



Forches Flyer

**Spring Edition
March 2007**

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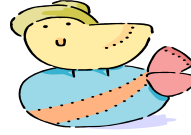


Forches Community
Association



Part financed by the
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EASTER FUN DAY!



After the huge success of last years Easter Fun Day the Forches Community Association are happy to announce that they will be holding one this year on the 31st March between 10 am and 4 pm. There is going to be an Easter Bonnet Competition and a Colouring Competition. These will both be judged by our very own Mayor of Barnstaple, Councillor Mrs Sue Haywood, on the day! The picture for entering the Colouring competition is on the back of the Forches flyer. All entries should be posted or handed into the Forches Office. There will be lots of things to do and see and everyone will be welcome. We look forward to seeing you there.

PLANNING FOR REAL ON FORCHES – A GREAT SUCCESS

297 Residents came to tell us what they thought

2,150 Suggestions for things that could make Forches a better place to live

The four topics that you felt most strongly about are

- Leisure and Recreation – mainly activities for children and young people
- Environment – litter and dog mess bothers you most
- Crime and Community Safety – again something for young people to do was highlighted
- Traffic and Transport – parking and bus access came out tops

So what happens next?

1. We are putting together all the information that you have given us and the putting them in order of how important they are to you.
2. We will talk to other organisations who can help us tackle some of the
3. Problems you have given us and ask for their commitments to help.
4. We will produce a Forches 'Charter for Change' that will tell you What we are going to do (with some help from our friends) when we Are going to do it and what you can do to help.
5. With your help and support we will make the changes happen

This is your community – we want to work with you to make it better.

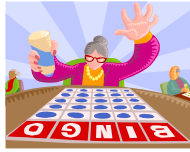
If you believe that you can help us make Forches a Better Place to live

We would love to hear from you.



BINGO!

Don't forget that there is a Charity Bingo and Raffle held every other Sunday evening at the Links Centre. Doors open at 6 pm, so come along for a fun evening and support a worthwhile cause, for dates call Kirsty on 01271 376452.



Alternative Formats

Your Forches Flyer is available in large print, on tape and in alternative languages please call 01271 376452.



FREE HELP, ADVICE AND SIGNPOSTING AT THE FORCHES OFFICE

Monday

- Tawside credit Union, Pay and drop in service. 12.30 pm – 1.30 pm
- Reflexology and Indian Head Massage, 12.45 pm – 2 pm.

Monday & Tuesday

- Citizens Advice Bureau (CAB), Marilyn Williams, available for advice and support.

Wednesday

- Every other Wednesday, Surgery with the NDH Estate Manager and the Police, 9.30 am – 11.30 am.

Monday to Thursday

- NDH available to answer queries, 9 am – 3 pm.
- Forches Community Association volunteers available for a listening ear and a cup of tea! 9 am – 3 pm

Friday

- Police Surgery, 5 pm – 10 pm

Monday to Friday

- Police Community Support Officer available throughout the week.

Saturday

- Bike repair workshop. 9 am – 12 noon.



INTRODUCING YOUR NEW COMMUNITY LIAISON WORKER

Hello my name is Danny Hughes, I took over from Adam Slade in December. I am really enjoying working on the Estate at this time of great change and potential. My role is to :

- Work with and support all Community Groups on Forches Estate
- Support and assist Forches Community Association
- Manage the Heritage Lottery Youth Project
- Manage the Community Chest Fund
- Sit on the MUGA Committee with the aim of promoting it's use for the community and organising a programme of Sports activities
- Providing a link to the wider area and communities of Trinity & St Mary's



I have over 15 years experience of working on Community Arts and Development initiatives in Devon, I have worked in Landkey, and managed youth projects in Torrington, Hatherleigh and Okehampton.

I am based at North Devon Homes and Forches Community Office...if you have an idea for a project or would just like to talk please drop into the Forches Community Office or ring me on 07837 394148.

Forches Needs YOU!

The Community Chest Grants Scheme offers YOU the chance to apply for a Group grant of up to £7,000, and an Individual grant of up to £1500 provided you can contribute 10% either in time or money.

Examples of what can be funded:

- Business start-ups
- Environmental projects
- Youth training
- Adult skills development

2 Easy Steps

- Pick up an application form from the Forches Community Association Office
- Ring Danny Hughes (Forches Community Liaison Worker) for more details or help with completing the form on 01271 313371/ 07837 394148.



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NDH FORCHES ESTATE LAND SURVEY

As some of you will know we have been doing a 'Land survey' on part of the Forches Estate. This has now been completed, so thank-you to all of you who have helped this process. Soon we will get the results in the form of a large plan showing the area that has been surveyed, with details of the position & heights of any buildings and boundary walls, drains and roads. We will then use this along with all the results from the Planning for Real and House 2 House Surveys to inform the next stage which will be the Action Planning.



