

# Alcester Town Council



## Summer Newsletter

Issue 43 June 2016

### MAYORS MESSAGE



Recently at a very pleasant ceremony I was made Mayor of Alcester, with my wife Jennifer as my Consort, together with the newly elected Deputy Mayor Cllr Yvette Morrison with her Consort Paul. I am very pleased and proud to have been given the honour and privilege to be the Mayor of the Town that has become our home.

I would like to give a personal thanks to Professor Emeritus Cllr Clive Neal-Sturgess. It is because of Clive and Clive's predecessor, Yvonne Hine that I agreed to become Deputy Mayor last year. Despite serious health issues, Clive and his wife Elle have done an amazing

job for the Town. I have really enjoyed and benefitted from working with Clive and certainly hope to continue to do so.

What seems like many years ago I got involved in *Advantage Alcester* with John Mattocks, Roger Jackson, Lise Evans, Edwina Neale and Eleanor Lines. Later John, Roger and I, together with Nick Dearling, morphed into *Vision for Alcester*. We like to think that we achieved some advantage and developed some vision for Alcester. It enabled me to find out a lot about Alcester and the people who live in here. Alcester Town Council has another busy year ahead. Our agenda seems to keep getting bigger and bigger. We will certainly do our best to respond. If it is to achieve its aim of supporting our community we need everyone's help. Alcester is very fortunate to have so many people who work with clubs, societies and other voluntary organisations. This Town only works because of you all.

We are constantly being told that Alcester, like all other communities, has an ageing population. Alcester's Health and Well Being Board, together with WCC have an exciting initiative encouraging the support of older people. A new phase of this will start very soon. Your Town Council is very aware that we have to support all members of our society, none more so than our young people; the future of any society. With many houses planned we will soon be welcoming more new people to Alcester, we want to ensure that there is an infrastructure to support us all. We need to ensure that Alcester does not become a dormitory town for Birmingham and other big towns.

To become the Mayor of Alcester was not part of the plan when I went to live in Birmingham, off the Alcester Road South. We are very fortunate that we have found the real Alcester.

*Professor Councillor Chris Brannigan.*

### FIRST MAYOR OF ALCESTER

Marion Cargill, Alcester's First Mayor, died on April 25th 2016 at the age of 92. Marion was born in Alcester in December 1923 where she grew up. When war broke out she started work in the local egg packing station until she was called up in 1943 and served with the Wrens for the rest of the hostilities, mainly in the Orkneys. She was demobbed in 1946. It was during the war that she met her husband, David Cargill. They eventually returned to Alcester and were married in a double wedding with Marion's sister Irene, at St Nicholas Church. Marion was a popular figure about town and always had a smile for everyone. Alcester was at the centre of everything she did. She was well known for her community spirit and sense of duty, as was David. Marion was a lifelong member and president of the Women's Institute a member of the Royal British Legion and a poppy seller for over 40 years. She was a regular churchgoer and was involved in many other local organisations. A true Alcestrian, she will be greatly missed by all her family and friends.



*Councillor Mark Cargill*



Alcester Country Market has been in existence for nearly 50 years and operates from the High Street in Alcester. In 1995 following incompatibilities between the WI charitable status and the co-operative nature of the markets a separate organisation was created and in 2004 the use of the WI name was dropped and Country Markets Ltd came into existence. Each local market manages itself, but is supported by market advisors, a county team and the national executive, who ensure markets comply with very strict guidelines, particularly regarding health and safety and copyright regulations. Alcester Country Market is a co-operative and our members are our producers, many based locally. We take pride in producing homemade goods which cannot be purchased elsewhere, individual orders generally accepted. Our bakers all have hygiene certificates and our craft producers offer a range of quality goods for sale, including homemade cards, bags and knitted items. We also supply eggs, fruit juice and honey. Our outside area is an excellent source of quality home grown plants, fresh fruit, vegetables and cut flowers available when in season. We are open every Friday in the year from 8-12, the first Saturday in the month from 10-1 and for the Artisan Markets, Food Festivals and Street markets. We welcome new producers who can increase the variety of our products and look forward to welcoming you to the market in the near future.

