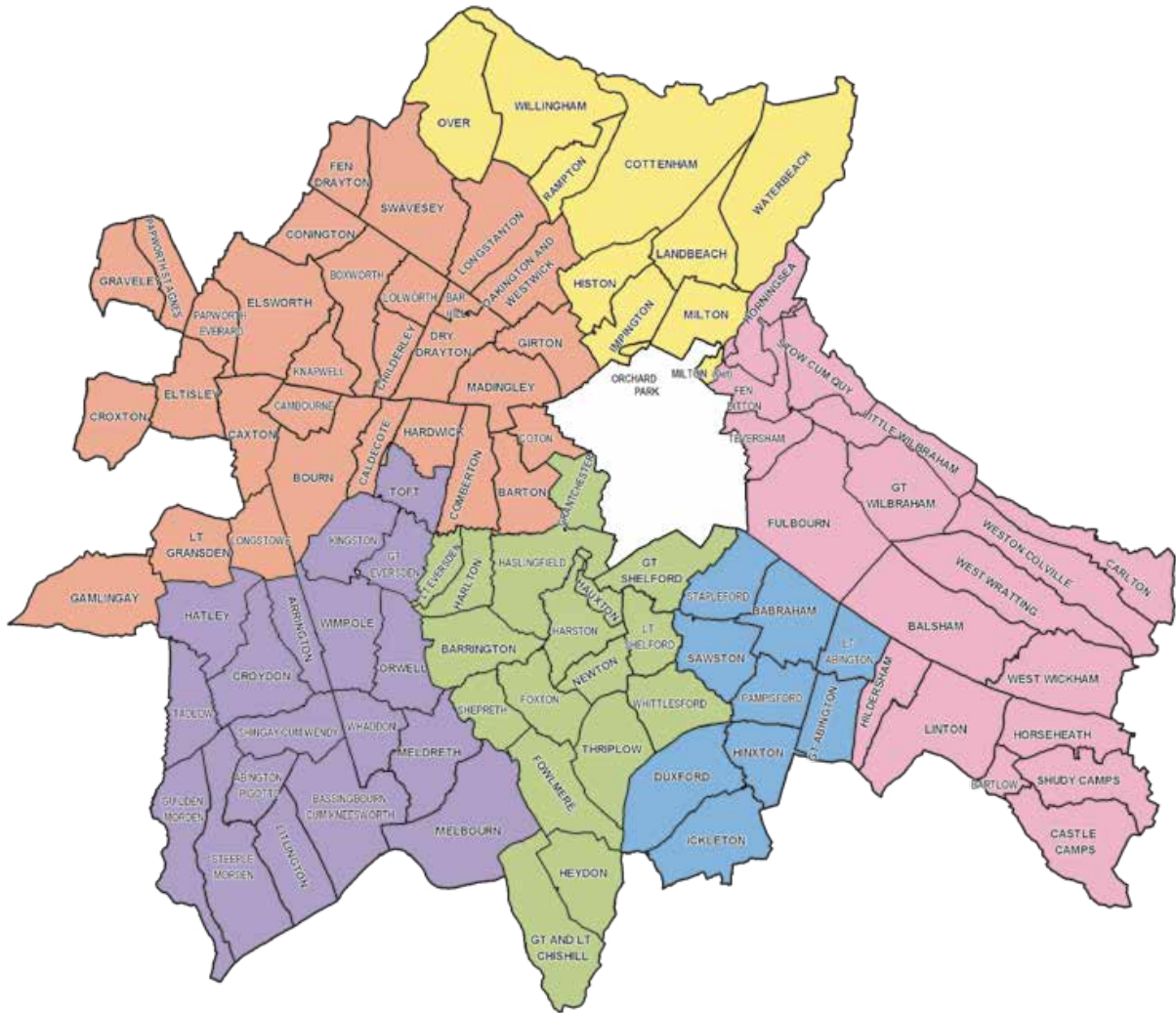
The following people stood for election and are hereby elected unopposed to the Tenant Participation Group.

