

## A message from Winscombe & Banwell Family Practice Patient Participation Group (PPG).

There are likely to be significant changes to NHS services in North Somerset over the next couple of years. Doctors at Winscombe & Banwell Family Practice are proud of the service offered to their 9000 registered patients. Even so, the Practice needs patients to become involved so that their voices can be heard and so that the Practice can continue to deliver the sort of service that patients value.

The PPG's aim is to make a difference in four main ways:

1. **To help patients take more responsibility for their own health**
2. **To contribute to the continual improvement of services and quality of care**
3. **To provide practical support for the Practice and help implement change**
4. **To foster improved communication between the Practice and its patients, keeping patients informed about changes to local healthcare services that might affect them.**

You can choose between two levels of involvement with the PPG:

1. **Full membership** of the core group: meeting bi-monthly for about 1½ hours
2. **Virtual membership:** being circulated with information and documents relating to the PPG, the Practice or the wider NHS in North Somerset. When a wider meeting of patients to discuss a specific topic is held, you would be invited.

If interested in either membership, please contact us by email on:

[adminwbfp@gp-L81021.nhs.uk](mailto:adminwbfp@gp-L81021.nhs.uk)

## Meet Carol Jones, our Village Agent in Winscombe and Sandford for Community Connect.



I would like to introduce myself and explain the role of the Village Agent. I am Carol Jones and very much look forward to meeting you and working within your community.

The Village Agent is funded by North Somerset Council as part of **Community Connect**, a service delivered in partnership by housing and support organisation Curo and the West of England Rural Network.

We support people aged over fifty to improve their well being by accessing community facilities, to feel more independent at home, and to achieve a better quality of life.

Village Agents offer a free and confidential service. We bridge the gap between the needs of individuals and of statutory and voluntary organisations. For example, Village Agents may help those who feel isolated to access community groups such as lunch clubs or support to ensure their home is safe and appropriate for a change in need. **To contact Carol - Telephone 01275 888 803**

**Full Parish Council Meetings - Sandford Village Hall - 7.30pm.**  
18<sup>th</sup> January 2016 15<sup>th</sup> February 2016

**Email version of your newsletter.** To email you a more detailed version of this newsletter, the Parish Council must have your permission. To give this permission use the panel on the front page of the 'new' parish council website.

[www.winscombeandsandfordpc.org.uk](http://www.winscombeandsandfordpc.org.uk)

**All information will be kept strictly confidential.**



## The Occasional Parish Council Newsletter Number 16 December 2015



Hopefully, this Newsletter will enable you to:

- find out what your PC is doing and thinking of doing;
- tell us what needs doing;
- find information about the parish;
- make contact with North Somerset Council.

We like to hear of your concerns and of any issues that you wish to bring to our notice. You can do so using any of the following:

- calling at the Parish Office, Community Centre Building;
- opening times: Monday and Thursday: 10am to noon;
- telephoning, 01934 844257;
- Emailing, [winscombepc@lineone.net](mailto:winscombepc@lineone.net);
- writing to **Lynne Rampton**, our Parish Clerk.



Do inspect the updated parish website for parish related information, recent news and links to a variety of other relevant web sites - [www.winscombeandsandfordpc.org.uk](http://www.winscombeandsandfordpc.org.uk).

## Housing in North Somerset, particularly Winscombe and Sandford.

North Somerset Council (NSC) has expressed its extreme disappointment at the Government's decision not to back it on the number of new houses NSC is required to build between now and 2026.

Council Leader Cllr. Nigel Ashton said 'the council was now facing the consequences of having to provide nearly 21,000 houses, rather than the 14,000 it had originally proposed. ----- we want to accelerate housing delivery in the right locations. However, this decision flies in the face of all that we have been trying to achieve and does nothing to protect our communities from speculative planning applications. ----- (all this) has a tremendous knock-on effect for roads, public transport, jobs, schools and community facilities. We will, of course, continue to do all we can to mitigate the impact of speculative applications.'