**Fiona Flear, Market Manager** <https://www.facebook.com/AlcesterCountryMarket>

## THE GAME FAIR 2016

Festival OF THE GREAT BRITISH COUNTRYSIDE

The Game Fair makes a welcome return to Ragley Hall Estate this summer. The well-known event, backed by new investors, is set to be the biggest and best Game Fair to date. While local residents are excited about the events return, the organisers are happy to share their traffic plans with local residents and a number of presentations to Parish Councils and to Alcester Residents through Alcester Town Council. As residents are aware, traffic in the surrounding areas is likely to be heavier than usual and residents may experience increased volumes from Wednesday the 27<sup>th</sup> of July until Monday the 1<sup>st</sup> of August. Friday, Saturday and Sunday of the show days will see increased traffic on all roads around the Ragley Estate. However, we are assured by the organisers that the main emphasis of the traffic planning is to ensure inconvenience to local residents is kept to a minimum and there will be many traffic management facilities in place to keep traffic flowing smoothly. All approaches to Alcester will have signs stating that businesses are open as usual. Local residents should be aware that on show days the traffic will be at its busiest from 7:30am – 11am then 4pm-7pm each day. There will be an event control number that residents can call if you wish to report an issue. The Game Fair is shaping up to be a spectacular event this year, and with such a glorious celebration happening on our doorstep, it makes sense to take advantage and enjoy a true British day out and experience everything the countryside has to offer.



Buy your tickets at [www.thegamefair.org](http://www.thegamefair.org) or call the box office on 0844 776 7777.



## ALCESTER AND FOREST OF ARDEN FOOD FESTIVAL

Has recently become a Community Benefit Society (CBS), reflecting its position as a premier event held in the Town and the need to have a more professional structure in keeping with this. Alcester Food Festival Chairman, Steven Brown, said 'I was able to recommend a suitable structure for the Food Festival owing to my experience over many years, having been a Director of a number of Companies with different structures' The Food Festival Committee being entirely made up of volunteers, wanted to have a legal structure which afforded protection through limiting personal liability but which also reflected the original intention of the founders and the spirit of the existing Constitution, including making charitable donations to organisations within the town. The CBS was the best choice from the various options available and we were able to complete the formalities prior to the next Food Festival on 21<sup>st</sup> May." For more information on the Festival go to [www.alcesterfoodfestival.org.uk](http://www.alcesterfoodfestival.org.uk) Contact Steven Brown for additional information on Charitable Organisational Structure on [stevenmlbrown@gmail.com](mailto:stevenmlbrown@gmail.com)



## Clerks Corner

A New Mayor and fresh horizons, if we take on the opportunities as they arise and put them to bed we should cope, or that is the theory. It is a sad fact though that many of the old ones hang on, but constantly looking back is not the way forward. The projects we are undertaking this year will mean we will have to manage finances twice the size of our precept and as a consequence we must expect to do twice the annual work. This is not the first time this has happened, but the third in the last six years or so. This is a reflection on how much investment the Town Council has pulled into the town, put this together with the efforts the Town Council has made towards getting the new Health Centre, the Flood Alleviation Pumps and the Big Tank, investments made in the Town by the NHS, the Environment Agency and Severn Trent Water, Alcester has done really well during a period of severe austerity.

The investments this year will benefit the Towns Young people with a new Skatepark and upgraded Play Equipment, the Towns Older Generation, with a new initiative to help people remain independent, keep active, reducing Social Isolation and Loneliness, by increasing Social Integration and Connections. A tall order maybe, but when Alcester, like all communities are faced with facts such as the number of people over 85 growing by 42% by 2021 and 184% by 2037, we all must act now to build up capacity and resilience whilst working with the NHS and Social Services, who we all know are already under pressure. Add to this the expansion of the Town being expected to exceed a further 20% by 2031 and having a Vision for the future becomes more critical. Alcester Town Council's policy therefore on expanding recreational open space in the future becomes more critical and we hope that announcements on how we will be achieving that will not be far away.

*For more information about any Town Council projects please contact Alcester Town Council on 01789 766084 or email [clerk@alcester-tc.gov.uk](mailto:clerk@alcester-tc.gov.uk)  
Chris Wright - Clerk*

## SPEED AWARENESS GROUP

*The Group are working with the Police in setting up mobile speed checks, if you feel you can help support this initiative in keeping our roads safe for all then please contact Cllr Andrew Foster on 01789 766084 or email [amfoster@live.co.uk](mailto:amfoster@live.co.uk)*

## QUEEN'S BIRTHDAY CELEBRATIONS

### Alcester Court Leet Right Royal Street Party and Market.

On Sunday 12<sup>th</sup> June Alcester's Court Leet will stage their annual Street Market. This year it will be a little different as the market is being combined with a Street Party to celebrate Her Majesty the Queen's 90<sup>th</sup> birthday. The Court Leet wish to extend a warm invitation to you all to share in this day and to help to make this year's event very special.