- **Joan Ball**  
Histon
- **Paul Bowman**  
Willingham
- **Nancy Chisholm**  
Gamlingay
- **Patti Hall**  
Cottenham
- **Dave Hammond**  
Great Abington
- **Wendy Head**  
Balsham
- **Edna Ingrey**  
Great Wilbraham
- **Angela Lewell**  
Impington
- **Bob Petch**  
Gamlingay
- **Les Rolfe**  
Bourn
- **Ronald Ryan**  
Cottenham
- **Jim Watson**  
Willingham





# Housing service areas



- |   |                                |   |             |
|---|--------------------------------|---|-------------|
|  | Bola Onafuye /<br>Rebecca Gane |  | Andrew Cole |
|  | Lynne Roberts /<br>Amy Lovat   |  | Simon Booth |
|  | Adele Light                    |  | Carly Freed |







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## KNUTSFORD ROAD COMMUNAL ROOM HOSTS CHARITY MORNING

Lesley, Beryl and Angela from Knutsford Road sheltered scheme social club organised an event in the communal room on Wednesday 25 September to raise money for charity.

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Inviting residents from Bassingbourn and other neighbouring villages, the event had a fantastic turnout.

Resident Involvement Officer, Helen Pagram, was also invited and she visited to offer her support for the fundraiser.

Attendees were welcomed with tea and coffee, and the team had prepared a number of stalls to sell bric-à-brac, cakes and toys.

There was also a table piled high with raffle prizes such as jigsaw puzzles, hampers, planters for the garden and lots of chocolate and bubbles.

The end result was not only a lovely morning spent with residents, but a brilliant £400 raised.

The proceeds were split between Macmillan Cancer Support and The Royal British Legion.

**Well done to Lesley, Beryl and Angela and all of the other ladies who helped and supported the event.**





## DATES FOR YOUR DIARY

### TENANT PARTICIPATION GROUP (TPG) MEETINGS – 2020

Monday 3 February

Monday 2 March

Monday 6 April

Monday 4 May

Monday 1 June

Monday 6 July

Monday 7 September

Monday 5 October

Monday 2 November

Monday 7 December

Meetings are held from 6pm to 8pm in the communal room at Denson Close, Waterbeach, CB25 9RN

### SHELTERED HOUSING FORUM MEETINGS – 2020

Thursday 16 January at St Vincent's Close, Girton, CB3 0PE

Thursday 16 April at Wilford Furlong, Willingham, CB24 5JJ

Thursday 16 July at Elin Way, Meldreth, SG8 6LX

Thursday 15 October at Lacey's Way, Duxford, CB22 4SE

Meetings are held from 10am to 12 noon in the communal rooms

### LEASEHOLDER FORUM MEETINGS – 2020

Thursday 13 February

Thursday 28 May

Thursday 6 August

Thursday 12 November

Meetings are held from 10am to 12 noon in the Council Chamber at our Cambourne offices, Cambourne Business Park, CB23 6EA

## DELIVERING MORE HOMES THAT ARE AFFORDABLE TO LIVE IN

One of the Council's main priorities is to bring forward more homes that are genuinely affordable to live in, and this includes building more Council homes.

We already have more than 5,500 Council homes and are always looking at increasing that number.

So far this year, more energy-efficient Council homes have started being built in villages including Caldecote, Balsham, Great Abington, Waterbeach, Hardwick and Foxton.

In 2018, new Council homes were completed in Gamlingay, Great Abington, Longstanton and Waterbeach.

We're always looking to see where else we can help the local housing needs and have a pipeline of sites where we hope to build more Council homes.