This Government decision appears to be reflected in the number of building applications appearing before your Parish Council. At a recent planning meeting a unanimous decision was made **not to recommend** that NSC accept a development proposed for up to 118 houses in land North of Greenhill Road, Sandford. Sandford is an 'infill village' and the planned development is outside the 'settlement boundary'. Also, at another planning meeting, a majority decision was made **to recommend** to NSC that it accepts a development proposed for Woodborough Farm, Winscombe for the construction of up to 175 houses (30% affordable). Winscombe is a 'service village' and the proposed development is inside the 'settlement boundary'.



## Our Community Orchard

Did you know we have a Community Orchard that is shared by us all? This photograph was taken while sitting on the orchard's community seat.

Youngsters from Sidcot School have helped with the orchard's maintenance, although Strawberry Line volunteers have supplied additional trained hands.



When the different fruits are suitably ripe, parishioners are welcome to take whatever fruit they wish, including various apples, pears, and even quinces.

One means of access is directly from the Strawberry Line. However, it is possible to reach the site from Woodborough Road by passing towards Banwell under Winscombe Bridge and on for about 50 metres to turn left between two houses. There you should follow the public footpath to the left and within another 50 metres the orchard will appear before you, together with its relaxing seat.

While we visited the orchard we picked three quinces and, rather than use them traditionally to make jam and jelly, we peeled and cooked them as you would a cooking apple. We tried mashed quince with porridge and with pork, separately of course, and they were certainly differently pleasant to taste.



## Classes to Stay Steady with Age UK Somerset

Age UK Somerset runs various activities across the District. These include Movement to Music, Seated Yoga, Stretch and Flex, Tai Chi and Chair Based Flexercise sessions, as well as fun activities like Boccia, and are just some of the classes available across North Somerset. It's very important to get out to maintain independence and these classes are a good way to do so.

"We all know the importance of maintaining and improving flexibility and mobility. Our classes help increase range of movements, help prevent thickening of arteries and reduce the risk of injuries, muscle pain and cramps. They will also help maintain energy levels and vitality to enjoy life to the full."

We can also direct you to various other 'Staying Steady' classes if we don't have what you are looking for. So get in contact and we will find you a suitable group. Classes cater for every ability from beginners to those returning to exercise or to those just wanting to try something new.

For details please contact Nikki Smith by telephone on 07530 777895, by email or by visiting our website:

[Nikki.smith@ageuksomerset.org.uk](mailto:Nikki.smith@ageuksomerset.org.uk)  
[www.ageuksomerset.org.uk/somerset](http://www.ageuksomerset.org.uk/somerset)

Age UK Somerset is a local charity providing services for older people, their families and carers in Somerset and North Somerset.



**BE LOYAL BUY LOCAL DE LOYAL**

Meet Father Christmas! 6.15pm

Admire our tree!

Visit every stall/shop/business!

Sing with the choirs!

Chat with lots of friends!

Ride on the carousel!

**Christmas at Winscombe Late Night Shopping Tuesday 1st December 6.00pm to 9.00pm Road will be closed**

Choose some presents!

BUY YOUR RAFFLE TICKETS!

Listen to the handbells!

Eat something tasty!

Drink something really enjoyable!

Dance to the music!

Talk to our firemen!

Buy plenty of nice things for yourself!

## Churchill and Langford Minibus Society

Did you know that the Churchill and Langford minibus society recently celebrated its 40th birthday and that if you live in the **Parish of Winscombe and Sandford** you can become a member of the minibus society for free?

Membership allows you, for a small journey donation (payable when you travel), to go on regular scheduled trips to Weston, Worle, Wrington, Nailsea, Yatton and Clevedon.

In the last two years many residents in Sandford and Winscombe (along with those in Sewell House and Winscombe Hall) have used the minibus to travel to shops in Weston, Wells and Nailsea, to go on social outings (cinema, lunches and tea and cake) and to attend Churchill music concerts

For further details on how to become a member contact Laura Batt on 01934 863679, who is also looking for additional volunteer drivers.

