South Norfolk
on show
Sunday 2 July

www.south-norfolk.gov.uk
Meet your County Councillor

Parish Boundary review - update
The deadline for the consultation around boundary changes to our parishes has been extended until 12 July. Thank you to everyone who has already taken part. The second consultation, on the outcome of the first, is due to open in August and information will be available on our website www.south-norfolk.gov.uk

Contact us
24 hours a day, 7 days a week access our services online.
Visit: www.south-norfolk.gov.uk

Email: council@s-norfolk.gov.uk
www.facebook.com/southnorfolkcouncil
www.twitter.com/SNorfolkCouncil
Main Number: 0808 168 2000
Write to: South Norfolk Council, Cygnet Court,
Long Stratton, Norwich, NR15 2XE

South Norfolk Freephone Numbers
Automated Touchtone Payments 0808 178 7146
Benefits and Council Tax 0808 178 7141
Business Rates 0808 178 7142
Car Park Enquiries 0808 178 7145
Housing Advice 0808 168 2222
Planning 0808 168 3000
Waste and Recycling 0808 168 3333
Flytipping 0808 168 2999
Norfolk County Council 0344 800 8020

101 is the new number to call when you want to contact your local police - when it’s less urgent than a 999 call. 101 is available 24 hours a day, 7 days a week.

The local County Council elections took place on 4 May. The Conservative Party won control of the Council gaining 15 seats to win 55. Labour gained 3 seats, winning 17 in total, while the Liberal Democrats gained 1, for a total of 11. An independent candidate was also elected.
This year we were shortlisted as Council of the Year. A special achievement as it put us in the same category as much larger councils including Newcastle, North Yorkshire and South Tyneside.

We have been awarded ‘Investors In People Platinum’, a level of accreditation that has been achieved by a handful of organisations in the country and only one other Council.

We also took part in a Peer Review Challenge, carried out by senior members and staff from other councils. The team spent a week observing how we do things, identifying where we get it right and areas where we can improve.

After over 80 meetings with 150 people and more than 250 hours spent determining their findings, the Peer Review Team gave us their feedback.

Their conclusion - we are a very good Council that punches above its weight and is well respected both by local partners and nationally. They were impressed by the commitment and passion from both staff and members, recognising their desire to do their best for residents and go that extra mile.

Their report also highlighted areas of exemplary practice – including the work we do to help our most vulnerable residents through the help hub and our work to support local businesses. They also told us that we have the right focus in terms of priority areas including: financial stability, growth, working with others, and earning money through commercialisation.

Post Brexit Britain is a place of uncertainty but also opportunity and we continue to invest in the future. Following the success of Wymondham Leisure Centre we are continuing to invest in the health and wellbeing of our residents with a £2 million improvement package for Long Stratton Leisure Centre. We are investing in jobs and the regional economy with our work at Norwich Research Park and we have delivered 1,100 affordable homes with another 1,000 planned.

We are investing to provide the best conditions for a successful economy and the best quality of life for our residents.
MEN’S SHED

The Poringland and District Men’s Shed is a place for men to meet and share the tools and resources they need to work on projects of their own. Typical activities involve using wood but may include metalwork, bike repair or just drinking tea and mardling!

Men’s Shed is a wellbeing project aimed specifically at men as they do not tend to have the social networks of women, so when they are made redundant, or retire, or are bereaved they do not have the friendship support network on which to lean on through difficult times.

To find out more about Men’s Shed, their location and opening times, please visit www.pdmensshed.org.

big litter pick

This year’s Big Litter Pick was another huge success and thanks to all your hard work over 100 litter picks took place across the district.

Each group that took part received £20 and four from each of our five neighbourhoods won £200 to spend on their group, charity or local community.

Details of the winners can be seen at www.south-norfolk.gov.uk/litterpick.

INVESTORS IN PEOPLE PLATINUM

We are celebrating after being awarded ‘Investors In People Platinum’, a level of accreditation that has only been achieved by a handful of organisations in the country.

