BRENTWOOD COUNCIL has kept its part of the Council Tax increase to £13.23 for the year, around 25p per week. The Government's Standard Spending Assessment for the Borough has been increased by £381,000 to £6.635m, although the level of Government Grant has increased by only £21,000. This means that any increases in expenditure will have to be met by local taxpayers.

Of the £886.05 that will be paid by a resident in a Band D property:
- £699.48 goes to Essex County Council (up from last year by £51.48)
- £71.01 goes to Essex Police Authority (up last year by £3.06)
- £115.56 goes to Brentwood Borough Council

Residents in the parishes will pay slightly more to include precepts to their parish councils. Details of these and other budget news on page 2.

The increase comes at a time when residents have expressed a high level of satisfaction with services provided by the Council in a MORI survey. Details of the survey can be found on page 3.

With Spring just around the corner, residents can look forward to once again enjoying the scenery and facilities in King George's Playing Fields, pictured above.
New Government legislation has given all pensioners and most disabled people a free district-wide half-fare bus pass, but Brentwood Council is going one step further by giving a free half-fare county-wide pass.

THESE NEW passes are available from the Town Hall now. Please ring or write for an application form to Sue Cook, Brentwood Borough Council, Ingrave Road, Brentwood CM15 6AY. Telephone 261111 ext 201.

If you already have a bus pass that you have paid for, you can swap this for a free half-fare bus pass and claim a refund. However, there will be a £2 cancellation fee. Each of these passes costs the Council £28.73, whether or not they are used, so if you are thinking that you are not going to use it please consider whether to apply. The Council’s free-paid passes will continue to be available to pensioners at £90 per year or £54 if you are on a low income. The fare-paid passes remain good value... cheaper than Basildon’s (£206), Braintree’s (£110), and Colchester’s (£142).

More good news for pensioners...

Income levels at which you are eligible for a reduced-rate fare-paid pass have risen. Now, if your weekly income is less than £90 (£115 for a couple), excluding most state benefits, you can apply.

And if you’d rather take the train...

If you don’t want a bus pass you can apply for a senior citizens railcard which will give you one-third off the normal rail fare nationwide.

Railcards are free if you are on a low income and do not have a bus pass, otherwise they are £14.50 if bought from the Town Hall (£18 from a Station).

Rent Increase

BRENTWOOD’S AVERAGE rent increase for Council properties for 2001/2002 is in line with Government recommendations at £2.08 per week. This makes the average rent of Council homes in Brentwood just £54.82.

In addition the Council is spending £2.361m on improving social housing in the Borough.

What your Council Tax will pay for

BRENTWOOD RESIDENTS’ Council Tax will not only help to maintain the services and facilities currently provided, the extra 25p per week on a Band D property will also fund the following:

- The refurbishment of Merrymeade House
- The refurbishment of the former Duchess of Kent building
- The introduction of a free half-fare bus pass scheme for pensioners
- Continued financial assistance to the Parish Councils
- The re-structuring of the Council’s democratic structure
- Disabled access improvements to the Town Hall
- The implementation of improvement plans following Best Value reviews
- £25,000 grant to Town Centre Partnership.

The recent MORI poll (see opposite page) indicates that Brentwood residents appreciate the good quality services provided by the Council. This year’s Council Tax will help to maintain these and other essential services.

Parish Precepts

RESIDENTS IN the parishes will pay slightly more Council Tax to include precepts to their parish councils.

On a Band D property, residents in Blackmore, Hook End & Wyatts Green will pay an additional £6.24; £7.05 in Dodinghurst; £11 in Ingatstone & Fryerning; £2.30 in Kelvedon Hatch; £6.98 in Mountnessing; £5p in Navestock; and £1.08 in Standon Massey.

Cost of those dumped cars

BRENTWOOD’S ESCALATING bill for dealing with abandoned vehicles is to be reduced.

An agreement has been reached county-wide that the County Council should be responsible for the storage element of the recovery costs. This is likely to meet between 40% and 50% of Brentwood’s net costs and result in a saving of some £3,000.

Poor market

Owing to a significantly poor market value for scrap steel, a growing trend in abandoned vehicles has emerged.

In Brentwood, the annual figures for the number of collected vehicles has been growing alarmingly with 91 in 1997/8, 102 in 98/99, 266 in 99/00, to an estimated 430 last year.

Where owners can be traced a charge is made, but removal has led inevitably to an increased cost to the Council. Any delay in the collection of abandoned vehicles is due to this process of tracing the owner of the vehicle.

More parking for town centre

AS A way of increasing the amount of parking available in the town (especially at the western end of the High Street), the Council has agreed the principal of short term paid parking in the Westbury Road car park (Saturdays only) and to extend the hours of operation for the William Hunter Way and Westbury Road car parks to include evenings and Sundays. Consultation will now take place.
Residents satisfied with Council says MORI

The Council commissioned MORI to undertake a ‘satisfaction survey’ of local residents as part of the Government’s Best Value regime and to comply with a series of Best Value Performance Indicators set by the Department of Environment, Transport and the Regions.

A RANDOM sample of 4,400 Brentwood residents were sent questionnaires through the post, and 2,133 valid responses, or 48%, were returned. Responses were positive and below are a selected few.

Litter and cleanliness...
● 88% are satisfied with the waste collection service.
● 72% are satisfied with the place from which their rubbish is collected.
● 94% are satisfied with the reliability of the service.
● 80% are satisfied with street cleanliness following waste collections.
● 73% are satisfied that the Council keeps land under its control litter-free.

Members’ allowances reviewed

New arrangements working well

SINCE THE start of this year, the Council has been trying out new arrangements for the waste collection service. These arrangements were approved following the outcome of the consultation in the October edition of the Brentwood Borough News, and feature a streamlined Panel and Committee system.

Meetings of the Panels and Policy Board have been taking place throughout the past three months. While the Panels are similar to Committees, there are fewer Members on the Panels than on the Committees and the Panels cover responsibilities covered by at least two other Committees in the past.

The structure comprises:
● Policy Board
● three Panels dealing with Culture, Housing and Health, Environment and Transport, and a Planning Development Control Committee.

In time the Council will also have a Standards Committee which will include individuals who are not Members of the Council, and which will look at Members’ conduct amongst other matters. Further regulations are awaited before this Committee is established.