The Street Market, held annually by Royal Charter each June, is in support of the High Bailiff's Charity Fund and this year we hope that everyone will come along bringing their tables, chairs and gazebos and turn out on the day wearing some 'unusual', 'fetching' 'eye catching' or simply 'crazy' outfit related to the Royal birthday theme or if you prefer you can just wear "Red, White & Blue".

There will be prizes awarded for both individual dress, after the customary fancy dress parade, and for those stalls who decide to depict an appropriate **Royal Party** theme as well as for the shops that dress their windows accordingly. For your entertainment during the day there will be live bands performing outside the pubs, performances in the churches from local choirs and singers, street entertainment and the normal packed programme of events. You can start setting your tables and chairs up from 12:00pm with the official Market opening at 1:00pm after the traditional procession.

*For more information contact: [highbailiff@alcestercourtleet.co.uk](mailto:highbailiff@alcestercourtleet.co.uk)*



## Alcester Singers Summer Concert

### 'Brush up your Shakespeare'

on Saturday, July 9th. at 7.30 pm in the Alcester Academy.

The evening will include music with a Shakespeare theme and also a performance by the 2015 Young Musician winner.

*Tickets £10 (under 14s free) including refreshments. Contacts : 01789 762718 : 01789 488401 : Humphries Shoes.*

**REMEMBER – Alcester is a Heart Safe Town, with AED's located at different locations. In the event of an emergency dial 999 who will direct you to your nearest device and release the access code.**

## PLAY AREAS & THE NEW ALCESTER SKATE PARK



knew that a ½ outside of plumbing! and we hope that we have fully met their expectations. This project is well on its way and it is anticipated that by the beginning of June the skate park will be fully functional. In addition we have over the last 12 months reviewed all the play areas within the town and by the summer school holidays this year much of the play equipment will be replaced or updated and the council have made a special effort to provide all-inclusive so all our young will be able to enjoy these facilities . The footpaths around the Jubilee Fields will be resurfaced for better access for all and will form part of a new project called Safer route to Schools, introduced by Warwickshire County Council and supported by the Town Council. Unfortunately, the Council are extremely annoyed that the new swings and surfacing which was only installed two months ago in Moorfields Park have already been vandalised, we appeal to all residents young or old, if you see any misuse or bad behaviour in our play areas please report it to the police on 111.

It seems a long time ago when the Council discussed with our young people, what additional play equipment they would like in the Jubilee fields. Top of the list was of course a skate park and many provided sketches of the features that needed to be incorporated into the final design. A big Thank You to the Alcester Youth Council for their help and particularly their presentation to councillors who found it very informative, clearly defining the key requirements in the correct terminology – who



Cllrs Kenyon, Brannigan, Bunting & Payne at the start of the groundwork for the skatepark.

**Cllr Jim Kenyon, Chairman of the Community Facilities Committee**

## THE ALCESTER JUBILEE CENTRE

The Hertford Room



The Jubilee Centre is managed by a small Committee, which consists of both Councillors and volunteers whose aim is to provide a multi-function community facility for the Town. The building consists of two large function rooms;

The **Hertford Room** which is 190m<sup>2</sup>, has a maximum capacity of 250 persons and can seat 100 around tables. In October 2014 a room divider was installed to improve the efficiency of this room, particularly for smaller groups, who require less footage space. Excellent kitchen

facilities and a multi-media equipment system are also available to hire.

The **Depot**, which was built to fulfil an identified need in the 2008 Town Plan for youth facilities, It is a comfortable room which has recently had a new ceiling and lighting installed and can accommodate approx. 70 people to gather and socialise in an informal relaxed environment with a small kitchenette, pool table, TV's and table football.

Each room has its own identity and regular user groups, with both rooms being available for hire by individuals, groups or businesses and are ideal for seminars, group meetings, christenings, children's parties, wedding anniversaries etc.

