



Vision

2004-2005
Transforming the School Workforce
2006-2007
Positive Youth Engagement
(in the community and
Democratic Process)
2007-2008
Healthy Schools



Lancashire
County Council

www.lancashire.gov.uk A 4-star council Awarded top marks by the Audit Commission

November 2007

WRITE STUFF

TV's Floella
looks at life

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HOME FROM HOME

New lease of life for
families and carers

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TASTY

Record
cook-in

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small steps...

BIG changes in Lancashire

CLIMATE CHANGE - WE HAVE CASH FOR YOU

Everyone *talks*
about it – we back
your plans for
action

CONCERNED citizens are being urged to help Lancashire tackle climate change by applying for grants from a £750,000 fund.

The cash available now through Lancashire Local committees will help local groups and voluntary organisations cut greenhouse gases through environmental projects.

Cash help of – typically – £500 to £15,000 will fund climate conscious projects such as converting minibuses to run on biofuel, installation of solar panels and use of ground-source pumps for heating.

An army of advisers from private and public sector organisations will also spearhead a drive into hundreds of Lancashire classrooms.

The advisers aim to recruit teachers, pupils and governors to convert their buildings into eco-schools and to learn the long-term lessons of sustainability.

County Councillor Hazel Harding, Lancashire County Council leader, said: "Global warming is something

that will affect everyone. These are relatively small amounts of money but they will kickstart action at grassroots level.

"Our Climate Change Fund can also pay for projects to help communities cope with the impact of climate change such as putting flood defence boards on vulnerable buildings.

"The problem in the past has been that there has been little or no demand for things such as supplying biofuel. We now hope to make it more feasible by increasing demand at the grassroots.

"We said back in February that we were determined to tackle this subject. Now we are asking people to join us."

The cash – and associated plan – will reduce energy use, cut carbon emissions and tackle waste.

Pupils, teachers and governors will also be visited to encourage schools to adopt a more sustainable approach to the environment.

New schools in the huge Building Schools for the Future programme

will be equipped with wind turbines, heat pumps, woodchip boilers and solar panels to help make them eco-friendly.

The fund will be shared across 12 Lancashire Local committees and is open to voluntary organisations, community groups and parish and town councils.

To make the money go further, it is hoped that the grants can be used as "match funding" – that is, groups can lever in similar amounts of money from elsewhere.

Key to the scheme will be science lessons in new technology – helped by practical studies of school-based eco-projects.

Councillor members of each Lancashire Local will apply the same criteria in awarding grants. It will help if bids demonstrate social, environmental, economic and educational benefits.

For more information on how to apply, visit www.lancashire.gov.uk, telephone 01772 531257 or email us at climatechange@env.lancsc.gov.uk.

A cassette version of Vision is now available for visually impaired people from Galloway's Society for the Blind by calling 01772 744148

The presence of promotional leaflets delivered inside Vision does not imply Lancashire County Council endorsement.

YOUR LANCASHIRE: A PLACE WHERE EVERYONE MATTERS



A full job description
of all vacancies is available
on our website

www.lancashire.gov.uk/vacancies



Ask Shirley

Don't know who to
contact when you
need help?

Baffled by
bureaucracy?

Ring Shirley on
0845 0530000 or email
Shirley on enquiries@css.lancscc.gov.uk

Write to:
Ask Shirley,
Customer Service Centre,
The Red Rose Hub,
Bluebell Way,
Preston
PR2 5PZ

ASK THE EXPERT

Questions
answered
by your
friend in
the know

Safe for horses

I have recently moved to the Lancashire area from Manchester and, as the owner of a horse, I am looking for some safe rides preferably away from busy traffic. There is a bridleway near my house but I have seen people several times riding motorbikes along there. Is this allowed as it is very frightening for my horse?

Mrs P, Poulton

Lancashire has more than 240 miles of bridleways in the county, which are being added to as new routes become available. Horses can be ridden on bridleways, byways, roads used as public paths, and unclassified roads, but not on footpaths. Riding routes will be waymarked with the blue (bridleway) or red (byway) arrows, and should be signposted where they leave the road.

To discover the routes of these rights of way visit: www.lancashire.gov.uk or contact the county council's Countryside Service on: 01772 534709.

If the right of way is classified as a bridleway riding a motorbike is not permitted and you should contact the local police. If, however, it is classified as a byway, then riding a motorbike is allowed.

Course offer

I have previously received a



SAY neigh to motorcyclists on bridleways (see "Safe for horses").

Picture: Countryside Agency.

speeding fine from Lancashire police, but have recently heard that some people are offered a Speed Awareness Course instead of points on their licence. I was never offered this and was wondering if you need to apply upon receiving the fine.

Mr M, Kirkham

The scheme is based on referrals from the Lancashire Constabulary which is the referring authority on behalf of the Lancashire Partnership for Road Safety. The scheme provides an alternative to prosecution involving the payment of a fee and completion of a Speed Awareness Course. If the course is not completed prosecution should normally follow. Not all offenders are eligible to attend a speed awareness course - details are automatically included with your notice should you be eligible. Further information can be obtained by calling the speed awareness team on: 0800 3281635 or email: www.lancashire.gov.uk/environment/roadsafety/

Beat the bully

My daughter started high school at the beginning of September but she doesn't seem to be settling in at all well due to a certain group of girls. At her previous school there were some bullying incidents and I would like to know the best course of action before it gets too serious at her new school.

Miss C, Preston

You should in the first instance contact a teacher at your daughter's

school. Be aware that the teacher may have no idea your child is being bullied or may have another account of the incident.

If you can - give names, places, times and dates and also give the school time to follow up your concerns and ask to be kept informed. The school will have an anti-bullying policy and you can ask for a copy if you wish. If you are not satisfied with the school's response you can write to the school governors. You can also, at any time, contact your Area Education Welfare Office for advice and guidance.

Parking peril

I live on a cul-de-sac and across the road is a block of old people's flats. The carers and nurses use the turning circle as a private car park. They are blocking drive-ways and also preventing the emergency services accessing the road. I have tried asking nicely and I have contacted the police but have received no help. Is there anything else that I can do?

Mrs A

If there are no waiting restrictions, but if a vehicle is causing an obstruction, you need to contact your local police or Parkwise who support the enforcement of parking regulations. You can also apply to have an H-bar marking on the road in front of your drive which is designed to keep an access clear as you cannot park a vehicle on top of an H-bar marking. This is available at the discretion of the highways inspector and has to be paid by the resident. You need to apply for

this by contacting Lancashire Highways on: 0845 053 0011 or email: highways@lancashire.gov.uk For more advice regarding parking restrictions and enforcement please contact Parkwise on 0800 195 2774.

Danger trip

I live on a lovely road which is lined with trees. Unfortunately now that autumn is here the leaves have fallen all over the pavement and with all the wet weather we have had this has caused them to become a slipping hazard. I have cleared them up myself in the past but now I am becoming too old to do this. Could the council do something about this problem?