Platinum is only given to organisations that can demonstrate excellence in developing and supporting their staff. It requires us to demonstrate excellence and high performance against the Investors In People (IiP) indicators including a commitment to our values and priorities and a strong focus on outcomes. IiP were very complimentary about our passion and commitment to ensure we provide the best cost effective service.

Investors In People estimates that only 0.05% of businesses could qualify for Platinum status, South Norfolk is the first Council in the region and only the second in the country to achieve this recognition.

TAKE THE STING OUT OF SUMMER

If you have a problem with a wasp’s nest in your house or garden this summer give our Pest Control Team a call. We can also help you get rid of rats, mice and fleas and give you advice on protecting your home or business against future infestation.

To find out how we can help visit www.south-norfolk.gov.uk/pest-control
**NEW CHAIRMAN ELECTED**

Councillor Barry Duffin has been elected as the new Chairman of South Norfolk Council. Councillor Duffin took over the role from Councillor Garry Wheatley at the Council’s AGM that was held on Monday 15 May.

Councillor Duffin said that he was immensely proud to have been elected as Chairman and congratulated Councillor Wheatley on what had been a “fabulous year.” The Chairman’s charity for the coming year will be The Nook Appeal and Elizabeth’s Legacy of Hope.

The EACH nook appeal is to transform children’s palliative care in Norfolk. Their vision includes a new purpose-built hospice, replacing the current one in Quidenham. The charity have gained planning permission for a fantastic five acre woodland site in Framingham Earl. To help EACH reach its £10 million target visit www.each.org.uk/thenook.

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**GRANTING PHONE BOXES A NEW LEASE OF LIFE**

We are offering communities the chance to transform their iconic red telephone boxes with funding of up to £100.

The “Adapt-a-Kiosk” fund, is available to any community group that has adopted a red phone box.

Innovative individuals, businesses and community groups have transformed boxes across the country into miniature art galleries, libraries, coffee shops, pop-up plant shops, or used them to save lives through installing much needed defibrillators.

We have a limited number of awards available for boxes that have already been taken on by community groups; to assist with their refurbishment into something new which will be used by and benefit the community.

Application forms can be found under the ‘Pop-up fund’ section of the Community Grants page at www.south-norfolk.gov.uk or email grants@s-norfolk.gov.uk.

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**KIDS CAMP OPENS IN DISS**

Our Ofsted registered Kids Camps will be back for the school holiday at both Wymondham and Long Stratton Leisure Centres and, this summer, for the first time, at Diss High School.

Throughout the day there will often be two activities running at the same time so there is a choice between arts and crafts or sport and games.

All the activities are age appropriate and designed and instructed by staff who are dedicated to ensuring that the experience is both positive and challenging. Children aged 5-15 can attend between 8.15am and 5.45pm.

Kids Camp is only £25 for a full day and £12.50 for a half day. Leisure passport price is just £12.50 for a full day and £6.25 for a half day. Childcare Vouchers from various voucher providers are accepted for Kids Camp bookings.

As part of our ongoing drive to promote a thriving local economy, we recently held an event at Hethel Engineering Centre to offer advice and support to South Norfolk businesses.

The event was hosted by Council Leader John Fuller who explained the work we do to promote a thriving local and regional economy. John was followed by Dr Joel Clovis, lecturer in Macroeconomics, Money and Banking Econometrics at the University of East Anglia with a presentation on how businesses can maximise the opportunities presented by Brexit.

David Morgan CEO of MSF Technologies, then explained his company’s exciting expansion plans and the benefits of doing business globally from their South Norfolk base.

More than 50 business people attended the business to business event and companies were given details of the financial support packages announced for businesses affected by the business rate revaluation.

The event was also attended by representatives from our Help Hub who made new contacts with companies wanting to put something back into the community via our Corporate Social Responsibility programme.

MSF Technologies have agreed to become a Cambridge to Norwich Tech Corridor Ambassador and our Economic Development team have introduced new collaborative partners to MSF who are currently working on exciting new projects together.