The other Committeemissing from the trial is the Overview and Scrutiny Committee, although during this trial period its members are meeting in Training Seminars.

Members considered during these seminars include the terms of reference of the Committee, a possible workplan for the coming year and mechanisms by which the Overview and Scrutiny Committee can be involved in by Members of the Council. Next month a comprehensive report will be made to Council as to how the Overview and Scrutiny Committee should operate, and work will begin properly after the Annual Council meeting in May.

Training
All councillors are either Members of a Panel or one of the Committees - Licensing/Appeals, Planning or Overview and Scrutiny. The Chairmen of the Panels etc are also Members of the Policy Board.

Members were thrown in at the deep end - not only did they have to deal with greater areas of responsibility they started by considering the budgets for the various Council services. All Panel meetings have been very busy.

Members also took part in a Training Seminar in January, identifying areas where training would help them in continuing to represent Brentwood residents to the best of their abilities. A suitable training programme is to be drawn up following this seminar.

Review
The trial of the new political management arrangements will be reviewed in April. If you would like more information please call Ann Horgan on 261111 ext 375.

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Allowances That were paid only to the Leader of the Council, Deputy Leader of the Council, Chairman of the Panels and Committees, the Mayor and Deputy Mayor together with the Leaders of the Opposition Groups. (A Member can only receive one SRA). The new allowances, which will be reviewed annually, coincided with the change in the way the Council is run. Councillors can choose not to take all or part of their allowances.

Resident who had a view, 76% were satisfied.

Residents were asked, "taking everything into account, how satisfied or dissatisfied are you with the way the authority runs things?" 76% of residents expressed satisfaction with the Council, compared with 57% for district and county councils nationally.

"I’m very pleased with these results, Councillors and officers put in a lot of hard work and it is nice to see that it is appreciated by the residents," said Leader of the Council, Councillor David Gottesmann.
Sub-aqua club returns to Brentwood

IT WAS nearly forty years ago that SEL'O employees, whose work was then based in Brentwood, started a scuba diving club. Now the club is returning and making its home at the Brentwood Centre pool.

The move means that Brentwood now has its own branch of the British Sub-Aqua Club, and it can offer residents an opportunity to join an established club and gain top level tuition in the sport of scuba diving.

If you are interested in joining, the Club is looking for new members, so please contact Steve Chapman on 625004, or e-mail a3swc@aol.com

CLC sponsors swim scheme

THE HIGHLY successful Swim Scheme is now under new sponsorship, thanks to local company CLC Construction.

The Brentwood Centre Swim Scheme has proved very popular, attracting over 80,000 attendances from both Brentwood and neighbouring towns. The Scheme builds children’s confidence in the water, develops their skills and then gives assessments. Classes range from parent and child six months of age, through to adult lessons. Awards are available for most lessons. All teachers involved in the Scheme are qualified to the Amateur Swimming Association standard and hold RLSS pool lifeguard qualifications.

The Swim Scheme is booked in courses and the next enrolment is Sunday 8th April from 10am. Places are limited, so arrive early to avoid disappointment.

For further details on the Swim Scheme, please call Anne Peterson on 215151.

High scoring, fast play!

LAST MONTH saw the final rounds of the Brentwood Schools 3v3 basketball tournament take place at the Brentwood Centre.

The event is organised and run by Leopards basketball and Brentwood Council and involves both primary and secondary schools in the Borough. The early rounds saw fifty teams competing for places in the finals, which, in the first year, is a great result.

Teams making it through to the finals to play included Anglo European, Shenfield High, Brentwood Ursuline, Pilgrims Hatch, St Thomas’, Willowbrook, Hutton All Saints, Doddinghurst and others.

The winners and results were:

Primary schools

Boys

St Thomas’ 14
Doddinghurst 12

Girls

St Thomas’ 14
Hutton All Saints 4

Secondary schools

Boys year 7 & 8
Shenfield A 7
Shenfield B 6

Girls year 7 & 8
Shenfield 14
Ursuline 14

Boys year 9 & 10
Shenfield 15
Anglo-European 1

Girls year 9 & 10
Shenfield 18
Ursuline 6

The tournament uses the 3v3 format (3 playing members of the team with one substitute) on mini courts. This ensures high scoring, fast play with plenty of action. The games are of a shorter duration to encourage this high level of action.
ALMOST 2000 local school children attended this year’s 2 Smart 4 Drugs roadshow at the Brentwood Centre last month.

The Essex Police/Essex FM production offers pupils from Years 7 and 8 an opportunity to receive an anti-drugs message with a difference.

It was presented by singer Tina Cousins and Essex FM presenter Chris Brooks and featured a display by the Leopards basketball team, new singing group Frenzz and the Chain Reaction Theatre Group.

The message is a serious one geared to its audience. You don’t need drugs to enjoy yourself... as the scenes at the Brentwood Centre showed!

Getting the message across

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Help to get back into work

THOSE AGED 25 years or over and unemployed are being offered free computer training, thanks to Brentwood Training Services. Those wishing to get back into work may find the fast moving world of technology a little daunting.

However, help is at hand. Workbased Learning is a national scheme, delivered locally by Essex Training and Enterprise Council and Brentwood Training Services. Participants are able to gain knowledge and understanding of the use of modern computer software and receive a recognised qualification.

CLAIT (Computer Literacy and Information Technology). In addition, advice and support will be provided in developing such skills as curriculum vitae preparation and job search. Training normally runs for about 10 weeks on a full-time basis, for a minimum of 21 hours per week. A new course will start on Monday 2nd April from Brentwood Training Centre, Essex Way, Warley. Free training is subject to eligibility. Please call 214068 to check eligibility.

The EXCITING JUNO Theatre Company from London will be artists in residence for 2001 at Brentwood Theatre.

Arts Development Officer Sue Lawther met company members and was impressed. “We talked over some very exciting ideas. They specialise in training doctors and consultants through performance and theatre techniques, which we hope to explore and develop with local businesses as part of the residency.”

The year-long residency opens with A Tinker’s Wedding in March. For performance details contact the Box Office on 200300. For information about the residency contact Karen Fisher on 230833 or Sue Lawther on 261111.
Rolling Registration

Up until now, registration for voting has been on an annual basis, under a fixed qualifying date of 10th October each year. This has, in the past, caused some concern to those people who move home after the qualifying date and find they are often not able to vote at the next elections for their new area. In some cases it could be as long as fifteen months before they appeared on the Register of Electors for their new address.

