

Coventry citivision

News...features...plus more about your city...your neighbourhood...your services

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● Job shop opens

● Winter What's On

inside



Let there be
festive lights!

Your guide to
bin collections
this Christmas

PLUS: Win tickets for
panto and ice hockey



Writer ushers in
new era at library



Pupils dig in to
help with clean-up



Mums get help to
kick smoking habit

Plus: Your 8-page 2012
Olympic Games special

Keep up to speed with what's
happening as Coventry prepares
for London 2012

Be part of it!

Including: news, comments and updates from organisations
across the city working together to improve life in Coventry



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● A personal message from Cllr John Mutton, Leader, Coventry City Council.

Taking pride in a year of highlights

It's been such a busy year in Coventry, it's hard to pick out every highlight as we get to the end of 2011. While there have been some real challenges, I'm very proud that the Council has played a big part in some of the good work across Coventry this year.

We started the year with some of the worst weather the country has seen for a long time. Council workers did a brilliant job emptying bins, gritting roads and keeping people informed about school closures. We're well prepared for this winter, too, as you'll find out in this issue of *Citivism*.

While economic times are tough, we're clear it's more important than ever to invest in the city's future. That means putting time and resources into our Jobs Strategy which is helping us support people back into work, and putting time and money into improving the city centre. And over the year we've kept your priorities firmly at the top of our own to-do list. We've repaired 158 miles of Coventry roads over the past 18 months and there's more to do. It's been occasionally frustrating as we've had to close roads to get them fixed, so thanks for your patience.

What we've done this year has put us in good shape to make the most of 2012. We have a once-in-a-lifetime opportunity to show the city at its best during the Olympics; I know that Coventry people will make sure everyone knows how proud we are of our city!

Finally, have a peaceful Christmas, and a Happy New Year to you all.

*You can write to John at The Council House, Earl Street, Coventry CV1 5RR, or e-mail him at john.mutton@coventry.gov.uk

If you need this information in another format or language please contact us:

Tel: 024 7683 1081

Fax: 024 7683 1132

e-mail: communications@coventry.gov.uk

Cover story: Lord Mayor Cllr Keiran Mulhall is joined by city Shining Star Joseph Friday and Touch FM's Brody Swain at the festive lights switch on. For the full story, see page 5.

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contact us

Call the *Citivism* newsdesk on 024 7683 1075 or write to Newsdesk, Room 27, The Council House, Earl Street, Coventry, CV1 5RR, or e-mail communications@coventry.gov.uk

Written and produced by the Communications Team, Coventry City Council. Each edition of *Citivism* costs 7p per copy to write,

A personal message from Dave Walton, chair of the Coventry Partnership....

Coventry *Citivism* includes a great range of articles from organisations across the city that make up the Coventry Partnership.

The partnership includes the public, private, community and voluntary sectors and as the recently appointed chair, it's been encouraging to see everyone play their part in the Proud of my City campaign with a steady stream of good news stories appearing in the local media.

I encourage you to go to the website, www.proudofmycity.org.uk for more information and to submit your story of how you're playing your part to prepare Coventry for London 2012.

Being the Chair of the Coventry



* Dave Walton is acting Assistant Chief Fire Officer/Director with responsibility for the Technical and Operational Support sections within West Midlands Fire Service.



Partnership in the run up to the 2012 Olympics presents a fantastic opportunity to promote the City of Coventry to the rest of the United Kingdom, and indeed the world.

The opportunity for the city to host part of such a prestigious sporting event is unique to all of us and with 2012 now almost upon us, it's just around the corner!



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print and distribute to every home in Coventry. You can also pick up a copy at libraries and council buildings. *Citivism* is produced on paper from sustainable woodland and is chlorine free. The milling process also has Environmental Management Systems in place. Once read, please recycle.

If you would like to advertise in the next issue of *Citivism*, contact Darren O'Shaughnessy on 024 7683 1075. Coventry City Council is grateful for the support from advertisers in this issue of *Citivism*, but accepts no responsibility for the accuracy of adverts. The next issue of *Citivism* will be delivered in February 2012.



Junction work keeps drivers on the move

■ Cllr Harvard at the junction of Barras Lane and Holyhead Road after the completion of improvement works.

Phase one of a package of improvements along Holyhead Road has been completed.

The work, which covered the section between the Ring Road and Northumberland Road, included a major change to the layout of the Barras Lane junction to improve access for pedestrians, cyclists and drivers.

The pedestrian crossing near Minster Road has also been upgraded to include the latest technology.

Phase two is underway, with three further pedestrian crossings being upgraded. The remaining sets of lights along the road will also be upgraded.

The work has been made possible thanks to a grant from the

Department for Transport.

Cllr Lindsley Harvard, Cabinet Member for City Services, said: "This package of improvements will help all road users and keep traffic moving." The changes on Holyhead Road includes repair to roads, pavements and verges. Work is also underway to replace every street light.

New support plans for families and foster carers

Two new programmes to help reduce the number of young people coming into care or custody and to support foster carers have been backed by the Council.

Coventry has secured Government funding of £300,000 to implement Multi Systemic Therapy (MST) and Keeping Foster and Kinship Carers Trained and Supported (KEEP) from April next year.

MST uses therapy to increase young people's engagement with education and training, reduce offending or anti-social behaviour and increase family cohesion. KEEP is designed for carers of children aged five to 12 years. It aims to increase parenting skills and confidence among foster carers.

Three therapists will be employed to work with five families over a three-to-five month period, supporting up to 36 families a year. The MST programme is forecast to deliver approximately £850,000 of savings per annum.

Councillor O'Boyle, Cabinet Member for Children and Young People, said: "Keeping children at home, in school and out of trouble is a priority for the council and the MST and KEEP programmes will help us to do that."



■ RTC programme director Simon Weatherbed, Prof Alan Hunter, the director of Coventry University's Centre for Peace and Reconciliation Studies and RTC peace and conflict advisor Joan McGregor admire the prize (left), and (above) Rachel Sutton, who designed the work.

Rachel crafts city's symbol of peace

Coventry University graduate Rachel Sutton has designed this year's Coventry International Prize for Peace and Reconciliation, which has been awarded to a Birmingham-based group. This year's award, commemorating the 70th anniversary of the Blitz, has been presented to Responding to Conflict, a small organisation working to promote peace and

reconciliation around the world. Rachel graduated in 2010, receiving a first-class Honours degree in Applied Arts. Responding to Conflict programme director Simon Weatherbed said: "Many of the people we have worked with have continued to transform violent conflicts and people's lives, and I am proud to accept this award on their behalf."

Toilet is key to shopping experience

Coventry city centre will soon have its first Changing Places toilet after the Council backed a scheme to build the much-needed facility in the Central Library.

A nationwide campaign has been running to raise awareness of the need for such facilities so that disabled people and their carers can have the same opportunities to take part in the shopping experience that we all take for granted.

Changing Places toilets have plenty of space and include a changing bench, a hoist and other specialist equipment. It means that many hundreds of people will be able to spend more quality time in the city centre.

Jill Hinde from Coventry Mencap, said: "Many people face a daily challenge to leave their home and adequate toilet and changing facilities in public places is one way to reduce the barriers they face."

"We are delighted the Council is supporting this scheme and hope that the new facility will add to the improvements in the city centre."

Cllr Faye Abbott added: "We're proud of being a diverse and welcoming city and I hope that the Changing Places toilet will encourage more people to visit the city."

The scheme is a partnership project led by Coventry Mencap and funded by the Council as part of its preparations for London 2012.

munchtime

A new tasty and nutritious menu is being launched in city primary schools from January. All meals are balanced and contain the right vitamins, minerals and fat content for a growing child. Many of the items on the new menu have been tasted and approved by pupils. For more information go to www.coventry.gov.uk/schoolmeals



WHAT A CRACKER!

Thousands of people gathered in the city centre to support the launch of Coventry's Christmas Cracker.

Featuring a range of family entertainment and hosted by Brody Swain from Touch FM, the day culminated with the festive lights being switched on by Shining Star Joseph Friday, Coventry Lord Mayor Cllr Keiran Mulhall and popular children's characters The ZingZillas.

Joseph, aged five and a pupil at Clifford Bridge Primary School, was chosen to do the big switch on as part of a competition by the *Coventry Telegraph*. He was born at 26 weeks and spent three months in hospital where he underwent eye surgery and also has a chronic lung condition.

Precinct Cross was the venue for the entertainment and appearances from children's TV favourites The ZingZillas, Mr Bump and Little Miss Sunshine.

The city centre was also taken over by acrobatic elves, choirs and panto dames. Stars of local sports teams also took part, along with Olympic gold medal winner Kirsty Coventry.

West Orchards Shopping Centre welcomed back Santa to his grotto and a real life reindeer was out and about in Smithford Way. The Lower Precinct hosted performances from



■ Crowds cheer as the festive lights are switched on (above), while (left) TVs ZingZillas bring smiles to the faces of Shining Star Joseph Friday (right) and his brothers.

the animatronic Bjorn the Polar Bear.

All the photographs of the day are on Flickr; so go and spot yourself in the crowd at www.flickr.com/photos/coventryccc

■ With the Christmas lights on and illuminating the city, shoppers in the city centre have also been able to enjoy live acoustic music nights.

Star Wednesdays have been taking place at the open air Fountain Stage in Precinct Cross, every Wednesday afternoon from 4pm, featuring the very best local musical talent.

As an extra incentive for

Christmas shoppers, motorists have been able to park for free in city centre car parks after 4pm on Wednesdays. Star Wednesdays are produced by the City Council in association with Sam McNulty and Touch FM. Sparkle Saturdays have also been staged over recent weekends with the very best in fitness, dance, music and theatre. For more details, visit www.coventrychristmascracker.co.uk or pick up a programme from Central Library, West Orchards Shopping Centre or Council House reception desk.

City centre makeover is gathering pace

Regeneration projects across the city are progressing well. Now that Broadgate is traffic-free, people are beginning to get a better feel for the size of the square. Buses and taxis have been relocated, with buses now stopping in the Burges and taxis at a new rank in Greyfriars Lane. Pavements have also been improved for wheelchair users.

The route from Coventry railway station into the city centre, via Bull Yard, is being made safer and more attractive. The work will create a greener, more landscaped area and

includes re-paving paths, installing a zebra crossing and filling in the two subways. Work at Junction 6 of the ring road to install a Toucan crossing will start after the January sales.

Work has started outside Holy Trinity Church and will include removing bus shelters, and the provision of two grassed areas, more trees and benches.

Improvements to Hertford Street include repairs, replacing benches, upgrading the lighting, improving shop fronts and de-cluttering the street scene.



■ The new-look junction at Gosford Street.

Write move

Business in the Community is looking for firms to take part in the Read to Succeed Story Book Challenge in March 2012. Participants will be invited to contribute to a short story begun by the Year 5 children at Aldermoor Farm Primary School, Coventry. The children will then finish the story, to be printed in a booklet. Businesses will be invited to meet their co-authors and read the stories at the school on Thursday, March 1. To register, e-mail mary.judge@bitc.org.uk

Festive sadness

A Christmas memorial service is to be held at Canley Crematorium on Sunday December 11 for those who have lost loved ones. To reserve a place, contact Helen Roberts, Bereavement Services, on 024 7678 5485 or by e-mail at helen.roberts@coventry.gov.uk Alternatively, you can write to her at Canley Cemetery and Crematorium, The Lodge, Cannon Hill Road, Coventry CV4 7DF.

Animal magic

Vet Elly Pittaway is in the running for the Demeter Award, marking the achievements of business women. Elly, who opened Broad Lane Vets in Coventry three years ago, employs 30 staff.

Home venue

Artist George Shaw was at the Herbert Art Gallery and Museum in November to celebrate his first exhibition in his home city. The Turner-nominated artist unveiled the exclusive *George Shaw: I woz ere* exhibition. Shaw has spent his entire career painting the Tile Hill estate where he grew up. For more details, visit www.theherbert.org

■ What's On - Pages 20-21

Jag's global HQ gets off to a flier

Civic dignitaries joined company officials at the opening of Jaguar Land Rover's (JLR) new global headquarters in Whitley, Coventry.

The new HQ, adjacent to the company's Whitley Engineering Centre, was opened by the chairman of Tata Sons, Mr Ratan Tata, the vice president of Tata Motors, Mr Ravi Kant, and the chief executive of JLR Dr Ralf Speth.

The opening is the first major step towards JLR delivering on its desire to consolidate its engineering and corporate operations across its two sites in Coventry and Gaydon.

Dr Speth said: "We are embarking on our most ambitious product creation programme which will see us invest more than £1.5 billion annually for the next five years. We are also investing heavily in innovation, people and infrastructure."

Whitley will become the centre of JLR's business operations, with key corporate functions from finance and purchasing to marketing and HR moving across to the site.

JLR has also announced plans to redevelop its advanced manufacturing plant at Solihull.



