

# FORCHES FLYER

Autumn Edition  
October 2006

## Individual Highlights:

Forches AGM  
House Survey  
Forches Drop-In  
Community Chest  
Links Refurbishment  
New Estate Manager  
PCSO  
Victoria House  
PRC Update  
Healthy Options  
WTCS



Funded by EU  
Regional  
Development Fund

## NEWSLETTER CONTACTS

If you would like to talk to someone about any of these articles, please contact Adam Slade your Community Liaison Worker, or Kirsty on 01271 329347 or 01271 376452 You can pop into the Forches Community Association Office or email [adam\\_slade@ndh-ltd.co.uk](mailto:adam_slade@ndh-ltd.co.uk)

## FORCHES COMMUNITY ASSOCIATION AGM

The Forches Community Association would like to let you know that their Annual General Meeting is taking place on Friday 17<sup>th</sup> November 2006. The meeting is for members only and will be held at The Borough Arms on the Estate.



## HOUSE 2 HOUSE SURVEY

We would like to say a big thank you, for helping with the BMG house 2 house surveys. An impressive 223 households took part. This survey is an important step in the 'Making Forches Better' regeneration project. All the information collected will be summarised and will help shape the future of the Forches Estate. We will let you know the results shortly.



## WE NEED YOUR HELP!

What do you think about the newsletter?  
What would you like to see in your newsletter?  
Can you help us with the newsletter?  
Would you like to put something in the newsletter?  
We welcome your feedback and want to make sure the newsletter is a success.  
Contact Adam Slade on 01271 329347 or 01271 313371

## FREE HELP AND ADVICE AT THE FORCHES OFFICE

### Monday

- WTCS Training (see ad at back of flyer)
- Tawside Credit Union, pay and drop in service

### Monday & Tuesday

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

### Monday to Friday

- Police Community Support Officer, Daniel Rolfe is available for advice

**A problem with housing? NDH Estate Manager surgeries with Brett Miller**  
Wednesday 25<sup>th</sup> October and Wednesday 8<sup>th</sup> and 22<sup>nd</sup> November



**PRIVATE ROOMS ARE AVAILABLE FOR USE AT ALL EVENTS**

## Who writes this newsletter?

This newsletter is part of the 'Making Forches Better' project. The Editorial Panel has seven members in total. The members below meet monthly to put together information about what's going on. Our aim is to let everyone on the Estate know what is happening.

Adam Slade	Community Liaison Worker
Daniel Rolfe	Police Community Support Office
Irene Matthews	Trinity & St Mary's Project Worker
Sharon Hayne	Regeneration Officer
Katy Greenaway	Estate Manager's Assistant
Mandy Chapple	Forches Community Representative
Michael Hunter	Victoria House



## Alternative Formats

Your Forches Flyer will be available in large print, on tape, in alternative languages & email please call 01271 376452.

## COMMUNITY CHEST NEWS

**Congratulations** to David Luggar and the Forches Evergreens for their successful applications to East Barnstaple's Community Chest. The Chest has been set up for residents living in the old wards of Trinity and St Mary's. For information or to get involved call Adam on 07837 394148 or pop into the Forches Office. See the successful applicants below.

### The Forches Evergreen Club

The Forches Evergreen Club has been set up by six sprightly residents from the Forches Estate. They would like to invite you to join them on Friday afternoons at the Links Centre. Activities include bingo, speed dating, annual visits from charities and local services with a good old cup of tea!



### Recycle Project on Forches

David Luggar is setting up a bike recycle project on Forches which will allow residents to trade in bikes and get them maintained. David is a member of the South West Cycle Coaching Team. He will be teaching bike safety and maintenance to any willing



## Links Centre Refurbishment

Through Objective Two money, North Devon Homes and the Forches Community Association have been able to refurbish the Links Centre on the Forches Estate. The Centre now boasts a new office, a new kitchen breakfast bar and cooker. The Centre has also been equipped with new toilets and security features. The Centre is available to rent from September 26<sup>th</sup>. All enquiries to Kirsty James at the Forches Office Tel 01271 376452.



## Halloween

Don't be caught out this Halloween. We have included a poster from the Police for you to put in your window or door to help prevent unwanted trick or treat visitors. ENJOY!



## BONFIRE NIGHT SAFETY

### Choosing Fireworks

- Make sure the fireworks are for home use
- Use a metal box with lid for storing fireworks during your display
- Use a torch for reading instructions
- Have a bucket of water
- Use a bucket of soft earth to stick fireworks into.



### During the Display

One person should be responsible for the fireworks. That person should not drink alcohol before or during the display. Supervise children and make sure they are standing well back from the fireworks.

Light fireworks one at a time and keep all unused fireworks in a metal box with lid. **NEVER** return to a lit firework.

Keep pets indoors.

Never run with fireworks or put them in your pocket.

### Safety with sparklers

Do not give sparklers to children under five.

Wear gloves when holding sparklers.

Keep them at arm's length.

When sparkler is finished put hot end in bucket of cold water. Empty the bucket of water – children can drown in just a few centimeters of water.

**NEVER** hold a baby or small child and a sparkler at the same time

### Curried Parsnip Winter Soup

#### Ingredients

1 large or 2 medium parsnips  
 1 onion  
 2.5 pints of stock (chicken or vegetable)  
 ½ teaspoon each of cumin, turmeric and coriander powder  
 ¼ teaspoon cayenne pepper  
 ¼ pint cream  
 Butter



#### Method

Chop onion and parsnip into small cubes  
 Melt butter and add onion and curry spices  
 Cook for a few minutes, stirring so the mix doesn't burn or stick  
 Add parsnips and stir  
 Add stock and cook until parsnips are tender (10 mins)  
 Liquidise or mash to a smooth texture  
 Add salt and pepper to taste  
 Stir in cream (or milk if preferred)

### Introducing your Estate Manager

My name is Brett Miller and I have recently taken over as the Estate Manager for the Forches area. I deal with a range of different issues including anti-social behaviour, health and safety, environmental improvements and estate inspections.