Free business advice at Crafton House

We have struck up a strong working relationship with Norfolk and Waveney Enterprise Services (NWES) to offer free training sessions at Crafton House, our business centre in Poringland. Courses available include:

- **First Steps to Start-up** - Covering business viability, different types of structures and their individual benefits, market research and how to structure a business plan.
- **Financial Forecasting** - How to work out a personal survival budget, start-up costs, sales forecasts, cash-flow and profit and loss forecasts
- **Marketing** - How to develop a brand and logo, producing engaging material, introduction to Search Engine Optimisation, correct and appropriate use of social media and developing a marketing plan.
- **Taxation and Bookkeeping** - Learning and understanding HMRC’s mandatory requirements, bookkeeping options available, how to maintain an asset register, recording VAT and day-to-day tips on record keeping.

Find out how your business can take advantage of these free courses by visiting www.south-norfolk.gov.uk/business
The aim of the £3 million project is to bring more activity to the heart of the town, encouraging more visitors and businesses into the Heritage Triangle and underlining Diss as an outstanding tourism and leisure attraction.

Our investment of £400,000 helped unlock the Heritage Lottery funding that made the project possible.

The Corn Hall renovation is the first phase of this major regeneration project which will be completed over the next few months and includes remodelling the streetscape and building a new community garden and a boardwalk across the Mere.

The main improvements to the Corn Hall include an extension housing the new entrance, box office, foyer, gallery. There is also be a new cafe - called Fredericks at the Corn Hall - open daily, along with a new bar run by Grain Brewery.

Diss Corn Hall will be the home of the town’s new Tourist Information Centre and the main auditorium - the largest in South Norfolk, seating 300 - boasts a motorised, tiered seating system, underfloor heating and much improved acoustics.

The project has been made possible by our grant of £400,000 and funding from the Heritage Lottery Fund, Diss Town Council, the County Council, local residents and businesses, along with further grants from other national and local funders.

The Diss Heritage Partnership’s plan to regenerate the historic centre of Diss has taken a huge step forward with the re-opening of Diss Corn Hall.

The South Norfolk Independent Retailer Awards 2017

Thank you to the thousands of you who have voted for your favourite local shop, café or business in our Independent Retailer Awards 2017.

Now in its third year this competition, that is designed to support and promote businesses across South Norfolk, has proved to be the most successful so far.

We asked you to vote online or fill out a form in the shop and we have received over 5,000 votes with more than 400 local businesses being put forward for an award.

The categories were: Shop I could not Live without, Perfect Pit stop, Best Charity Shop, Most Creative Window Display, Helping The High Street Thrive and Excellence In Customer Service.

The winning businesses were given their awards at an event at our offices in Long Stratton by the Council’s Deputy Leader, Councillor Michael Edney.

To see who won an award please visit www.south-norfolk.gov.uk/awards

To find out what’s on at Diss Corn Hall visit www.thecornhall.co.uk
A grand outcome for South Norfolk’s affordable housing

Making sure that people have an opportunity to live close to their family and friends is a priority for us and over the last three years we have delivered over 1,000 affordable homes, that’s more than any other authority in either Norfolk or Suffolk. We are also expecting to build another 1,000 over the next three years.

Our successful delivery of affordable housing, through a combination of controlled growth and forward planning, in partnership with the government’s Help to Buy Scheme has resulted in more than eleven hundred homes being bought or rented by people who would otherwise have struggled to get onto the property ladder.

You can find out more at www.south-norfolk.gov.uk
We recognise the importance of providing quality leisure facilities to help residents not only become active but also remain active and this investment will provide appealing yet affordable leisure facilities that can be used by the whole community. The improved centre will become a community hub where friends and family can spend quality time together for many years to come.

We have consulted our leisure members and the wider community to ensure these improvements are what our residents both want and need. This is what you told us.

I would really love a café!

Would be lovely to have a soft play area where we could have little parties for the children and have snacks in the café it would make the Leisure Centre a social place

Improve the changing facilities and showers

It would be good to have more than one studio

Make the gyms and studios bigger and more modern

I think a café would be amazing for the centre. I also think new studios for both spinning and other classes are needed and would make the centre much better

Bigger gyms, equipment is great already

Sprung wooden floor for classes

More showers needed to help when school children are using the Leisure Centre

Following the success of our investment in Wymondham Leisure Centre we have announced plans for a £2 million improvement scheme to our centre in Long Stratton.