■ Council leader John Mutton (second from left), Cllr Lynda Bigham and Council chief executive Martin Reeves (second from right) join Mr Ratan Tata (left), chairman of Tata Sons, Mr Ravi Kant (third from right), vice president of Tata Motors, Dr Ralf Speth (right), Jaguar chief executive, and other JLR representatives at the opening for the firm's new global headquarters.

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Freeze out car thieves this winter

City motorists are being warned not to gift thieves an early Christmas present by leaving their vehicles unattended in the mornings to defrost.

Last winter, a number of vehicles were stolen by opportunist thieves taking advantage of drivers leaving their cars ticking over outside their homes.

Coventry Police officers already carry out 'frosty morning patrols', warning drivers about the danger of leaving vehicles unattended.

Motorists should also be mindful that car insurance policies are often invalid when cars are stolen in this way, as the owner is deemed to have been responsible for the theft.

The answer is to use de-icing spray and a scraper to speed up the thawing process.

For more vehicle crime prevention



advice, check out www.west-midlands.police.uk/safermotors

If anyone witnesses any suspicious activity, they should report it immediately to their local police station on 0345 113 5000.

February date for city bus route changes

Broadgate closed to traffic in October, bringing with it changes to bus routes and stop locations in the city. Hundreds of people attended two exhibitions at Pool Meadow bus station in the week running up to the changes. For more details, visit

Centro's Pool Meadow shop or go to www.networkwestmidlands.com/ServiceAlterations/alterations.aspx

The bus network review takes effect on February 26. Visit www.networkwestmidlands.com for more details.

Top writer helps usher in a new era

A popular author whose work is in the top three of the most loaned books in Coventry has taken part in the official opening ceremony of a city library.

Josephine Cox was joined by Cllr Lynnette Kelly, the Council's Cabinet Member for Libraries, at the new £1 million Allesley Park Library.

Josephine has sold more than 15 million books worldwide and is the best-selling author of *The Journey*, *Songbird*, *Journey's End*, *Born Bad* and *Blood Brothers*.

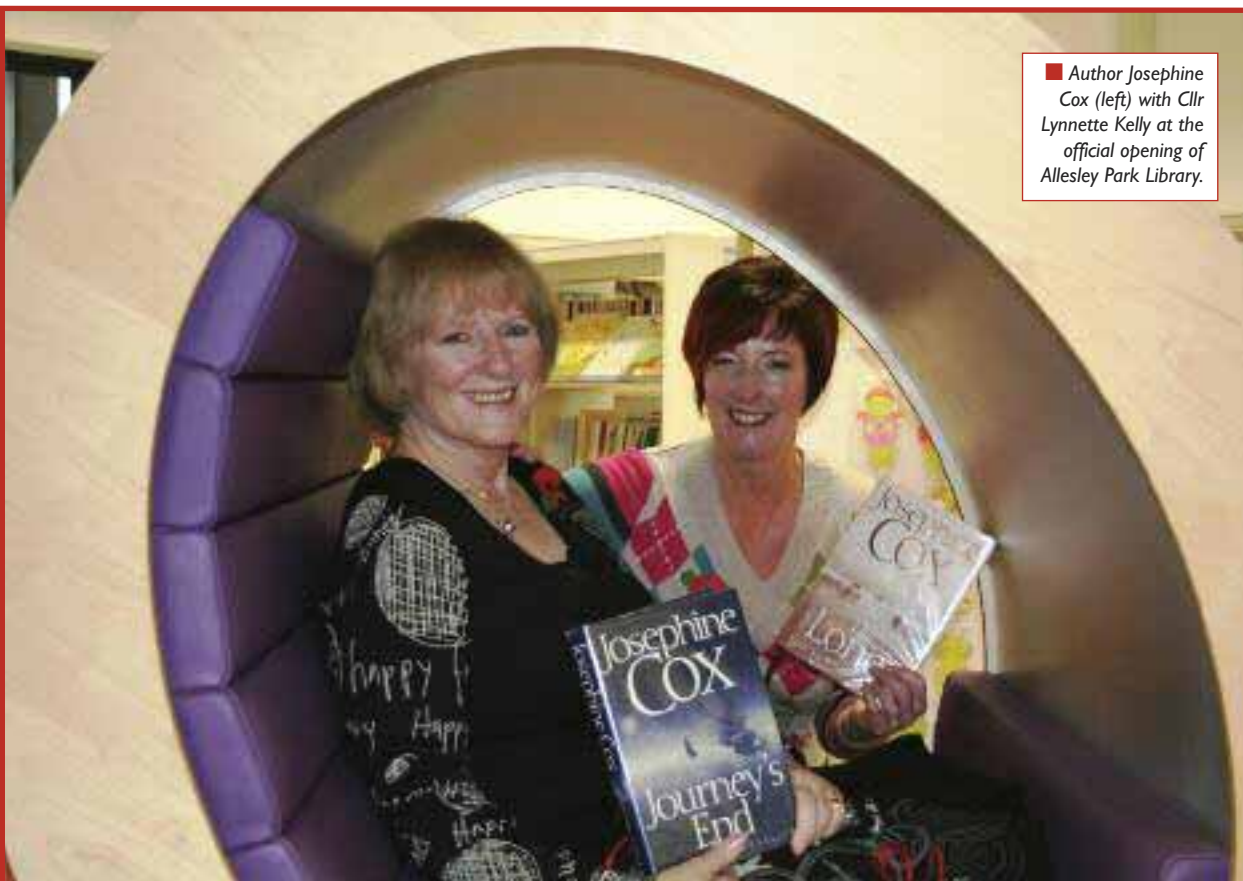
Allesley Park Library opened its doors to the public in July and has proved a huge success, attracting more than 100 new members in the first 24 hours. It is part of a wider Neighbourhood Centre including a medical centre.

The library replaced a mobile service and attracted 6,753 visitors in August, compared to just 605 to the mobile library 12 months earlier.

The library boasts more than 12,000 items that are available to loan to members, including books and DVDs. There are also 10 computers for public use including two designated solely for children to use.

Other attractions include a children's library, a teen zone and a meeting room for community use.

Councillor Kelly said: "Despite many local authorities cutting library services and opening hours, Coventry has pledged that these valuable community resources will remain untouched."



■ Author Josephine Cox (left) with Cllr Lynnette Kelly at the official opening of Allesley Park Library.

Cutting-edge arts venue proves music to the ears

State-of-the-art facilities for people looking to make a career or develop their passion for music and the arts are now open and available for use at Taylor John's House in Coventry.

The city centre-based venue has expanded into additional units at the

Canal Basin, enabling a wider range of activities and services to be offered to those interested in music and the arts.

Cllr Tony Skipper, Cabinet Member for Leisure and Culture, believes that the improvements will be a benefit to the city's creative talent. He said: "These new rehearsal studios, additional space and

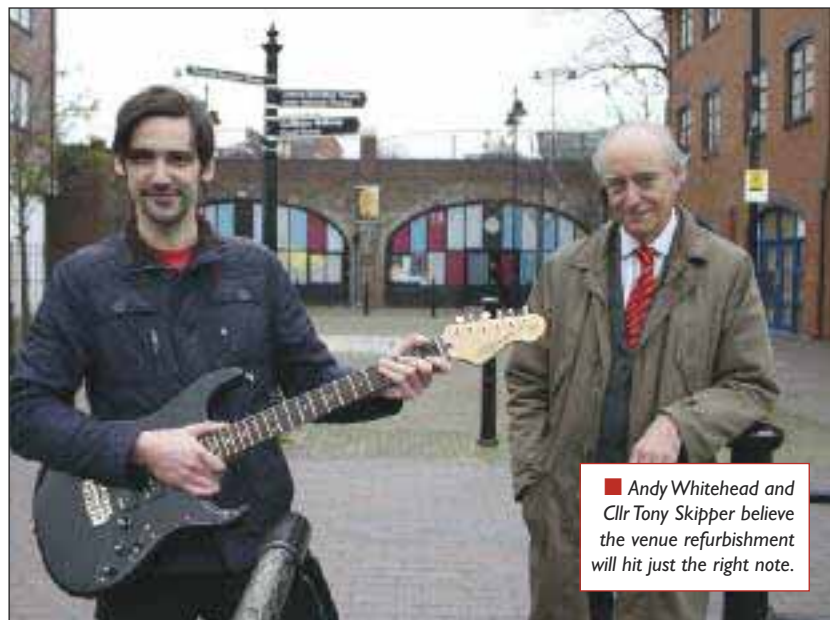
access to a larger selection of instruments and equipment mean Coventry people will have an opportunity to use affordable city centre facilities that I'm sure will prove to be very popular."

The venue will now offer three new, fully-equipped band rehearsal studios, available for hire at an introductory rate of £7 per hour, along with two, larger, highly-versatile rooms that can be used for a variety of activities, including film, theatre and art groups.

The facility is a joint project with Coventry City Council and the Department for Culture, Media and Sport and supported by UK Music.

Andy Whitehead, from Taylor John's Music and Arts Centre Ltd, added: "Whether people are interested in taking up a new creative activity or want to develop their existing skills, we can help."

For more details, visit www.thetinangel.co.uk, call 024 76 230 699 or e-mail andyjw99@hotmail.com



■ Andy Whitehead and Cllr Tony Skipper believe the venue refurbishment will hit just the right note.

Housing Benefit changes: Your questions answered

The Government's changes to the rules for claiming Housing Benefit will lead to significant reductions in payments for some people in Coventry from January. The Council has already written to people affected to give them notice of the changes, which will impact on people claiming housing benefit in privately rented accommodation. Here we look at some of the questions being posed by the changes....



Q When are people affected and what is the Council doing?

A For new customers claiming after April 1 2011, these changes took effect immediately, while existing people were protected from these changes for nine months. These changes will now start to take effect from January 2012 and in some cases will mean a reduction in the amount of housing benefit some tenants receive. We are writing directly to the tenants that are affected. We will also be writing to landlords who may be renting to people receiving housing benefit.

Q Who is likely to be affected and how much money could they lose?

A Single people aged between 25 and 35. Tenants who fall in this category will see a reduction in the amount of housing benefit they receive. Most will be restricted to the shared room rate of LHA which is currently £61 per week.

A People protected from the changes which took place in April 2011. Since April 2011, the Government has reduced the housing benefit rates. Existing tenants were protected for a period of nine months from their anniversary date on the higher rate. As

the nine-month protection will start to cease from January 2012, some people will start to receive less housing benefit.

A People in receipt of the 'five Bedroom Rate'. The rate of housing benefit is now restricted to the four bedroom rate, so for tenants who were protected on the five bedroom rate, these changes will also take effect from January 2012.

Q How much will people lose?

A We have estimated that:

- *The annual loss of benefit for around 2,300 people in Coventry will be over £1.5 million;
- *The weekly reduction in benefit ranges from £1 to over £70;
- *The average reduction is over £12 per week;
- *Most people will lose between £10 and £20 per week.

If, as a result of any of these changes people do not receive enough benefit to cover their rent payments, then we advise them to contact their landlords in the first instance. If they manage to negotiate a reduced rental charge (which they can afford) for the property then

we may be able to make future LHA payments directly to their landlord's bank account.

Q Where should customers seek advice if they cannot afford their rent?

A Housing Advice: For people who believe they will become homeless due to changes in Housing Benefit, contact the duty officer on 024 7683 4025. For people who want to have the opportunity to apply for Social Housing, they should visit www.coventryhomefinder.com to register an application.

A Money Management Advice: For people needing help with their finances, please contact our Money Management Advisor Anna Green, who offers support on improving budgeting skills and making payment arrangements for household bills. She can be contacted on 024 7683 1238.

A Discretionary Housing Payments: The Discretionary Housing Payment scheme provides additional short term financial help for people in receipt of housing and/or council tax benefit where they have a shortfall in their housing costs. For further information please contact Richard Wise on 024 7683 2967.

A Housing and Council Tax Benefit Advice: For people who need advice on claims for housing or council tax benefit, please contact us on 024 7683 1800, or visit our enquiry counter at New Union Street, Coventry.

A General Welfare Benefits Advice: People can also contact our Welfare Benefits Advice Team on 024 7683 2000.

Website sets out the standards you can expect

The Council is making it easier for local people to find out what standards of service they can expect when they get in touch.

Information on the Council's website has been changed to reflect the Council's updated customer service standards.

The standards, which cover what people can expect when they telephone, e-mail or visit the Council, also offer tips on how local people can help the Council provide them with a

better service.

The updated standards include:

- Acknowledging e-mails that need a response within one working day and providing a full response within ten days;
- Acknowledging letters that need a response within three working days and providing a full response within ten;
- Aiming to see people within ten minutes of waiting and if this is not possible to let

them know why.

Cllr Phil Townshend, Cabinet member for Customer Services, said: "In these challenging financial times where we're looking closely at our services and how we deliver them, it's more important than ever that we continue to focus on providing good customer service."

For details on the standards visit www.coventry.gov.uk/coventrydirect or telephone 0500 834 333.

Make your mark at festival

Performers and volunteers are being sought for the 2012 Positive Images Multicultural Festival.

