

Roy Birch

Recently retired Parish Councillor Roy Birch received a warm welcome at the June meeting of Tidenham Parish Council where he was presented with a certificate to mark his being made an Honorary Freeman of the Parish.



Roy was a long serving member of the Parish Council and had also served as district and county councillor over a period of 35 years. On presenting the certificate, Council Chairman, Jan Koning, acknowledged that when someone with that breadth and width of expertise and experience retires, it is difficult to fill the void. Because of Roy's impressive track record and his wise contributions over all of the years, Tidenham Parish Council had decided to do something very special and, on behalf of the community, say a big 'thank you'. Parish Councils have limited powers but one of those powers recognises that sometimes people serve their community in exemplary ways.

Roy said he was extremely grateful for the honour and that he had been a councillor 'to get things done for people'.

Useful Numbers

- Chepstow Citizens Advice Bureau - **01291 623437**
- Samaritans - **116 123**
- Gloucestershire County Council - Main Switchboard - **01452 425000**
- County Councillor - Mr Patrick Molyneux **01594 529174**
- Streetlights (Free-phone) - **08000 514514**
- Police (All non-emergency) - **101**
- Crime stoppers - **0800 555 111**
- Bogus Caller Helpline - **0800 100 0777**
- Doctors Surgery - Beachley Road Sedbury - **01291 626041**
- Coleford Road Tutshill - **01291 637910**
- NHS (Non emergency) - **111**
- Sedbury Pharmacy - **01291 622532**
- Revd David Treharne - **01291 760034**
- Trading Standards Helpline - **03454 040506**
- Education Helpline - **01452 425300**
- Environmental Helpline - **01452 425500**
- Forest of Dean District Council Main Switchboard - **01594 810000**
- Bulky Items Collection - **01594 812444**

Tidenham Parish Council
Contact the Clerk, Mrs. Carol Hinton on **01594 530779**
Email: clerk@tidenhamparishcouncil.co.uk
or visit our website: www.tidenhamparishcouncil.co.uk



Welcome to the Autumn/Winter 2019 edition of our Newsletter

Thank you to everybody who has contributed articles to this newsletter. If you would like to provide an article for a future issue or for further information please contact the Clerk.

New Swings – Woodcroft Play Area

Following a request from one of the younger members of the community and some friends, the Parish Council has installed a new set of toddler swings at the Woodcroft play area. It seems they were well used during the summer and Councillors hope the younger members of the Parish will enjoy them in the future.



Proposed Development South of A48

Thank you to those of you who came to the Planning and Highways Committee meeting on 23rd October 2019 regarding the outline planning application by Gladman for up to 185 houses.

For your information the Parish Council has objected to the application. A summary of the reasons cited is given below. For the full response please see the consultee comment under application number P1574/19/OUT on the Forest of Dean District Council website www.fdean.gov.uk

- National Planning Policy Framework guidance seeks to protect the open countryside from development where not essential and to ensure the surrounding environment is safeguarded from inappropriate development.
- The proposed development would have a detrimental impact on the open countryside.

- Existing settlements, especially in the south of the Forest of Dean District, are already nearing their capacity limits.
- The land is outside of the District Council Defined Settlement Boundary
- There are limited opportunities for expansion in the area with most residents leaving the district for work. The District Council Core Strategy supports only locally based growth and a relatively modest amount of new development compared to the size of the current settlement.
- The local infrastructure with regard to schools, GP surgeries, shops etc. is totally inadequate.
- A dramatic increase in cars will cause even longer peak time delays. The traffic surveys have been conducted at quieter times and are not representative of an already critical situation.
- The air pollution on Hardwick Hill in Chepstow already exceeds the limit set under EU regulations.

- There is virtually no employment in the area thus all property dwellers will need to travel north or south on the A48.
- There is currently inadequate parking at the station in Chepstow for commuters to travel by train. In addition there is a limited service from Chepstow in both directions.
- The bus services are inadequate and the bus pass use for English residents stops at the bus station. There is no direct or reliable bus service to hospitals in Gloucester, Newport or Chepstow.
- The play area for children is too close to the train line and thus could be dangerous.
- The nearest library is in Chepstow.
- The effects of the developments currently under construction in Chepstow, Sedbury and Tutshill are still to be realised on an already severely constrained infrastructure.



Warm and Well This Winter!

Now that autumn is upon us it is time to start planning for the cold winter months ahead.

Here in the Forest of Dean we are very fortunate to have the services of a great organisation, "Warm & Well".

This project was established in 2001 so has a lot of experience. Advice is provided on keeping warm at home, saving energy and saving money.

The following services are provided:

- Free energy efficiency advice
- Free home energy advice visits
- Insulation and heating grants
- Health related grants
- Renewable energy information

Some of the above are subject to eligibility criteria, but it's always worth getting in touch.