**All new Council properties reserved as Affordable Rent - those mentioned on this page and others that are being built - will be made available as part of the Home Link bidding process when they are completed. Shared Ownership properties will be marketed separately.**

### Urban Splash



### Hill

### What's happening at Sawston

A further 63 new Council homes are to be built as part of a 158-home development in Sawston. These will be a mixture of 1 and 2-bed apartments and 3 and 4-bed houses.

44 of the new homes will be reserved as Affordable Rent, and 19 will be made available through a Shared Ownership scheme. Applications for 31 of the properties will be assessed in relation to people's 'local connection' to the area, with priority given to those people who are from the area and have grown-up locally.

First priority for these 31 properties will be given to those who have a local connection to Babraham and Sawston, with second priority being given to people with a local connection to other South Cambridgeshire villages.

We will be partnering with award-winning housebuilder Hill to provide the homes, all of which will be built to high environmental standards, with apartment blocks having solar panels on their roofs.

The new development at Sawston is subject to planning permission being granted, but the aim is for the first residents to be able to move in in the autumn 2020.



Urban Splash



Urban Splash



## Exciting news at Northstowe

Back in September, we announced the exciting news that we had reached an agreement for 81 new Council homes in the new town of Northstowe. All 81 'designer' apartments will be either 1 or 2-bed and available at Affordable Rent (below market rates), including 60 that will be age-exclusive apartments for the over 55s.

They are being created as part of Homes England's first neighbourhood at Northstowe – a development of 406 homes by award-winning regeneration company Urban Splash.

The new apartments will be built using Modern Methods of

Construction (MMC) in which homes produced in factories are assembled on-site at the development. MMC enables home-building to be quicker and, with less chance of inconsistency in quality, to have better environmental performance.

Another of our main priorities is to be green to our core, and the way that these new Council homes at Northstowe will be constructed contributes to that. This is because MMC supports our ambitions for a zero carbon South Cambridgeshire by 2050. These new construction methods will drive decarbonisation, ensuring more homes in the district have higher levels of thermal and energy efficiency and cost less to run.

*Cllr Hazel Smith, South Cambridgeshire District Council's Lead Cabinet Member for Housing, said:*

**"These schemes at Northstowe and Sawston are simply fantastic news and will add to the stock of homes we have available for local people.**

**We have a good spread of homes across the district and it's great that we have been able to invest at such an early stage in the new town of Northstowe.**

With 60 of the new homes catering for the over 55s we want to work with Urban Splash to develop an exemplar scheme that promotes active lifestyles, supporting residents to live safely and independently for as long as possible. This work will build on our existing community development projects in Northstowe and will support inter-generational relationships across the community. Essentially, all the 81 new homes will be better for our residents and communities, as well as for the planet.

At Sawston we will deliver a large number of 1 and 2-bed homes which is the fastest growing demand around Sawston and the highest demand across our district. This is really going to help meet the local need. Although we have more large homes in our stock already, it is also good to be adding more 3 and 4-bed houses too.

We have worked with Hill previously to build a number of high quality homes that are affordable to live in, and we are really positive about this new project. We know future residents can look forward to solar panels supplying homes and communal areas, bringing down energy bills and service costs.

**The development will also provide people with opportunities to enjoy their surroundings, with areas for children to play and a green buffer to open countryside."**

## FOODBANKS: EMERGENCY FOOD FOR PEOPLE IN NEED

There are more than 1,200 foodbanks across the UK that are run by The Trussell Trust – and they cover parts of South Cambridgeshire too.

Foodbanks help provide emergency food supplies to people in poverty, be that through illness, disability, family breakdown or the loss of a job. The foodbank that covers South Cambridgeshire is called the Cambridge City Foodbank.

The first step to receiving an emergency food supply from a foodbank is to receive a foodbank voucher from a local agency, such as Citizens Advice, Children's Centres or Health Visitors. Contact the Cambridge City Foodbank on [info@ccfb.org.uk](mailto:info@ccfb.org.uk) or call 07772 538628. They will be able to talk you through how to get a foodbank voucher from a local agency.