Next year's extravaganza is set to celebrate not only Coventry's cultural diversity, but the 50th anniversary of the city's cathedral, the Queen's Diamond Jubilee and the Olympic Games. The venue has still to be decided.

Organisations, artists, performers and those seeking volunteering experience are invited to planning meetings at the Central Library from noon-1.30pm on December 19, January 23, February 20 and March 26.

For further information, contact Colin Scott on 024 7683 2457 or e-mail colrsc@yahoo.co.uk



■ An offender removing city graffiti.

Payback time pays dividends for city communities

Offenders have been working under the supervision of the Probation Trust on projects to benefit local communities as a payback for their crimes.

The Community Payback scheme – one of a range of community sentences imposed by courts – has seen offenders reporting for up to three days each week to complete community tasks.

The type of work that the offenders perform is varied and difficult and projects are



nominated by members of the public for the benefit of the local community.

In recent months, offenders at Coventry Community Payback Unit have completed over 70,000 hours of work for over 60 local charities,

community groups, faith groups and schools.

Jobs have included ground and entry clearance, gardening, decorating and litter collection at community events such as the Coventry Half Marathon and the Caribbean Festival.

To nominate a project, complete the nomination form on the Staffordshire and West Midlands Probation Trust website at www.swmprobation.gov.uk or call 0121 248 2688.

Community champ Roger honoured with street name



A former community champion is being remembered after the first street sign in Coventry's £360m Spirit Quarters redevelopment was set in place in his honour.

Tipton Way was named after Roger Tipton, who passed away in 2009. He served for 10 years as resident chair on the New Deal for Communities (NDC) Partnership Board, and residents involved in the project decided to pay tribute to Roger by naming the first new road in the redevelopment after him.

Ian Tipton, a relative of Roger, said: "To have this street named after Roger is a fitting tribute to the hard work he carried out in the community. He was a simple man who got immense pleasure from seeing positive changes to his local neighbourhood."

The Spirit Quarters housing

redevelopment began in June 2010 following years of critical planning among partners and residents, of which Roger played a key role.

Kevin Roach, project director for Spirit Quarters, said: "Roger always worked closely with partners and residents to ensure the success of the regeneration in this area."

Spirit Quarters is being delivered through a partnership made up of Whitefriars Housing, Coventry City Council, the Homes and Communities Agency, Moat House Community Trust and a developer consortium of Bovis Homes, Keepmoat Homes and Westbury Partnerships. Some 154 new homes are mid-way through build and the second phase of 230 is due to start soon. For more information about regeneration in north east Coventry, visit www.spiritquarters.co.uk



■ Ian Tipton (left) and Alan Tyrrell at the street sign in memory of Roger (top right).

Caring for Canley and Caludon Castle Park



Residents and volunteers of all ages have been rolling up their sleeves to spruce up two neighbourhoods in Coventry. Dozens of trees were planted in Canley Brook and Parkwood by Friends of Canley Green Spaces, University of Warwick volunteers and residents. Youngsters from Wyken Croft Primary School, Richard Lee Primary School and Caludon Castle School (left and above) were among volunteers helping improve Caludon Castle Park by planting hedges. The hedge planting signals a season of work on the park over the next 12 months including volunteer days for bulb planting and litter-picking. The Council helped fund the tree planting in Canley, and The Friends of Caludon Castle Park secured a £50,000 Changing Spaces Grant. The work is also part of Coventry's Proud of My City campaign to clean up the city ahead of London 2012. For details visit: www.ProudOfMyCity.org.uk

coventry sexual health
partners

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FROM ME
XX

SEXUALLY TRANSMITTED INFECTION

IF YOU DON'T WANT AN **STI** OR
AN **UNPLANNED PREGNANCY**
THIS CHRISTMAS WRAP UP -
USE A CONDOM

For advice and information, visit www.besavvy.org.uk

Smokeless zone support for mums

Pregnant women in Coventry, their partners and family members can now get extra support to stop smoking and make their homes and cars smokefree.

Over the next 12 months, new support workers Diane and Mundeep (pictured) will be working to encourage more pregnant women to give up smoking and give their baby a healthier start to life.

Partners, family members and friends will also be offered help to quit in support of mum-to-be. The team can support appointments with specialist stop smoking in pregnancy advisors who are based in locations throughout Coventry. They can also arrange a home visit for stop smoking support or for help and advice on how to make your home and car smokefree.

The new team has been created thanks to funding from the Coventry Health Improvement Programme (CHIP).

To contact the support workers call 024 7684 4184 for more information or to arrange an appointment.

Coventry mothers-to-be are being urged to think about their weight during pregnancy to reduce chances of complications during pregnancy, labour and after the birth.

Although some weight gain in pregnancy is to be expected, being overweight carries health risks for

both mother and baby. Women should be aware that only a small number of extra calories are needed during pregnancy and only needed in the last trimester.

The Just4Mums course offers pregnant women a seven-week programme for support and information about nutrition,

physical activity, and weight management. The next course starts on Thursday January 19 at Radford Community Fire Station, 10am-noon.

Please speak to your midwife for a referral or call the Be Active Be Healthy team on 024 7683 3148 to find out more.



UNICEF babycare prize a bundle of joy



Coventry has achieved stage two of the UNICEF Baby Friendly initiative, a worldwide programme which encourages successful breastfeeding in hospitals.

In November, UNICEF officials met with members of the Council's Infant Feeding Team (pictured above) and healthcare professionals from across the city to assess the work being done in Coventry to support mothers to breastfeed.

UNICEF found that many organisations in the city are working closely together to help support the programme.

The stage two award recognises the hard work and commitment that

the city has towards encouraging breastfeeding. Several studies have shown that the baby-friendly accreditation can increase breastfeeding rates and reduce the incidence of illness.

Communities can also work to the UNICEF plan to ensure pregnant women and mothers receive high standards of care relating to feeding their babies.

The Infant Feeding Team is part of the Coventry Health Improvement Programme (CHIP).

If you would like to find out more about breastfeeding, call 07904 984 620 or visit www.coventry.gov.uk/breastfeeding.

CARE VISITS AT HOME
Good old-fashioned service

A comprehensive care at home service

Contact us

Call our professional team
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Our staff

Our staff are dedicated, caring and trained to give medication. All our carers are police checked for your peace of mind.

Alternative

We offer a realistic cost effective alternative to residential care. With familiar friends, relatives and possessions Bluebird Care easily fits in around you - whatever your needs.

What we offer

From personal care to shopping and cleaning or just to come and chat with you in the comfort of your own home. Just tell us what you want.

Your guide to what's new on the healthcare scene in and around Coventry

New City Health Centre now open

Patients in Coventry are a step closer to benefiting from a variety of high quality health services from a central location, as work is completed on the development of the city's new City of Coventry Health Centre.

Galliford Try Construction, through Coventry Care Partnerships has completed the construction work of the £22.5m five-storey building which covers over 10,000m², making it one of the largest Primary Care centres in England.

The new facility, which becomes fully operational on January 9 2012, is opening to the public on Saturday December 10 from 11am till 3pm, to give people an idea of what the new facility will provide.

GPs, the Walk-in Centre and other services currently based at the Coventry and Warwickshire hospital site, and services from other parts of the city, will be relocating through a phased transition of all services from December 16 into the new building.

Alison Gingell, Chair of Arden Cluster, said: "I'm excited that we are another step closer to the opening of the new health centre. I know local people in the area will be pleased to know that we're nearly ready to open the building for them to start using services from January.

"I wish to thank Coventry Care Partnership, Galliford Try, patients groups and everyone who has been involved in making this project come alive."

Rachel Newson, chief executive of Coventry and Warwickshire Partnership NHS Trust, said: "The quality of the care we provide is our top priority, and the facilities we use to deliver services from need to reflect this too.

"A wide range of health services will be available to local people in this fantastic new building, and we are really looking forward to moving in and making sure people can get the services they need in a modern, high quality, environment."



Key to the door: George Marsh (left), chair of Coventry Care Partnerships, Alison Gingell, chair of the Arden Cluster (NHS Coventry and NHS Warwickshire) and Sean Bowles, Business Unit managing director for Galliford Try Construction, at the new health centre.

Are you ready for screen test? Put your health in the spotlight

A major cancer screening campaign has been launched across Coventry and Warwickshire, encouraging local people to go for their cancer screening test, as part of an NHS drive to increase uptake of cervical, breast and bowel cancer screening.

Screening is free of charge and can detect changes early, when there is a good chance of successful recovery.

The public will see a range of adverts over the coming months on buses which encourage people to put their health in the spotlight by going for a screen test. The three adverts are being used to raise awareness of the importance of simple screening test - which could save your life.

Breast Cancer Screening

Breast cancer is the most common cancer in women. All women aged 50-70 are eligible for a mammogram



every three years. Breast screening can detect changes in your breasts early when there is a good chance of a successful recovery. If you missed your last test, call 024 7696 7200 to make an appointment today.

Bowel Cancer Screening

Bowel cancer is one of the most common cancers. All men and women aged 60-74 are eligible to receive a free test kit every two years. Bowel cancer screening can detect changes in your bowels early, when there is a good chance of a successful recovery. If you missed your last test, call 0800 707 6060 to order a test kit.

Cervical Cancer Screening

Cervical cancer is more common in young women. All women aged 25-64 are eligible for regular smear tests. Cervical screening can detect changes in the cervix early before they have a chance to develop into cancer.

If you missed your last test, call your doctor to make an appointment today. For more information go to www.cancerscreening.nhs.uk

Ambassador applications exceed expectations

A total of 575 applications to be a Coventry Ambassador have been received from people from all backgrounds and communities from across the city and West Midlands.

The recruitment phase of the project, which closed on 25 November 2011, was to enroll over 300 volunteers to be deployed during Games time who are responsible for welcoming the world to the city of Coventry when thousands of visitors arrive in July and August 2012.

The process now starts to review the applications to select most suitable people to represent Coventry as ambassadors.

Those who are successful through a selection and interview process will attend at two training sessions in spring 2012 to ensure they are fully prepared for the Games.

The Coventry Ambassadors scheme has been one of the most successful campaigns the city has seen with over 7,000 people visiting the Coventry Ambassador website.

Councillor John Mutton, Leader of Coventry City Council said: "I am delighted with the response we have had to the programme as it demonstrates that we have a lot of passionate people who want to represent our city.

"Coventry Ambassadors will play a crucial role in ensuring that the city

"We have a lot of passionate people who want to represent our city"



Coventry Ambassador partners announcing the final number of applications received

provides a first class experience for visitors and Coventrians during the Games, without whom we would not fulfil this ambition."

Funded by Coventry City Council, the Coventry Ambassadors scheme is a partnership programme

delivered by Coventry University and supported by Voluntary Action Coventry and CSW Sport.

For more information about Coventry Ambassadors please visit: www.coventry.gov.uk/coventryambassadors

Inside this issue:

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London 2012 Olympic Football tickets are back on sale!

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Coventry's plans to celebrate the cultural aspects of London 2012



Kirsty Coventry
Three time Olympian visits the city that shares her name

Page 6 **Coventry Schools Torch Relay**

Pupils and staff gear up for their own Torch Relay celebrations

Page 7 **Local Leaders**

Sign up to be a London 2012 Local Leader to celebrate the Games

Welcome

Cllr John Mutton - Leader of Coventry City Council

I'm sure many of you have been watching the new Broadgate take shape over the last few months and along with some other key improvement works such as Gosford Street, begin to get a picture of how the city centre will be transformed in readiness for next summer.



One of the exciting parts of London 2012 coming to the region will be the range of innovative and creative cultural events taking place. I'm sure many of you will already have heard about the Godiva Awakes project which will certainly get national coverage for the city as she makes her way to London. January 2012 will see more exciting news released about the project so I'll be interested as you to read more about it and begin to see the project really take off.

Two of the other major cultural events taking place during 2012, the 50th anniversary celebrations of Coventry Cathedral and the World Shakespeare Festival, will also be spectacular highlights of the Cultural Olympiad in our region.

David Moorcroft - Lead Coventry 2012 Games Ambassador

I think the Olympic Flame is the most powerful symbol of everything the Games represents and have known for a while that Coventry has the honour of hosting an overnight visit of the Torch on 1 July 2012.

However the final route, in and out of Coventry, was only announced recently and it was great news for our Warwickshire neighbours in Stratford-upon-Avon, Warwick, Leamington Spa, Kenilworth, Rugby, Dunchurch and many villages and communities in between.

The Olympic Torch will spend seven days in the West Midlands, spotlighting many communities in our region and across the UK and it will be carried by 8000 people, from all backgrounds, who have been nominated because of their contribution to their communities. It will be a fantastic celebration and a wonderful way to connect us all to the 2012 Games.



Football tickets back on sale

Next summer will see the world's largest sporting event coming to Coventry! London 2012 promises to be a spectacular festival of sport and culture and with the Football tournament taking place at venues up and down the UK, including Coventry, there is a once-in-a-lifetime opportunity to be part of a fantastic family day out at the Olympic Games and say 'I was there'.