IF YOU WOULD LIKE TO GET INVOLVED WITH THIS NEWSLETTER OR CONTRIBUTE A STORY PLEASE CONTACT KIRSTY ON 01271 376452



Christmas card competition at Forches Cross School

Congratulations to Mitchell who won our christmas card competition. He received £20 in vouchers, just in time for christmas.



Victoria House Children's Centre

Forches Cross Drop-in

Every Tuesday Morning

9.00 - 11.00 (term time only)

Open to all Parents & Carers with Children under 5

Come along and enjoy a range of fun activities and make new friends

STARTS TUESDAY 27TH FEB

TEL NUMBER. 01271 321411

The Birth of Forches - The Film... Take one

A Heritage Lottery Fund Young roots grant of £24900 has been awarded to Forches Community Association, working in partnership with North Devon Homes and Barnstaple museum. The award will support young people from the estate, over a period of 18 months to carry out research and capture a visual record of:

1. The origins, memories and experiences of the 1950's slum clearances
2. Record memories of life on the estate between 1945 and 2007 providing a lasting record of the Forches Estate and resident's experience of living there.
3. Produce a DVD recording of the project
4. Contribute to a community website archive section

The project will culminate in a 'world premier' of the completed film. Everyone from the community will be invited to attend.

What is the Timescale:

The project will begin in Spring 2007 & finish Summer 2008

How can you help?

1. Do you have any old photographs or films that you would be happy to be copied and returned
 2. Do you have memories of the birth of Forches, and would be happy for young people led by 2 Youth workers to interview you. We would contact you by letter and arrange for you to be interviewed at the venue of your choice
- If the answer is yes to either question please call in at the FCA Office or contact Danny (Forches Community Liaison Worker) on 01271 313371/ 07837 394148

John Blackford, Chair of Forches Community Association said

'This is a fantastic opportunity for young people to learn about their immediate heritage. The project will enable young residents of the Forches estate to interview their families and older residents to tell the story of their estate from the 1950's to the present day. It is also a superb way of learning video skills and bringing together Forches Community.'

YOUR LOCAL POLICE COMMUNITY SUPPORT OFFICER

I would just like to give you all some advice regarding the new child seat laws. Firstly the driver of the vehicle is responsible for making sure that everyone who is under the age of 14 wears a seat belt. The next question you need to answer is "Is the seat right for their size?"

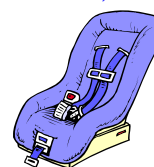
UP TO 13KGS or Birth to 12 months = Baby seat
9 TO 18KGS or 9 months to 4 years = Child seat
15 TO 25KGS or 4 to 6 years = Booster seat
22 TO 36KGS or 6 to 11 years = Booster cushion

DO'S

Remember to use the right child restraint for your child's weight and size. You can fit your baby seat in the rear of the car. Remember to move your child up to a front facing child seat once they have reached the maximum weight for the baby seat, or the top of their head is higher than the top of the seat. Boosters lift your child so they can use the adult belt correctly- they should be across the pelvis and the shoulder. Carry your child in your arms or in the adult seatbelt with you, in an accident you could crush your child. Never place a baby seat up against a frontal airbag. Don't keep your child in a seat that is too small- in an accident it won't work as well. If the belts are across the stomach and neck they are dangerous- children up to 11 may still need a booster.

I hope that all of this information is useful to you all, remember that these are the new laws, and are here to protect yourselves and your children, so please check your child restraints.

PCSO Dan Rolfe



Dads + Kids = Fun

At Victoria House
Children's Centre

Sunday 1st April

11.30 - 2.30pm

Local dads are invited
to bring their kids to a
FREE fun day
at Victoria House
Sunday 1st April
11.30 - 2.30pm

Lots of activities to enjoy
Lunch included

Limited spaces so book now
Call Mike on 01271 321411
or 07921 491550

You'd be an April Fool not to!

Whiddon Valley Community Centre Refurbishment

The Whiddon Valley Community Centre is currently undergoing refurbishment. New facilities include a kitchen, ladies, gents & disabled toilets, computer suite, office, heating system these are just a few of the improvements. The centre is due to be complete in April, for further information or if you would like to hire please contact kirsty on 01271 376452.



Bringing up children on your own? Read Becky's story...

Rebecca had been claiming income support for around a year and had been struggling to find a job that fitted in with school hours at least one end of the day. She is bringing up her 7-year-old son Daniel, alone.

Some employers are happy to employ lone parents and to allow them to work shorter days. One local employer said "11am to 3pm is fantastic - that covers the core hours of the business when we get most of our calls".