Under the new regulations, those persons eligible to register can now do so at any time of the year. Once the Electoral Registration Officer for the Borough has determined their application, they can be added to the Register the following month. In order to ensure that a person is only registered at one address (except in special cases), an applicant must give details of their previous registered address, so that they can be taken off the Register at their 'old' address.

Although, the Register will be continually updated, there will still be an annual canvass of all properties in the Borough to check the details of the Register and make any changes that become necessary.

As to make the new regulations easier to understand here are the answers to some of the more frequently asked questions.

Absent Voting

New regulations on absent voting means that electors can now apply for a postal vote without having to give a reason, nor will they have to go through the rigours of having it attested by another person. This will enable a greater number of electors to choose this method of voting than has previously been possible. However, for those electors who wish to appoint another person to vote on their behalf (a proxy), the strict requirements of witnessing and having a valid reason for applying still remain. Also, applications for an absent vote can now be made up to six working days before an election (currently eleven days). The following questions and answers deal with a number of issues that are likely to arise.

Q When I move home, do I have to register straight away at my new address? No. If you do not wish to register straight away at your new home, you can wait until the annual canvass household form arrives (usually in September) and then you will have to change. In this case, you will not be deleted from your old address until the canvass takes place.

Q How do I know if I am eligible to register? Any British, Irish, Commonwealth or other European Union citizen over the age of 18 (or will be within twelve months of the next revised register), can register to vote, provided they are resident in the area and are not subject to any legal incapacity to vote. Citizens of other European Union Member States means Austria, Belgium, Denmark, Finland, France, Germany, Greece, Italy, Luxembourg, Netherlands, Portugal, Spain and Sweden.

Q What is the latest date that I need to apply by if I am not already on the Register, but wish to vote at the elections being held on 3rd May 2001? In order to vote you must be on the Register that is in force on 2nd April 2001. This means that if you have just moved and not registered by 12th March at your new address, you will only be able to vote at your old address. It may be possible for you to apply for an absent vote and you should consult the Registration Office to clarify the position.

Q If I am homeless, can I still register? Yes, provided that you are otherwise eligible and have completed a Declaration of Local Connection. You must give an address where you spend a substantial part of your time (either during the day or night) and also give an address that correspondence can be sent to, or agree to collect from time to time such correspondence from the Electoral Registration Office.

If you would like to apply for a postal vote you may use the form below and the notes opposite to help you fill it in. Please return to the address opposite.
THE ENGLISH composer, Ralph Vaughan Williams, has been chosen to be the main theme of the street names at the new Warley housing development.

Two local historians approached the Council suggesting the composer, who spent much time in Brentwood lecturing on folk music and later collecting local songs. One hundred and forty songs were collected from local villages in Brentwood, Herongate, Ingrave and elsewhere in the locality. Countryside, a developer of the site, has used the Vaughan Williams theme on its portion of the development, including the following names:

- Greensleeves Drive (Fantasia on Greensleeves)
- Pastoral Way (Symphony No. 3, The Pastoral)
- Lark Close (Lark Ascending)
- Tallis Way (Fantasia on a Theme by Thomas Tallis)
- Drovers Mead
- Rhapsody Crescent
- Pottipher Place (The Brentwood Singer of Folk Songs to Vaughan Williams in 1903)

They plan to use the name Vaughan Williams Place for the main development spine road.

Crest Homes, another developer of the site, is to use a Victorian theme and so far has chosen Hanover Place and Osborne Heights.

VOTING CHANGES

For additional application forms and more information please contact:
Electoral Registration Office, Brentwood Borough Council, Ingrave Road, Brentwood, Essex CM15 1AY.
Telephone 261111.
Please return applications for postal votes to the same address.

HOW TO FILL IN THIS FORM

If you are applying for a POSTAL vote, then you do not need anyone to support your application.

If you are applying for a PROXY to vote for you because you are registered blind or in receipt of a higher rate of mobility allowance, or if you are away from home for a particular reason, then you do need anyone to support your application. If you are applying for a PROXY to vote for you for any other reason, then please read section 7 carefully and make sure that your application is supported by a suitably qualified person.

These notes refer to the numbered boxes on the front of this form.

SECTION 1 NAME
Please write your surname and forenames (in full).

SECTION 2 CURRENT ADDRESS
Please write the address where you currently live, including your postcode.

SECTION 3 ADDRESS AT WHICH YOU ARE REGISTERED
If you have moved since you last registered and have not since registered to vote at your new address, please write down your last registered address, including your postcode.

SECTION 4 HOW LONG WILL YOUR APPLICATION BE IN FORCE
You can either apply for a postal or proxy vote for all future elections, until you notify us in writing that you wish to cancel this, or you move house and register for your new address; or you can apply for a specific election date (for example, if you will be on holiday on the day of the election); or you can apply for a fixed period of time (for example, if you will be working away from home for a few months).

SECTION 5 & 6 POSTAL OR PROXY VOTING
Please tick either section 5 or 6, but NOT BOTH sections.

SECTION 7 REASON FOR APPLICATION (PROXY APPLICATIONS ONLY)

7.1 ILLNESS OR DISABILITY
You may have a long-term illness or disability (for example difficulty in walking or blindness) which makes it difficult for you to vote in person at the polling station. If you are registered blind or have a long-term disability, or there is another reason why you could not vote, you may have a proxy or someone else to vote on your behalf. Your proxy must be over 18 or over, know you and not be related to you.

You or your spouse may be attending a course away from home. Your application must be supported and signed by the director or tutor of the course, or by the principal or head of the institution, or by an employee to whom this function has been delegated.

Please ensure that you give full details with regard to your work or your course.

One application can cover all future elections. If your details change, you should write and tell us. You must also write and tell us if you move.

7.2 OCCUPATION OR EMPLOYMENT REASONS
You or your spouse, or that of your spouse, may be away from home for long periods at a time (eg travelling salesman, long distance lorry driver). Your employer or your spouse’s employer must support and sign your application. If your spouse is self-employed, the person supporting your application must be 18 or over, know you and not be related to you.

You or your spouse may be attending a course away from home. Your application must be supported and signed by the director or tutor of the course, or by the principal or head of the institution, or by an employee to whom this function has been delegated.