Tickets for the Football tournament go back on sale on 29 November 2011 and Coventry hosts preliminary group matches in both the men and women's tournament, as well as quarter-final and bronze medal matches in the women's tournament.

Tickets will go on sale from 11am on 29 November 2011 from www.tickets.london2012.com or by

telephone on 0844 847 2012

In recognition of Visa's longstanding support of the Olympic Games and Paralympic Games, only Visa (debit, credit and prepaid) can be used to purchase tickets.

There are more than 1.5 million Football tickets still available across all sessions, with limited availability at matches taking place at Wembley.

Tickets start at £20 for adults and there are special prices available at the majority of sessions, including 'pay your age' tickets for under-16s and £16 tickets for those aged 60 and over.

Team GB and all competing teams will find out their opponents when the official draw for the Olympic Football Tournament takes place on 24 April 2012 at Wembley Stadium.



**Kirsty
Coventry**

Coventry returns to Coventry

A seven-time Olympic medal-winning swimmer has returned to visit the city which shares her name following her first visit last year.

Kirsty Coventry, from Zimbabwe, headed to the city to visit some of the region's main attractions and check out the city's sporting facilities as she continues her preparations for London 2012.

After arriving on Friday, November 18 she paid a visit to members of Coventry Swimming Club to lead a training session and share her experiences which include winning a total of two gold medals, four silvers and a bronze at the last two Olympic Games.

"We are delighted to welcome Kirsty back to our city and to show her some of the fantastic ways in which Coventry is involved in London 2012".

During her visit Kirsty also trained at the 50m pool at Coventry Sports Centre on Fairfax Street.

On Saturday, November 19 Kirsty attended Coventry City's fixture against West Ham United to see the City of Coventry Stadium, which will host a total of 12 men's and women's matches during the Olympic Football Tournament in 2012.

The following day, Kirsty attended the Christmas

lights celebrations in the city centre before heading to the Coventry Blaze v Cardiff Devils ice hockey fixture at the Skydome Arena.

Talking about her visit Kirsty said: "The city has been very welcoming and the people have been very warm.

"It is great to see how many projects and programmes are going on in this region to reach out to the community and give them a feel of the Games.

"There have been a lot of Olympics in the past where not everyone has been able to feel the positives of hosting the Games – but Coventry has done very well promoting the Olympic movement and helping the community get involved."

Kirsty visited the Exhall headquarters of Olympic and Paralympic Torch manufacturers the Premier Group on Monday, November 21 to meet staff before



Kirsty Coventry giving advice during a training session with the City of Coventry Swimming Club

heading to the Coventry Sports Foundation-managed Alan Higgs Centre on Allard Way.

There she talked to pupils at the latest instalment of the Coventry City Council 2012 Games Team's Festival of Sport – which aims to give school children across the region a taste of the Olympic and Paralympic Games.

"I hope I have shared something which can inspire them as sport has played such a huge role in my life and I hope it can do the same for children growing up today," she said.

Kirsty also gave a special

talk at Coventry University to the universities Sport Scholars giving an insight into the life as a professional athlete.

Cllr. John Mutton, Leader of Coventry City Council, said: "We are delighted to welcome Kirsty back to our city and to show her some of the fantastic ways in which Coventry is involved in London 2012.

"It has been exciting to hear Kirsty share her experiences with pupils and students studying in the city and I hope she can help to inspire them as much as London 2012 seems to have."



Kirsty with a prototype of the Olympic Torch at Premier Group's headquarters in Exhall



Kirsty at the Festival of Sport with children from Cardinal Wiseman Catholic School

Culture Olympiad

The London 2012 Cultural Olympiad is the largest cultural celebration in the history of the modern Olympic and Paralympic Movements.

Spread over four years, it is designed to give everyone in the UK a chance to be part of London 2012 and inspire creativity across all forms of culture, especially among young people.

The culmination of the Cultural Olympiad, the London 2012 Festival will open on 21 June 2012 – Midsummer's Day. It will run until 9 September 2012 – the last day of the London 2012 Paralympic Games. At the heart of the Festival will be a programme of commissions by some of the finest artists in the world.

Godiva Awakes

When: 28 July 2012

Website: www.godivaawakes.co.uk

Tickets: Free public event

Lead: Imagineer Productions

In July 2012 a 21st Century Godiva will awake to a spectacular performance involving dancers, actors, aerialists, musicians, pyrotechnicians, carnivalists and 220 young people in a procession marking the unveiling of this Godiva for the modern age.

Powered by 100 cyclists, the 10m tall Godiva will then journey to London to celebrate the London 2012 Olympic and Paralympic Games.

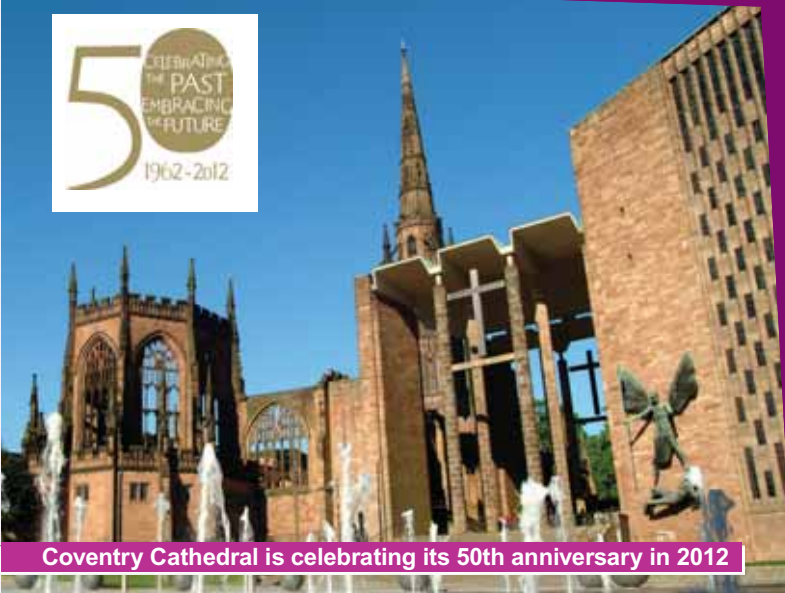
Godiva Awakes is a world class piece of public art, made by mechanics, artists, theatre makers, puppeteers and engineers from Coventry,

the region, nationally and internationally to the highest standards of contemporary craftsmanship.

Godiva's spectacular coat is being designed by Julia O'Connell, who won a first class honours degree in textiles at Coventry University. A team of local artists are working with Julia to create different elements of what can only be described as 'haute couture' – there will be no other like it in the world.

World renowned fashion designer Zandra Rhodes is also designing the undergarment for Godiva which highlights the quality of talent involved in Godiva Awakes.

Godiva image left Artists impression of Godiva



Coventry Cathedral is celebrating its 50th anniversary in 2012

Coventry Cathedral

When: 23 June 2012

Website: www.coventrycathedral.org.uk/50

Tickets: 02476 521 210 or online as above (from 1 January 2012)

Lead: Coventry Cathedral

Coventry Cathedral celebrates its Golden Jubilee in 2012 and the past 50 years have witnessed the creation of a vibrant choral and classical music tradition.

Always at the forefront of encouraging new music, a special concert on 23 June 2012 features the premiere

of the Golden Jubilee commission – Gloria - from James MacMillan.

This exciting project, supported by London 2012 and Arts Council England, has become a major part of the London 2012 Festival in the West Midlands as part of the finale to the Cultural

London 2012 is coming to Coventry...

April

London 2012 Olympic Football test event at the City of Coventry Stadium

April 23

World Shakespeare Festival begins

June 25

Music Commission performed at Coventry Cathedral

July 1

Olympic Torch Relay evening celebration event in Coventry

plans for Coventry

Focus on



Example designs of Lady Godiva's coat

Ten groups of young people from across the West Midlands are working on the creation of the Book of Intent containing the contributors hopes and aspirations around the core Olympic themes of equality, justice and fairness. They will ask Godiva to carry to London on the night of July 28th 2012 during the Reawakening performance in Coventry.

Members of the public can also contribute to this

beautifully crafted book online the Godiva Awakes website www.godivaawakes.co.uk which launched in September. Following Godiva's journey the Book of Intent will be on permanent display in Coventry.

Godiva Awakes is part of Artists taking the lead, a series of 12 public art commissions across the UK to celebrate the London 2012 Cultural Olympiad, funded by Arts Council England.

Olympiad.

Performed by the City of Birmingham Symphony Orchestra, Ian Bostridge (tenor), St Michael's Singers and a large choir of local schoolchildren, the premiere will be conducted by the composer, James MacMillan.

In the same programme Paul Leddington Wright will conduct Benjamin Britten's St Nicholas, which provides a further opportunity for the children's choir to sing with a professional symphony orchestra in magnificent surroundings.

Completing the programme

is another Coventry Cathedral commission (from 1980), 'War in Heaven', by Neil Cox, an exciting work for choir, organ and the brass instruments of the orchestra.

As part of the wider celebrations of the Cathedral's 50th Anniversary, a host of other events and activities have been programmed highlighting its unique international mission of peace and reconciliation and as a culture centre for the performing arts.



World

Shakespeare Festival

When: 23 April – 9 September 2012

Website: www.worldshakespearefestival.org.uk

Tickets: 0844 800 1110 or online as above

Lead: Royal Shakespeare Company

The World Shakespeare Festival (WSF) is a celebration of Shakespeare as the world's playwright in an unprecedented collaboration with leading UK and international arts organisations, and with Globe to Globe, a major international programme produced by Shakespeare's Globe.

It runs from 23 April to November 2012 and forms part of London 2012 Festival, which is the culmination of the Cultural Olympiad, bringing leading artists from all over the world together in a UK-wide festival in the summer of 2012.

Thousands of people from over 50 arts organisations have come together to take part in the Festival, a collaboration of extraordinary scale and ambition. The Festival will feature close to 70 productions, plus events and exhibitions across the UK, including London, Stratford-upon-Avon, Newcastle/Gateshead, Birmingham,

Brighton, Wales and Scotland as well as online.

Productions taking place in Stratford-upon-Avon include Meera Syal as Beatrice in a production of *Much Ado* about *Nothing* set in India and *The Comedy of Errors*, *The Tempest* and *Twelfth Night*, directed by David Farr and Palestinian director, Amir Nizar Zuabi.

There will also be a Nations at War season comprised of *Richard III*, *King John* and *A Soldier in Every Son: An Aztec Trilogy*, consisting of three plays about the intrigue of a century of Aztec civilisation by Luis Mario Moncada, one of Mexico's leading playwrights. RSC Chief Associate Director Gregory Doran will direct *Julius Caesar*, finding dark contemporary echoes set in sub-Saharan Africa.

The World Shakespeare Festival is supported by BP, as Founding Presenting Partner, and by the National Lottery through the Olympic Lottery Distributor and Arts Council England.

July 25

First Olympic Football match to be played at the City of Coventry Stadium

July 27 - August 12

London 2012 Olympic Games

July 28 -

Godiva Awakening Performance

August 29 - September 9

London 2012 Paralympic Games

Schools Torch Relay

Schools plan Torch Relay celebrations



Paralympic mascot Mandeville with children from Edgewick primary school

What is the Coventry Schools Torch Relay?

This is a project to enable each school in Coventry to develop and create their own Games inspired Torch that can be showcased at a special ceremony in the summer of 2012 for for each school to hold their own Torch Relay event.

When should your Torch Relay event take place?

In the week before, 25-29 June 2012, we would like as many schools as possible to stage their own torch relay during this week in the build up to the Olympic Torch arriving that weekend in Coventry on 1 July 2012.

The 25-29 June 2012 is also Lloyds TSB National School Sports Week so you may wish to include your Torch Relay event to enhance any sporting activity planned to take place. Register at: www.schoolsportweek.org

How does your school get started?

1. Set a date for your Torch Relay during 25-29 June 2012
2. Allocate a lead staff contact within your school for the project
3. Discuss how you want to make your torch. Is it a whole school competition? Does each class or year group make their own?
4. Decide how the event will work. Is it part of the sports day? How will you co-ordinate children and staff carrying the torch? Will you invite parents and family to watch the event?
5. Plan backwards key milestones which need to be achieved to put on the Torch Relay
6. Carry out your plan and review progress as you go along

Where can our school get more information?

Full details about the project can be found at: www.coventry.gov.uk/london2012

What support is available to schools?

Communications will be sent out with ideas and updates about how to plan and deliver your Torch Relay. Coventry City Council will also provide posters for your school to customise and to promote your event in the summer of 2012.

The London 2012 education programme 'Get Set' has also released an Olympic Torch relay resource pack which includes information about the history of the Olympic Torch and the design of the London 2012 Olympic Torch. This information can be accessed at: <http://getset.london2012.com>



Torch celebrations as part of the Festival of Sport project during Lloyds TSB National School Sports Week in 2011

Five facts about the London 2012 Olympic Torch

1. It has 8,000 small cut-out circles, one for each of the 8,000 inspirational people who will carry it on its journey around the UK
2. You can see through the holes to the burner system inside that keeps the Flame alight
3. The Torch is 800mm high
4. It weighs 800g
5. It is made from a lightweight aluminium alloy and is a golden colour

Will this project help with our Get Set network application?