The local agency will then work to identify the cause of the issue that means you need a foodbank voucher. They can then offer practical guidance to help you, as well as providing you with a foodbank voucher for the right number of people.

*Our Lead Cabinet Member for Housing, Cllr Hazel Smith, said:*

**"It's heart-breaking that, in this day and age, there remains a need for foodbanks. But it's fantastic that we have the amazing Cambridge City Foodbank and its volunteers to help residents at some of their darkest times. No one wants to see anyone go hungry and through the kindness and generosity of the Cambridge City Foodbank, there is a hugely valuable safety net in place."**

Once you have a voucher, you can exchange it for a minimum of three days of emergency food at your nearest foodbank centre. These are at:

- **St Paul's Church, Hills Road, Cambridge**
- **Chesterton Methodist Church, Green End Road, Chesterton**
- **OLEM Church, Hills Road, Cambridge**
- **Old Blue School, Eastgate, Cambourne**
- **Church of the Good Shepherd, Mansel Way, Arbury**
- **Waterbeach Baptist Church, Chapel Street, Waterbeach**
- **C3 Centre, Coldhams Lane, Cambridge**
- **Christ Church Trumpington Centre, 14 Alpha Terrace, Trumpington**

Please note that opening times for each of these foodbank distribution centres vary.

Visit [www.cambridgecity.foodbank.org.uk/locations](http://www.cambridgecity.foodbank.org.uk/locations) to find out when they open.

Once you arrive at one of the above foodbank centres, you'll be given nutritionally-balanced, non-perishable food.

A typical food parcel contains breakfast cereals, soup, pasta, pasta sauce, rice, tinned beans, tinned meat, tinned vegetables, tinned fruit, tea or coffee, sugar, biscuits and snacks.

Parcels can be adapted to meet the needs of people who are gluten-free, vegetarian or halal.



A Christmas foodbank parcel from a local foodbank



## SOURCES OF SUPPORT

We are very keen that all our tenants and leaseholders feel safe and secure in their homes and whilst going about their business.

We have provided below some details of organisations who can help if anyone has concerns for themselves, family, friends or neighbours.

### **BULLYING SUPPORT**

**Kidscape** – helping young people grow up in a world free from bullying and harm

[www.kidscape.org.uk](http://www.kidscape.org.uk)  
[info@kidscape.org.uk](mailto:info@kidscape.org.uk)  
Parents' advice line - 020 7730 3300

**Switchboard** – providing advice when you need it most

[www.switchboard.lgbt](http://www.switchboard.lgbt)  
LGBT + helpline - 0300 330 0630

**Stonewall Youth** – supporting the LGBTQ community to not feel alone

[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)  
020 7593 1850

**Muslim Youth Helpline** – providing support and signposting for all

[www.myh.org.uk](http://www.myh.org.uk)  
0808 808 2008

### **HEALTH AND WELLBEING**

**HopeLineUK** – has trained advisors to help you stay safe from suicide

[www.papyrus-uk.org/hopelineuk](http://www.papyrus-uk.org/hopelineuk)  
0800 068 4141 or text 07786 209 697

**Samaritans** - emotional support for anyone feeling down, experiencing distress or struggling to cope

[www.samaritans.org](http://www.samaritans.org)  
116 123 or  
[email.jo@samaritans.org.uk](mailto:email.jo@samaritans.org.uk)

**Mind** - providing assistance and support to those experiencing mental health problems

[www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)  
0300 123 3393 or text 86463

**Childline** – providing confidential support, counselling and information on a range of issues to children and young people