The Depot



**If you would like to hire either room then please call 01789 766084 or email [reception@alcester-tc.gov.uk](mailto:reception@alcester-tc.gov.uk)**



The Alcester Youth Club 'The Depot' Jubilee Centre, St Faith's Road, Alcester is...**OPENING AGAIN** on **Thursday 26 May** and then every following Thursday from 7pm until 9pm. All 13 to 17 year olds very welcome.

Come on down, get together, chill and have fun!

The DEPOT Team look forward to seeing you at **YOUR** club.

## TUG OF WAR 'BATTLING IT OUT IN ALCESTER'



The Tug Of War Association, Open Championships pulls in teams from the entire Midland area. Sunday 8<sup>th</sup> May was the hottest day this year and Alcester provided a scorching venue on the restful Jubilee Fields, by the side of the ancient River Arrow.

This was a fine location for one of the most ancient of team sports taking place where without doubt the Roman occupants of Alcester will have fought for

supremacy. The organisers of the Event, members of the Alcester Town Community, raised nearly £350 to support local good causes and associations. Thanks are given to Alcester Town Council for kindly providing the venue. Alcester will be making a bid to hold the National Championships next year. This would attract international teams.



Further information can be obtained from [www.tugofwar.co.uk](http://www.tugofwar.co.uk)

## THE ALCESTER OLYMPIC FUN-DAY

The Alcester Olympics Fun Day returns on the Afternoon and Evening of **Saturday 9th July 2016** on our famous Jubilee Fields. The Community of Alcester will be able to celebrate and share in the excitement of Rio 2016 with free music, entertainment, sporting events and photographic and art competitions. There will be a funfair, food and a bar providing an atmospheric 'Rio Party in the Park' feeling. Alcester Clubs and Societies are invited too. This continues in the footsteps of very successful events that took place in Alcester in 2012. It is our intention to continue to build strong relationships between our youth through sporting challenges and events in the Olympic Year.



Contact Cllr Mike Gittus for further information on 01789 488027



**Kids run free** - Running Races on the **1st Saturday of the month** for under 16's at: Jubilee Fields, St. Faiths Road, Alcester B49 6AG To register free for this event please visit [www.kidsrunfree.co.uk](http://www.kidsrunfree.co.uk) Races start at **9.30am**, please arrive at **9.15am** for warm ups!

Dog litter is still a major problem around the town; with irresponsible owners allowing their dogs to foul the footpaths and parks. Please be aware that dog litter can be placed in any of the waste bins situated around the town. It is totally unnecessary and potentially dangerous to young children and other animals and you could be fined up to £1000.00. Residents are encouraged to report any incident's ideally with supporting photographic evidence to Stratford District Council on 01789 267575

## Alcester British Legion



**MONTHLY MUSTERS** - Every third Thursday of the month are our popular Monthly Muster at the Unionist club in the High Street. 11am till 1pm all we ask that those attending pay just £1.50 each.

**QUEENS 90TH BIRTHDAY** - Saturday 11th June 2016. 10.30am St Nicholas Church green - To mark The Queens official Birthday, there will be a short ceremony of thanksgiving on St Nicholas Church Green.

**ARMED FORCES DAY AND GARDEN PARTY** - Saturday 25th June 2016. 1.50pm on the St Nicholas Church Green for the raising of the AFD Flag Ceremony, 2.30pm Opening of the Garden Party in the grounds of The Old Rectory opposite the Church. Entrance will be just £3. ALL WELCOME.

**SOMME 100TH ANNIVERSARY** - Saturday 2nd July. 10am – 12midday. The 1st of July is the 100th Anniversary of The Battle of The Somme. To commemorate this day, The Branch will be holding a short Service of Remembrance on the St Nicholas Church green. During this service the official Somme100 flag will be raised and a whistle will be blown as a mark of respect to the orders given at the start of the Battle. Drinks will then be available in the Church House afterwards.

**MERCHANT NAVY DAY** - Saturday 3rd September 2016. 10.45am till 11.15am, on the St Nicholas Church Green to raise the Red Ensign at 11am. Hopefully drinks will be available afterwards.