Mr T, Fulwood

Yes: as soon as possible you should ring Lancashire Highways on: 0845 053 0011 or email them at: highways@lancashire.gov.uk A customer service officer will check that the location is a part of the adopted highway and then for safety reasons log your query as priority. A highways inspector will visit the location and arrange for someone to come out to clear the problem.

DON'T FORGET

You county councillor will be keen to help. Contact details are available on 0845 0530000 or at: www.lancashire.gov.uk

You can also try your area's County Information Centre where staff are trained to help the public

High note for rock in the library

LANCASTER library and its ground-breaking "Get it Loud in Libraries" project has won this year's national Love Libraries Award.

The library beat off tough competition from 48 other English libraries to scoop the award, receiving over 5,000 public votes.

The award aims to encourage use of libraries by young people. Lancaster's project uses live music from hot new bands - acts have included Bat for Lashes, the Thrills, Harry and the Potters, The Long Blondes, The Wombats and Mr Hudson and the Library.



●CHRIS Cheetham: library appeal.

Stewart Parsons, Lancaster library's music librarian, who collected the £2,000 award for the library, said: "We wanted to reflect the fact that music especially rock, pop and indie is incredibly important to kids, and that the library could play a major part in that."

"It's great to put passion into what we do and see how that makes an impact on young people in the city."

"From the outset we wanted to concentrate on giving people who love music a great time in a library, taking the library experience onto a new level and doing something fresh and original with the traditional library space."

County Councillor Chris Cheetham, Lancashire County Council Cabinet member for adult and community services, said: "I'd like to congratulate the library's staff and, in particular, Stewart Parsons, for this outstanding achievement."

"This award and national recognition is a testament to the creativity, enthusiasm and genuine hard work by all those involved in engaging with younger people."

"This project shows how important it is that we continue to be creative and develop ways in which we attract and encourage young people to engage with books, music and learning."

Love Libraries is a national campaign to improve libraries, led by the Museums, Libraries and Archives' Council, in partnership with the Department for Culture, Media and Sport; the Reading Agency; and the Society of Chief Librarians.

At the sharp end



●BITE-SIZED Wendy ... before meeting the ferret.

BEING attacked by dogs as they knock door-to-door at election time is considered an occupational hazard by politicians.

But it was a different tail when the chairman of Lancashire County Council was nipped by a ferret during an official visit.

County Councillor Wendy Dwyer was enjoying a visit to Edenfield-based Bleakholt Animal Sanctuary when her hand was nibbled by the over-enthusiastic ferret.

Wendy explained: "While I was holding the ferret, it gave me a little nip. The Bleakholt staff were great and made sure that I was okay."

Traders on festive alert

RETAILERS are being urged to continue to act responsibly following bonfire night as the demand for fireworks continues.

Lancashire County Council's trading standards officers were out and about before bonfire night checking that shops were obeying the rules on age-related sales and the time period for selling.

Shops have been praised for their responsible attitude to firework safety, but as New Year approaches another period for sales will begin.

Suppliers of fireworks must apply for a specific licence, costing £500, if they want to sell fireworks all the year round. Otherwise shops can only sell fireworks:

By Martin Crabtree

- during the period beginning on 15 October and ending on 10 November; or

- during the period beginning on 26 December and ending on 31 December; or,

- on the first day of the Chinese New Year and the three days immediately preceding it; or

- on the day of Diwali and the three days preceding it.

Lancashire County Council supports the Bright Spark campaign that aims to unite a number of public-sector bodies to reduce injury and nuisance caused by fireworks.

County Councillor Jean Battle, Cabinet member for Community Planning and Partnerships, said:

"Fireworks can be a significant nuisance to people in the community and residents expect us to clamp down on anyone breaking the rules."

More information on the Bright Spark campaign can be found at: www.beabrightspark.org

Chief fire officer Peter Holland said: "I am delighted to see that one of our key partners, Lancashire County Council and its Trading Standards team, has already contributed immensely to public safety once again with their robust enforcement of the law in respect of the sale of fireworks."

Anyone with information on traders selling fireworks illegally or to children, should contact Consumer Direct on **08454 040506**.

Lloyd launches record hotpot



● **WORLD'S biggest hotpot:** Lloyd with Councillor Alan Whittaker and Lady Dulcie Atkins.

A TASTY 75lb of Bowland lamb, 75lb of onions, 220lb of potatoes, 15lb of butter - the world's biggest Lancashire hotpot is launching a new drive to put the county on the culinary map.

The grandly panful was stirred by TV chef Lloyd Grossman to prepare for Taste Lancashire 08, the Year of Food and Drink - a celebration of Lancashire's finest recipes, cooks and food suppliers.

Trainee chefs from Lancaster and Morecambe College joined Lloyd and Weeton Barracks army chefs to cook the huge hotpot in Garstang.

County Councillor Niki Penney, chair of Lancashire County Developments Ltd, said: "Lancashire is full of fantastic tastes from hotpot to Morecambe Bay potted shrimps,

from Chorley cakes to crumbly cheese. We have to celebrate these products and the people who make them."

The recipe used local ingredients sourced from the Garstang area and based the dish on a 1936 recipe.

Lancashire County Council's Hotpot mascot, which promotes healthy eating for young people, joined Councillor Penney at the event which was organised by the Lancashire and Blackpool Tourism Board.

Lloyd added: "Taste Lancashire 08 is all about the best of British food. Lancashire's diverse geography makes for a very special and lush place to grow quality crops, rear tasty meat, catch fish, create cheese and brew interesting beers."

"I hope through this campaign that people will be inspired to come and explore."

New roadsalt safer for cars

A BIODEGRADABLE coating added to salt spread on Lancashire's roads is making the granules work better by reducing their bounce!

A proportion of the former salt was blown away and larger pieces bounced away when they hit the road. The new coating on

the salt means that spreading the salt is better controlled, so it stays in place on the road and is more effective.

The environment and vehicles also benefit from the new coating as it makes the salt less corrosive.

Principal engineer Chris Page explained: "We have been doing trials with the standard salt

coated in the new mixture and the results have been very good.

"The cost is about the same, but we can now get more of the salt to stay where we want it."

"That means it will stay in contact with the ice longer and do a better job of keeping the surface ice-free."

This winter around 80 per cent of the county council's priority roads network will be treated with the new salt.

S U R E S T A R T , E A R L Y Y E A R S S C H I L D C A R E S E R V I C E

Exploding the Myths

about the Early Years Professional Status and the Transformation Fund in Lancashire

Do you work in Childcare in Lancashire?

1. Would you like to know more about the Early Years Professional Status (EYPS)?

2. Do you have queries about applying for the Transformation Fund or would you like to know what types of funding are available to you?

If your answer to any of these questions is 'yes' and you work in early years and childcare in

Lancashire then come along to one of our FREE information sessions which will be running across the county between September 2007 and January 2008.