Long Stratton Leisure Centre is an integral part of the local community and as such improvements to the centre will work alongside the plan for the whole community set out in the Long Stratton Area Action Plan.

Long Stratton is going to grow in size with more than 1,800 new houses being built and our investment will mean that the leisure centre is ready for the increased demand that this planned growth will bring.

For more information visit www.south-norfolk.gov.uk/leisure
Learn play grow

We are offering a unique fitness opportunity for young children at Wymondham Leisure Centre.

Children from 0 - 7 years old can enjoy fun fitness classes, which use a variety of equipment, music, characters and stories.

Sessions consist of active fun games, exercises and sporting activities which will support the health and wellbeing of both children and their parents or carers.

Learn Play Grow was founded by local Olympian Elena Baltacha-Severino and Olympic coach Nino Severino. Sheila Hunter, Owner of Learn Play Grow Norwich said: “There’s nothing quite like exercising together as a family so brush up on your moves and get ready for a unique blend of story, music, sports equipment and laughter.”

Classes cost £5 per family and if booked for the whole term include a free hot drinks voucher to use in the Leisure Centre’s Café.

Sessions run every Tuesday and all parents, carers and childminders are welcome:

1 – 2pm - session for 0 - 2 year olds. Children can join in, watch, be carried, wander or sleep as parent/carers exercise with them surrounded by like-minded people.

2 – 3pm - session for 3 - 5 year olds. Parents can join in the session at the same rate as their children providing great role models for them to watch, look up to, follow or show.

4 – 5pm - session for 5 - 7 year olds. Children get to burn off their excess energy in a fun and socially active way while learning new skills and abilities needed for sport.

For more information, visit: www.southnorfolk.gov.uk/learn-play-grow

Swim School

Make a splash this summer

Being able to swim offers so many benefits; it’s not only a leisure activity and a sport, it’s also a skill that might one day save your life or the life of someone you love.

Our all-inclusive Swim School programme takes the non-swimmer from their first splash and teaches them to be confident and safe in the water. It can be a great preparation and support for school swimming lessons and if you have a budding Olympian, the higher stages can help train them to compete.

Babies and children up to 5 years can join the Ducklings classes in our learner pool, with a parent or carer as support, alongside an experienced teacher.

All of our Swim School sessions form part of the National Plan for Teaching Swimming (NPTS) and our teachers are certified with the Amateur Swimming Association (ASA).

For more information about our Swim Schools visit www.south-norfolk.gov.uk/leisure.
Come and see what makes South Norfolk a great place to live, work and visit at our annual show. Join in the fun, find out more about what we do and help us celebrate everything that makes the district special.

Radio Norfolk will get the celebrations underway on our bandstand, with live music and performances from local groups throughout the day.

Children can have their faces painted, scale the dizzy heights of spider mountain, meet the Redwings ponies, be entertained by walkabout performers, giant bubbles, story telling and much more. Pick up some unique gifts and treats from local craft stalls and businesses selling handmade goodies as well as a wide array of food outlets to get your mouth watering.

Try delicious Caribbean flavours, Asian noodle soups or Thai rolled ice cream, or enjoy the classic hog roast, locally made cakes and teas. There will also be lots of sports fun in the leisure centre with roller skating, archery and football.

If you are in the mood for something a little stronger, Our Community Pub of the Year - The Burston Crown will be running the beer tent.
South Norfolk On Show

A fun day out for the whole family

Find out about South Norfolk Council services

Entertainment, dance, song, storytelling, brass band and rock choir!