[www.childline.org.uk](http://www.childline.org.uk)  
0800 1111

**Barnardo's** – caring for vulnerable children

[www.barnardos.org.uk](http://www.barnardos.org.uk)  
0208 551 6870

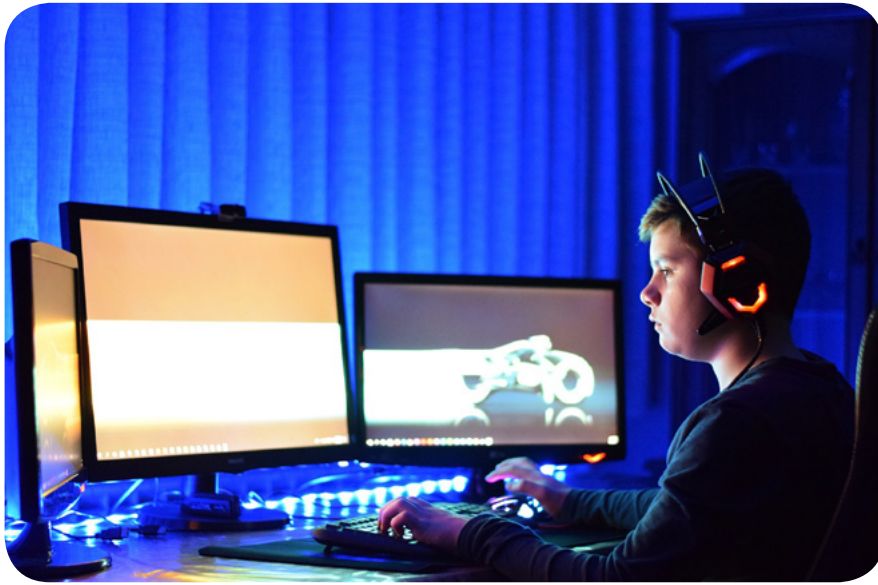
**FRANK** – providing advice and support on drug and alcohol abuse

[www.talktofrank.com](http://www.talktofrank.com)  
0300 123 6600

### **DOMESTIC VIOLENCE**

**NSPCC** – information for parents and carers supporting children who have experienced or witnessed domestic violence

[www.nspcc.org.uk](http://www.nspcc.org.uk)  
0808 800 5000



## ONLINE GAMING – KEEPING CHILDREN SAFE ONLINE

Online gaming is fun but, like social media, opens people up to others who may be unkind.

There are players that are bullies and sadly there are also people who use games as a way to get to know and groom children.

Grooming is when a person builds a relationship or friendship with a young person to trick or pressure them into doing something they shouldn't.

Gaming can also be addictive, and people can find it hard to stop playing. This can mean people not getting enough sleep and losing interest in school or real friends or work.

For more information on keeping kids safe online go to [www.childline.org.uk](http://www.childline.org.uk) and search topics such as online gaming, mobile phone safety and online bullying.

### Tips to help children stay safe online

- Check the age ratings of games – age ratings can help parents to make sure children can enjoy games without seeing things that might upset them
- Turn on devices' privacy settings
- If someone upsets your child or makes them feel uncomfortable, block them immediately and report them to the gaming site
- Encourage children not to give strangers their real name, or any details about where they live or what sort of things they enjoy or spend time doing – just chat about the game
- Take breaks – don't play the same game all the time, try new games or meet up with friends

## FIND YOUR NEAREST DEFIBRILLATOR

More and more community public access defibrillators are being installed across the country.

These machines can be used to help people who have a sudden cardiac arrest. Defibrillators pass an electrical charge through the heart muscle and help get the heart back into a more regular sustaining beat. They're kept in locked cabinets in public places like village halls, sports pavilions and parish council offices. There are many community public access defibrillators across South Cambridgeshire and you can find your nearest one at [www.eastamb.nhs.uk/your-service/campaigns/their-life-your-hands.htm](http://www.eastamb.nhs.uk/your-service/campaigns/their-life-your-hands.htm)

The cabinets that community public access defibrillators are kept inside are locked to prevent them being stolen or vandalised. However, they can be accessed in an emergency by anyone. The person who calls 999 will be given the code to unlock the cabinet by the emergency service call handler.