You will be able to consult with professionals from Edge Hill University and CETAD at Lancaster University and meet with EYPS participants from the current courses and those who have already completed the validation route. In addition, you will be able to find out more about the Transformation Fund, whether you can apply for funding or get help with a current application.

To book your place please contact either Francesca Walker or Laura Nicholson telephone: **01772 531113** or **532985**

Lancashire Childcare Information Service

Providing you with • Guidance on choosing the right childcare • Advice on paying for childcare • Details of childcare providers near you • Information about the regulation of childcare • Advice on different types of childcare (such as nurseries, childminders, pre-schools, out of school care)

For information and advice on all aspects of childcare in Lancashire.

We can help! Contact us on Freephone

0800 195 0137

Date: Thursday 8th November 2007
Time: 6pm-9pm
Venue: Alder Grange High School, Rawtenstall

Date: Monday 12th November
Time: 6pm-9pm
Venue: CETAD at Lancaster University

Date: Thursday 15th November 2007
Time: 6pm-9pm
Venue: Ribby Hall, Wrea Green

Date: Tuesday 20th November 2007
Time: 6pm-9pm
Venue: The Red Rose Hub, Preston

Date: Wednesday 21st November
Time: 6pm-9pm
Venue: Lancaster & Morecambe College, Main Site

Date: Thursday 29th November 2007
Time: 6pm-9pm
Venue: Woodlands Conference Centre, Chorley

Date: Thursday 10th January 2008
Time: 6pm-9pm
Venue: Edge Hill University, Ormskirk

Lancashire
County Council



Cash for the grassroots

Active citizenship is what keeps society healthy. We would all be worse off without the county's many voluntary groups. Lancashire Local committees in all 12 parts of the county work hard to devolve power downwards. Each county councillor member also has a small pot of money to water the 'grassroots' in his or her area.

HYNDBURN: bog garden



●MARSH garden: County Councillor Jean Battle with pupils at Huncoat Primary School.

A SMALL sum of money amounted to a big step forward for a planned bog garden at Huncoat Primary School.

Huncoat Prospects Forum wanted £150 to buy plants for the marshy area of the school's playing field - and County Councillor Jean Battle helped out with a Lancashire Local grant.

The bog garden was planted earlier this year and, as well as the environmental improvement, can now be incorporated into school lessons.



●NOW we're cooking: Luthfor Miah, left, and Jewell Miam with County Councillor John Cavanagh.

BURNLEY: let's cook

THINGS have been hotting-up in the kitchen of Stoneyholme and Daneshouse Community Association since receiving funding from the grants scheme.

Six councillors on the Burnley committee combined to put £2,350 towards setting up a basic catering training course.

The course, run by Nelson and Colne College, is helping young people improve their job prospects by gaining a qualification and practical skills.

County Councillor John Cavanagh said: "There is concern about the future of young people who are not in any kind of job, education or training."

"This scheme makes a real contribution to social well-being in the area and is exactly the sort of thing these grants are intended to support."

A further £1,800 grant to the scheme was made by County Councillor Sean Serridge, county council Champion for Young People.

WEST LANCS: boxing

THE local grants scheme has proved a knockout with Skelmersdale Police Amateur Boxing Club which recently received £250.

County Councillor Terry Aldridge said: "The youngsters are always in need of funds as they constantly wear out kit and have to host boxing tournaments as well as pay for travel to box at other clubs."

"Boxing teaches self-discipline and instils a sense of team-spirit."

"The club gives young people a sense of community and provides them with strong role models."

"I used to box myself. One of the best things about it is that it is a great leveller - if you start thinking you are good and get too big for your boots, there is always someone just around the corner who is better and can knock you back into line."

"It's a great club that does a lot for the local youth of Skelmersdale and I'm very happy to be able to help them."

Skelmersdale Police Amateur Boxing Club meets Mondays, Wednesdays and Fridays from 6pm to 9pm at the Old Toby Inn, Ashurst.



●TEAM spirit: County Councillor Terry Aldridge holds the punchbag.

PENDLE: martial arts



●DOWN you go: blue belt Steven John Stokes (9) unbalances County Councillor Nawaz Ahmed.

FIGHTING is bringing people together in the Pendle town of Brierfield.

A grant of £600 from County Councillor Nawaz Ahmed's Lancashire Local fund was used by Pendle Martial Arts Academy to buy equipment so that people could learn fighting skills.

Entirely run by volunteers, the club attracts stars of the martial arts world - a number of world champions have attended - and local enthusiasts from all sections of the community.

Organiser Ray Stokes said: "More than almost anywhere else we get people working together in this area."

"Martial arts are hugely attractive for young people and our club treats everyone equally. It is a great boost for social harmony in the area to get everyone together."

'Red rose' voice heard in Brussels

LEADERS in business and innovation flew the flag for Lancashire at a major European event last month.

Lancashire County Council showcased work on innovation and environment at the European Week of Regions and Cities in Brussels.

The county council's Brussels office promotes Lancashire in Europe and

is working to attract even more investment by showing off recent successes and building partnerships.

Anne O'Mahony, Brussels office head, said: "European policy and legislation has a huge impact on Lancashire for everything from business investment to regeneration and transport projects, so it's important for us to maintain our influence."

Have your say on NHS change

MEMBERS of the public and staff will soon be able to serve as NHS governors if a proposal to change the status of one Lancashire NHS trust is given the go-ahead.

Consultation has started on a proposal to convert the University Hospitals of Morecambe Bay NHS Trust into a foundation trust - meaning patients, members of the public

and staff can stand for election as governors.

The idea is to get more people involved in running hospital services in the area - the trust provides hospital services at Royal Lancaster Infirmary, Lancaster and the Queen Victoria Hospital, Morecambe.

Based on co-operative movement principles, any person living in the area can become a trust member and seek election -

or vote for - as a trust governor. Trust membership is free.

Anyone interested in becoming a trust member, or who would like the consultation document, should ring the 24-hour number 01539 795229 or email: Foundation.Trust@uhmb.nhs.uk

Consultation closes in January. Lancashire County Council now has a legal duty to scrutinise local NHS provision.

Free Part Time Nursery Education places in Lancashire for 3 and 4 year olds

If you have a child born on or between 1 January 2003 and 31 December 2004 your child is entitled to a free part-time pre-school nursery education place from the start of the Spring Term 2008 commencing in January.

A free place consists of a maximum of five sessions per week and no more than fifty five sessions for the Spring term. A free session is for a period of 2.5 hours in length. There are three terms in the year, covering a total of 38 weeks.

Places are available from any of Lancashire County Council's eligible providers of pre-school nursery education.

These can be Local Authority (LA) maintained nursery schools and nursery classes, providers in the independent, private and voluntary sectors or accredited childminders on an approved National Childminding Association (NCMA) Children Come First Network.

Further information including a Parent Guide and a list of eligible providers within your area may be obtained from the Childcare Information Service on Freephone 0800 195 0137.