## NEIGHBOURHOOD WATCH ALCESTER

### A message from Warwickshire Trading

**Standards.** "Have you won the Euro lottery, been told that a relative has left you millions in a Hong Kong Bank account, received an unexpected phone call to let you know your computer needs fixing or you are due a tax rebate? If the answer is yes, then you are one of the thousands of Warwickshire residents who are targeted by criminal gangs attempting to scam and defraud you! Fraudsters, often operating from outside the UK, use the postal system, phone and Internet to scam consumers asking you to send them money or reveal your personal or financial information. Warwickshire Trading Standards has a range of information and advice, including details of the latest local scams reported to us, to help you keep ahead of the criminals and protect yourself." Please visit their website :

<http://www.warwickshire.gov.uk/scams>"

**Action Fraud** is the UK's national fraud and cyber crime centre which provides a central point of contact for information about fraud and cyber crime, and where you can report a scam. <http://www.actionfraud.police.uk/> or tel 0300 123 2040

**Summer Weather Brings Out Rogue Traders** - Police and Trading Standards often receive reports of traders cold calling at the door and telling residents that they need work to be done to their home or garden. The advice is that you should never have work done by anyone who cold calls. It is a good idea to display a "No Cold Callers" sticker in your window and turn away any callers you don't know, if possible without opening the door. Stickers can be obtained from the Police or NHW. If you think your home or garden needs work, please use a trader recommended by a neighbour or friend or call the Citizen's Advice Consumer Service on

08454 040506 to find a reputable local trader, approved by Trading Standards. Always obtain three quotes to check the price is competitive and the work really needs doing - never rely on the word of a single trader.

**Anti Social Behaviour** The Police advise that they should be notified as quickly as possible of incidents of anti social behaviour, such as threats, loud music, verbal abuse etc, and of other criminal activity on 101 or 999 if an emergency.

**Safer Streets, Warwickshire** Please check out the Safer Streets website where you can see the range of services that Trading Standards provide to keep you safe and advise on how you can keep yourselves safer still. <http://www.warwickshire.gov.uk/saferstreet>

**The next meeting of of NHW Alcester will be held on Wednesday 8th, and the October meeting on Wednesday 26th October ,**

Both meetings at 7.30pm, in St Nicholas Church House.

Contact details: [nhwalcester@gmail.com](mailto:nhwalcester@gmail.com) or telephone Dorrie Manders on 01789 762999

**Communicating with the Police** Emergencies dial **999** Report a crime or serious incident 01926 415000

**101** Police non-emergency number 101 is the national police non-emergency number in England and Wales which diverts to your local Police. Calls cost 15 pence per call, (landlines and mobiles).

**General enquiries** Alcester library has a 'Police Contact Point' during library opening times.

**Alcester South Safer Neighbourhood Team dial 101 or 01789 444816** Please feel free to contact the team direct:

Email: [alcestersouth.snt@warwickshire.pnn.police.uk](mailto:alcestersouth.snt@warwickshire.pnn.police.uk)

**PS 542 Bob Shaw** (Team Sergeant) **01789 444815**

**PC 781 Pete Essex** (Beat Manager) **Mobile: 07979704373**

Call **Crimestoppers** anonymously with information about crime on 0800 555 111. Crimestoppers is a charity who will pass on information to police without revealing any details of the caller.

**Alcester is a relatively crime free area.**

**We work together to keep it that way**

**scan!**  
SENIOR CITIZENS  
ACTION NETWORK  
ALCESTER

We were joined on a beautiful sunny day by Amanda Cogley (Prime GP Project Manager) and Rachael Sabin (Care Coordinator at Alcester Health Centre) who talked about a new pilot project called Healthy Homes which is running in four GP surgeries across South Warwickshire including Alcester Health Centre.

Amanda and Rachel are both Healthy Homes Coordinators and have gone through the patient list, looking for eligible patients – those who have respiratory problems, chronic obstructive pulmonary disease, heart issues,

dementia and other long term conditions. Pregnant women and the under-fives are also eligible. They have identified 2000 patients in Alcester who are eligible, each of these has been awarded points according to their conditions and those households with most points are being contacted first. Letters have been sent to 550 households so far explaining what the project is about and inviting people in for a chat and an initial assessment. If relevant, and only with the patients agreement they may be referred on to Citizens Advice or Acton Energy. Acton Energy can advise on energy efficiencies to the home and may have access to grants for energy improvements, such as a new boiler. Once individuals have been supported through the project, the coordinators will go back to assess whether there have been improvements to their physical and mental health. The project is open to anyone whether they own their own home, rent privately or live in social housing. If you have received a letter relating to the project please give Rachel a ring at the Health centre for a chat about how the project might benefit you. At the next SCAN meeting we will have crime prevention experts advising on **how to avoid nuisance calls**. So why not come along on the **14<sup>th</sup> July at 10:00am** to the Town Hall.