The East of England Ambulance Service says that, with hundreds of community public access defibrillators across the region, knowing where your nearest defibrillator is and getting it to the patient more quickly whilst the 999 call is on-going, can greatly help the outcome when someone is in cardiac arrest.





## FIRE SAFETY IN BLOCKS OF FLATS

**As a result of recent discussions with the local fire brigade on how to improve fire safety in blocks of flats we will no longer be allowing any items to be stored in the communal areas.**

South Cambridgeshire District Council takes the management of fire risks seriously and, whilst sympathetic to concerns, such as about a lack of external storage space, we must ensure under the Regulatory Reform Fire Safety Order that escape routes (corridors, balconies, landings and staircases) are maintained in good condition with no tripping or slipping hazards.

Additionally, these areas must be both fire-sterile and unobstructed. We must ensure that the local fire brigade can access the common areas without hazards present that could impede or affect access and/or assist the spread of fire. We must also ensure that residents and visitors can make their escape if deemed necessary by the emergency services.

This is why a zero-tolerance approach regarding storage of items in communal areas has been adopted across all South Cambridgeshire District Council's blocks of flats. This means no items, whatsoever, are to be stored or left in the communal areas.

In order to ensure compliance, all communal areas will be inspected on a regular basis and a 24-hour removal notice will be fixed to any items present. This is to allow the owner of the items time to make alternative storage arrangements.

After the 24-hour period, any items left in the communal areas will be disposed of and the owner of the items may be charged with the disposal cost.

Alongside regular inspections, any visiting Council member of staff or contractor is also responsible for identifying and reporting blocks where residents' items are stored in communal areas.

To allow residents time to remove any items they may have stored in the communal areas, this policy will be implemented at the end of November 2019.

In addition to keeping communal areas clear of belongings, residents are not permitted to fit additional locks or security measures, including grills, to their flat entrance doors or escape windows.





## ARE YOU DREAMING OF A ZERO WASTE CHRISTMAS?

Christmas will soon creep up on us, so it's never too early to start planning to make your festive season as environmentally friendly as possible. Most of us end up generating extra waste or recycling over Christmas but, with a little bit of planning, we can reduce the impact our celebrations have on the environment.

### Wrapping paper

Instead of buying wrapping paper, which can't always be recycled, consider wrapping family gifts in fabric. This can be re-used year after year. If you do want to wrap presents in paper, magazine or old road atlas pages are great for smaller gifts and can look great too. Avoid getting metallic gift wrap or paper with glitter on it. Neither can be recycled. Recycled wrapping paper is available online or in local shops.

### The tree

If you buy a real Christmas tree, this can be cut up and put inside your green bin. We'll then take it away with your next green bin collection so it can be made into compost, along with the rest of your garden and food waste.

Alternatively, for a donation, Arthur Rank Hospice Charity will collect your tree on 9, 10 or 11 January if you live in postcode areas CB1, CB2, CB3, CB4, CB5, CB22, CB23 and CB24. See [www.arhc.org.uk/treerecycling.asp](http://www.arhc.org.uk/treerecycling.asp) to register.

### Plan meals

Making a list of guests you're expecting and the meals you'll be providing can help cut down the amount of food you buy and waste. Use the portion planner at [www.lovefoodhatewaste.com/portion-planner](http://www.lovefoodhatewaste.com/portion-planner) to work out how much to cook, then make your shopping list from that.

If you end up with leftovers from Christmas dinner (who doesn't?) stick them in the freezer to make a curry or soup with later.

### Cards

We either love writing Christmas cards or find it a chore. If you want to save time and the planet, consider sending online e-cards or just use Facebook to send a greeting instead.

If you do buy cards, get ones without glitter or plastic on because they can't be recycled.