Street food, beer tent and ice-creams

Drumming workshop

Face Painting

Redwings Ponies

Children’s Climbing Tower

Penalty Shoot Out

‘Magic Fairy Dust’

stilt walker

Beer Tent

Quiz’s and competitions

Craft stalls

Trampoline

Free Entry and parking

www.south-norfolk.gov.uk/onshow
**Bandstand Timetable**

<table>
<thead>
<tr>
<th>Time</th>
<th>Performer</th>
<th>Act</th>
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</thead>
<tbody>
<tr>
<td>11.00</td>
<td>Ukaholics Anonymous</td>
<td>Ukulele Band</td>
</tr>
<tr>
<td>12.15</td>
<td>Unique Identity</td>
<td>Dance Group</td>
</tr>
<tr>
<td>12.45</td>
<td>Norwich Stagecoach</td>
<td>Dance, jazz and musical theatre</td>
</tr>
<tr>
<td>1.05</td>
<td>Hellesdon and Sproston Brass band</td>
<td>Brass band</td>
</tr>
<tr>
<td>2.00</td>
<td>Kieran Blundell</td>
<td>Soloist singer</td>
</tr>
<tr>
<td>2.15</td>
<td>Pauline Quirke Academy</td>
<td>Song and dance</td>
</tr>
<tr>
<td>3.00</td>
<td>Norfolk and Suffolk Rock Choir</td>
<td>Modern choir</td>
</tr>
</tbody>
</table>

Events and times subject to change.
What's happening in South Norfolk this Summer

Norfolk Antique and Collectors Fair  
Saturday 15 and Sunday 16 July, 10am - 5pm  
The Norfolk Antique and Collectors Fair returns to the Norfolk Showground for another magnificent day stocked with timeless trinkets. Whether you are a professional dealer, an avid collector looking to complete a cherished collection, or an enthusiast searching for the ‘once in a lifetime’ treasure, the fair offers a diverse range of antiques and collectables.

Truckfest  
Saturday 19 and Sunday 20 August  
Truckfest East is set to wow the crowds at the Norfolk Showground in 2017! The trucking spectacular will see main arena action from stunt bike display teams, monster trucks, celebrity guests and a wealth of trucks on show from vintage to modern day manufacturer models! Join us on the 19th and 20th August for a fabulous event.

Events at the Norfolk Showground

Poringland Community Centre’s 10th Birthday Celebratory Fete  
Saturday 8 July 2017, 12noon - 5pm  
A traditional village event on the green which showcases the skills of the local people and groups that use the Community Centre. Displays, games, competitions, food stalls, cafe, bar and the return of The Great Poringland Bake Off.

Harleston Family Fun Day  
Monday 28 August  
Harleston Recreation Ground  
A host of stalls and stands and must see entertainment, guaranteed to make a great day out for all. Plenty of refreshments and a variety of entertainment.

Norfolk Garden Show  
Saturday 26 until Monday 28 August, 10am - 5pm  
New for 2015 – the show includes a new and improved Food & Drink Festival. Come and try & buy lots of delicious foods from around the world whilst enjoying the sunshine.

Norfolk All About Dogs Show  
Sunday 27 until Monday 28 August, 10am - 5pm  
With exhibitors, showcasing everything for your dog, entertainment, fun dog shows, competitions, family entertainment, meet the breeds and expert advice at the show, its the perfect place to visit with your dog!

Sundown Festival 2017  
Friday 1 until Sunday 3 September  
Sundown is Norfolk’s largest outdoor music festival. Follow Sundown on Facebook for the latest information and line up announcements.
Pubs enter spirit of competition

Pubs across the district are pulling out all the stops this year to win the prestigious title of South Norfolk Community Pub of the Year.

The competition will be officially launched at South Norfolk on Show on 2 July, when you will be able to start voting for your favourite pub.

Show your local just how much you love it, and vote by:

Facebook #SNpubs
email pubs@s-norfolk.gov.uk
www.south-norfolk.gov.uk/pub-of-the-year
Text PUB to 80010 with name of pub and location

Event revs up at Burston Crown

It was all hands to the pumps on Easter Sunday, when last year’s winners the Burston Crown put their £500 winnings towards a community charity event.

Over 450 people enjoyed the fun and entertainment at ‘Beer, Bikes and Bands’ and helped raise over £4,000 for a new community group in Diss; led by Nature and Nurture Therapeutic Services – an emotional and mental health support group for young people in South Norfolk.

Owner Bev Kembery said:
“It was a fantastic event enjoyed by both locals and people from further afield, many of them have been back – so it’s been a great boost for business.”