Free central heating.

If your home relies on electric heating or storage heaters you may be entitled to have a central heating system installed absolutely free.

In the UK, more than 2.5 million homes are in fuel poverty. This means that their fuel costs are higher than average, or if they heated their home to the average level, they would be living below the poverty line.

This can affect elderly or frail people who need to keep their homes warm, but can also affect younger families on low incomes. This coming winter, we should all become "good neighbours", keeping a friendly eye on people living close to us.

Signs that might trigger concern are:

- Complaints of cold
- Respiratory illness
- Children constantly having runny noses, rashes, ear infections, conjunctivitis
- Unhappy, depressed, fatigued
- Complaints of high fuel bills
- Wanting to stay in hospital/away from home
- Wearing a lot of clothing
- Staying in bed



Here are the contact details for Warm & Well: tel. 0800 500 3076 or text WARM to 83010

As usual, if you think that as one of your District Councillors I can be of help, please get in touch

01291 625013 or email helen@molnet.co.uk

Helen Molyneux

Parish and District Councillor

Join the Tidenham Parish Council Facebook Group and keep up to date on what's happening in the Parish.

Tidenham Parish Council would like to thank Bobby and Bhavna Nakum of Lifestyle Express, Tutshill for once again sponsoring the delivery of this Newsletter. This has helped to save public money. Please contact the Clerk for further information.

Defibrillators

It has been brought to the attention of the Parish Council that when dialling 999 from home you will only be directed by the emergency services to one of the defibrillators in the Parish if you are within 200 meters of one as the crow flies.

The South Western Ambulance Service have informed the Parish Council that 'the reasoning behind this is that 200 metres as the crow flies could be a 400 metre walk there and back which would take the average person about eight to ten minutes, they would then need to open the defibrillator cabinet and retrieve the defibrillator, eating into the time further. We would not ideally like someone to drive to retrieve the defibrillator as they could be in a heightened state of anxiety.'

Tutshill – on the War Memorial Hall

Sedbury – on the Chemist shop

Beachley – on the bus shelter

Woodcroft – in the old telephone kiosk

There are also defibrillators on the old warden's block on Buttington Road in Sedbury and those located at Wydean School which can be accessed when the School is open.

Once at the defibrillator location follow the instructions on the cabinet. Dial 999 and you will be given clear and precise instructions including the access code. Do not attempt to force the cabinet – emergency support is essential.

Due to unforeseen issues with the solar powering of the Beachley Defibrillator (Loop Road bus shelter), it will be temporarily be taken offline as soon as the temperature dips below freezing. The nearest defibrillator is by the Chemist in Sedbury. The good news is that external funding should be agreed in the next financial year to re-position the Beachley Defibrillator on the opposite side of the road so that it can be plugged in to mains power which will be a more reliable solution. A notice will be attached to the defibrillator once offline.

**WANTED!!
PARISH
COUNCILLORS**

Shirley's Grove Needs You!!

**Saturday 14th December 2019
anytime from 1000hrs.**

Shirley's Grove is in need of further woodland management.

Gloucestershire Wildlife Trust is supplying experienced workers to carry out tree thinning works but we badly need volunteers to help de-limb felled trees and clear brash.

Some hand-tools will be available but if you have bow saw, pruning saw, axe, billhook or similar then feel free to bring them.

Come along for the day, an afternoon or morning or even just a couple of hours. All help much appreciated and a way of giving something back to this beautiful area that was bequeathed to the local community. You may even get something back in the form of firewood to take away (subject to availability).

Hope to see you at the gate at the Castleford Hill end of Mopla Road.



Annual Parish Meeting – April 2019

Thank you to all of you who came to the Annual Parish Meeting on 10th April this year. This is a follow up on a couple of questions asked by you at the meeting.

A48 Speed Limit


Several people asked that the speed limit on the approach to Chepstow be reduced to 30mph. The Parish Council has asked for this to be considered but Gloucestershire Highways have indicated that there have not been a significant enough number of incidents reported on the stretch of road for the speed limit to be re-considered.

Have you had a 'near-miss', or witnessed an incident that may not have required notification to the Police, on that stretch of road? If so we would like to hear from you. Councillors will continue to request that the limit be reviewed and will present any information gathered in support of this.

clerk@tidenhamparishcouncil.co.uk

Public Footpaths in the Parish

Councillors were asked if a map of the footpaths in the Parish was available. The Clerk does now have a detailed map but it is too large to easily reproduce. You may however access the full map of Public Rights of Way in the Parish by visiting the Gloucestershire County Council website.

www.gloscc.gov.uk – go to  Highways (Roads, Parking and Rights of Way)

Then click on  Public Rights of Way.