Please ensure that you give full details with regard to your work or your course.

One application can cover all future elections. If your details change, you should write and tell us. You must also write and tell us if you move.

7.3 VARIOUS REASONS FOR A PARTICULAR DAY
You may be away on holiday, on a short business trip or training course, recovering from an accident or illness, or there may be another reason why you could not go to the polling station on that particular day. No-one has to sign or support your application if you only apply for a particular day, but this type of application will only cover elections held on that day. You will need to apply again for any future elections.

7.4 CHANGE OF ADDRESS
If you have moved house since you last registered as an elector, you must vote as if you still lived at your old address until either you apply to register for your new address, or until a new register is published on the first day of December next. You may vote in person at your old polling station (you do not need a polling card to vote - simply give the polling officer your name and address). If you have moved to a new polling station, you must register to vote for the new station. If you move house after the closing date for the application, your current registration remains in force. No-one else needs to support or sign your application.

7.5 OTHER REASONS
If you feel none of the above apply to yourself, please give the reason why you are applying, and you will be contacted and then you will be notified if you are entitled to a proxy vote.

SECTION 8 & 9 SUPPORT FOR YOUR PROXY APPLICATION
If you apply for a proxy you must include as much information as possible about your proxy. You should also tell the elector who is applying if they are not entitled to a proxy vote.

SECTION 10 YOUR SIGNATURE
You must write the declaration carefully, and then SIGN and DATE it.

TELEPHONE HELPLINE: BRENTWOOD (01277) 261111

Voting Changes
Brentwood’s

Congratulations to this year’s recipients of the Civic Awards.
Nine Civic Awards have been awarded this year by the Council to people who have made an outstanding contribution to the Borough. The Awards will be presented by the Mayor, Councillor David Minns, at the Civic Dinner on Friday 9th March.

The Civic Awards are the most prestigious awards the Council makes in the Borough and are decided annually by a panel of representatives from the Council, Brentwood Gazette, Brentwood Sports Council, Primary Headteachers’ Association, Brentwood Arts Council, Brentwood Chamber of Commerce, Essex Ambulance Service, Essex Police, Brentwood Cathedral, Council for Voluntary Service, and a Secondary School Headteacher.

**CHRISTOPHER EASTWOOD** has been given a Civic Award in recognition of his tireless and committed efforts on behalf of the St John’s Ambulance Service.

He has been involved with the organisation all his life, joining the Brentwood Division in January 1973. Following the death of his father, who was Divisional Superintendent, he became the natural successor to the post and was duly appointed Superintendent in 1988. He lives in Hook End with his wife and three children and works in a local garage as a panel beater, yet Chris constantly averages over 150 hours of service a year for the division. He attends over forty divisional meetings each year and has maintained the Cadet division for several years. He currently holds the service medal and two bars.

**MICHAEL ROWLATT’S Award for Service to the Community comes as a result of his many years of service to the people of Brentwood.**

For nearly 20 years Michael has been working on the Brentwood and District Talking Newspaper, preparing, taping and organising the recording of local news and other information for those who are visually impaired. Not long after he began working for the charity he was appointed team leader. In 1972 Michael became a founder member of the German Circle, which evolved from the German students and tutors at Bishops Hill College, and went on to become the first press officer of the Landkreis Roth Town Twinning Association. He is also the editor of their newsletter, Kontakt, and remains an active member, especially in the areas of public relations and speaking on the activities within Town Twinning to schools, clubs and associations.

**JOHN CROWLEY** has shown exceptional dedication to sport over a number of years.

He is the senior coach of Brentwood Athletic Club, with whom he has been for 15 years. He is also a level 2 Club Coach. At 80 years old, John is an extraordinary person. He still demonstrates jumping, throwing and running techniques to young athletes.

**JUDY STEPHENSON** will have taught at Hutton All Saint Primary School for 26 years when she retires in July, and close on 1000 local children will have benefitted from her experience.

Not only has Judy been a teacher at the school, she has also been a governor, member of the PTA, and the Assistant Head Teacher. Her specialised skills are maths and games, organising clubs, sports days and representing schools on various co-ordinating bodies. Judy’s commitment to the school extends further to taking children abroad on holidays and exchange trips, and organising activity holidays.

Judy’s enthusiasm for the school has not diminished as the years have passed, always accepting extra responsibilities to the benefit of the school. She has always put the children first, in a dedicated and caring manner.

In her ‘spare time’ she is a walk leader for Brentwood Ramblers, an involved member of Hutton Wine Circle and Horticulture Society, and has been a cub mistress.
Civic Awards

Peter Ryan
for Service to the Community

PC RYAN’S 26 years service have been mostly with Essex Police and since 1993, Peter Ryan has been the Schools Officer for Brentwood Police. Peter visits most schools in the Borough, liaising with school staff and making presentations to the pupils regarding behaviour, alcohol and drug abuse. His hands-on attitude has undoubtedly helped to deter many young people from taking a wrong path. He also assists in the local running of the Duke of Edinburgh award scheme. Although primarily a schools officer, he also takes an interest in the Crime and Disorder Act in relation to domestic violence, and an active part in the Drug Reference Group, where his knowledge and expertise is always respected. In addition to this, Pc Ryan is also actively involved in the Council’s Crucial Crew safety workshop programme, an annual event aimed at local school children.

Vera Robinson
for Service to Animals

VERA ROBINSON is Wallace Kennels. Having grown up with a love of animals, Vera initially became a librarian but left in the 1960s to manage Wallace Kennels which was then run in conjunction with the RSPCA. But, after some years, Vera bought the kennels for herself, preferring to run it as a rescue centre rather than boarding kennels. Running a rescue centre has proved both physically demanding and expensive. Ten years ago the Friends of Wallace Kennels was set up to help with fundraising and over the years hundreds of thousands of pounds have been raised. But the main work still falls on Vera. She spends all her time and energy on her animals, hardly ever leaving the place alone. She never turns away any animal in need of rescue. Many of the various animals that come into Vera’s care have suffered cruelty or neglect and often need veterinary treatment. They are all cared for by Vera and, when fit and healthy again, are re-homed.