Your school's involvement in this project is a great way to demonstrate how your school is linking with London 2012 and the Olympic and Paralympic Values. By developing a torch and relay event, you can use this as evidence as part of your application to the Get Set network.

Get involved

Local Leaders



Local Leaders

Local Leaders is a programme being launched by London 2012 to invite the nation's organisers, planners and doers to get ready for the Games.

Across the whole of the UK, millions of people will be part of the celebrations and at the heart of every celebration will be the one

person who makes it happen. The person who makes a difference and just gets stuff done. If this sounds like you, why don't you sign up to be a London 2012 Local Leader?

Being a Local Leader is simple: all you need is an idea of how you will celebrate the Games and then get organising. Local Leaders can create their

own events or get involved with some of the ideas communities across the UK have suggested to London 2012.

Some ideas to get you started:

Garden for the Games

Spring 2012: Dig out your trowel and get planting! Use your window pot, garden or community allotment to celebrate through all things floral.

Sports Quiz

May: Know your Fencing from your Phelps? Hold a Big Sports Quiz at home or down the pub to find your local 'brains of the Games'.

School's Out

Summer 2012: Mums, dads, teachers... every week over the school holidays we will provide you with stuff to do to get the kids ready for the Games.

Super Saturday

4 August: A medal-winning weekend. Invite neighbours you've never chatted to round for a BBQ to watch record breaking athletes.

When you sign up you will get hints and tips to help you plan your celebrations, plus access to exclusive toolkits as we get closer to the Games. Join thousands of others around the UK to organise events to make the Games local. Sign up at: www.london2012.com/localleaders

Get Set profile: Cardinal Wiseman Catholic School

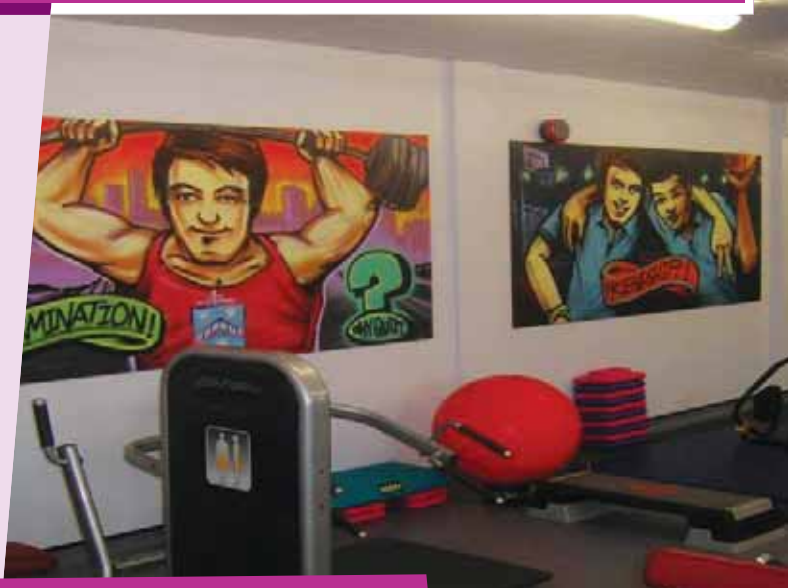
As the first secondary school in Coventry to be part of the Get Set network, Cardinal Wiseman have developed a range of schemes to involve their pupils in London 2012.

The school has linked their wider student ambassador programme to London 2012 by making the ambassadors responsible for updating notice boards for each academic department with information about the Olympic and Paralympic Games relating to specific subjects.

The school also has a reward scheme for pupils who demonstrate the Olympic and Paralympic Values by giving students wristbands with the Value written on the side

of the band. As a specialist language college, the wristbands have the Values written in four languages with some of the Values substituted for gospel values to draw symmetry with the school's Catholic background.

The school's fitness suite also displays some artwork designed by a local graffiti artist with pupils which graphically depict the Olympic and Paralympic Values with the intention to inspire and motivate students when exercising.



Is your school registered on Get Set? Ask your teacher to register to get access to London 2012 resources, competitions and exclusive rewards. Register for Get Set at: <http://getset.london2012.com>

The Values boards on display in the school's fitness suite

Finish line

Kick off for Girls Football

Partners from across Coventry have joined forces with the Birmingham County FA to inspire girls at schools in Coventry and Warwickshire to play football as a result of Coventry being one of six UK-wide cities to host the London 2012 Olympic Football competition.

The formation of the new Legacy League scheme for year nine and ten students has earned the London 2012 Inspire mark, an accreditation which recognises innovative and exceptional projects that have been directly influenced by the 2012 Olympic and Paralympic Games.

The scheme was launched in March 2011 with support from Coventry City Football

Club and attended by 176 girls from 15 schools

Warwickshire schools can also take part and are actively encouraged to participate in this opportunity.

A Legacy Cup tournament will also run alongside the league as part of the countdown to 12 Olympic women's and men's Football matches being staged at the City of Coventry Stadium – as the venue will be known for the duration of the Games – starting on July 25, 2012.

Any school interested in entering the Legacy League should contact Jenny Shortt on jenny.shortt@ricoharena.com or telephone 0844 873 6323.

Competition

Win a limited edition pin badge marking 300 days to go until London 2012 by answering the following question correctly.

Q: What is the name of the commissioned piece of music by James MacMillan for Coventry Cathedral?

- A) Rejoice
- B) Almighty
- C) Gloria

Please send your answers followed by your name, address and contact number by e-mail to: communications@coventry.gov.uk

Entries by **Monday 19 December 2011** please. Winner will be announced on 21 December 2011 at: www.coventry.gov.uk/london2012



Next issue:

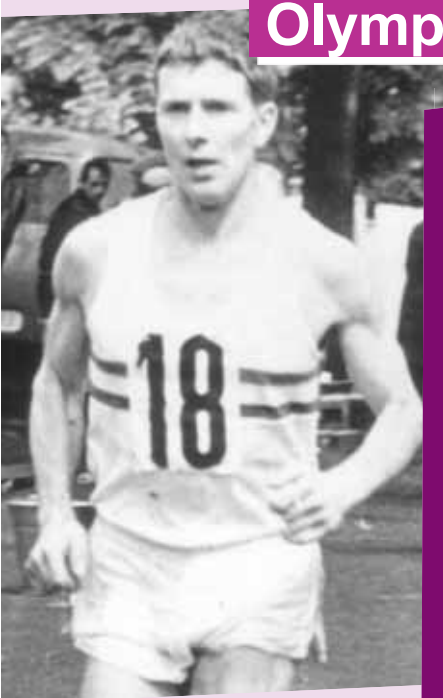
Olympic Football test event



Preview of the London 2012 Football test event that will act as the final qualifier for the Olympic Games which will be hosted at the City of Coventry Stadium in April.

THE LEGACY LEAGUE
INSPIRING GIRLS FOOTBALL
IN COVENTRY & WARWICKSHIRE

Olympic Legend



Bill Adcocks
Athletics
1968 Olympic Games

Coventry athlete Bill Adcocks came 5th in the Marathon in the Mexico City 1968 Olympic Games. Bill, who had never run at high altitude, went on to set his personal best winning the Fukuoka marathon in 2:10:48 later that year. Bill has been involved with the Coventry Godiva Harriers Athletics club for 56 years, 22 as secretary, and still officiates at track and field events.

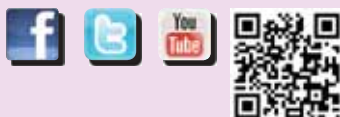
London 2012 Hopeful



Rachel Smith
Rythmic Gymnastics

Rachel, from Wyken in Coventry, moved to Bath in July 2011 to begin training on a full-time basis with her team mates as they look to become the first ever rhythmic group to represent Great Britain at the Olympic Games. Rachel is the captain of the team of seven which average age is just 17 years old. The team has a rigorous qualification process for the Games which culminates at the test event at the North Greenwich Arena in London in January 2012.

Search for
Coventry-2012 Games:



Coventry City Council, Council House, Earl Street, Coventry, CV1 5RR
e-mail: 2012gamesenquiries@coventry.gov.uk

www.coventry.gov.uk/london2012

Need help finding your local NHS services?

Your time is a precious thing. Hundreds of people use A&E every week for minor illnesses and ailments when another service would have treated them sooner. Don't waste your own time. Get the right treatment for you.

Pharmacy

Did you know that you can treat many minor illnesses and injuries without having to see a doctor at all? As well as dispensing prescriptions, pharmacists provide a range of services and provide 'on the spot' help and advice on minor ailments such as:

- Coughs, colds and flu;
- Skin conditions;
- Allergies;
- Aches and pains like headaches, earache and backache;
- Indigestion;
- Diarrhoea;
- Minor cuts and bruises;
- Help losing weight or giving up smoking.

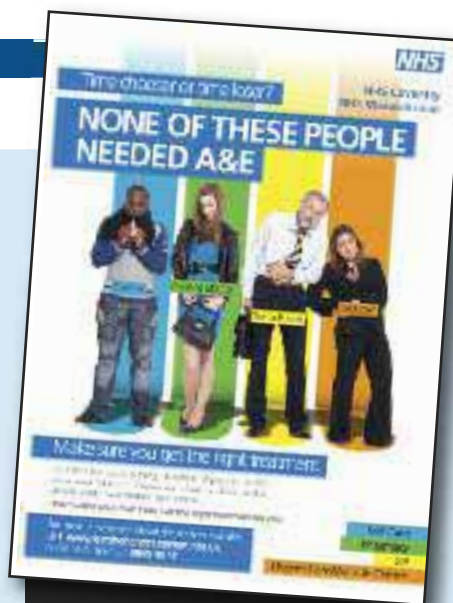
Don't forget that pharmacists are trained health professionals and offer a convenient local service, opening on evenings and weekends.

GP

See a GP if you have a condition you or your pharmacist cannot treat, except in cases of chest pain, shortness of breath, massive bleeding or suspected stroke. If you are registered with a GP surgery you can access a range of services including:

- Treatment for minor injuries, cuts, grazes and bruising;
- Suturing (stitching), some minor injuries;
- Health checks, screening and family planning advice;
- Referral to other specialist services;
- Prescriptions;
- Child health checks (post-natal health);
- Immunisation and vaccines GP Out of Hours.

If you need to see a doctor or nurse more urgently, and cannot wait until your GP is open, you can also telephone 01926 888026 between 6.30pm and 8am Monday to Friday,



■ This NHS poster offers advice on getting the right treatment quickly.

or any time on a weekend or Bank Holiday.

Walk in Centre

NHS Walk in Centres give you fast access to health advice and treatment from experienced GPs and nurses on a range of minor illnesses and injuries, including:

- Coughs, colds and flu-like symptoms;
- Minor cuts and wound care;
- Muscle and joint injuries, strains and sprains;
- Skin complaints;
- Emergency contraception and contraceptive advice;
- Hayfever, bites and stings;
- Stomach ache;
- Indigestion, constipation, vomiting and diarrhoea.

Based on the Coventry and Warwickshire Hospital site, the Walk in Centre is open from 8am to 10pm, every day of the year. You can simply walk in and wait to be seen.

Accident and Emergency (A&E)

A&E is open 24 hours a day, seven days a week for immediate hospital attention due to a serious illness or injury. The rule is simple: Call 999 for an ambulance or take someone straight to A&E if it is an emergency or life-threatening situation. An emergency includes things like:

- Suspected heart attack or stroke;
- Suspected meningitis;
- Breathing difficulties;
- Chest pain;
- Unconsciousness;
- Heavy or uncontrolled bleeding;
- Suspected drug overdose;
- Sudden and severe headaches;
- Severe head injuries;
- Serious injuries such as impalement or stab wounds;
- Severe bone breaks, fractures or burns.

Helping you to stay out of hospital

Local resident Thomas Terrence is taking no chances with his health this year. He's been living with diabetes for over 20 years and doesn't want others like him to experience what it's like to get flu when living with a long term health condition.

Thomas, aged 59, from Walsgrave in Coventry, shared his experience of what it's like to get flu when you're diabetic. He said: "Fourteen years ago I caught the flu virus and thought I'd be okay in a couple of weeks, it wasn't until after three months that I'd realised how long it took me to fully recover from what I thought was a simple cold.

"At the time, my diabetes was difficult to manage as my blood sugars were fluctuating from day to day and trying to stabilise my condition was proving to be more difficult than I thought.

"I certainly didn't want to get flu again so for the last fourteen years I've been getting my vaccine each year – since then I've never had the flu – and certainly don't want to take the risk of getting it again."

There are additional ways people can protect themselves and those around them. Good hand hygiene – the 'catch it, bin it, kill it' technique – reduces the spread of germs.

"This means carrying tissues, covering coughs and sneezes with a tissue, disposing of the tissue after one use, and cleaning hands as soon as possible with soap and water or an alcohol hand gel.