*For more information please contact Marie Darwen 01789 260 108.*

# Alcester Health and Wellbeing Board

The Board is well on the way towards full representation of the different agencies who will contribute to the work of the Board over the coming months/years. A decision was reached that a profile of its members should be made available through the Town Council's Newsletter, and this will continue over a period of time so that all representatives can outline how their organisations and agencies are working together. Here is the first set of profiles available.

*Cllr Lennox Cumberbatch, Chair of the H&WB Board.*

## **VASA - Claire Handy**

Voluntary Action Stratford-on-Avon District ('VASA') is the lead organisation for the voluntary and community sector in Stratford-on-Avon District. The charity promotes volunteering recruitment and helps groups with advice and practical support on issues such as funding, set-up, governance, volunteer recruitment and volunteer management. The charity also delivers a number of essential services direct to the community, including a large volunteer transport service, a wheelchair loan service and room hire.

*Call the Stratford Centre on 01789 262889 (or the Alcester office on 01789 763117) or visit the website for more information: [www.vasa.org.uk](http://www.vasa.org.uk)*

## **WCC - Mark Donnelly**

Temporary Operations Manager in Adult Social Care for Warwickshire County Council (WCC). I have responsibility for Stratford Older People Team, where we assess and support people who are 65+ and live within the Stratford district through commissioned services, as well as providing information and advice. We offer support Monday to Friday 9-5.30pm and 'out of hours' through Emergency Duty Team. I also have responsibility for the Quality In Care Team which presently carry out reviews of older people in residential and nursing care homes across the county of Warwickshire. A further responsibility I have is for the Extra Care Housing Task Force, which is a team that supports people, 55+ into certain identified WCC supported Extra Care Housing schemes across the county.

*Call 01926 410410 or visit the website for more information: [www.warwickshire.gov.uk/supportforadults](http://www.warwickshire.gov.uk/supportforadults)*

## **Katie Martin - Citizens Advice (CAB)**

CAB provides free, confidential and impartial information and advice to everyone, whoever they are and whatever the problem. Our advisers are trained to offer help across a wide range of enquiry areas and have good local knowledge about other organisations that may also be able to help. In Alcester, we run an advice session (appointment needed) every Tuesday 10-1pm in a private area on the first floor of the library at Globe House. From July 1<sup>st</sup>, 2016, we will also be offering a new home visit service for those with more complex issues, or for those who find it difficult to leave their home.

*Call 01789 200136 to book an appointment or visit our website for more information: [www.stratforduponavoncab.org.uk](http://www.stratforduponavoncab.org.uk).*

## **Your Health Matters**

As Chairman of the Health and Wellbeing Board, I thought it would be a good idea to introduce a health matters column for our readers. This first article is on **Physical Activity for Adults and Older Adults**.

Lack of physical activity is the fourth largest preventable cause of premature mortality accounting for about 6% of deaths globally.

To benefit health adults need to do both aerobic and strength exercises and aim to be active daily.

All adults should also improve muscle strength on at least two days a week, using body weight or working against a resistance, working all the major muscles. Types of activity include yoga, exercising with weights, carrying or moving heavy loads such as groceries.

Physical activity to improve balance and coordination at least two days a week is recommended for older adults (aged 65+) at risk of falls. Types of activities include tai chi or yoga.

All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

### **How can you become more active?**

- Reduce time spent watching TV, using the computer or playing video games.
- Take regular breaks to get up from your seat at work or at home.
- Break up sedentary time such as car or bus journeys by walking part of the way.

### **What are the benefits of physical activity?**

- Reduces risk of diseases including coronary heart disease and stroke
- Reduces risk of type 11 diabetes by about 40%
- Reduces risk of falls, depression and dementia by 30%
- Reduces risk of joint and back pain by 25%
- Reduces risk of cancers (colon and breast) by 20%
- Helps maintain a healthy weight
- Improves mood and self esteem
- Helps manage stress and improves sleep
- Makes daily living easier by maintaining the ability to perform activities
- Reduces costs for NHS and reduced resilience on other care services.