Doris Gower
for Lifetime Achievement

DORIS GOWER has lived in Shenfield for over 30 years and involved herself in many aspects of the community. For 38 years she has been active in the Scout movement, becoming the Assistant District Commissioner for Brentwood, and awarded the Medal of Merit and bar. Doris is still involved with the Scouts at Thriftwood, helping to run the tuck shop and as Secretary of the Management Committee at the campsite. Doris is also a member of St Mary’s church in Shenfield and has organised Christmas bazaars and various other charity events on behalf of the church. She is a keen member of the Shenfield Garden Society, for whom she been secretary for some years. She was very much involved in Shenfield in Bloom, and helped plant some 3,500 bulbs outside Shenfield Library. Mrs Gower is a member of the Town Forum, the local WI and has served on Shenfield Parish Hall Committee. Doris also runs a craft club from her home, where ladies knit for premature babies at Harold Wood Hospital, as well as collecting new clothes for children at Great Ormond Street. Doris is a very busy lady, who has always served, and continues to serve, the community.

Simon Bennett
and Steve Pavey
both awarded for Bravery

SIMON BENNETT, Head of the Council’s Environmental Health and Public Protection Services, and Council caretaker STEVE PAVEY have both been awarded for their swift and courageous response to the incident at the Town Hall in January, when a member of the public threatened to set light to petrol he had poured over the main reception area. Simon, confronted with the dangerous, threatening and sensitive situation and without consideration for his own safety, approached the individual and talked with him about his problem. Steve, who was covering the main reception desk and had witnessed the man pour the petrol over the area, immediately grabbed a fire extinguisher and positioned himself ready to respond if the petrol ignited. He remained present at the scene to provide protection, if needed, to Simon and the building itself. Simon managed to calm the individual and diffuse the situation, convincing him not to set light to the petrol and to surrender himself to the Police. Both Simon and Steve demonstrated a level of personal courage and bravery which went beyond the call of duty. Everyone at the Town Hall is indebted to them for their actions.
What's On In The Borough...

CLUBS & SOCIETIES

Music and Drama

Archery at Holdens
- Saturday & Wednesday evenings
- Target archery, beginners' course.
- Qualified coaches. For details contact 228600.

Association of Wrens
- Wednesday evening
- Book Speaker on 'Sugar'.
- Wednesday 25th March
- AGM. All at 2pm, Sea Cadets Hall.

Bishops Hall Wednesday Club
- Every Wednesday
- 2-3.30pm
- Bishops Hall Community Centre for 55 years and over for bingo, coach trips, lunch- es, raffles and chat!
- Call 210232 for information.

Brentwood 18 plus
- Every Wednesday
- Activities and social events for 18-35 years.
- New members welcome.
- At the function room, Gardeners Arms Pub, Hart Street. For details ring 657181.

Brentwood ABC
- Social Club
- Every Thursday
- For activities & social events plus weekend outings.
- Small, friendly club suiting 40-65 age group.
- For more details contact 217880.

Brentwood Art Society
- Every Thursday
- Every 1st & 3rd Thursday
- Every 2nd & 4th Thursday
- Brentwood Museum:
- 353326
- Brentwood Civic Society:
- 262616 / 200300
- Brentwood Cage & Aviary Society:
- 352973
- Brentwood Women's Guild:
- 374342
- Brentwood & District Historical Society:
- 212861 for more details.
- Also Ken Campbell's History of Comedy part 1: 'Ventilum' at 8pm. Tickets £8 (conc £6).
- Monday 9th - Thursday 12th April
- Brentwood Theatre
- Easter Drama Fun: Eggstravaganza for 7-12 year olds. Course fee £50 for four days tel 200383 to book.
- Saturday 7th April
- Brentwood Organ & Keyboard Club
- Concert with Andrew Varley 8pm.
- Mountnessing Village Hall, Romon & Juliet at 8pm.
- Tickets from £5.50.
- Wednesday 24th March
- Brentwood Theatre
- 'Church of St Laurence, George's Church Hall, Shenfield.
- £3.50)
- Thursday 26th March
- Brentwood Musical Society
- Concert with clarinetist Sylvia Mann - cello, and Samantha Muir -guitar at 12.30pm.
- Saturday 7th April
- Canon's Cup
- Heat 1 of the talent contest 7pm at Doddinghurst Hall.
- Church Lane. Tickets from £3. Tel. 624017 for details.
- Saturday 7th April
- Brentwood Philharmonic Society
- Concert for The Tempest - Sullivan, The Lark Ascending - Vaughan Williams, Symphony No 7 - Dvorak. At 7.30pm tickets £5 adults, £4 concessions. Tel. 236698.
- Sunday 8th April
- Brentwood Theatre
- Also Ken Campbell's History of Comedy part 1: 'Ventilum' at 8pm. Tickets £8 (conc £6).
- Monday 9th - Thursday 12th April
- Brentwood Theatre
- Easter Drama Fun: Eggstravaganza for 7-12 year olds. Course fee £50 for four days tel 200383 to book.
- Saturday 7th April
- Brentwood Organ & Keyboard Club
- Concert with Alastair Seraphina's Adventures at 7.30pm. Tickets £8 (conc £5).
- Saturday 7th April
- Brentwood Musical Society
- Concert with Alastair Tipps Cross Carpet Reserves meet at 10.30am entrance £2 in aid of the Helen Rassell Cancer Research Appeal. At 7.30pm.
- Tickets £10, £8, £5.
- Friday 6th April
- Shakatak
- At 8pm Tickets £14.50, £12.50, £10.00.
- Sunday 8th April
- Heartstone Flowers
- At 7.30pm tickets £16.50, £15.50, £12.00.
- Saturday 15th
- Monday 16th April
- Brentwood Musical Society
- Antiques Fair
- At Hutton Community Centre.
- Admission £2.50.
- Saturday 21st April
- Brentwood Cage & Aviary Society
- Canary's Cup
- Heat 2 of the talent contest at Town Hall. Church Lane. Tickets £3. Contact 204972 for more details.
- Monday 23rd April
- Brentwood Theatre
- Footlights Reunion at 8pm. Further details from Sonya Barnes. tel. 201967.
- Saturday 28th April
- Brentwood Theatre
- Easter for 4-9 year olds.
- Scarcrow Club at 8pm. Ticket £3.50.
- Saturday 28th April
- Brentwood Theatre
- Easter Drama Fun: Eggstravaganza for 7-12 year olds. Course fee £50 for four days. Tel 200383 to book.
- Saturday 7th April
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- Saturday 7th April
- Brentwood Organ & Keyboard Club
- Concert with Andrew Varley 8pm.
- Mountnessing Village Hall, Romon & Juliet at 8pm.
- Tickets from £5.50.
- Wednesday 24th March
- Brentwood Theatre
- J ohn Clare Club at 7.30pm. Tickets £8 (conc £5).
- Saturday 7th April
- Brentwood Musical Society
- Chapel Band Concert
- With the Enfield Salvation Army Band and The Brentwood Operatic Society
- Concert with pianist Katherine Spencer, and Sam Haywood.
- Works by Schuman, Weber and Chopin. At 8pm Memorial Hall, Brentwood School, tickets £7 on the door.
- Saturday 31st March
- Brentwood Theatre
- Theatre for 4-9 year olds.
- Seraphina’s Adventures at 2.30pm. Tickets £5.50.
- Sunday 1st April
- Brentwood Organ & Keyboard Club
- Concert with Andrew Varley 8pm.
- Mountnessing Village Hall, Romon & Juliet at 8pm.
- Tickets from £5.50.
- Wednesday 24th March
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- Seraphina’s Adventures at 2.30pm. Tickets £5.50.
- Sunday 1st April
- Brentwood Eisteddfod
- Ventilum Masterclass at 1.30 - 4.30pm. Fee £25 (tel: 200383 to book).
- Also Ken Campbell's History of Comedy part 1: 'Ventilum' at 8pm. Tickets £8 (conc £6).
- Monday 9th - Thursday 12th April
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Don’t miss the
Essex Book Festival