There are four groups of people most at risk from flu – pregnant women; people with long term conditions; carers and people over 65 years. For more information about seasonal flu, visit www.coventry.nhs.uk

Have a say! It's your chance to tell us what you think

Give us your views – that's the appeal from the Coventry and Warwickshire Partnership NHS Trust which is consulting people across Coventry, Warwickshire and Solihull and asking them to make a difference to the way its mental health, learning disability and community services are delivered.

A public consultation campaign called "Give us your views" was launched in November to outline the Trust's plan to become a Foundation Trust and it is asking local people to get involved in the consultation.

The consultation ends on February 27 and public meetings have been arranged during this period across Coventry, Warwickshire and Solihull, including Wednesday January 25 at 10.30am-noon at The Lounge, Coventry Central Hall, Warwick Lane, Coventry, CV1 2HA.

Trust chief executive Rachel Newson said: "We believe that by becoming a Foundation Trust we set out an ambitious future for the delivery of care and treatment to local people living with physical or mental health problems, or a learning disability. It is really important to us to engage with our local communities about our plans.

"We also want to invite every person in our local communities to become a member of the Trust. We are taking the opportunity in this public consultation to ask you to consider the vision we set out, the values that are important to us, and the strategic direction of the Trust. Becoming a member shows both a commitment to supporting the Trust in its ambitions and provides an opportunity to help shape the future of the organisation."

● **SAFEGUARDING IS EVERYONE'S BUSINESS:** A new leaflet outlining the safeguarding process is available from the Coventry Safeguarding Adults team. It is part of a suite of information designed to help people understand the role of safeguarding and the important role we can all play. For more information, or to download the leaflet, visit www.coventry.gov.uk/safeguarding.

Make sure you take good care of yourself

That's the advice of the Coventry Healthy Lifestyle team who say that it's important to be aware of self care when suffering from ill health.

Eating healthier foods, increasing physical activity and stopping smoking, or even all three, will improve a person's health.

An individual experiencing no health issues is likely to improve their health status, avoid ill health and experience a good quality of life by making these healthy lifestyle changes.

With those experiencing a long term condition the aim would be to improve their health status or prevent any further decline.

Natalie Hinsley, Lifestyle Services Manager said: "We're hoping that people who want to make a lifestyle change take our advice and get in touch with us. The team are on hand to offer a wide range of advice and information to help people to take control of their health and well-being.

"Often people need some support from NHS services to guide them in the right direction and often have better success if they seek help. For example, with stopping smoking you are four times more likely to quit with the support of NHS services."

Coventry Healthy Lifestyle services are available to residents across Coventry who would like to make a healthy lifestyle change, whether that be losing weight, stopping smoking or becoming more active.

Call 0300 200 0011 to book an appointment with an advisor today or visit a local pharmacy.

C-card update

Coventry's c-card scheme, which offers young people advice on sexual health issues, has launched a facebook page. www.facebook.com/CcardCoventry tells you where to get the C-card, where to find new sexual health venues and sexual health updates. Posters and an 'ad van' travelling around the city will be encouraging more young people to sign up to the c-card. The C-card section of www.besavvy.org.uk has also been updated with a full list of distribution and registration sites.

University Hospital's major trauma centre saves farmer Alan

University Hospitals Coventry and Warwickshire NHS Trust is now one of the adult major trauma centre's in the West Midlands.

One person already benefiting from the major trauma services is farmer Alan Hinch.

He is lucky to be alive after his van was hit by a car on a rural road in Market Harborough on September 5 and he was left fighting for his life with injuries including a broken back, shattered pelvis, fractured hips and a

collapsed lung.

The 75-year-old was cut out of his van before being airlifted to the nearest major hospital able to deal with life threatening injuries.

This was the first link in a complex chain of life saving treatments which has meant Alan is here today.

Alan said: "The last thing I remember is the sound of the helicopter, the next thing was waking up in the critical care unit three days later."

Major trauma is defined as serious injuries which are immediately life threatening

such as major head or spinal injuries, amputations, multiple injuries, and severe knife or gunshot wounds. The creation of new trauma care networks will help patients by increasing survival rates, shortening recovery times and reducing disability from injury.

Dr Matthew Wyse, Consultant Anaesthetist and Clinical Lead for Major Trauma Service said: "At University Hospital we see about 300 major traumas each year. Patients bought here do not need to be transferred anywhere else because we have

Alison steps up to chair new board for local care trust cluster

A new chair and new non-executive directors have been announced for the Arden Cluster Board (also known as NHS Coventry and NHS Warwickshire), bringing together expertise from across Coventry and Warwickshire.

New chair Alison Gingell said: "It is a great privilege to be the Chair of the Arden Cluster and I'm very much looking forward to working alongside a great team of committed and positive people across Coventry and Warwickshire.

"We are facing some difficult and complex challenges in the coming years in the NHS, but despite the uncertainty we're determined to provide excellent quality of care across the area."

The Cluster Board is made up of non-executive directors from the previous NHS Coventry and NHS Warwickshire Boards.

Alison added: "I welcome all



■ New Chair Alison Gingell.

the non- executive directors in helping us to achieve the best healthcare possible, I am sure they are proud to be part of such a dynamic organisation which shows real results for the people of Coventry and Warwickshire and continue on our mission to improve the health of local people."

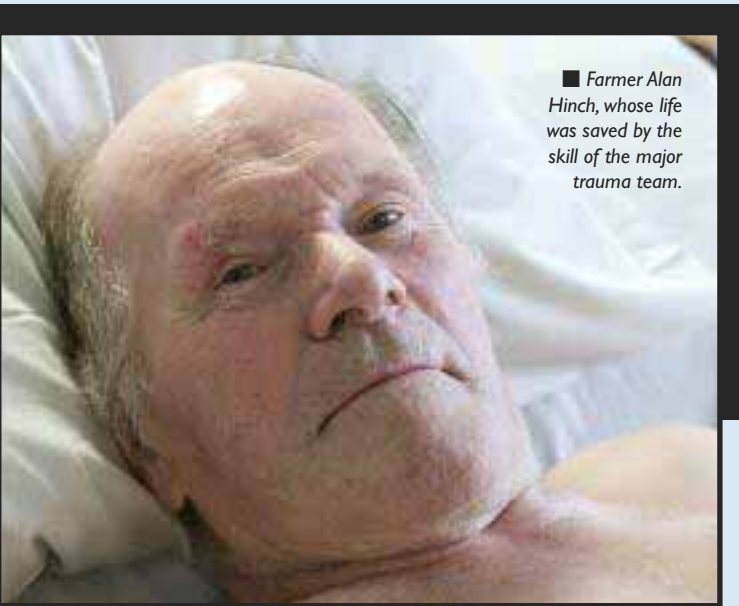
Recognising a key role in social care

'Personal assistant' is a term used in social care for an individual employed by a person receiving direct payments to support them to live independently at home.

The PA role has been adapted to meet the wider variety of needs of those people directing their own support. This could include support with shopping, cleaning, gardening and social activities as well as personal care.

Coventry and Warwickshire Partnership for Care (CWPC) is working with Coventry City Council to gain a better understanding of the role and the support PAs require. We are developing opportunities for people in this role to meet and access information about available support and training opportunities. To find out more, contact Claire Walton on 01926 745114, e-mail clairewalton@warwickshire.gov.uk or visit www.voiceofcare.co.uk

Safe drinking at home over the festive period



■ Farmer Alan Hinch, whose life was saved by the skill of the major trauma team.

all the life-saving services on one site. Patients get faster access to scans and treatment which saves lives. Patients like Alan are in safer hands."

Alan has to be kept at constant angle of 30 degrees for the next three months to allow his shattered pelvis to heal.

He knows he has a long road of recovery ahead of him but

he is grateful to be alive.

"If I had gone to the nearest hospital, valuable time would have been lost and I am not sure whether I would have been here today to tell the tale.

At University Hospital there are the people and the equipment all in the one place to do everything at once."

Martin Gower is named as new Chair of Partnership NHS Trust

Coventry and Warwickshire Partnership NHS Trust has announced the appointment of Martin Gower as the new chair of its Trust Board.

Martin began with the Trust as a non-executive director (designate) in August 2009 and was appointed substantively in February 2010 after which he became vice-chair and senior independent director.

In August 2011 he was appointed Interim chair following the resignation of the previous chair.

Most of Martin's career has been spent in publishing businesses in the UK, the USA and Ireland. In the last 18 years of his full time career, he held managing director positions in South Wales, Northern Ireland, Southwest England and the Midlands.

His knowledge of Coventry and Warwickshire was gained whilst managing director of Coventry Newspapers Ltd.

Martin said: "I am honoured and delighted to be appointed as chair of the Trust and to continue

'I am honoured and delighted to be appointed as chair of the Trust and to continue working with an excellent team of colleagues providing exceptional healthcare...'

– **Martin Gower**, new chair of Coventry and Warwickshire Partnership NHS Trust

working with an excellent team of colleagues providing exceptional healthcare across Coventry and Warwickshire."

Rachel Newson, chief executive of Coventry and Warwickshire Partnership NHS Trust, welcomed the appointment and said: "Martin knows us very well already, has an impressive track record and will be able to continue to use his knowledge and experience to good effect in his new role."



Residents across Coventry and Warwickshire are being urged to think about the amount of alcohol they're drinking at home.

It may seem to be the easiest and cheapest option to have a few drinks at home, but when you have control over the amount of measures you pour, you're more likely to be over the limit on less alcohol than you may think. The effects of even a small amount of alcohol can include:

- Slower reactions;
- Increased stopping distance;
- Poorer judgment of speed and distance;
- A reduced field of vision.

Alcohol can also make you feel overconfident. This may make you more likely to take risks when driving, creating dangerous situations for yourself and other people on the road. If you're found guilty of drink driving, you could lose your licence, get a £5,000 fine, be sentenced to up to six months in prison and pay increased rates for your car insurance. The NHS recommends:

- Men should not regularly drink more than three-four units of alcohol a day;
- Women should not regularly drink more than two-three units a day;
- 'Regularly' means drinking this amount every day or most days of the week.

What's in a unit?

- Pint of four per cent lager: 2.3 units;
- 175ml glass of 13 per cent wine: 2.3 units;
- 25ml glass of 40 per cent single spirit and mixer: 1 unit.

For more information about sensible drinking and how to calculate your units of alcohol intake, visit www.nhs.uk

Residents across Coventry and Warwickshire with a drug or alcohol problem now have access to a new integrated and recovery-focused treatment service – The Recovery Partnership. The Recovery Partnership is provided by Addaction and Cranstoun, two national substance misuse charities which between them operate over 100 specialist services. The Recovery Partnership will be a one-stop-shop for people with a dependency on drugs and/or alcohol but with a sharper focus on helping people to become drug or alcohol free. It will replace drug and alcohol services currently provided by Coventry and Warwickshire Partnership Trust (services known as CDTs), Trust the Process Counselling, Swanswell Charitable Trust, Warwickshire Probation Trust and West Midlands Police. For more information, ring 024 7663 0135,

For a happy and safe Christmas, always carry condoms

Condoms can help prevent both unplanned pregnancies and STIs, they are easy to use and can be brought or obtained for free from a number of places across the city. For more information on where you can get free condoms, visit www.coventry.nhs.uk and www.besavvy.org.uk

Waste Solutions

Skip Hire

024 7683 2255

Prices from £130

**Delivered next day
collected when you say**



www.coventry.gov.uk/skips

Did you know that Coventry City Council offers MOTs ?

- All makes of car and light commercial vehicles tested (Class 4 and 7 MOTs)
- FREE re-test



024 7683 2147

259 London Road, Coventry CV3 4AR

"It's not the test fee but repairing the "fails" that usually costs a fortune. Yet little known council run MOT centres don't do repairs, so there's no vested interest to fail you and thousands report a massive difference."

Martin Lewis
www.moneysavingexpert.com



www.coventry.gov.uk/mot

Get aboard green energy drive

A new programme is offering training for businesses in renewable energy so that they can tap into a growing market.

The training is open to all small to medium-sized businesses, sole traders and start-up businesses in Coventry and the other participating council areas. There are a limited number of free places available in renewable energy technologies such as solar photovoltaic, solar thermal, heat pumps and biomass to plumbers, heating engineers and building services companies.

Cllr Linda Bigham, Cabinet Member for City Development, said: "This training programme presents an opportunity for businesses to extend their skills base, and offers them the potential of new business within this key sector."

The Council, in partnership with councils covering Warwickshire, Staffordshire, Stoke on Trent, Telford and Wrekin, Worcestershire and Shropshire, is jointly supporting the funding of this unique training programme, together with support from the European Social Fund.

Resolve to recycle

Make sure you recycle as much as you can over Christmas. Real Christmas trees can be taken to the Household Waste and Recycling Centre, or to the recycling area in the main car park at the War Memorial Park between January 6-13. Recycling a single glass bottle or jar saves enough energy to power a light bulb for an hour or a computer for 20 minutes. Recycling a can saves enough energy to power a TV for three hours.

A business can apply for a member of staff to attend a non-accredited or related training course including the Quality Management Systems training, and a renewable technology training session.