### **Remember.....**

**"something is better than nothing, start small and build up duration and intensity gradually."**

*Cllr L Cumberbatch, Chairman of the Alcester Health and Wellbeing Board*

## Alcester Festival & Events - Calendar 2016

Please find below a list of Events due to take place in the next three months only, Pick up a Festival and Events Guide from Globe House, or alternatively check local Notice boards, Websites and Facebook for further information.

June 5 <sup>th</sup> Artisan Market	July 9 <sup>th</sup> Rio Olympics Fun Day
June 10 <sup>th</sup> Cinema Club	July 9 <sup>th</sup> Alcester Singers Summer Concert
June 11 <sup>th</sup> Queen's 90 <sup>th</sup> thanksgiving service	July 29 <sup>th</sup> -31 <sup>st</sup> Ragley Game Fair
June 12 <sup>th</sup> Street Party & Market	Aug 6 <sup>th</sup> Alcester Bake Off
June 17 <sup>th</sup> – 19 <sup>th</sup> Folk Festival	Aug 7 <sup>th</sup> Artisan Market
June 25 <sup>th</sup> Armed Forces Day	August – Town Hall Open Days
June 26 <sup>th</sup> Garden Walkabout	Sept 3 <sup>rd</sup> Merchant Navy Day
July 1 <sup>st</sup> Cinema Club	Sept 3 <sup>rd</sup> Court Leet Family Fun Day
July 2 <sup>nd</sup> Somme 10 <sup>th</sup> Anniversary	Sept 4 <sup>th</sup> Artisan Market
July 2 <sup>nd</sup> Duck Race	Sept 9 <sup>th</sup> Cinema Club
July 3 <sup>rd</sup> Artisan Market	

### Town Council Meetings

Full Council Meetings are held the first Tuesday in the Month at the Jubilee Centre, St Faiths Road, Alcester at 7pm. For agendas please refer to the Council Notice Boards at Market Place and High Street from the Thursday before each meeting or online at: [www.alcester-tc.gov.uk](http://www.alcester-tc.gov.uk)

All other Committee Meetings dates, location, times and agendas can be found on the Council Notice Boards at Market Place and High Street from three days before each meeting or online at: [www.alcester-tc.gov.uk](http://www.alcester-tc.gov.uk)

Members of the public are welcome to attend any of the Council meetings. In addition, all minutes can be found on the Town Council Web site once signed. The Alcester Town Council Facebook page is another source of information regarding Council matters and other events in the town, please click "like" and share it with your friends: [www.facebook.com/alcester](http://www.facebook.com/alcester)

### Town Councillor's Contact Details

Alcester West Ward			
John Bunting	01789 766753	Clive Neal-Sturgess	01789 764416
Jim Kenyon	01789 763975	Eric Payne	01789 762577
Yvette Morrison ( <i>Deputy Mayor</i> )	01789 400460		

Alcester-Oversley Ward			
Chris Brannigan ( <i>Mayor</i> )	07850 026155	Andrew Foster	01789 766708
Alison Brown	07763 492821	Mike Gittus	01789 488027
Mark Cargill	07988 485050	Chris Gough	01789 762307
Lennox Cumberbatch	01789 766940	Keith Greenaway	01789 766818
Gillian Forman	01789 763828	Julie Styles	07807 894635

Oversley Green Ward	
Mary Nash	07780 478459

### Alcester Town Council Contacts

#### Town Clerk: Chris Wright

Tel: 01789 766084

Email: [clerk@alcester-tc.gov.uk](mailto:clerk@alcester-tc.gov.uk)

Planning: Kate Wright [administration@alcester-tc.gov.uk](mailto:administration@alcester-tc.gov.uk)

Facilities: Jan Rowlatt [reception@alcester-tc.gov.uk](mailto:reception@alcester-tc.gov.uk)

Community Care: Jenny Theobald [office@alcester-tc.gov.uk](mailto:office@alcester-tc.gov.uk)

Website: [www.alcester-tc.gov.uk](http://www.alcester-tc.gov.uk)

Facebook: [www.facebook.com/alcester.towncouncil/](http://www.facebook.com/alcester.towncouncil/)

Alcester Town Council offices at  
Globe House via the Seggs Lane  
entrance 1<sup>st</sup> floor (lift available):  
**Monday - Friday 9am – 1pm**



*If you would like to speak to the clerk outside of opening hours, please call to make an appointment*