

# Fairmead Residents Association

# Fairmead Summer Newsletter

Spring/Summer

June 2010



Melton Borough Council

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### ***Fairmead Junk Garage***

**The Fairmead junk garage number 30 will be open on the last Saturday of every month, 2pm to 4pm for residents to dispose of unwanted household items for no cost. Please do not bring along general household waste or recycling, these will not be taken, they must be placed in your black bin and recycling boxes as usual.**

## Reporting Anti-Social Behaviour

Anti-Social Behaviour includes a variety of behaviour covering a whole complex of unacceptable activity that can blight the quality of community life. Melton Borough Council and the police are firmly committed to tackling the causes and consequences of anti-social behaviour, working together as part of the Melton Area Safer Communities Partnership.

Anti-social behaviour can affect anyone and its consequences can often be devastating to both the individual and the community. We do not have to tolerate anti-social behaviour. We all have a right to live in a safe and secure community. Anti-Social Behaviour is generally defined as behaviour that causes or is likely to cause harassment, alarm or distress to another individual.

To report an incident of Anti-Social behaviour to Melton Borough Council please telephone 01664

502502 or go to [www.melton.gov.uk](http://www.melton.gov.uk) for more information. To report an incident of Anti-Social behaviour to Leicestershire Constabulary please telephone 0116 2222222 or go to [www.leics.police.uk](http://www.leics.police.uk) for more information.

If you report an issue to the police which has been agreed as a neighbourhood priority and which requires attendance, the police aim to be present within 60 minutes.

If you do ring the wrong number to report Anti-Social Behaviour, both organisations will redirect you.

Residents are encouraged to report all acts perceived as Anti Social Behaviour as this creates an evidence log of Anti-Social Behaviour in a particular area. This evidence log is reviewed and an increase of resources can be placed in

an area to tackle the Anti-Social Behaviour.

For further information please contact Michael Moncrieff, Anti Social Behaviour Officer, on 01664 502 502.

## Safer Melton Partnership

### Safer Melton Partnership

Melton Borough Council  
Nottingham Road  
Melton Mowbray  
LE13 0UL  
01664 502 502  
Communitysafety@melton.gov.uk

### Fairmead Resident Association Committee

**Chair - Fiona Gray**  
**Vice Chair - Maurice Bishop**  
**Secretary - Jackie Clarke**  
**Treasurer - Chris Shand**

# Domestic Abuse

In this month's edition I thought I would share with you one of my key roles as a Councillor.

One of my duties is to Chair the Leicestershire Domestic Abuse Strategy Board. This involves overseeing the board's responsibility to bring organisations together to ensure Leicestershire has a more consistent and coordinated approach to domestic abuse.

Domestic abuse can include the physical, sexual, psychological, social or economic abuse or neglect of an individual by a partner, ex-partner, carer or one or more family member. This can be in an existing or previous domestic relationship.

Key National Statistics show that domestic abuse:

- accounts for 25% of all violent crime
- claims the lives of, on average, 2 women every week and 30 men per year
- has the highest rate of repeat victimisation of any crime
- will affect one in four women and one in six men during their lifetime

- affects nearly three quarters of children on the 'at risk' register
- costs in excess of £23 billion a year through costs of public services and lost economic output
- is a significantly under reported crime with only 40% of incidents being reported to the police

As these statistics show, it is imperative that all agencies involved work together. Board membership consists of representatives from Leicestershire Constabulary, Criminal Justice agencies, Local Authority departments, Voluntary Organisations and the NHS. The Strategy Board is currently working towards Leicestershire's first Multi Agency Domestic Abuse Strategy. Once completed, the strategy will ensure that there is a co-ordinated and joint response from agencies and organisations who have all committed to reduce the incidents of domestic

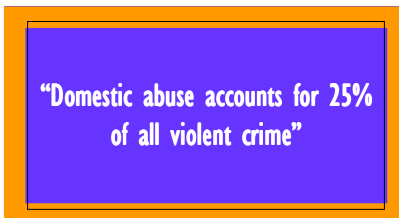
abuse and its impact on communities and individuals in Leicestershire.

One of the current key pieces of the Boards work is reviewing the support services available to victims to ensure that the people of Leicestershire get the best services possible with the resources that we have. This has been difficult owing to the current financial climate, but has recently resulted in the board securing £80,000 additional funding from Leicestershire County Council to ensure service provision for victims of domestic abuse is maintained to its current high standard.

If you, or someone you know is experiencing domestic abuse, please contact the Domestic Violence Helpline on 0116 255 004 who will provide confidential advice and support.

Joe Orson  
Melton Borough Councillor  
Sysonby Ward

[www.joeorson.com](http://www.joeorson.com)



## GP Exercise Referral and Health Checks

For those people who have been inactive for many years, have specific health conditions or could just benefit from a healthier lifestyle this can be a lifesaver.

GPs, Practice Nurse, or physiotherapists make referrals, and patients are invited along for an exercise consultation with an instructor., who will give individual advice and support to help them become more physically active.



A suitable and safe exercise programme will then be designed in accordance with the patient's abilities and needs.

Sessions are held at Waterfield Leisure Centre and The Cove Community Centre on Sysonby Street.

Cost is £2 per session and programmes last for 10-12 weeks.

For further information please contact Edward Gatheral, Active Lifestyle Referral Coordinator at Melton Borough Council, on 01664 502378.