SureStart



PRIZES GALORE ON THE AMY JOHNSON MYSTERY TRAIL

DID you know Stanley Park where Blackpool Zoo now stands was once a municipal airport?

Famous pilots, including Amy Johnson, are known to have landed there in the 1930s.

The zoo has new owners: a Spanish-based leisure organisation called Parques Reunidos.

You could enjoy a day out soon with your family at Blackpool Zoo by entering our competition and winning one of six passes worth £47 each.

Amy Johnson, Britain's Queen of the Air, was the first woman to fly alone from Britain to Australia during the 1930s.

Her record-breaking plane is on display at the Science Museum in Kensington. There's an Amy Johnson exhibition at the RAF Museum at Hendon. Entrance to both is free.

One Vision reader will win a pair of first-class midweek rail tickets to London, compliments of Virgin Trains.

We'll include an overnight stay for two at Britannia Hotels, subject to availability. To stand a chance of winning one of our super prizes simply answer the following and return by 20 November:

Name Britain's "Queen of the Air".

Please state which prize you would like to win.

Entries to be returned by 20 November to: Amy competition,

Vision, County Hall, Preston PR1 8XJ or emailed to: <http://www.lancashire.gov.uk/corporate/vision/>



You can find out more by visiting www.blackpoolzoo.org.uk

For further information about Amy Johnson, see "Queen of the Air", published by Weidenfeld and Nicholson (2003) in hardback.

Virgin Trains has travel information, including special offers at www.virgintrains.com. The company runs fast and frequent services between Lancaster, Preston, Wigan and London Euston. Single fares from £15.50, include a complimentary seat reservation and may be bought online, by phoning 08457 222333, or by visiting any staffed railway station or rail-appointed travel agent.

Britannia Hotels offers accommodation at 33 hotels in Britain, including London and Blackpool. See www.britanniahotels.com for details.



YOU'RE... MAGIC

You've helped
turn an extra
75,000 tonnes
of rubbish
into something
useful!

In the last five years we in Lancashire have really embraced recycling and composting. With the introduction of new kerbside recycling services and improvements at the County's Household Waste Recycling Centres it's never been easier to make a positive choice as to what we do with our rubbish.

In the last 5 years the amount of rubbish we have recycled has more than doubled, from 70,500 tonnes to 146,000 tonnes. That's over 10,000 bin wagons a year less rubbish going to landfill.

Over the same period the amount of rubbish composted in the County has increased from 47,000 tonnes to 81,000 tonnes. This means that rather than being just thrown away our garden waste is being turned into a valuable resource.

These very impressive figures have put Lancashire at the leading edge of the recycling revolution that is sweeping across Britain.

If our performance had just stayed where we were 5 years ago, last year it would have cost taxpayers across Lancashire an extra £4.6 million to landfill rubbish instead of it being recycled/composted.



...from Tips ...to Tops

In recent years Lancashire's network of Household Waste Recycling Centres have evolved into some of the best in the UK, achieving both high levels of recycling and customer satisfaction, receiving top marks in a recent national poll. Today your local sites are open longer than ever before (8am to 7pm, 362 days a year) with facilities to recycle or reuse a range of materials from an armchair to a ZZ Top LP.

So if you have some rubbish from your home and are not sure what to do with it, take it down and ask one of the "Here to Help" staff. Last year people used the 23 sites to recycle over 8 million plastic bottles, 9.5 million cans and 8 million glass bottles and jars in just 12 months.




RECYCLING let's go > 4 > more


Fed up with your old furniture ...don't chuck it... 'CHARITY IT'

Your tired and used old furniture could quite easily be someone's saving grace so don't just chuck it, charity it. Across Lancashire there are a network of groups that collect old furniture, give it some care and attention before passing it on to people in need, both locally and in the developing world.

So if you have some furniture, from bookcases to wardrobes, that you don't need but would benefit from a little bit of love and attention then why not pass it on? To find your local group ring **0845 0500 957**




...Batteries Flat ?



Many people will associate the 1st July 2007 with the well publicised and controversial no smoking ban, however this date also made the disposal of untreated WEEE (waste electrical and electronic equipment) in landfill sites illegal. WEEE is any item such as a watch, hairdryer, mobile phone, toaster or computer that require an electric current or electromagnetic field to operate. These can be identified by the symbol of a crossed out rubbish bin on the packaging. In addition to electrical items new measures are being taken to divert the 600 million batteries being landfilled across the UK each year.

So how can you do your bit? When the batteries in the remote die or your toaster packs in, don't throw them in the bin, store them up and when convenient take them to one of Lancashire's 23 Household Waste Recycling Centres.

Recycle them here...



Battery Collection Point

Household Waste Recycling Centres

Collection points include:

- Carnforth Booths
- Lancaster CC White Lund Depot
- Ribble Valley Booths & Council Offices (Clitheroe)
- Pendle BC Fleet Street Depot
- Hynburn BC Willows Lane Depot
- Chorley Civic Centre
- Walton Summit Environment Agency Lutra House
- Longton Booths
- Penwortham Booths
- Preston Argyll Rd
- Kirkham One Stop Shop
- Poulton-le-Fylde Booths & Wyre BC Civic Centre
- St. Annes One Stop Shop

You can also take batteries to a number of local collection points free of charge where they will be recycled or disposed of in an environmentally friendly manner. For further information visit www.lancswasteinfo.com or call the waste helpline **0845 0500 957**

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**Keep the
Magic going...
think more
about throwing
much less
away!**

As part of a commitment to make it easier for people to recycle more of their rubbish, Lancashire County Council are currently running a trial to collect liquid food and drinks cartons for recycling at 3 of our Household Waste Recycling Centres. These sites are Ingol in Preston, Abbey Lane in Burscough and Everest Rd at St. Annes.

Try something new today

This new scheme has been trialled in response to public concern over the amount of cartons that are being thrown away, as the leak proof layer within them stops them being able to go in normal cardboard collections. Every year the UK throws away around 55,000 tonnes of this sort of material, all of which could potentially be recycled. As well as at the 3 Household Waste Recycling Centres a number of District Councils are trialling collection of these materials at their bring sites.

Making it easier to recycle

Today more of us can recycle more of our rubbish at home than ever before, thanks to the introduction of new collection services. So whether it's paper, pop bottles or pants it has never been easier for us to make a positive choice and recycle.

These new services have seen the amount of rubbish collected from our homes for recycling or composting treble in just five years to a staggering 151,000 tonnes. If all this rubbish was placed in bin wagons they would form a queue across the country from Preston to Hull.

So congratulations, we really are turning more of our rubbish into a resource, but we can't stop now. Before you throw anything away just stop and think do I want to bin it? If every household recycled just one more can, plastic bottle and jar we would collect enough material to fill another 30 bin wagons.



Although Lancashire is consistently recycling more of people's rubbish one of the great challenges faced by local authorities is to encourage people to throw less away. Often what we are throwing away is not just rubbish but a potential resource.