The programme has been tailored to support the take up and attainment of the Microgeneration Certification Scheme. To find out more, contact the Energy Training Hub on 0800 027 7420.

Pillars of salt ready for big chill

The Council has been stocking up during the summer on gritting salt in preparation for the winter months, with over 5,000 tonnes being stored at the salt barn in Humber Road.

Cllr Lindsley Harvard (right), Cabinet Member for City Services, said: "We are determined to keep Coventry's roads open during the winter months, and have stock-piled gritting salt to ensure that we have enough even if we get arctic conditions."

In previous years the typical quantity stored has been 2,000-2,500 tonnes.

Sixty tonnes of salt is used every time the gritting wagons are called out – so it means that there is sufficient salt for 41 sweeps of the city's highway system, based on average winter conditions.



Christmas Bin Collection Arrangements

We will collect all of your household waste and recycling - that's your blue and green lidded bin the week before Christmas so you can go into the Christmas period with empty bins. There will be no collections during week beginning 26 December.

We will collect your household waste during week beginning Monday 2 January and your recycling the week after - Monday 9 January. Please use the clear plastic bag provided to put out additional recycling.

The Household Waste and Recycling Centre (the tip) will remain open except for Christmas Day, Boxing Day and New Year's Day.

Tuesday 20 December 2011	Recycling and household waste collected
Wednesday 21 December 2011	Recycling and household waste collected
Thursday 22 December 2011	Recycling and household waste collected
Friday 23 December 2011	Recycling and household waste collected
Tuesday 27 December 2011	No collections
Wednesday 28 December 2011	No collections
Thursday 29 December 2011	No collections
Friday 30 December 2011	No collections
Tuesday 3 January 2012	Household waste collected - no recycling collection
Wednesday 4 January 2012	Household waste collected - no recycling collection
Thursday 5 January 2012	Household waste collected - no recycling collection
Friday 6 January 2012	Household waste collected - no recycling collection
Tuesday 10 January 2012	Recycling and household waste collected
Wednesday 11 January 2012	Recycling and household waste collected
Thursday 12 January 2012	Recycling and household waste collected
Friday 13 January 2012	Recycling and household waste collected

From week beginning Monday 16 January please refer to your calendar



Plug those draughts for free!

Free home insulation offer proves a winner

Homeowners and private landlords are taking advantage of a free home insulation offer.

Coventry firm Rockwarm is making the sensational offer that is paid for through an EDF Energy grant.

The special offer is in partnership with Coventry City Council and the Energy Saving Trust – a government funded organisation set up to provide free and impartial energy advice.

Free cavity wall insulation is available to all homeowners or private landlords of all properties up to 120 metres in size that have a normal 75mm cavity.

Loft insulation is available for qualifying properties that have less than three inches (60mm) of existing loft insulation. Such homes qualify for free 200mm and 250mm top ups.

The offer was originally set to last until November but has been extended due to popular demand.

Anyone wanting to arrange a free home insulation survey should telephone 024 7634 5554 or 0800 132 689.

Sound future as youth club members take lead roles



Jehanne, James and Conar settle into their new roles as assistant youth workers.

Former Coventry youth club members Conar Hennedy, aged 18, James Dakin, 18, and Jehanne McGarth, 19, are celebrating their new roles as Assistant Youth Workers. The three have all attended the Wood End Youth Centre for a number of years and have been working with young people as volunteers for some time. James and Conar both have skills as sound engineers and all three were involved in the launch of a record label at the Wood End Youth Centre. James has also delivered DJ workshops. Cllr Jim O'Boyle, Cabinet Member for Children and Young People, said: "Inspiring the young people our service works with to become youth workers is great as they can identify with the needs of their peers and be positive role models."



FREE HOME INSULATION

**YOU DO NOT NEED TO BE ON BENEFITS
YOU DO NOT NEED TO BE OVER 70**

For a limited period only ROCKWARM insulation - in partnership with Coventry City Council and the Energy Saving Trust - are offering FREE home insulation for Coventry residents only



- Free cavity wall insulation for all properties up to 120mtrs in size (with a normal 75mm cavity)
- Free loft insulation for all properties up to 80mtrs in size (that have less than 60mm of insulation existing - ie FREE 200mm and 250mm top ups)
- This promotion closes at the end of January 2012
- This offer is only for private homeowners or private landlords and tenants in Coventry



Call ROCKWARM now to arrange your FREE home insulation survey on 024 7634 5554 or call FREE on 0800 132689.

Coventry City Council an EDF Energy grant offer

Homefinder website helps point the way to social housing across the city

Have you tried the new Coventry Homefinder service that allows you to find out about the different types of social housing available?

Changes were made to the system in November aimed at making it easier to use and more efficient.

The main changes you will notice are:

- Submit and view your

application online;

- Updates will be sent to individual accounts – so please make sure you check your account on a regular basis;

- All registrations will be reviewed annually through a message sent to your account. Failure to respond to this will see your application removed from the system;

Help with homes swap

Coventry City Council and Whitefriars Housing are working together to free-up much-needed family homes in Coventry.

The Council is helping Whitefriars tenants keen to swap their three or more bedroom homes for smaller accommodation, thus freeing up larger family properties for those who need them.

If you have been a tenant for more than one year and have a clear rent account, then the Council could help you move. This may include help with packing and removals, decoration, flooring, and curtains/blinds for your new home.

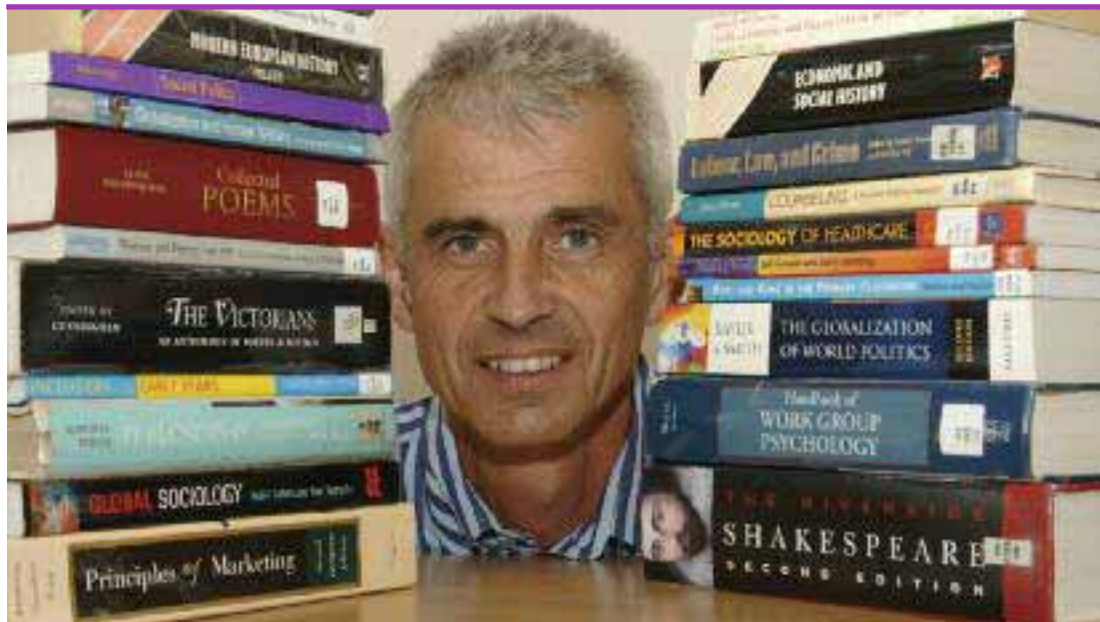
If you are interested, contact Richard Darbyshire on 024 7676 7126.

- An interactive map to help you find properties available;

- Apply to rent garages owned by Whitefriars Housing;

- A newsletter listing all available properties;

- A lifetime registration number for all applicants no matter how many applications you make.



■ *Thirst for knowledge: Age is no barrier to students at the Centre for Lifelong Learning.*

Uni in fast lane of the learning curve

The Centre for Lifelong Learning at the University of Warwick has launched a new programme of open studies courses.

A wide range of courses have been designed for enjoyment or progression on to one of the part-time degrees.

They are designed for flexible study and offer subjects ranging from history, art, architecture, business, health, creative writing, English Literature, languages, journalism, film, cinema, ecology, geology, sociology, and communication skills.

The Centre for Lifelong Learning makes a major contribution to the university's engagement with local communities.

For over 25 years, the centre has been at the forefront of efforts to widen participation in higher education for local adult learners. For more information about courses, visit www.warwick.ac.uk/cll

'Shop till you drop' on to a job placement

Jobseekers can now 'shop' for support in their quest for work by calling on a new city-centre jobs store opened by the City Council in a bid to boost employment figures.

The Jobs Team shop in The Precinct has a host of self-sourced employment opportunities on offer – the result of months spent building strong relationships with more than a thousand local businesses.

"Having a shop in the city centre is part of the Council's wider Jobs Strategy which sets out how we're leading on job creation and renewing prosperity in the city," said Cllr Linda Bigham, Cabinet member for City Development.

"Despite the challenging economic climate, the Jobs Team has already supported 500 local people to find work so far this year. And now we have temporary residence in a city centre shop, we hope to make it easier for unemployed residents to find out what help and support is available to them."

Latest figures suggest that one in five of Coventry's young people is currently not working, in education or in training. The shop will remain open until December 22, with experienced advisors on hand to offer wide ranging employment tips and help chances of employment.

For more information, call the Jobs Team on 024 7683 1218.

Have your say

Watch out for your next local Ward Forum, which gives you the chance to have your say on issues which affect your community. Meetings are held four times a year – visit www.coventry.gov.uk/wardforums for dates.

■ *Cllrs George Duggins and Linda Bigham are joined by staff from the new job shop at the ribbon cutting ceremony.*



Coventry Homefinder is changing

The way you can find out about social housing in Coventry is being made easier

Visit: www.coventry.gov.uk/homefinder for more information

Coventry HOMEFINDER
Letting you (Re)find

Coventry City Council

www.coventry.gov.uk

A sackful of treats this winter

Here are some of the things you can enjoy during the winter months around Coventry

DECEMBER

10 – Festive Fun, War Memorial Park, 11am-1pm. Meet at Visitor Centre to make some 3D Christmas decorations and cards. Cost: £2.50 per child. Suitable for ages four and over. Call 024 7678 6280 and check noticeboards around the park.

10 – Creative Writing Adult Workshops: Seas of Grass, Herbert Art Gallery & Museum, 1-4pm. Led by Connie Ramsay Bott and Cathy Whittaker, this workshop will stir your imagination and examine memoir, fiction and poetry. Admission £8. Booking essential – call 024 7629 4774 or ask at reception.

11 – Friends of the Park Christmas Carol Concert, War Memorial Park, 2.30-4pm. Carols with the City of Coventry Brass Band. Santa will pop along with some gifts for the children. Event will be located outside the new Visitor Centre, offering visitors the chance to try some of The Beech Café's mince pies and mulled wine.

17 – Christmas Crafts, Coombe Country Park 1-3pm. Help Mother Claus get ready for Christmas with this fun-filled family session making decorations. Mince pies and goodies for all who attend. Cost £2.50, and booking essential – call 024 7645 3720.

20 – Christmas Candle Making, War Memorial Park, 11am-1pm. Meet at Visitor Centre in centre of the park to create some Christmas candles for the festive season. Cost £2.50 per child. Suitable for ages six and over. Call 024 7678 6280 or check noticeboards around the park.

23 – Santa's Secret Grotto, Coombe Country Park, 1-4pm. Follow the elf-guided trail into the magical deer park to find Santa's secret grotto. Every child will receive a small gift – the perfect Christmas treat. Cost £5 with free parking. Booking essential – call 024 7645 3720.

Legends honoured with 2-Tone Wall of Fame

2-tone Village in Ball Hill has added a new feature to its venue with the creation of a Wall of Fame honouring music legends who have helped to shape the music scene in Coventry. Six plaques have been unveiled at the Walsgrave Road venue and more names will be added.

So far, **Lynval Golding and Neville Staple from The Specials, Indian musician Rajinder Singh, Neol Davies, Bob Brolly, the late Steve Eaton – original 2-Tone DJ – and Vince Holliday have all been honoured.**

For details, visit www.2tonecentral.co.uk

Dad's the word in thoughtful new film

A new film written, produced and directed in Coventry is being premiered in the city this month (December).

Dad captures a father's deterioration into alcoholism, while simultaneously exploring one woman's exploration of misery as a creative outlet and, eventually, as a critical coping mechanism. First-time writer and director Michelle Bailey, aged 25 from Coventry, also stars in the short film, the work of Baileyface Productions. The group will be entering *Dad* into the Midlands-based Flatpack festival - which specialises in experimental cinema – and the One Voice Youth Film Festival, which focuses on film makers under 26.

Michelle, who is studying for an MA in film and visual culture at Coventry University, produced *Dad* in August. She said: "The film combines documentary and drama, creating something inspiring and original." For details, check out Baileyface Productions on facebook.