Under 'Other information' there is a Rights of Way online map along with lots of other useful information.

Tidenham Parish Council needs 2 new Councillors – interested? Read on..... Why become a Parish Councillor?

By becoming a Parish Councillor you become someone your community will look to for help, guidance and support - a community leader with the power to influence decisions for the benefit of the people you serve.

Current Parish Councillors are from Sedbury, Stroat, Tutshill and Woodcroft

Tidenham Parish Council is looking for 2 new Councillors of any age (18 years or older) or background and from any part of the Parish of Tidenham.

Are you enthusiastic about your community and prepared to give some

time to help improve it? Not just attending meetings, which are important, but getting involved with local groups and initiatives and engaging with members of the public. If so we need you!

Councillors will be considering applications for co-option to the Parish Council at the meeting on 15th January 2020 and you will be invited to come along so that Councillors can meet you.

Please contact Carol Hinton, Clerk to the Parish Council for more information or send details of why you would like to be considered as a Councillor to clerk@tidenhamparishcouncil.co.uk by 7th January 2020

Focus on Older Adults Exercise: Weekly classes at Sedbury Village Hall

There are two classes every Tuesday at the hall focused on providing safe, effective exercise for older adults to maintain and improve strength and balance and reduce the risk of falling. **12.45pm Falls Prevention and 13.45pm Active Strength and Balance.**

The class instructor Helen Sharpe is a qualified Exercise Referral and Postural Stability Instructor (PSI - Level 4 Exercise specialist) and she is assisted by volunteers in partnership with Sedbury Space, the Forest of Dean Dementia Action Alliance and the memory Cafe.

At a recent class visit we spoke to members of both groups about their experience of attending the groups. Keith Harris attends the Falls Prevention class - he had a bad fall earlier this year and ended up in hospital in Newport, where he was then referred to the Physiotherapy team at the Dilke Hospital. He completed a course of Exercises with the team at the Dilke before joining the Falls Prevention class at Sedbury Village Hall in June 2019.

"I really feel my strength and confidence have improved" said Keith, who reported the link up with the Falls physiotherapy department and the chance to continue his progress has made a difference. "I enjoy the classes, they are sociable and we have a good time" Keith was in the RAF and was actually part of the Physical training team there, so he appreciates the value of maintaining your physical fitness.

Doreen Swan also attends the Falls class, she was introduced by Sedbury space volunteer Pam Clarke and she said "we have a friendly instructor, she's a star". In terms of the benefit to her own health, she now reports "I can now tie my shoe laces again, my flexibility and strength have improved" and I like the mix of people and the social aspect".

Poppy Moss has been attending for over 12 months now and she feels the classes really make you conscious of how you move and what to be careful of to reduce falls risk - such as:

Regular sight and hearing checks, good well-fitting footwear, reviewing medication or changes to your health regularly and taking regular specific exercise to maintain strength.

Tidenham Parish Council recently awarded a grant through Sedbury Space to pay for the hire of the Sedbury and Beachley Hall for a year to allow the classes to continue and develop.

Classes are run in partnership with the Forest of Dean Community Wellbeing Service (Social Prescribing and Exercise Referral scheme) and local surgeries or allied health professionals may refer you. Please contact the Exercise Referral scheme at FODDC on 01594 812447 for information. Classes cost £3 and the first one is offered free as a taster'.



Keith 'Bomber' Harris and Poppy Moss with instructor Helen Sharpe



Class in action

Housemates Re-invented with Homeshare Gloucestershire



Homeshare brings together older people who have spare rooms, with people who need affordable accommodation and who are happy to chat and lend a hand. Homeshare can be a great and safe option for someone who misses having other people in their home.

Homeshare is new to Gloucestershire, but operates internationally and started back in 1985, providing a perfect option for thousands of people. For families of older people, knowing their loved one has company and some help around the house brings peace of mind. For sharers, it means being able to live in comfortable, affordable accommodation whilst giving something back to the community. For both, it means making new friends as well as sharing and learning new skills.

How it works

The Householder

Benefits from some low-level support and company at home.

The Homesharer

Is offered not just a place to live, but a real home.

Together

Householders and Homesharers share home life, time, skills and experience.

Homeshare Gloucestershire

Carefully matches people, oversees the arrangements and provides professional ongoing support.

We already have a number of successful matches across the County, so if you'd like to know more, call Homeshare Project Manager, Ramona on 01452 422660/07760 419260 or visit ageuk.org.uk/gloucestershire/homeshare.

Homeshare Gloucestershire is one of the services offered by Age UK Gloucestershire, a local independent charity with a mission to make our County the best place in which to grow older.

Age UK Gloucestershire registered charity number 111773.