A good example of turning rubbish into something useful is composting at home. Lancashire County Council are committed to this, offering free home compost kits to people for the last 6 years, with over 150,000 bins given out. These bins can be used not only for garden waste but also stuff like fruit and veg. peelings, teabags and even tissues. Home composting not only turns your rubbish back into something to benefit your garden but also helps reduce the amount of methane gas produced in landfill, helping tackle global warming. So if you fancy losing your composting virginity then apply for a free compost bin at www.recyclenow.com/compost

"Hey Mummy
give me a go
with these trendy
reusable
nappies"



Another way to make a difference is to take some time to think about what you are buying and if there could be an alternative. Everyday in Lancashire the equivalent weight of 4.5 double-decker buses of disposable nappies end up in landfill, each taking up to 500 years to decompose, so every disposable nappy thrown away in Lancashire is still buried there. Today there are a number of alternatives available and modern reusable nappies are easy to use and come in all sorts of trendy colours and designs, meaning you can care for baby's bottom and care for the environment too. If you want to try it for yourself then Lancashire County Council have a limited number of £45 vouchers to give away to get you started with real nappies. So to find out more apply online at www.lancswasteinfo.com or ring 0845 0500 957 and see if you could be eligible to get in at the bottom with recycling.

Don't Bottle Out!

Every week in Lancashire the average family throws away 6 glass bottles or jars, but only around one third of them are recycled.

Recycling just one glass bottle saves enough energy to run a washing machine for ten minutes yet, on average, of the 330 glass bottles and jars every family in the UK uses each year, we only recycle 30% of them. Glass is 100% recyclable and can be endlessly recycled into bottles, jars or even turned into insulation for your home.

It only takes 3 weeks to recycle your glass into something that could appear back on the supermarket shelf, while it takes 1 million years for glass in landfill to turn to nothing.



Read all about recycling

Today most people in Lancashire have access to a paper recycling scheme, allowing them to turn their paper back into something useful rather than just rubbish.

Each year we throw away a lot of paper, which results in large areas of forest being cut down. **It takes 15 trees to make a tonne of paper and that's only to make 7,000 newspapers**, so printing this newspaper on recycled paper saves over **1,000 trees**.



Get...



For your chance to win...

a wind-up DAB radio why not see just how rubbish your recycling knowledge is by answering the questions below and circling the one you think is correct, then cut it out and return it to Waste Minimisation Team, Winckley House, Cross St., Preston, PR1 8RD by Monday 10th December.

How many tonnes of rubbish were recycled or composted in Lancashire last year?

27,000 tonnes 127,000 tonnes 227,000 tonnes 327,000 tonnes

How long will it take for a disposable nappy to break down in a landfill site?

5 years 50 years 500 years 5,000 years

Recycling one aluminium can saves enough energy to run a TV for 1 hour 3 hours 5 hours 7 hours

If all the rubbish collected for composting and recycling from everyone's house was put in bin wagons the queue would stretch from Preston to Hull Honolulu Hanover Hereford

How many trees are cut down to make a tonne of paper? 1 5 10 15

How many days each year are the Household Waste Recycling Centres open? 361 362 363 364

The total number of batteries thrown away in the UK in a year is

500 million 600 million 700 million 800 million

Name _____

Address _____

Post Code _____ Contact phone no. or email _____

A winner will be drawn on Friday 14th December

YES YOU CAN

Every year each household in Lancashire throws away 160 cans, all of which could be recycled. It only takes a few weeks for cans to be recycled into a range of useful things, from fridges to planes or even more cans, while in a landfill site it takes 50 years to turn them into nothing.

Recycling just one aluminium can saves enough energy to operate a television set for three hours. So if every household in Lancashire recycled just one can it would save enough energy to run a television long enough to show every single episode of Coronation Street 110 times, if you wanted.



Each of these pictures shows a part of something you could recycle. There are small pictures on every page to help you. See if you can spot what they are and send your answer to us at wasteminfo@lancashire.gov.uk or to Waste Minimisation Team, Winckley House, Cross Street, Preston, PR1 8RD. Don't forget to include your age and contact details. The prize will be an MP3 player, a set of rechargeable batteries and a battery charger. A winner will be chosen on the 14th December so make sure you get your entries in by the 10th December.

JUST FOR FUN
There are 2 missing cans, and 10 altered cans in the top picture compared to the bottom picture... can you spot them?

Can you spot the difference?



Life in Lancashire

Take the best of Lancashire in your stride

Wennington to Hornby - the sustainable way!

The third in our Countryside Service series of walks links easily with public transport, allowing you to be a sustainable tourist by leaving the car at home.

Local products, including food and drink, are easily available

PANORAMIC views of the highest hill in Lancashire, the Lake District, wide vistas of the Yorkshire Dales ... this north Lancashire walk has everything.

And because Wennington can be reached by train from Lancaster, you can leave your car at home and enjoy a wonderful walk through the rolling countryside around the Wenning valley in the Forest of Bowland Area of Outstanding Natural Beauty.

On a clear day, the views are surprisingly wide: on Parkside, a mere 110m above sea level, there is a 360-degree vista of the Lake District fells, the Howgill Fells,

Gragareth (Lancashire's highest hill),

Whenside and Ingleborough in the Yorkshire Dales, the Bowland Fells, and down the valley the block of Heysham power station.

The walk includes a series of carved stone waymarkers depicting local wildlife and working countryside based on designs created by children from Wray Primary School.

From Wennington station exit turn left and take the road over the railway and up the hill.

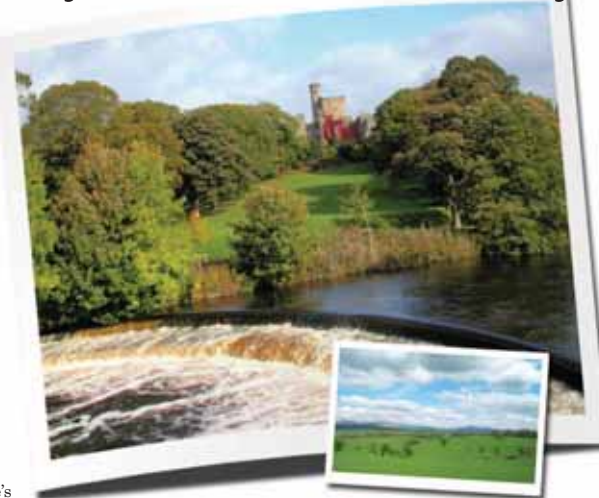
After 50m take the signposted path on the right. Follow the path through field and woodland to the summit of Parkside to enjoy the panoramic views.

On reaching a farm called Far Mealbank the path crosses the field and descends by a stream to a track which meets the road at Hindburn Bridge, cross the bridge and take the path on the left.

The path goes up a slope and right, through the wood. Follow the path to the road. Take this quiet lane down into the village of Wray, passing a tea-shop.

A memorial village green has been created to commemorate the great flood of 1967 which destroyed several riverside houses.