Look out for the Burston Crown’s beer tent at South Norfolk on Show.

Pubs mean prizes!

Throughout the competition some of your favourite pubs and local breweries will be giving away fantastic prizes for you to enjoy.

To get the competition started, in the first week of July, The Fox and Hounds in Great Moulton will be giving you the chance to win £40 to spend on food in the pub.

For your chance to win this great prize, all you have to do is ‘like’ our Facebook page and vote for your favourite pub on the competition post.

There are lots of prizes up for grabs, so keep an eye on our Facebook page for more chances to win. Terms and Conditions can be seen on the website.
WELL-BEING AND EARLY HELP

£70,000 for our communities

We have been awarded £70,000 from the Government to expanded our network of Community Connectors and the services they offer.

Our Connectors work within the district to put people in touch with services, agencies and community groups that can improve people’s quality of life and help prevent problems from escalating.

Previously our Connectors worked in Diss, Wymondham and Costessey, but this grant means they will now be covering the whole district.

Connectors will also be bringing their local knowledge and experience to GPs surgeries in a new initiative called Social Prescribing.

Social Prescribing is an innovative and growing movement, which has the potential to reduce the financial burden on the NHS, and a multitude of other services. The initiative offers one to one support to people connecting them to non-medical and community support services to help improve their health and wellbeing.

It has been estimated that 20% of patients consult their GP for what is primarily a social problem. A large proportion of health outcomes are also determined by social factors. Social prescription seeks to alleviate some of the pressures on the NHS; by addressing unmet needs of patients.

South Norfolk Cabinet member for Stronger Communities, Michael Edney said: “Whether a person is suffering from dementia, is an isolated first time mum, or someone suffering from depression after a bereavement, our Connectors will be able to point them in the right direction to get the help and support they need. 

“People who are engaged in social prescribing are more likely to go on to become active members of the community – creating stronger communities where people help each other.”

The Connectors work as part of the South Norfolk Help Hub, a multi-agency team, which includes police, social workers and council staff, working together with families and individuals to offer long-term solutions to problems, such as the threat of homelessness or financial hardship.

For more information about social prescription visit www.south-norfolk.org.uk/helphub

Need to talk, text us
Young people asked us to improve how they can access the Help Hub - so we have opened a text line.

Young people will be able to ask about any issue including bullying or problems with parents, they will receive information and advice on what their next steps are, empowering them to make more informed decisions for themselves.

If you are young, have a problem and need someone to talk to, you can text the Help Hub on 07860017323. All the advice and support given is confidential.

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Teaching children healthy habits

In March, we teamed up with St Mary’s C of E Junior Academy in Long Stratton to give pupils a lesson in healthy eating and exercise.

Children in years 4 and 5 and their parents took part in “Healthy Habits”, a new event which included activities and advice to help curb obesity and keep children active and healthy.

This initiative was in response to data published by the Healthy Child Programme which identified that obesity in the Long Stratton cluster is one of the highest in the district.

Childhood obesity is one of the most serious public health challenges we face. By working with schools we hope to help both children and their parents to encourage long-term change.

All of the activities at our Healthy Habits event were planned in partnership with professionals and were designed to address the development of healthy lifestyles, parenting, eating behaviour, nutrition, play, inactivity and sleep.

Principal Alison Cullum said: “This was a fantastic event and addressed an issue we take very seriously in school. The organisation was excellent and the children were very engaged and enthusiastic; many children returned after school with their parents, which was a great way to spread the message. We look forward to ‘Healthy Habits’ becoming an annual event.”

There were ten stalls for children and parents to interact with including a free fitness taster session from Born to Move, fun fitness activities from our Leisure Team and a healthy eating game from the Community Sports Foundation.

If you would like to organise a Healthy Habits event for your school contact Laura Woollacott email lwoollacott@s-norfolk.gov.uk or call 01508 533816.
Nearly 70% of green recycling bins contain textiles which cannot be sorted or separated and end up as waste. Every year, a further 1,000 tonnes of textiles, which could be recycled, get put into the black rubbish bin.