March 2001 is the month of the Essex Book Festival, when the best of Essex and East Anglian writers will be at local venues. There are nearly forty exciting events taking place across the county, from live performances and readings to discussions and workshops. Arts Development Officer Sue Lawther searched out two of the authors taking part...

Online chat with Lavinia Greenlaw

<SL> I was amazed to find at least 100 sites on the internet linked to your name (and that was when I gave up looking - there could be many more). Had you any idea that you were so ‘out there’?

<LG> It is strange to discover that I have an electronic existence. As far as I know, most of these are just records of publication or events. I am amazed how much is archived on the web.

<SL> Do you think the internet has unexplored potential for writers like you?

<LG> I don’t think it can ever replace books because it cannot replicate the experience of reading a book. As for writers using it, I suppose they do as much as anyone exploring anything. There are dangers, though, in our mistreating the virtual experience for the actual. Our curiosity may be satisfied by all the information, all the obscure and fascinating detail we can dig up, but this is not the same as using that information - making it into something new and of our own.

<SL> One of the sites I found was all about a residency you did at the Science Museum and another referred to you working with a solicitor’s firm. Aren’t these unlikely places to find poetry?

<LG> There have been a number of such residencies in recent years. They stimulate a debate about poetry and make both the poet and the host reconsider themselves. It is a useful kind of patronage but can degenerate into a novelty.

<SL> I found ways of engaging with the institution that allowed poetry to make its presence felt and for the people in that place to explore it. I did not write on demand.

<LG> Is there somewhere you would like to work but haven’t yet had the opportunity - somewhere that would be fertile ground for you?

<SL> After two trips to the Arctic, I want to continue to explore volatile and extreme landscapes. I don’t believe in going out and looking for material but do think that I can go out and try and sharpen my perception.

<LG> Mary George of Allnorrow is your debut fiction being published this month (March). Was the transition from writing poetry to writing a fiction novel a difficult one to make?

<SL> Yes. It wasn’t intentional. The images for Mary George came to me as a poem does and grew into something that was clearly not going to fit the shape of a poem. I don’t think that having written poems equipped me to write prose. It took quite a long time but it was worth it.

<LG> Do you still practice veterinary surgery?

<SL> Where on earth did you get that idea?

<LG> Off the Internet. It just shows you can’t believe everything you read.

John Cooper Clarke appears at Brentwood Theatre on Monday 26th March 7.30 - 9.30pm
Tickets £8/£5 concessions. Tel: 200300

Early years education

FOLLOWING THE success of its last two annual events, Brentwood Training Services is to offer another seminar in Early Years Care and Education. Recognised experts offer quality input to the seminar which promises to be informative and innovative.

Ever since 1989 the Training Centre has had a close association with Child Care and Education (CACHE) and has been an assessment and training centre for National Vocational Qualifications in Early Years Care and Education.

Nimet Rener, an independent facilitator and training consultant will be coming to Brentwood to share her inspirational thoughts and wealth of experience in education.

This seminar will prove useful to all professionals working within the childcare sector and parents in particular are encouraged to attend.

For more information on this important seminar, please call Brentwood Training Services on 214068.

Learn to sail

Brentwood

Sea Cadets is searching for boys and girls aged 10-18 years to join their unit.

Activities include sailing, canoeing, shooting competitions, Duke of Edinburgh Awards scheme, sports, summer camps, and much more.

Cadets also learn seamanship, engineering, communications and first aid.

Brentwood Sea Cadets meet Tuesday and Thursday evenings, 7pm-9.30pm

Come and join us!
Call 261074 for details

LOCAL LANDMARK,
Kelvedon Hatch Secret Nuclear bunker plays host to a highly original dance and multi media/video event led by essex

dance.

Over Easter at Brentwood Ursuline Convent High School there is a fantastic opportunity for people of all ages (11 years +) to take part in dance/video workshops. You don’t need any previous experience, just plenty of enthusiasm, and the eventual performance will take place at the Bunker on the 19th, 20th and 21st April.

For further information please phone essهد556 on 01245 346036. Also, you are interested in helping behind the scenes to prepare for the performance please get in touch.

John Cooper Clarke appears at Brentwood Theatre on Monday 26th March 7.30 - 9.30pm
Tickets £8/£5 concessions. Tel: 200300

Lavinia Greenlaw at Brentwood Library on Thursday 29th March 7.30 - 9.30pm
Tickets £2/£1 concessions. Tel: 264290

As you are guided in small groups through the dimly lit tunnel of the bunker, stay wary of unexpected happenings... The sounds of a gender counter and the strange tinge of green light: a collection of dim green circles just detectable in the darkness; that you are slowly drawn towards, following your survival cries. Make your way into the nerve centre, catching sight of a fleeting dancer or a ghost from the past as you wander closer and encounter a bizarre human installation... Pick up the trail and move on...