You can finish your walk here, taking the bus back to Wennington,



↑ (Above) RIVER view and Hornby Castle.
(Above, inset) PANORAMIC view from Over Melling.

← (Below, left) FASCINATING: a scarecrow festival is held annually in the village and surrounding farms, with a different theme each year. Lasts a week culminating in a fair on May Day bank holiday.



A visit to the website

http://www.forestofbowland.com/wrc/wrc_bus_walks.asp will give full details of the walk and links to bus timetables.

Ordnance Survey map for this walk is OS Explorer 41 Forest of Bowland and Ribblesdale.

Win a smart fleece worth £60

Preston's newest outdoor and travel superstore is offering Vision readers the chance to win a smart new fleece worth £60. Simply answer the following question and return, by Thursday 15 November, to Cotswold competition, Vision, County Hall, Preston PR1 8XJ:

Which is Lancashire's highest hill?



Present this voucher for 15% discount at Cotswold Outdoor Preston

135 Fishergate, Preston
(opposite Waterstones) Tel: 01772 270910
www.cotswoldoutdoor.com

*Cannot be used in conjunction with any other offers or discounts.



AUTUMN LISTINGS



Friday 9 November
7.30pm. Ian Keable, a one-man magic show. Kirkland and Catterall Memorial Hall, Churchtown.

Saturday 10 November
Shiva Nova – Indian drumming. Borwick and Priest Hutton Memorial Hall.

8pm. Ian Keable, a one-man magic show. Kirkland and Catterall Memorial Hall, Churchtown.

Saturday 17 Nov
10am-4pm. Map and compass – all-day workshop and moderate walk teaching basics of navigation. Bowland Visitor Centre, Beacon Fell Country Park. Book in advance on 01995 640557.

Thursday 22 November
7pm. Funny Business, comic show based on misunderstandings and illusion. Suitable for all the family. Newton with Clifton Village Hall.

Friday 23 November
6.30pm. A Comedy of Errors. New Longton Village Hall.

Saturday 24 Nov
12.30-3.30pm. When Saturday Comes: Viva Mexico! Museum of Lancashire, Preston.

Sunday 25 Nov
10.30am-4.30pm. Discovery walk. Moderate walk showing historic buildings, woodland, moorland and village scenery. Meet Pepper Hill Barn, Wycoller. Book in advance on 01995 640557.

2pm. The Am-azing Thing - Lempen Puppet Theatre with

storyteller Peter Grimm. Suitable for children with adults. Aughton Village Hall.

All month
Living with the Romans. Museum of Lancashire, Preston.

Royal Albert Voices. Views of institutional life in Lancaster's former Royal Albert Hospital, an institution for those with learning difficulties. The voices of former staff and patients. Lancaster City Museum.

Legend: the photography of Harry Goodwin. The work of the world-famous photographer. Museum of Lancashire, Preston.

You can find lots of information about events on:

www.lancscmuseums.gov.uk and at

www.lancashire.gov.uk/environment/countryside

Useful phone numbers

Bowland Visitor Centre,

Beacon Fell Country Park

01995 640557

Wycoller Country Park

01282 870253

Spring Wood Picnic Site

01254 825187

Lancashire Countryside

Service main office

01772 534709

Museums' main office

01772 534061

Injured at work? You need to know your rights,

writes Jim Dickson, head of Lancashire County Council's Welfare Rights Service



IF YOU have been injured at work, or have an illness or condition caused by your job, you could claim a benefit called Industrial Injuries Disablement Benefit (IIDB).

This benefit is not taxable and you don't need to have paid National Insurance contributions.

You can get IIDB even if you are still working or claim other benefits. It could be worth up to £131.70 extra each week depending on how disabled you are.

Not all illnesses count – it depends what type of illness you have and what

type of job you did.

If your accident happened (or illness started) before 1 October 1990, you could also claim a benefit called Reduced Earnings Allowance if you can no longer earn as much as before. You must claim this separately and it could be worth an extra £52.68 a week.

If your employer was in any way to

blame for your accident or illness you could also get financial compensation from them.

If you would like to know more, get our leaflet "Injured at Work?" or ask for our factsheet "Need advice about compensation?" by writing to us at: Lancashire Welfare Rights Service, FREEPOST, Preston PR1 8BR.

LOOK LIVELY

voice of
Vision



Habib Patel
Head of performance

Collecting performance data is vitally important in managing public services effectively. County councillors must rely on them to make informed decisions.

What is performance management?

It is my job to ensure that Lancashire County Council meets the expectations and service aspirations of the public and the government. It is done by measuring the performance of our services in an objective way. We calculate performance indicators that gave us a handle on how we are performing.

What sort of things do you look at?

The more we look at, the wider the picture we have.

It can be the number of people satisfied – or even dissatisfied – with quality of services.

These figures are then double-checked by the Audit Commission.

Councils have always tried to provide good services, but they haven't always measured them. I help various council departments set targets that are objective and measurable.

Are targets realistic?

I think so.

We look at how other councils in similar social and economic areas are performing and we aim to equal or beat them.

There are very few easy targets and a good number of very tough ones.

My job is really about ensuring that the council tax-payer enjoys value for money.

What did you do before joining Lancashire County Council?

I worked in a similar capacity for a neighbouring council for four years – a job in which I was also responsible for social cohesion.

How long have you worked here?

Only three months. I've met lots of friendly people.

It has been busy because it has also been Ramadan and Eid in this period.

Does Ramadan affect your work?

It makes me more focused. I have been fasting during the daylight hours – it has some similarities with the Christian Lent.

Fasting is one of the five pillars of Islam. It forces you to remember people who have nothing or very little – and, therefore, we give money to charity at Ramadan and throughout the year.

Spiritually, it makes you realise how fortunate we are in this country.

We celebrate Eid when Ramadan ends. We spend lots of time with our families and enjoy gifts – rather like Christians do at Christmas.

Both religions have more in common than many people realise.

Co-op coin's insight into Lancashire life

A LITTLE piece of history is coming back to Lancashire in the shape of a coin issued by a village co-op.

The copper-alloy 6d coin was discovered at a bric-a-brac fair in London – a symbol of an age when almost every Lancashire town and village had its own co-op.

Issued by the Crawshawbooth Industrial Society, the coin depicts two working men beside two beehives – a symbol of how people achieve more for society when working together.

The words "union" and "strength" feature prominently.

County Councillor Hazel Harding, who discovered the coin and took it back to Crawshawbooth where she lives, said: "It sums up a whole way of life.

"You don't see Crawshawbooth on many coins. Finding it was like finding a needle in a haystack.

"It started me investigating something of the co-op's history – a fascinating story."

Investigations with museum staff revealed that a co-op was founded in Crawshawbooth – between Burnley and Rawtenstall – in 1864.

The village's co-op was more than simply a retail affair. It was called an industrial society to reflect, it is believed, a role in building and running factories as well as shops.