Rebecca started a job as a filing clerk in August 05, at first between 11.30 and 3pm to fit in with her son's school hours. She very soon increased that to 9.30 to 3 pm and now actually works until 5pm, having been promoted to office manager around a year after she first started.

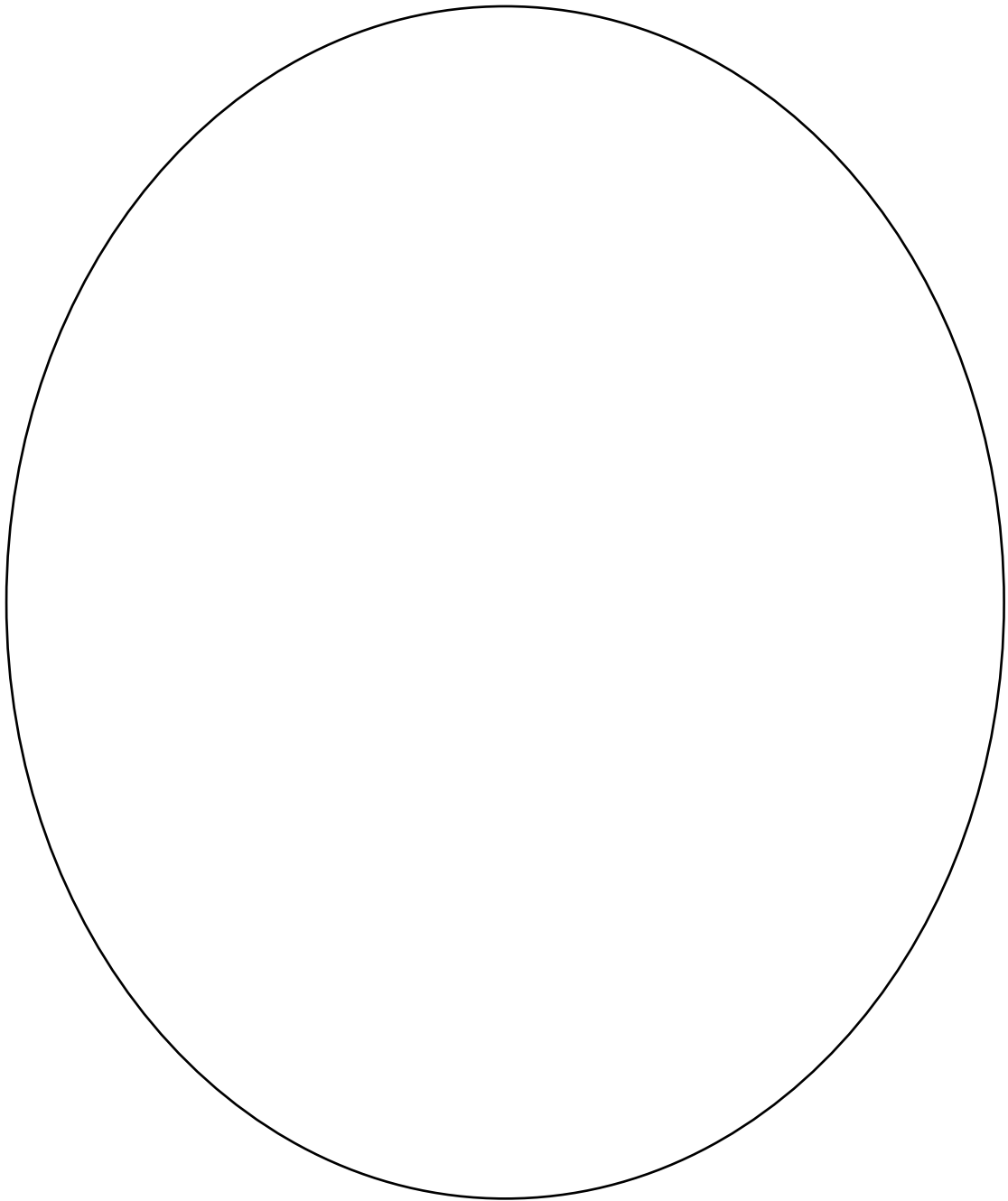
Rebecca said, "It's not so much about the money - you get your identity back. I'm Becky now not just Daniel's Mum."

She continued, "I can't understand why people feel that they cannot return to work because of children - there are jobs out there and good childcare. Daniel is really confident and understands that Mum goes out to work. My son has been brought up to believe that if you want something, then you must go out and earn the money."

Becky concluded, " My Jobcentre Plus adviser was absolutely brilliant and gave me loads of support"

This could be YOU! If you would like help and advice about childcare, training and work opportunities, please ring Janine, Carolyn or Linda, your specialist Lone Parent Advisers, on 01271 395484.

COLOURING COMPETITION, DECORATE THE EASTER EGG



Name.....

Address.....

.....

Tel. No.....

Age.....