Edward will be carrying out Health Checks for Fairmead residents the first Wednesday of the month in the Fairmead Community Centre between 11am to 12pm.

## Ask Amanda - Green Guru

Hi, I'm Amanda; I work for Melton Borough Council in the Street Scene & Environment Department. 'Ask Amanda' a sort of green guru is a new initiative to help promote the principles of environmentally sustainable practices as well as clear up any common misunderstandings and in general raise awareness to the Boroughs residents on a range of issues including waste minimisation, recycling, carbon reduction and the changing climate. 'Ask Amanda' will provide advice on a wide range of issues such as our recycling service, waste reduction, home composting, offer green tips such as how to make the most of your leftovers and in general encourage sustainable lifestyles and habits.

We are hoping that Ask Amanda will become a regular feature in a number of publications including local newsletters so I can inform as many people as possible about our recycling services, waste reduction, home composting and offer green tips such as how to reduce food waste by making the most of your leftovers, and in general encourage sustainable lifestyles and habits.

I will be able to inform residents of local events and special offers available such as discounted home compost bins and any freebies that come up for grabs from time to time.

**"On average, UK households throw away around one third of the food they buy - that's like buying three bags of shopping and throwing one bag away as soon as you get home"**

buying three bags of shopping and throwing one bag away as soon as you get home. But each month I hope to answer the questions you have asked as well as giving you my top tip of the month. Please email Ask Amanda ([ahume@melton.gov.uk](mailto:ahume@melton.gov.uk)) or write to her at the main council address with all your questions however wacky, or if you have any tips of your own let me know and I will spread the word.

So do look out for me and of course I hope to hear from you soon.

For starters here are a few interesting facts:

### FOOD FOR THOUGHT:

On average, UK households throw away around one third of the food they buy - that's like on't worry, I have lots of useful hints and tips that I can share with you over the coming months that will help you save money and reduce your food waste. Plus some great **Freebies!**

### FREE GIVEAWAYS

To help residents reduce their food waste, Leicestershire County Council have a number of handy items that you can request for **Free:**

Meal Planner, Magnetic & Wipe Clean, helps plan your meals for the week to avoid over buying.

Eat Well Less Waste Cookery Book - a recipe for every imaginable leftover.

Spaghetti Measure, to ensure



you cook the right portion size, reducing the chance of leftover spaghetti.

To claim a free giveaway call 0116 305 7005 (limited stocks available, one item per person, only available to Leicestershire residents)

Please send your questions or tips to:  
Amanda Hume – Ask Amanda  
Melton Borough Council  
Council Offices  
Nottingham Road  
Melton Mowbray  
Leicestershire  
LE13 0UL  
Tel: 01664 502502

### Fairmead Environmental

#### Visual Audit

A walk round Fairmead was carried out on Wednesday 17th March 2010 by a team of local agencies to check for problems, which were logged and reported to the correct people to deal with them.

During Pride in Fairmead week, (2nd August to 7th August 2010) this will be repeated alongside fun activities for families and other events.....



Fairmead Sure Start Childrens and Community Centre  
64 Drummond Walk  
Melton Mowbray  
Leicestershire

Fiona Gray, Chair 01664 569731  
Sam Spencer, Resident Involvement Officer 01664 502481

## FAIRMEAD RESIDENTS ASSOCIATION

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

## Children Activities At Fairmead

### Monday

9.30am to 11am  
Physical Play

### Wednesday

10am to 11am  
Music & Movement

10 to 12pm  
Health Baby Weighing Clinic  
(1st Wednesday of the month)

### Thursday

2pm to 3pm  
Chatterbox

### Friday

10.30am to 11.30am  
Sing a Song a Story

1pm to 2pm  
Messy Play

## Sysonby Ward Councillors

Councillor Joe Orson

01664 822272

[jorson@melton.gov.uk](mailto:jorson@melton.gov.uk)

Councillor John Illingworth

07827 921035

Councillor John Wyatt

01664 857882

[jwyatt@melton.gov.uk](mailto:jwyatt@melton.gov.uk)

## Fairmead Room Hire

Would you like to hire a room at The Fairmead Children's and Community Centre for a group activity or children's party? To book please call Charlotte Sanderson on 01664 502429 Mon-Fri 9-5pm.

Room	Main Hall	Early Years Room (incl. kitchen)	Family or Consultation Room
Rate per hour*	£10.00	£10.00	£5.00
Rate per ½ day or 4 hours*	£25.00	£25.00	-

\*Room hire may be available to local community groups free of charge at the management's discretion

### Two jogging clubs run by Active Melton

**Beginners** - Mondays 12<sup>th</sup> 6.15pm - meet at King Edward VII School.

The distance covered, pace and the route will be determined by the group before each session.

**Intermediate** - Thursdays 6pm - meet at Country Park.

The group currently runs between four and five miles during each session.

With no competitions and no membership fees, the scheme is described as a fun, free and sociable way to get fit.

For more information, please contact Liz Ashbridge on 01664 502389 or email [eashbridge@melton.gov.uk](mailto:eashbridge@melton.gov.uk).

### Tuesday 29th June 2010

Fairmead Resident Association Meeting, 6.30pm, Fairmead Community Centre

### Monday 14th June 2010

Men's Health Week

### Monday 2nd August 2010 to

### Saturday 7th August 2010

Pride in Fairmead

(Details to be advertised)

## Diary Dates