It had a meeting hall capable of holding 400 people and even its own library.

Sandra Cruise, Rossendale Museum curator, who investigated



●**STRENGTH:** Hazel Harding and the Lancashire coin that was discovered in London. The coin features two beehives – symbolising how working together builds strength.

the coin, said: "The coin may have been a dividend token as such tokens were widespread in industrial towns.

"Real coins could be stolen, so tokens were a safer method of budgeting and protecting the family income.

"The value of the tokens was linked to the amount spent with the co-op. The coin system was very popular until it started to be abused – better-off members could buy up other people's coins.

"Most co-ops changed over to a paper-based receipt system and by 1938 only 27 societies still used metal checks.

"Industrial co-ops like the one in

**Tell us
your Co-op
stories**

Write to:
The editor,
Vision,
County Hall,
Preston PR1 8XJ

Crawshawbooth did more than run shops. They often built and ran factories – Rossendale had quite a number of footwear factories owned by the workers themselves.

"Many houses in nearby Haslingden were built by co-ops and many towns, of course, have Co-operation Streets.

"Even Loveclough, next to Crawshawbooth, had its own co-op. The building is still there although it is now owned by a printer."

Crawshawbooth itself has a Co-operation Street which used to be home to a co-op store.

Fascinatingly, the village's Adelaide Street library is housed within a former co-op building.

Primary schools deadline on 9 November

NEARLY one in five parents is now going online to apply for a primary school place for their child.

Almost 5,000 parents have used the recently introduced web-based applications system so far this year.

And with the deadline approach-

ing fast – applications must be made by 9 November – it is possible that application numbers will rise yet again.

Parents can, of course, still apply for school places by the traditional application form.

Parents whose child has a 5th birthday on or between 1 September

2008 and 31 August 2009 must make an application.

Online applications can be made at: www.lancashire.gov.uk/e-admissions

Advice and information is available on **01524 581112** (north Lancs); **01772 532191** (south Lancs); **01254 220718** (east Lancs).

Students urged to park cars with care

STUDENTS are being urged to follow the rules and park carefully when they come to study in Lancashire.

Each year 100,000 new residents come to the county as students. And with them, come cars and increased traffic problems.

But this term, ParkWise is teaming up with universities to advise students in advance where they can and can't park.

ParkWise's top-tips for new students are:

● Avoid parking in contravention by checking out parking schemes as soon as possible.

● University parking schemes are different from the local council ones so you may need to get a permit for parking on campus too.

● University car park permits do not allow students to park in residents' parking areas or anywhere outside of the university campus.

● Students should be aware of resident parking schemes – further information about who is eligible and how to apply can be obtained from the local council.

● If you park in a car park check to see if you need to pay and display a ticket or if you have a permit ensure that it is valid in that car park.

For further information about parking regulations please visit the ParkWise website at: www.parkwise.org.uk

Better still, catch the bus or car share with other students to reduce the volume of traffic.

School
REPORT



Kate Bloomer
Kate (21) is a teacher at Bowerham Community Primary School, Lancaster

Teaching - my wonderful new job

I STILL remember the moment I decided I wanted to work with children.

During year 9 at high school, a group of us were asked to look after some primary school children who were visiting the school for the day.

We were helping them in the IT suite and one of them put their hand up, looked at me and said "Miss?" I felt a surge of happiness as it unexpectedly clicked in my head that this was what I wanted to do. A little corny I know, but that was my turning point.

I did my work experience at a lovely primary school in Hornby, which was close to my high school.

I thought that this would settle my decision and it did. I was pushed further towards what I wanted.

When I finished school I enrolled on a three-year childcare course and came out

with a smile and a good qualification. This helped me get on the books at the Lancashire Teaching Agency and I was immediately asked to work at a local school supporting two girls with special needs.

I was in my element. After I had discovered that my skill was special needs I spent the next two years doing nothing but that.

I now work at Bowerham Community Primary School, supporting two children with special needs. I work in class with the two children and help them with the set class work.

I love everything about my job, especially when I can go home at the end of my shift knowing that I've taught the children I work with something new.

It's wonderful when I've had a particularly big breakthrough, such as finally helping a child to understand the maths work we've been doing all week. It's my job and I love it!

NEWS IN BRIEF

Make it a date

OLDER people and those with disabilities and mobility problems are invited to an open day to find out more about the range of aids and adaptations available to support them in their home.

The Independent Living Day is a free event and will be held at the CEDA Centre at St Peter's Centre, Church Street in Burnley on Friday 30 November.

Lancashire County Council adult social care services, housing associations, occupational therapists, and staff from Burnley, Pendle and Rossendale district councils will be on hand to offer advice.

All your yesteryears

MORE than 400 exhibits are heading back to Cumbria after skilled restoration by Lancashire County Council museum staff.

Work involved restoring fabric, paint and metals to give a new lease of life to the artefacts. The county council recently opened a new conservation and restoration studio which will conserve and restore exhibits from across Britain.

The Cumbria project ended in October and the restored exhibits will be displayed at Whitehaven Museum from 5 November.

Cyclists beat rush

ONE of Lancashire's newest cycle routes has won national recognition.

The six-mile route linking Morecambe promenade to Lancaster centre was praised in a national newspaper.

John Grimshaw, the man in charge of the National Cycle Network, described the route as being completely free of traffic and giving wide views of Morecambe Bay and the Lake District.

The route is part of a wider project to reduce congestion and pollution in the Lancaster and Morecambe area.

Walking comp win



A WATERPROOF jacket was the prize for Sue Moran when she entered a readers' competition in Vision. Sue, from Burnley, was the winner from almost 300 entrants by correctly identifying John Kennedy as the designer of Rossendale's new panopticon. She is pictured receiving her prize from Kevin Matthews, manager of Preston's Cotswold Outdoor store which sponsored the competition.

New lease of life at 'home from home'

FAMILIES and carers are to get a new deal with three new short-break facilities.

New centres, featuring en-suite bedrooms, kitchen, dining rooms, living rooms and gardens have already been opened in Burnley and Morecambe.

A third centre will open next year in Preston. All three will offer short breaks for families and carers of adults with learning disabilities.

And for service-users themselves, the centres will give the chance to develop independence and essential life skills.

Full disabled access, specialist hoists, and round-the-clock care staff mean everyone can benefit.

"Support services and respite care for adults with learning disabilities have changed significantly over the past few years", said Richard Jones, executive director of Adult and Community Services.

"The emphasis is shifting from the large, old, traditional buildings of yesterday to more localised, community-based support.

"It requires modern and suitable accommodation and drop-in resource centres, and flexible support and short

breaks for parents and carers."

The multi-million pound programme of support has included refurbishment of a number of day-resource centres in Fylde, Preston and Lancaster.

Other support includes the Adult Placement Scheme, which involves adults staying in the family homes of paid carers - and also a Leisure Link scheme which gives adults with learning disabilities support to access leisure activities.