*Our Lead Cabinet Member for Environmental Services, Cllr Bill Handley, said:*

**"Any cardboard boxes that presents have been delivered in can be broken up and put in the blue bin. Christmas cards and wrapping paper can also go in there, as long as they don't have any metallic bits or glitter on.**

**After all the festivities, remember to put all your used but empty and clean food and drinks cans, aerosols, tins, plastic bottles, tubs and pots and glass jars and bottles in the blue bin. These are all resources and can be re-processed and turned into new materials."**



## REDUCE THE FINANCIAL STRESS OF CHRISTMAS

**Christmas can be an expensive time of year, with the list of people you're buying presents for getting bigger and bigger.**

However, with a little preparation, the festive season needn't make you skint. Here are some of our favourite hints and tips for making the most of Christmas without breaking the bank.

### Work out what you can afford early

Rather than making a big list of gifts and then trying to work out how you're going to pay for them all, start by working out exactly how much you want to spend on presents.

Use Money Saving Expert's free budget planner at [www.moneysavingexpert.com/banking/Budget-planning](http://www.moneysavingexpert.com/banking/Budget-planning) and see how much you can genuinely afford to spend.

### Make a list before you go present shopping

Just like it's never wise to go food shopping on an empty stomach, it's not a good idea to go Christmas shopping on impulse.

Make a list of what you need to get, and stick to it. It'll stop you making snap decision purchases on your way to the check out.



### Christmas crafting

Add a touch of festive cheer to your home by making your own Christmas decorations. Bring your home to life with popcorn strings or paper chains. Pound stores often sell kits to make this a little easier. Cut out snowflakes from plain paper, create tree toppers out of old toilet rolls or cut up old Christmas cards to make new decorations for this year. It all adds festive cheer to your home. You can find more inspiration on websites like Pinterest.



### Christmas leftover ideas

Make the most of leftover food. These are a few quick and easy ideas that will generally use ingredients you've already bought:

- Cheese board macaroni – takes 10 minutes and uses up all the leftover cheese!
- Roast potato, turkey, sausage and stuffing pie – if you have heaps of leftovers this recipe will use most of them
- Turkey cacciatore with a twist – for those who still have turkey left
- Ham and veg crumble – with carrots and leeks, a real winter warmer

Find out how to make all of these dishes from your leftovers at [www.bbcgoodfood.com/recipes/collection/christmas-leftovers](http://www.bbcgoodfood.com/recipes/collection/christmas-leftovers)

### Start thinking about next Christmas!

If you already know you need a new Christmas tree, more cards, decorations or wrapping paper for next Christmas, take advantage of the January sales. Many stores will heavily discount all of these sorts of products straight after Christmas, so stock up while they're on offer.

There are lots more Christmas money saving ideas at [www.moneysavingexpert.com/shopping/christmas-savings](http://www.moneysavingexpert.com/shopping/christmas-savings)



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## CHRISTMAS FIRE SAFETY TOP TIPS

Christmas can be a magical time of year, but it can also be a time when houses are full of guests and celebrations, along with a lot more stuff and festive décor.

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With so much to think about in the run up to Christmas, it's important not to forget to keep your home safe from fires as a fire could have devastating consequences.

Here are some of Cambridgeshire Fire and Rescue Service's top tips to prevent fires over the festive season, so you can be sure to have a happy Christmas.

### 1. Are your Christmas lights safe?

After 12 months packed away in the loft, Christmas lights can easily become electrically unsafe. Make sure you check your lights to help prevent the most common electrical problems.

This includes making sure they are not damaged and only using replacement bulbs of the same type and rating as those originally supplied with the lights.

And don't forget to turn your lights off before you go to bed!

### 2. Take care with candles.

Always extinguish candles before going to bed or leaving the house. Place candles on a flat surface and keep them away from curtains and other flammable furnishings.

Candles are a great way of making a house look festive, but make sure you choose the locations wisely. And don't forget what mischief pets can get up to when your back is turned.