BRENTWOOD BOROUGH COUNCIL, MARCH 2001  11
For most people the move towards a healthy balanced diet means eating more bread, breakfast cereals, potatoes, pasta and rice and more fruit and vegetables. Above all we should aim for variety in our food.

Healthy eating helps reduce the risk of developing many diseases - heart disease, cancers, obesity, high blood pressure, diabetes and tooth decay included. It also helps promote a healthy digestive system. By eating a good balance of foods, taking regular exercise, not drinking too much alcohol and not smoking, you give yourself the best chance of living a fit and healthy life. Here are some simple steps towards healthier eating - try making one change at a time. These recommendations are not suitable for children under five years - your health visitor can give further help. Some elderly people and those with medical conditions may have special needs. Your doctor may refer you to a dietician for advice.

Enjoy your food and eat a variety of foods
To eat healthily you don’t have to give up the foods you enjoy most. However, some foods should not be eaten too often or in large quantities if you want to be sure of enjoying good health. Other foods need to be eaten every day to provide essential nutrients. Eat plenty of foods rich in starch and fibre Base your meals around a starchy food. Choose wholemeal bread, brown rice or wholemeal pasta. Try breakfast cereals such as porridge, muesli, branflakes or wholewheat cereals. Try to bake or boil potatoes in their skins. All these foods are low in fat and rich in fibre, vitamins and minerals.

Don’t eat too much fat
Use low fat spreads thinly, and grill, bake, poach, microwave or steam rather than frying or roasting foods in fats and oils. If you do use oil, use as little as possible and choose oils such as olive, sunflower, corn, soya or rapeseed oil. Choose low fat milks, cheeses and yoghurts. Trim the fat from meats, and remove the skin from poultry. Include some oily fish in your diet to provide beneficial fatty acids.

Enjoy your food
Eating is an important part of everyone’s life. Foods are chosen for all sorts of reasons, not just to get the nutrients you need. The taste, smell, colour and how foods look are all important. Religion, cost, availability and the way you live may all affect the choices you make about the foods you eat. Above all, it's important to enjoy food. To eat healthily you don’t have to give up any of the foods you enjoy most, just take it easy.
### The Balance of Good Health

In Britain our eating habits are changing all the time. There is now a much greater choice of foods available in our shops. These include imported foods, which are a traditional part of eating patterns in other countries, as well as imaginative new ideas from food manufacturers. As a result, it has become more difficult to know which foods to choose, and how much of each, for a healthy diet.

The Balance of Good Health shows the types of foods and the proportions you need to eat them in to have a well-balanced, healthy diet. Foods that are eaten as snacks and between meals count as well as food eaten at mealtimes.

There are five different food groups. These are:

- **Bread, other cereals and potatoes**
- **Fruit and vegetables**
- **Milk and dairy foods**
- **Meat, fish and alternatives**
- **Foods containing fat; foods containing sugar**

Try to eat some foods from the first four food groups, every day. It is also important to vary the foods chosen from each group to get a mixture of all the different nutrients needed to maintain our health. Foods in the fifth group add variety to our diet but should not be eaten too often or in large amounts and should not replace foods from other groups.

### Bread, other cereals and potatoes

This group includes:

- Bread, rolls, chapattis
- Breakfast cereals, oats
- Pasta, noodles
- Rice
- Potatoes, sweet potatoes
- Dishes made from maize, millet and cornmeal
- Plantains, green bananas
- Beans and lentils

Make these foods the main part of your meals. Eat all types and choose high fibre kinds whenever you can.

### Fruit and vegetables

This group includes:

- All fresh, frozen and canned fruit and vegetables
- Salad vegetables
- Beans and lentils
- Dried fruit and fruit juice

Dried fruit and fruit juice can make up some of the choices from this group.

Try to eat at least five portions of fruit and vegetables each day. Include some vegetables, some salad and some fruit. Choose a wide variety.

### Milk and dairy foods

This group includes:

- Milk
- Cheese
- Yoghurt
- Fromage Frais

Lower fat versions of these foods are available. Choose lower fat alternatives whenever you can.

### Foods containing fat

This group includes foods we should use sparingly, like:

- Butter
- Margarine
- Low fat spreads
- Cooking oils
- Mayonnaise
- Oily salad dressings

### Foods containing sugar

Foods we can enjoy as treats, like:

- Biscuits
- Cakes
- Puddings
- Ice-cream
- Chocolate
- Sweets
- Crisps
- Sugar
- Sweetened drinks

Try not to eat these too often and when you do, have small amounts.

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**Natural Healing Exhibition**

**24 & 25 March**

**International Hall, Brentwood Centre**

**BRENTWOOD**

**Aromatherapy**

**Astrology**

**Aura Photos**

**Clairvoyance**

**Feng Shui**

**Meditation**

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**Shiatsu**

**Yoga**

& Much More

For a Free Exhibition Programme Call: 01206 500999

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**How Healthy Are You?**

Find out at the Essex Nuffield Hospital

The following services are provided by fully qualified Doctors, Technicians, Dieticians and Clinical Nurse Specialists.

- **Dietary assessments & advice**
- **ECG’s – resting & exercise**
- **Cholesterol testing**
- **Health screening: men and women**
- **24 hour ECG monitoring**
- **24 hour blood pressure monitoring**

For more information please call our Customer Liaison Officers on:

**01277 695631 or 01277 695632**

The Essex Nuffield Hospital, Shenfield Road, Brentwood, Essex, CM15 8EH
Safer cycling starts young

THESE PUPILS at Kelvedon Hatch County School braved the cold weather to take part in the Cyclist Training scheme being run at the school. At the end of the course the pupils will be assessed on their ability to cycle correctly and their understanding of the Highway Code for Young Road Users.

Garden Plants and Shrubs

Plants and shrubs which are prickly, such as berberis, hawthorn, pyracantha, holly and roses, including climbing and wild varieties, will help deter an intruder. You should also consider choosing low growing plants which will not provide a hiding place for a thief. Any of these, or a combination, can provide additional protection to boundary fences, walls and drainpipes. Creepers look very attractive but they can grow at an alarming rate and height and give someone who wishes to hide a great hiding place. They also hide your property from view so neighbours or passers by cannot see if anyone is trying to enter your property.