I work closely with my assistant, Katy Greenaway, who deals with Post Tenancy Visits to new tenants, transfer applications, Mutual Exchange applications, Tenant Improvement Grants and amendments to tenancies.

Our aim is to improve the Estate and help provide a better quality of life for people living on the Estate. In an effort to do this we carry out Estate Inspections every six months. The next Estate Inspection will take place on Monday 30<sup>th</sup> October at 2.30pm. Please feel free to meet us outside the Community Office to take part in the inspection.

### A WORD FROM YOUR POLICE COMMUNITY SUPPORT OFFICER

My name is Daniel Rolfe and I am the new PCSO for Forches Estate. My aim is to tackle antisocial behaviour, low level crime and any other issues that might affect your quality of life. Recent there have been a lot of private home burglaries. I would like to provide you with information and helpful reminders about security.

Most burglaries are opportunist and random. Make sure all doors and windows are kept locked when you are at home. In hot weather, don't be tempted to leave doors and windows ajar - these are the things that burglars look for. Be extra vigilant with your own security, check IDs of anyone coming to your door. PCSO Daniel Rolfe and PC Lucy Robinson will be holding weekly surgeries at the Forches Community Office every other Wednesday morning beginning 8th November 2006 from 1030-1130am and every Friday evening beginning 3rd November from 6-7pm. Residents are invited to attend to discuss any issues they may have.



### Thinking of quitting smoking?

If you smoke, deciding to quit could literally save your life. Most smokers have either thought about or tried to quit but it isn't always easy. The smoking cessation advisors can offer the extra support that makes a real difference to you successfully stopping smoking and staying stopped. They can advise you on whether you could be helped by products such as patches or gum and arrange for these to be prescribed for you. They can see you on your own or in a group - whatever suits you best. They can also help you with some of your worries about quitting, such as whether you might put on weight.

If you are thinking of quitting call Linda or Rachel on 01769 575115. If there are a few of you who would like to try quitting together they can arrange to run a group locally.



**Fun at Victoria House**



### Victoria House Children's Centre – free services and information for local families

Do you have a child under five or are you expecting a new baby? If so, did you know Victoria House has a varied weekly programme of friendly and supportive services for you and your family? These are free to local families and right on your doorstep.

We have regular drop-ins at Victoria House, The Links Centre and Gorwell with play activities for children and support and information for parents. There is a breastfeeding support group and groups for families with children who may have speech and language difficulties or other additional needs. For parents affected by pre or post natal depression we have a group that offers support, advice and an opportunity to meet others in similar situations. Dedicated services are also available for parents of new born babies, young parents, dads and childminders. The Early Start course helps parents and young children prepare for school and we also have an adult literacy group run by North Devon College. Regular parenting groups run each term for parents of children aged 3-8.

To find out more, please pop in or ring for information and a copy of our autumn programme. We hope there will be something here for you and your family but if not, we'd love to hear your ideas on what else we could be doing!

To contact Victoria House call 321411 or call in. We're on Victoria Road just up the hill from the Taw Ford garage.



### NDH PRC Property Update

The next phase of refurbishment is due to start at the end of October and will include Nos 60 – 74 Forches Avenue Cornish 2 properties. 76 & 78 Forches Avenue which are Cornish-1 type construction. Paul McLoughlin will be carrying out the building works which we aim to finish by the end of spring 2007.

If you have any queries about this work please contact Sharon Hayne, Regeneration Officer on 01271 312514.



## Healthy Options – Community Focus

Do you remember the ‘Ready Steady Cook’ event on Forches last summer? This event was part of a project to encourage a healthy lifestyle course. The course was a great success lasting for six weeks and was held locally in the Links Centre. The aim was to encourage residents to learn about nutrition and healthy eating, without spending lots of money. Residents experimented with a range of ingredients, shared recipes and ideas. The group learnt about building exercise into lifestyles and made new friends.

More money has been allocated to North Devon to hold the course. The course has been extended to twelve weeks. It will now include advice on debt/money matters, relationships, relaxation, confidence building, stress, buying local fresh produce and energy efficiency (saving money on bills). There is an option to set up a health-related community project, for example a community allotment, family support network, or community café (more available). The subjects have been put together by residents who attended the first course. The project is called **Healthy Options – Community Focus**. The course has been designed around the resident feedback from the first project.

We would like to put together a cookery book over the lifetime of the regeneration project (two years). This would include recipes and a little personal history about the person who contributed to it. If anyone would like to join in please phone Irene or Liz on 01271 325696 for a chat.

## FREE ADVISORY SERVICE



wtcs

progress through  
to employment

Would you like to:

- find a job that suits your needs and ability?
- gain free benefit advice?
- find out if you are eligible to receive a £200 cash bonus for taking part in a free, voluntary service?

WTCS is a market leading private training and consultancy organisation, who specialise in helping people with specific needs to gain employment through an advisory service.

For more information about the full range of WTCS services and to check if you are eligible to receive a life changing service, that has already helped over 5000 people across the South West achieve their employment goals;

visit our website at [www.wtcsltd.co.uk](http://www.wtcsltd.co.uk)

or call today quoting W0002 on:

Freephone: 0800 028 3037 Textphone: 0800 389 7590

North Devon local office: 01271 371111



WTCS is an equal opportunities organisation



Sorry

No Trick, No Treat, No Thanks



DEVON & CORNWALL  
CONSTABULARY

Have Fun



Building safer communities together