Properties were given white textile recycling bags and a leaflet to let them know what items can be recycled and how the service works. The things we could collect included items such as clothing, shoes (paired), handbags, belts and household linens, but items of clothing in good condition should continue to be donated to local charity shops for reuse.

The white bags were put out alongside their green recycling bins and were then collected on their usual recycling collection day.

1,500Kgs of textiles were collected during the first two trial rounds and if the remaining rounds prove to be as successful the scheme could be rolled out across the district.

For more information about textile recycling visit www.south-norfolk.gov.uk/recycling

Textile collection trialled in Diss

We have carried out a trial in Diss for collecting residents’ unwanted textiles from the kerbside. The trial which included over 3,000 properties, was to help reduce the high amount of textiles that currently go into the recycling and rubbish bins.

Recycling, a bedtime success story

We are working with our local businesses to promote the recycling of trade waste.

Mattressman, who have just moved into Arminghall in South Norfolk, is a local success story which has thrived since its launch in 2004.

As the company grew, the disposal of mattresses became a real priority for the business, with 7.5 million mattresses going to UK landfill sites each year. Many UK suppliers simply overlook this mountain of waste, but Mattressman wanted to offer its customers a sustainable removal service that didn’t cost the earth, so it implemented a radical zero landfill policy.

Mattressman recycles almost everything, with anything that can’t be recycled going to energy production. The company is proud of their recycling scheme, so we asked managing Director Andrew Kerry how the company’s recycling is helping the local community.

How do you make sure everything gets recycled?
“It’s a bit like your recycling at home. We separate everything so it can be properly processed and turned into either new products or energy.”

And how do you recycle mattresses?
“It’s surprisingly simple. After removing a customer’s old mattress, we store it with the other used mattresses that we collect and then transport them to a British recycling centre. The springs are sent to steel mills for reprocessing, any foam is sanitised and repurposed for padding, and any contaminated textiles are used for energy.”

You also recycle bed frames and divans
“Yes, our old divans or wooden bed frames are crushed and processed in a local RDF (Refuse Derived Fuel) facility. We also recycle our metal beds.”

How does this help the community?
“Our recycling strategy not only puts recycled goods back on the market, it also supports sustainable industries across the UK that employ thousands of people and benefits the environment.”
Steam Heritage | Gardens | Garden Centre

BRESSINGHAM

WWW.BRESSINGHAM.CO.UK

£5 Per Child
(with rides) ticket with this ad
(ref 8610)

Offer ends 29/10/17, day time use only,
Cannot be used in conjunction with any other offer or third party payment,
Each Ad single transaction use only

Visit bressingham.co.uk or find us on Facebook & Twitter
Beck into action thanks to volunteers

We are working in partnership with the River Waveney Trust (RWT) to turn Frenze Beck in Diss into a rural haven for wildlife and visitors.

The 14-acre park located just off Sawmills Road was originally created in 2003 but 8 years on, it is now in need of some rejuvenation.

Thanks to a successful bid for £10,000 to the Tesco Bags of Help fund, River Waveney Trust volunteers have started work on the site.

RWT ecologist, Andrina Walmsley, developed an ecological survey and ten-year management plan and this is now being implemented by local contractors with the support of RWT Diss volunteers.

Site Manager Chris Lewis said:
“There has been a tremendous response from local people, who are keen to make use of this amazing site. Our group of committed volunteers have been working hard towards re-launching Frenze Beck to the public again this summer, and are looking forward to continuing its maintenance and improvement for the benefit of both wildlife and local people.”

The work includes new footpaths, renovating the wooden structures and carrying out a clean-up of the Beck to improve flow and enhance flora and fauna.

Signage and interpretation boards will be added and the site will be developed with new walks for everyone to enjoy.

Making a difference

Our staff have been helping to improve our residents’ quality of life and enhancing the environment. Over the past 6 months they have been giving up their free time to support worthy causes across the district.

Local volunteers meet with site manager Chris Lewis for regular weekly working parties. If you are interested, please contact Chris on c.h.lewis@btconnect.com or call 01379 651606.
Thanks to your help we have been short-listed for two national recycling awards.