Paths

A gravel path is a good crime reduction alternative to paving slabs or blocks. If the gravel is laid fairly thickly it will crunch underfoot and act as a deterrent to the thief.

Lighting

Outdoor security is a proven deterrent. No thief likes to be seen; it also lets you see prowlers, check identity of callers and gives you peace of mind.

Bob Shoemmith, your crime reduction officer, can offer you free and impartial advice on all security matters and also offers a free survey of your property. Bob can be contacted on his direct line at Brentwood Police Station 223639.

Neighbourhood Watch - Is Your Area Covered?

Last year I carried out a survey of Neighbourhood Watch Liaison Officers to ensure my records were fully up to date... people move away or discontinue as a liaison officer, and without a liaison officer neighbours are not registered as an official Neighbourhood Watch area. Many insurance companies give a discount if you reside in a bona fide over 10, consists of at least eight hour lessons and includes three playground sessions and five sessions on a safe road near the school. At the end of the course the pupils receive a certificate. More schools would like to take part in the Essex Cycle Training scheme but more volunteers are needed to train as instructors. If you are interested please give Chris a ring on the number above.

Unit’s first birthday

THE COUNTY’S first resource centre caring specifically for older people with mental health difficulties celebrates its first birthday.

The Maple unit, based at Highwood Hospital in Brentwood, opened its doors in January 2000. It provides support to over 170 older people living in the Brentwood area who have a range of mental health needs such as depression, confusion or dementia. The first of its kind in Essex, the unit employs a range of health and social care staff including social workers, occupational therapists and psychiatric nurses.

The unit offers a variety of support including assessment of older people’s health and social care needs, care plans and treatment in addition to helping people remain as independent as possible in the community. The team also provides support to carers of people attending the centre, aiming to prevent people reaching crisis point. This has been possible thanks to health and social services working in partnership with the Alzheimers Society to provide a range of support carers.

The unit has been so successful that it is being used as a model for other services in the county. It demonstrates true partnership, with social services, health and voluntary sector organisations working together for the benefit of older people in Brentwood.
Just Bin It!

The new nationwide litter action for the month of April

THE TIDY Britain Group, the national charity campaigning to tackle litter, is launching a brand new campaign calling on everyone to get involved. The new campaign ‘Just Bin It’, replaces National Spring Clean which many people have taken part in over the years. It urges people not to drop litter in the first place as well as encouraging clean-ups.

The aim of ‘Just Bin It’ is to turn today’s litterer into tomorrow’s environmentally responsible citizen. And what better model could there be than those volunteers who annually get their hands dirty and pick up litter each April?

Last year over 800 bags of rubbish were collected by individuals, school and voluntary groups during the National Spring Clean campaign and, this year, with your help, we can do even more.

A major part of Brentwood in Bloom is to try to improve the Borough by getting rid of litter and flytipping. It is one of the main things that the Anglia in Bloom judges look at when they visit. In general they feel that Brentwood is good at tackling this problem, however, we are aware that some areas suffer more than others.

The Council works hard to make sure that litter is dealt with. Areas such as the High Street are cleaned at least once a day. The Countryside Litter Patrol, launched last July, has two teams who work mainly in the rural areas but who also give close attention to the main entry roads into Brentwood.

The nuisance of fly tipping, especially by household waste is really unnecessary. Most household items such as sofas, beds and cupboards can be collected free of charge by the Council’s refuse department.

This year, as part of the ‘Just Bin It’ campaign, we are asking you not only to bin your rubbish but also to think of which bin? We would like all volunteers taking part in to check for recyclable rubbish as it is collected. All volunteers will be issued with enough bin bags to keep recyclable materials separate from the general rubbish collected.

On average, about £324 a year is spent by local authorities in England on litter clearance. In Brentwood alone, this figure is over £500,000.

Every tonne costs £170 to collect and dispose of.

If you want to get involved and you can think of a ‘grotspot’ in the Borough, somewhere in need of a clean up, then contact the Council’s Countryside Management Service. They will issue protective tabards and bin bags and arrange a pick up for the rubbish you collect.

Please contact Samantha Richardson on 261111 ext 228.

Out-of-hours service success

THE COUNCIL’S out-of-hours service for residents which was piloted last year will be repeated. The six-month pilot scheme which took place on Friday and Saturday evenings, from June to November last year, received some 200 calls during its 52 night period.

The service allowed members of the public to contact Environmental Health Officers between the hours of 9pm and 1am. Callers were mainly concerned about noise generated by parties and neighbours, but officers were on hand for other Environmental Health issues.

The success of the pilot scheme has ensured that the out-of-hours service will be provided again this summer.

G.J. BOWMER

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Fairview, Maggie Lane, Brentwood

Phone 261111 ext 288 for the Works Department, Refuse and Special Collection enquiries

Advice Bureau dates:

Eric Pickles MP The next date is Saturday 7th April, 9.30am to 12.30pm at the Town Hall.

Please phone Lesley Gaymer on 0207 219 4428 for an appointment.

Council’s mobile centre for children’s car seats

Make sure you try before you buy

IF YOU’RE looking for a child’s car seat then make sure you look at the Council’s mobile In-Car Safety Centre first. Little Jordan York, pictured right, is sitting pretty in a seat that is perfect for his size and the car, but it is not always so. Choosing the right seat for your child and particular make of car is not straightforward. The Council’s Safety Centre offers free advice and a range of seats to try out in your own car before you go out and purchase. An unstrapped child in a car can be killed by being thrown forward by speeds as low as 5mph, that’s just above walking pace. Child car seats, correctly chosen and fitted, are vital.

Thank you

Brentwood Round Table... would like to thank all of Brentwood for their generosity in contributing to the collection on the 16th of December. The total sum collected was £464.33 and there were £87.59 from Sainsbury’s store.

The total sum collected was £210.50.

The Lions Club of Brentwood... is again grateful for the generosity of the people in Brentwood who kindly donated to their December collections. They raised £1,579.84 from Santa’s Sleigh on 4th, 6th, 11th, 13th and 14th of December. On 9th of December 714.92 was raised in Brentwood High Street and on 23rd December £314.36, from outside Sainsbury’s store.

In general they feel that Brentwood is good at tackling this problem, however, we are aware that some areas suffer more than others.

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Please contact Samantha Richardson on 261111 ext 228.
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