An annual £67m is spent by Lancashire County Council on learning disability services.

More than 2,000 such adults are

supported in such a way - and many are supported in living with their own families.

Mr Jones added: "In addition to providing residential short-break facilities, we also continue to develop community-based services helping people develop skills and independence.

"At the same time we will be providing their usual carers and families with a break."

More information at www.lancashire.gov.uk/socialservices or by contacting local learning disabilities community teams or your local adult social care office.

Rhythm and rhyme, it's party time

CHILDREN with special needs can now enjoy the fun of singing and dancing to folk music, thanks to Lancashire folk.

"Dance to your Daddy" is the name of a CD that has been specially produced with both slower and regular-speed versions of traditional folk favourites.

Following a visit to a special school, members of Lancashire Folk - the county's folk dance and song group - had the brainwave of adapting folk music when they realised that students with physical or learning difficulties loved the music but found the tempo too fast for their mobility or co-ordination.

Determined to help, they teamed up with Roy Hordley of The Poachers to produce a pilot CD of music recorded at different speeds.

Now the idea has been taken up by Diana Campbell-Jewitt, the education manager at the London-based English Folk Dance and Song Society (EFDSS). She has worked with The Glowworms and Folkus Pocus to produce a brand-new CD featuring a dozen traditional folk favourites, each recorded at two speeds.

Margaret McFarlane, secretary of Lancashire Folk, said: "We sent copies of our pilot CD out to some special schools as a gift. Diana heard about it and arranged for a new CD to be recorded with the two bands.

"Lancashire Folk has paid for it and we are making sure that all the special schools in Lancashire will get a copy."

The CD features the title song, Dance to your Daddy, as well as The Keel Row, This Old Man, and Oh Dear, What Can The Matter Be? besides a number of other tunes.

Lancashire Folk has funded the £5,000 cost of the CD, which is available from the EFDSS on 020 7485 2206.

Anyone wanting further information about Lancashire Folk can contact Margaret on 01695 423882.



●TWO-SPEED music: Mark Edward from Heysham Sports Partnership receives the CD from Margaret McFarlane and Valerie Kite of Lancashire Folk.

Top honour for community team

THE work of a committed county council team has been recognised at a major awards ceremony.

Lancashire County Council's Community Design team was declared runner-up in the Best Community Involvement in Planning category of the Royal Town Planning Institute North West and North West Planning

Aid awards, held in Manchester.

The team has been involved in over 90 schemes across Lancashire since 2004. It has helped bring over £2m of investment for community groups.

Vision regularly covers its innovative work of schemes such as the Accrington-based Backyards project and various clean-up schemes.

Fleetwood hopes rise

HOPES are rising for a brighter economic future for Wyre after a meeting with regeneration chiefs.

Congested transport links, according to county councillors and Wyre Council representatives, could strangle the area's skills base and lead to a long-term future as a "dormitory" area for commuters, the retired and unemployed.

But backing has now been received to investigate upgrading the busy A585 to a dual carriageway - with cash help for consultations now expected from the North West Development Agency (NWDA).

The NWDA was invited to the meeting by Lancashire County Council.

The meeting acknowledged that the former ICI site is of strategic importance and agreed to grant greater recognition to Fleetwood's maritime industry.



●MEMORIES: Floella with, from left, Councillor Alan Whittaker, Darenell St Jean (8), Maya Thompson (8), Tia Webb (6) and Elly Robinson (5).

FLOELLA'S 'PRIDE' VISIT TO COUNTY

CHILDREN'S TV presenter Floella Benjamin OBE was guest of honour when the county council celebrated Black History Month.

Floella presented a film of her book, "Coming to England", which describes her journey from Trinidad to England - and shares the feelings she experienced about leaving the Caribbean at age 11.

Candlelight Baroque

Performances by Lancashire's Professional Orchestra

Director - Andrew Watkinson
Soprano - Elizabeth Weisberg

Lancaster Cathedral, LANCASTER

Friday 14th December, 2007, 7.30pm

St Peters Church, BURNLEY

Saturday 15th December, 2007, 7.30pm

Tickets: (Lancaster) £10.00 (£7.50 conc.)
Box Office: (01524) 384820

Tickets: (Burnley) £8.50 (£5.00 conc.)
Box office: (01772) 531794

Lancashire
Sinfonietta

We invite you to open
our scrumptious musical
selection box of
Baroque treats!

Works by: Bach, Handel, Corelli,
Vivaldi & Purcell to include
Brandenburg Concerto No.3,
excerpts from Dido & Aeneas
and Scarlatti's Christmas
Cantata.

Lancashire
County Council

5 top tips for making meal times fun with healthy eating

Follow our tips on how to make meal times an enjoyable experience for your family whilst encouraging healthy eating:

Encourage children to plan family meals – sit down and look through recipe books and allow children to choose.

Make shopping more interactive –

encourage children to choose different fruit and vegetables each week and try them in dishes or on their own. Ask them to find a certain fruit or vegetable on the shelves to test their knowledge.

For younger children – make shapes on the plates using cut up fruit and veg. A funny face works a treat and it shouldn't matter that children are playing with their food as long as they are eating it!

Invite friends round – if your child is a fussy eater they may well tuck into their meal if friends are eating theirs.

Offer fussy eaters more variety – even if they only eat half they are still trying new foods instead of the same items day after day.

Local, Lancashire and British

At Lancashire County Commercial Services (LCCS), the county council's school meals service, we are constantly working to reduce the amount of salt and sugar in our meals.

Our roast chicken and pork is produced from British farms and our beef burger is **100 per cent British beef**.

We take pride in sourcing locally grown and produced fresh food for our lunches.

You can be sure that wherever possible we will use local producers and fruit and vegetables that are in season.

Sitting down together for lunch helps younger children to develop their social skills and sets pupils up well for an afternoon of learning.

For more information about LCCS and school meals visit www.servinglancashire.org.uk or contact your local school.



Sample school meal menu

Spaghetti Bolognese with Herby Garlic Bread or Tuna and Sweetcorn Pizza, Jacket Potato – Mixed Fruit Cookies or Fruit Yoghurt or Medley of Fresh Fruit.

Welsh Pork Meatballs in Onion Gravy, Sweet Potato Mash or Pasta in Tomato and Mascarpone Sauce with Cheddar and Mozzarella – Sticky Toffee Pudding with Vanilla Sauce or Fruit Yoghurt

Roast Beef and Yorkshire Pudding, Roast Potatoes, Gravy or Cheddar Cheese and Potato Flan – Chocolate Nests with Mandarin Fool or Fruit Yoghurt

Fruity Chicken Curry or Tomato and Lentil Soup with Toasted Pannini – Lemon and Sultana Semolina Pudding or Fruit Yoghurt

Sausage and Apple Slice or Chip Shop Style Fish – Ice Cream Fruit Sundae or Fruit Yoghurt or Medley of Fresh Fruit.



Commercial services

Lancashire
County Council