### 3. Never leave cooking unattended and avoid becoming distracted while in the kitchen.

It could be more than a spoilt Christmas turkey or burnt pan if you forget about your festive dinner being on the hob. But with more than 7,000 kitchen fires seeing people injured each year we want to make sure you have the happiest Christmas.

### 4. Make an escape plan of how to get out of your home and keep exit routes clear.

With a working smoke alarm in place you will know early if there is a problem. But, remember, your normal way out could be blocked so you need a plan.

If you live with other people or have guests staying, will everyone know what to do? Please do not forget that keeping escape routes clear includes any communal areas such as stairways.

### 5. Fit a working smoke alarm on each floor of your property and test each one regularly.

A fire alarm only really exists if it is working, so make sure they are tested. Make a diary reminder and get kids involved so they know the importance of staying safe.





## A SCRUMPTIOUS SAUSAGE MEAT PIE

### WHAT YOU WILL NEED:

- 500g sausage meat
- 1 large onion – half diced and the other half sliced
- 2 large diced carrots
- A small dish of peas
- 1 egg, beaten, or 25 ml milk
- A small cup of breadcrumbs
- A large pinch of mixed dry herbs
- Salt and pepper
- Shortcrust pastry
- Large flan dish

### METHOD

- Mix the meat with the diced carrots and diced onions and breadcrumbs
- Add your herb mix
- Put the sliced onions on the base of the dish
- Add the peas to the sausage mix and gently combine them
- Flatten the sausage meat over the onions
- Cover the meat mix with pastry and pinch to the edge of the dish
- Put a couple of small holes in the top so steam can escape
- Use the egg or milk to brush over the pastry
- Heat your oven to 180°C and cook for 40 minutes



## A DELICIOUS TOFFEE APPLE CAKE

### WHAT YOU WILL NEED:

- 175g unsalted butter
- 150g caster sugar
- 200g self-raising flour
- 1 tsp cinnamon
- ½ tsp ground ginger
- 1 tsp baking powder
- 4 eggs, beaten
- 100g ground almonds
- 50g sultanas
- 200g crisp apples (such as granny smith), halved, cored, peeled and then thinly sliced

### METHOD

- Before you start, preheat the oven to 180°C and grease and line a 23cm spring form cake tin
- Cream the butter and sugar together until smooth and pale
- In a separate bowl sift the flour, cinnamon, ginger and baking powder
- Slowly add the beaten eggs, mixing well and adding a tbsp of flour as you go
- When all the flour has been added pour in the ground almonds and sultanas, then mix until everything is combined
- Stir in ¾ of your apples
- Spoon into your tin and arrange the rest of the apples on top in a circular pattern
- Bake for 1 hour or until a knife comes out clean
- Leave for 5 to 10 minutes before turning out

# CONTACT US

## South Cambridgeshire District Council

### 8.30am to 5.30pm, Monday to Friday

0345 0450061	Benefits
0300 7729622	Building Control
0345 0455214	Elections
0345 0450063	Environmental Services
0800 7311892	Fraud
0345 0450051	Housing Services
0345 0455218	Payments (Automated)
0345 0455215	Planning
0345 0450064	Revenues
0345 0450500	All other enquiries

### Emergency out of hours numbers (after 5.30pm)

#### Dangerous Structure Enquiries (Building Control)

Telephone: 01253 501055

#### Environmental Health Emergency

Telephone: 0845 6095437

#### Homelessness Emergency Service

Telephone: 0845 6095438

#### Repairs

Mears – for housing repairs, electric heating and hot water repairs

Telephone: 0800 0851313 (24 hours)

Mears – for gas heating repairs and services

Telephone: 0333 2070766

#### Gas

National Grid – for gas escape, smell of fumes, suspected carbon monoxide leak

Telephone: 0800 111999 (24 hours)

[www.scambs.gov.uk](http://www.scambs.gov.uk)



[tlnews@scambs.gov.uk](mailto:tlnews@scambs.gov.uk)



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