After 900 volunteers took part in 100 litter picks last year, our Big Litter Pick has been short-listed in the Local Authority Innovation category.

Our Reuse Events have also been recognised and are on the short-list for the Waste Prevention Award. Since starting our Reuse and Recycle scheme in 2011 we have held 33 events, recycling nearly 100 tonnes of material and reusing 42 tonnes. At the same time we have raised over £3,000 in donations for charity.

The MRW National Recycling Awards recognise and highlight excellence and innovation in the recycling Industry.

Big Recycling win for Melissa

Congratulations to Melissa Norman, the winner of our Big Recycling Challenge in Costessey.

Melissa won £100 in Love2shop vouchers by helping us to keep South Norfolk green by putting the correct items in her green recycling bin and making sure that they were clean, dry and not in bags.

Melissa said: “I always recycle as much as I can and my daughter Sophie helps me by putting things in the bin too. It’s fantastic to win – it’s made my day.”

Every item in the recycling bin that shouldn’t be there has to be removed which costs the Council Tax payer money.

For more information visit www.south-norfolk.gov.uk/reuse-and-recycling-events

Reuse event comes to Diss

Our next Reuse event will be at Diss Youth Community Centre on Wednesday 23 August. As well as the usual unwanted textiles, furniture, books, board games and small electrical items, we will also be collecting old bikes, household paint, tools, musical instruments and even Lego.

Items can be dropped off between 9am and 3pm, and if they pass onsite safety checks, taken away for reuse between 11am and 3pm.

Find out what you can put in your green bin at www.south-norfolk.gov.uk/recycling
Dementia café blooms in Long Stratton

The Sunflower Café, based in the Mayfield Care Home, is a place where people living with dementia and their carers can meet and enjoy a cup of tea or coffee and a chat.

Organiser, Ruth Stannard said, “The Café will not only benefit those living with dementia it will also offer their carers a chance to access support and be signposted to any help they need. While volunteers spend time doing activities with and talking to our visitors, there’s a quiet area where carers can share experiences, ask advice or just relax.”

Local resident, Jacqueline Bygraves told us, “This is the first time I have been out for nearly a year. Having a dementia café in Long Stratton is fantastic and coming here and meeting people will give me something to look forward to.”

The Sunflower Café has been set up with the help of a Go For It grant from us and is supported by both Tesco and the Co-Op who have supplied the café with tea, coffee, cakes and biscuits. The children from St Mary’s School have also got involved and have been drawing and painting sunflowers to decorate the room.

The Sunflower Café will initially be open every second Tuesday of the month from 10am until 12pm at the Mayfield Care Home in Long Stratton.

For more information email our Independent Living Team independentlivingteam@s-norfolk.gov.uk or call 01508 533705.

Forget me not grants

We have £50,000 and we would like to hear from you if you know anyone who would benefit from a Forget Me Not Grant.

We use the funding, provided by the County Council, to assist people living with dementia to maintain a safe, decent and warm home, to keep their independence and prevent or delay the need for admission to residential care.

The work covered by the grant includes: changes to lighting, flooring and wall colours, changing facilities, such as contrasting toilet seats, and for putting in safety equipment, including the replacement of old appliances with modern ones with safety features.

For information about Forget Me Not grants visit www.south-norfolk.gov.uk/grants
South Norfolk Council working with Norfolk County Council and Trading Standards have prevented one of our residents from losing £1,500 to a cold caller.

Our resident was persuaded to sign a contract for insulation, even though his property’s existing insulation had been installed only a few years earlier and was perfectly adequate.

Mr Smith contacted us because he was concerned about the cost of the agreement he had signed. We immediately contacted Norfolk Trading Standards for advice on what could be done to help.

Trading Standards were able to help Mr Smith cancel the contract as it was still within the 14 days cancellation period for contacts made ‘within the home’. This is a protection given to consumers in Consumer Law.

Trading Standards advises residents to always say no to cold callers no matter what they are offering on the doorstep. Friends Against Scams will help make residents more aware of scams whether on the doorstep, by telephone, post or email.

Find out more about Friends Against Scams at: www.norfolk.gov.uk/friendsagainstscams