



YATELEY, FROGMORE & DARBY GREEN NEWS

WINTER 2020

Mayor's Message

By Councillor Gerry Crisp

Dear friends and neighbours,

After our recent challenges and the latest lockdown, I hope that you are all keeping safe and well. Despite the hurdles we have all faced, we at the Town Council continue to serve everyone in the community to the best of our ability. We've recently approved our Town Council Plan which sets out our priorities for the coming years, including the very important matters of promoting sustainable living, enhancing quality of life for our residents and helping to generate changes to local infrastructure to provide excellent services for all. If you'd like to read the full plan, please visit the Council's website at www.yateley-tc.gov.uk.

I have recently restarted my Daily Mayoral comments on Facebook, and I hope that they can be a source of inspiration and motivation for you in this difficult time.



Yateley Climate Action Network

Yateley Town Council, representing Yateley, Frogmore and Darby Green, is working towards our Vision Statement of 'A safe and green environment where everyone in the community will have full, healthy lives'. To this end, the Yateley Climate Action Network (YCAN) has been set up to identify and address issues concerning the climate emergency, while working against the background of our Neighbourhood Plan. It was agreed to spread our efforts across a number of subgroups:

- Local action for nature
- Food
- 'Less Stuff'
- Cycle Yateley
- Energy
- Building Standards – (with link to Neighbourhood Plan)
- Lobbying and Campaigning
- Information and Outreach



YCAN reports to the Community and Environment Committee, and has links with Hampshire County Council, Hart District Council as well as other interested bodies like the Yateley Society.

The website can be found at: www.yateleycan.org.uk. If you want more information, or can help us tackle climate change locally, then please contact Yateley Town Council on 01252 872198 or Cllr Mark Griffin on 07739 088209.

Neighbourhood Plan update

By Richard Quarterman, Chair of the Neighbourhood Plan Steering Group

Over the past few months, the Yateley, Darby Green & Frogmore Neighbourhood Plan has come along in leaps and bounds. In September the Town Council contracted Katie Bailey, former Hart District Council Policy Officer, to provide consultancy support to develop the Neighbourhood Plan. Since then, the Neighbourhood Plan Steering Group, supported by local volunteers, has been working on the preparation of a Draft Plan for public consultation early next year. Following previous consultations with residents, planning policies are being drafted on issues such as the Conservation Areas, on biodiversity, important views and greenspaces, on design and on flooding. A working draft of the Plan will be sent to Hart District Council at the start of December to determine whether the Plan will need to go through a formal Environmental Assessment process. We anticipate starting our statutory consultation with residents on the Draft Neighbourhood Plan in February next year. The comments received will be used to prepare the final version of the Plan for formal submission to Hart. There will then be a further opportunity for residents to comment on the Plan before it is subject to an independent Examination.

Please keep an eye on the Neighbourhood Plan website for the latest updates <https://ydf-np.org.uk> including further information on the next stages. During this exciting time, and if you want to have an input into preparing the Plan, we are looking for more people to join our Volunteer Group - please contact the Town Council for more details.

Dates for the Diary

YATELEY'S TUESDAY MARKET

Every Tuesday • 9am - 2pm • The Tythings car park,
Reading Road (GU46 7RP)

YATELEY'S SUNDAY MARKET

Every Sunday • 9am - 2pm • Darby Green Centre Car Park
(GU17 0DT)

Yateley's markets provide a fantastic opportunity to support small businesses. There is an excellent selection on offer, including fresh fruit and vegetables, artisan bread, sweet and savoury pastries, cakes and other delicious treats. On Tuesdays, we are also joined by a fishmonger selling fresh fish and a Greek food vendor selling authentic hot food to take away (pictured on the right). Come along to support your local market.



Christmas tree recycling

All real Christmas trees can be recycled at your kerbside if you are a green bin subscriber, or you can bring them to The Tythings car park, Reading Road, Yateley, GU46 7RP throughout January for recycling.

It's okay to ask for help

We know things are tough at the moment. The pandemic is impacting on many aspects of our lives including work, finances, relationships, and mental wellbeing. If you would like some support to find a way forward, help is out there:

- **Citizens Advice Hart** offers free, independent, impartial advice accessible via phone and email or at www.citizensadvicehart.org.uk. They provide the advice people need for the problems they face. Adviceline Telephone: 0344 4111 306, 9am - 5pm, or email citizensadvice@hartcab.cabnet.org.uk. Help to Claim advisers can help you with the early stages of your Universal Credit claim, available 8am to 6pm, Monday to Friday through the free Help to Claim phone service. - call 0800 1448 444 or England textphone: 18001 0800 144 8 444 www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim.
- **Money Advice Service** provides free and impartial money advice, plus tools to help you keep track of your finances and plan ahead. Go to www.moneyadviceservice.org.uk.
- **Hart Employment and Skills Hub** supports Hart residents with finding employment or training. Whether you have recently left education, been made redundant, or are long-term unemployed, they can help you consider your options, develop achievable job goals and feel more confident. Email jobskills@hart.gov.uk or call 01252 774134 for more information. Other sources of information and support can be found at www.hart.gov.uk/employment-and-skills.
- **The Job Help website** <https://jobhelp.campaign.gov.uk> offers a range of support and skills advice and you can search the latest job vacancies at www.gov.uk/find-a-job.
- **Local Jobcentres** are sharing information through social media. Follow Jobcentre Plus Hampshire on Twitter @JCPinHants_IOW or on Facebook for the latest information and job vacancies.
- **The Hart District Council Housing team** can be contacted for information, advice and assistance to help resolve housing or homelessness issues. Email housing@hart.gov.uk or call 01252 774 239, Monday to Thursday, 8.30am till 5pm and Friday 8.30am till 4.30pm. Further information can be found at www.hart.gov.uk/covid-19-housing.
- **Hart Foodbank** provides food to people in need. They know that anyone can reach crisis point and they are here to help when that happens. For more information go to <https://hart.foodbank.org.uk>, email hart.foodbk@hotmail.co.uk or call 07858759218 to request an emergency food parcel delivery in the Yateley area when the foodbank is closed.
- **Relate** can provide support if you are experiencing challenges in your relationships including relationship breakdown www.relate.org.uk. To start a free 30-minute webchat with one of their Relationships and Wellbeing Advisors go to <https://hub.relate.org.uk>. Citizens Advice can advise you on your rights if your relationship has broken down www.citizensadvice.org.uk/family.
- **Hampshire Domestic Abuse Service** offers help and support to anyone who feels they are in an abusive or coercive relationship. Please contact the advice line on 0330 016 5112 or you can send a message through the Facebook page of Stop Domestic Abuse at www.facebook.com/Southerndas. For more information about support including if you are worried about your own behaviour and think you might hurt someone go to the Hampshire Domestic Abuse website www.hants.gov.uk/socialcareandhealth/domesticabuse.
- **Every Mind Matters** provides simple tips and advice to help you take care of your mental health or support someone else who may be struggling. Go to www.nhs.uk/oneyou/every-mind-matters. Additional sources of information and support for mental health and wellbeing can be found at www.hart.gov.uk/covid-19-health-wellbeing.
- If **Coronavirus** has had an impact on you or any aspect of your life, including anyone who is self-isolating, you can telephone the Hampshire Coronavirus Helpline for advice and support on 0333 370 4000, 9am to 5pm weekdays, or visit www.connecttosupporthampshire.org.uk/coronavirus.



*This information has been collated by
Hart District Council and partners.*

Winter Wellbeing

To help you stay well during the colder months, here are some tips collated by Hart District Council from trusted sources:

- **Stay warm.** Heat your home to at least 18°C (65°F). If you can, make the room where you spend the most time slightly warmer. Hitting The Cold Spots can help if you are struggling to keep your home warm - call 0800 804 8601, Monday to Friday, 9am to 5pm.
- **Keep active.** If able, try to get out for a daily brisk walk (make sure you dress appropriately for the conditions) or get active at home. Visit www.energyscheme.org/getting-active.
- Eat and drink well to help keep you in good shape and fight off infections.
- With less sun in winter, Public Health England recommends taking a daily supplement containing 10 micrograms of **vitamin D**.
- Try to keep to a routine, keep in touch with others and do something you enjoy each day. While it's normal for all of us to slow down over winter, sometimes a lack of energy and enthusiasm (lethargy) can be a sign of a medical condition like winter depression. If your tiredness is stopping you from going about your normal life, or goes on for a long time, you should **talk to a GP**. Find out more at www.nhs.uk/live-well/sleep-and-tiredness/5-ways-to-wipe-out-winter-tiredness/.
- If you need **someone to talk to** at any time, day or night, you can telephone Samaritans 116 123. If you are aged 55 and over you can also telephone The Silver Line 0800 4 70 80 90. More information at www.hart.gov.uk/covid-19-health-wellbeing.
- This year it's more important than ever to get your **flu vaccination**. If eligible for a free vaccination, your GP practice will contact you to invite you for an appointment. More information at www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/
- Keep your **medicine** cabinet well stocked. Pharmacists can advise you what to include, as well as offering advice on a wide range of conditions and common illnesses. A simple guide is available here www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/. Arrange any repeat prescriptions in good time, particularly ahead of the Christmas and New Year break.
- Remember if you're feeling unwell **the NHS is still there for you**. Contact your GP surgery or for urgent medical help you can use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies – call 999 for an ambulance.

Yelabus

Yelabus's Shopper Bus runs every Friday from your door to The Meadows and Camberley Town Centre. While their spaces are restricted because of COVID-19, they still have availability for anyone with a mobility or sensory impairment that makes it difficult for them to use bus services.

It's only £3.75 return if a bus pass is used or £5.00 return without a pass. To book a seat and to be sent the registration form, call the Operations Manager on 07719 799263.



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Newsletter edited by Lydia Castellano

HOME-START HAMPSHIRE

'Still here for parents when they need us most...because childhood can't wait.'

Home-Start Hampshire is still open for new referrals. They offer support to anybody that has at least one child aged 0-11 years or is expecting a baby.

- Regular 1-1 support over the phone/video call or socially distanced visits
- Virtual wellbeing group to support parental mental health

The way they are working at the moment is different from usual, but their commitment to supporting families across Hampshire remains unchanged. Visit www.home-starthampshire.org.uk for more information. To download a referral form or to contact the Rushmoor & Hart Family Coordinator, call 01252 398530 or email rachel.lea-wilson@hshants.org.uk