* Photos: George Rippon

■ Top: A scene from the thought provoking film *Dad*, filmed in Coventry, and (below) student Michelle Bailey with members of the film production team.



JANUARY

1 (available from) – Themed Walks, Coombe Country Park, 10am-4pm. Get started on those New Year's resolutions and get out into the park on one of our fantastic themed walks. Pick up your 30p trail sheet in the Information Centre. Booking essential – call 024 7645 3720.

13 – The Edwardian Cello by Michael Lunts & Melanie Dennerly, Titanic Heritage Trust, The TechnoCentre, Puma Way, Coventry CV1 2TT, 7 for

7.30pm. A musical evening from 1912. The Titanic has sunk on her maiden voyage and you are invited to join the 'Great Tottering Music Society' at a Titanic Relief Fund concert. Advance tickets available from www.titanicheritagetrust.org.uk, contact Titanic Heritage Trust on 024 7623 6556 or e-mail enquiries@titanicheritagetrust.org.uk

18 – Ranger Volunteer Day, various locations, 10am-3.30pm. Contact the Park Service

Rangers for details of where this activity will take place. Suitable for 16+ – booking essential. Call 024 7683 3633 option 3. If the Ranger is not available, you can leave a message.

19 – My Dive to Titanic, Titanic Heritage Trust, The TechnoCentre, Puma Way, Coventry CV1 2TT, 2 for 2.30pm. Talk by Philip Littlejohn, the grandson of Alexander James Littlejohn, First Class Steward, RMS Titanic. He is the only Titanic relative to make the dive to the Titanic wreck site. Advance tickets for this event available from www.titanicheritagetrust.org.uk or contact Titanic Heritage Trust on 024 7623 6556, e-mail enquiries@titanicheritagetrust.org.uk

19 – Waiting for Orders; my Grandfather's story, Titanic Heritage Trust, The TechnoCentre, Puma Way, Coventry CV1 2TT, 7 for 7.30pm. Advance tickets for this event are available from www.titanicheritagetrust.org.uk or contact Titanic Heritage Trust on 024 7623 6556, e-mail enquiries@titanicheritagetrust.org.uk

27 – Titanic – The Midland Connection, Titanic Heritage Trust, The TechnoCentre, Puma Way, Coventry CV1 2TT, 7 for 7.30pm. A talk by Andrew Lound Dramatic Lectures. Although the towns of Belfast and Southampton claim the Titanic as their own, over 70 per cent of the ship's interior was manufactured in the Midlands. Based on his own research, Andy tells the story of the Midlands' industrial work on the ship and the fate of the local passengers. Advance tickets for this event are available from www.titanicheritagetrust.org.uk or contact Titanic Heritage Trust on 024 7623 6556, e-mail enquiries@titanicheritagetrust.org.uk

28-29 – Big Garden Bird Watch, Coombe Country Park,

For a full list, visit www.coventry.gov.uk/events

WIN!

... a family ticket to see the city ice-hockey stars

Fancy a fun, family night out watching the fastest team sport right on your doorstep? The CPP Coventry Blaze ice-hockey team play at the Skydome arena in Coventry city centre, and Citivision has a family ticket up for grabs for the home clash with Sheffield Steelers on Friday, January 6, at 7.30pm. To be in with a chance of winning, just answer the following question: **Where do CPP Coventry Blaze play their home fixtures?** E-mail your answer to blazeoffice@btconnect.com, not forgetting to include you



name, address and contact telephone number. Closing date for entries is Thursday, December 22. And even if you don't win, you can still enjoy all the thrills and spills on a great night out at a great price, with tickets starting at just £8. Visit www.coventryblaze.co.uk for fixtures and to book tickets.

WIN!

... a family ticket to see the Mother Goose panto

Tickets to see this year's Belgrade Theatre panto performance are up for grabs in another festive Citivision competition. Mother Goose promises to be a production full of fairytale fun, magical enchantment and 'egg-scrucciating' jokes and japes. With



Coventry's Dame extraordinaire Andy Hockley in the title role, the timeless tale of Mother Goose is bound to be a hit with audiences of all ages. To be in with a chance of winning tickets – valid for two adults and two concessions, one of which must be a child – for the 7pm performance on Thursday January 5, simply answer the

following question: **What was the title of last year's Belgrade Theatre panto?** E-mail your answer to communications@coventry.gov.uk or post it to Belgrade competition, Room 27, The Council House, Earl Street, Coventry CV1 5RR, by Wednesday December 28. Don't forget to include your contact details.

10am-3pm. Follow Rooney the Robin down to the bird hide to help him count his special woodland friends. Free, drop-in day – no need to book. Ask at the Visitor Centre when you arrive.

FEBRUARY

10 – Titanic Costumes of a Guided Age by The History Wardrobe, Titanic Heritage Trust, The TechnoCentre, Puma Way, Coventry CV1 2TT, 7 for 7.30pm. "This first voyage is going to make history in ocean travel," said a White Star Line booking clerk to Lady Lucy Duff Gordon in 1912. Journey back to April that year for an evocative journey into Edwardian society. Advance tickets available from www.titanicheritagetrust.org.uk or contact Titanic Heritage Trust on 024 7623 6556, e-mail enquiries@titanicheritagetrust.org.uk

14 – Build a bird a home, Coombe Country Park, 10.30am-noon. As part of National Nest Box Week, have a go at making your very own nest box. Cost £7.50, with free car parking for all who attend. Suitable for families, and booking is essential – call 024 7645 3720.

14 – Half-term fun, Caludon Castle Park, 1.30-3.30pm. Join the Park Service Rangers in the fresh

air for crafts and games. These events are open access, all under eights must be supervised and all over eights must have a completed parental permission slip (available from the Rangers on the day).

15 – Bird Buddies, War Memorial Park, 11am-1pm. Meet at the Visitor Centre and become a buddy to the birds by making them a feeder in time for spring. Cost £1.50 per child. Suitable for ages four and over. Call 024 7678 6280 or check noticeboards around the park.

15 – Ranger Volunteer Day, various locations, 10am-3.30pm. Contact the Park Service Rangers for details of where this activity will take place. Suitable for 16+, and booking essential – call 024 7683 3633 option 3. If the Ranger is not available you can leave a message.

16 – Fun with Herons, Coombe Country Park, 1-3pm. Exciting afternoon playing heron-based games and activities. Cost £2.50, and booking essential – call 024 7645 3720.

16 – Half-term fun, Allesley Park by play area, 1.30-3.30pm. Details as at Caludon Castle Park on Feb 14.

18 – Half-term fun, Holbrooks Park, 1.30-3.30pm. Details as at Caludon Castle Park on Feb 14.

Make a date for Council carol service

You are invited to attend a carol service on Monday December 19, 1pm, at Holy Trinity Church, Coventry, organised by staff from the Council and the NHS. The theme is 'Coming together at Christmas' and refreshments will be served from 12.30pm.

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If you've an event you'd like listed, contact the Citivision newsdesk, Room 27, The Council House, Earl Street, Coventry CV1 5RR or e-mail communications@coventry.gov.uk

I BABLAKE

Cllr John Gazey: Call or fax 024 7633 3780 for attention or appointment. Will visit you.
Cllr David Kershaw: Keresley surgery held at the Coronation Club, Keresley Road noon-1.30pm the first Saturday in the month. Allesley surgery held at Allesley Parish Church Hall, 5-6pm on the second Monday of the month. For an appointment please call 07985 811885 or 024 7671 1107 or e-mail david.kershaw@coventry.gov.uk
Cllr Andrew Williams: Call 024 7683 1039 or e-mail andrew.williams@coventry.gov.uk

I BINLEY & WILLENHALL

Cllr Dave Chater: For an appointment, call 024 7667 2619 or 07759 062733. Happy to make a home visit or e-mail dave.chater@coventry.gov.uk
Cllr Ram P Lakha OBE: For an appointment, call 024 7645 6161 or 024 7683 1039. Happy to make a home visit. e-mail ram.lakha@btinternet.com or ram.lakha@coventry.gov.uk
Cllr John Mutton: Call 024 7683 2672 for an appointment or advice.

I CHEYLESMORE

Cllrs Foster and Noonan hold regular surgeries at the Cheylesmore Community Centre at 6.30-8pm on the last Wednesday of each month (Except December) and at Whitley Community Centre every second Saturday of the month between 1-2pm. You can also contact them directly on the details below.
Cllr Kevin Foster: 024 7683 1276 (daytime) or e-mail kevin.foster@coventry.gov.uk
Cllr Hazel Noonan: 024 7683 1039 (daytime) or 024 7650 5109 (evenings), or e-mail hazel.noonan@coventry.gov.uk
Cllr Harjinder Singh Sehmi: Last Friday of the month at Cheylesmore Social Club, Quinton Park, 6-7pm or call for an appointment on 07507 687268 or e-mail harjinder.singhsehmi@coventry.gov.uk

I EARLSDON

Cllr Allan Andrews: Happy to help where I can. Call 024 7683 1039 or e-mail allan.andrews@coventry.gov.uk www.allanandrews.com
Cllr Michael Hammon: Call 024 7644 8585 for an appointment or e-mail michael.hammon@coventry.gov.uk
Cllr Ken Taylor OBE: Call 024 7667 3717 for an appointment.

I FOLESHILL

Cllr Tariq Khan: For an appointment, call 024 7683 1039 or 07983 600286 e-mail tariq.khan@coventry.gov.uk
Cllr Abdul Salam Khan: Call 024 7683 1039 (Council House) or 07903 847160, or e-mail abdul.khan@coventry.gov.uk
Cllr Malkiat Auluck: Last Monday of each month, 6-7pm at the Indian Community Centre, Cross Road, 2nd Tuesday of the month 6.30pm-7.30pm at the Foleshill Community Centre, Foleshill Road, or call 024 7663 7965 for an appointment.

I HENLEY

Cllr Lynnette Kelly: 024 7671 1682. e-mail lynnette.kelly@coventry.gov.uk
Cllr Kevin Maton: 07941 827229. e-mail kevin.maton@coventry.gov.uk
Cllr Ed Ruane: 07817 218137. e-mail ed.ruane@coventry.gov.uk. If there is something you need us to help with, call us or visit us at 4pm on the 3rd Thursday of every month at Moat House Leisure Centre, Winston Avenue, Henley Green.

I HOLBROOKS

Cllr Joe Clifford: Every Weds 6.30-7.30pm at Holbrook Community Care Association, Holbrooks Lane. Call 024 7646 5315 or

e-mail joseph.clifford@coventry.gov.uk
Cllr Rachel Lancaster: Call 024 7636 0021 or e-mail rachel.lancaster@coventry.gov.uk for an appointment.
Cllr Ann Lucas: Call 024 7633 2084 for a chat or appointment. Surgery on first Monday of each month 9.30-10.30am at Holbrook Health Centre, Wheelwright Lane.

I LONGFORD

Cllr Linda Bigham: First Friday of every month 3.30-4.30pm at the Longford Primary Care Centre, Longford Road, and 5.30-6.30pm at the Scout Headquarters, Aldermans Green Road. Last Friday of every month 6-7pm at the St Thomas' Parish Church Hall, Longford Road. Please phone 024 7636 0898 to confirm an appointment.
Cllr George Duggins: Second Saturday of every month noon-1pm at Bell Green Community Centre, Old Church Road and 1.15-2pm at Royal Hotel, Old Church Road. Second Sunday of every month 11.30am-1pm at Bell Green Working Men's Club, Roseberry Avenue or call 024 7683 1003 (daytime) or e-mail george.duggins@coventry.gov.uk
Cllr Lindsay Harvard: First Saturday of every month 10.45-11.45am at the Scout Headquarters, Aldermans Green Road and noon-1pm at the Bell Green Community Centre, Old Church Road. First Sunday of every month 11am-noon at the Church Hall, St Thomas' Parish Church, Longford Road, and 12.15-1.15pm at the Bell Green Working Men's Club, Roseberry Avenue. Call 024 7667 5717, e-mail lindsay.harvard@coventry.gov.uk

I LOWER STOKE

Cllr John McNicholas: If you have a problem, need help or advice, can visit you in your own home and can be contacted on 024 7683 1039 (daytime), 024 7650 4037 (evenings) or e-mail john.mcnicholas@coventry.gov.uk
Cllr Phil Townshend: Call 024 7683 1034 (daytime) for details of dates and venues of surgeries.
Cllr Catherine Miks: Call 07759 676 490 or e-mail catherine.miks@coventry.gov.uk

I RADFORD

Cllr Mal Mutton: Call 024 7630 4497 for an appointment.
Cllr Keiran Mulhall (Lord Mayor): Every Tuesday at Jaguar Sports and Social Club, Middlemarch Road, 6.30-7.30pm. Also Radford Social Club on the first Sunday of the month 11.30am-12.30pm. Or call 024 7683 3048 for an appointment.
Cllr Tony Skipper: Available to see Radford residents at Coventry Coachmakers' Club, 72 Radford Road, CV1 4BY. For details and to make an appointment or to leave a message, call 024 7683 1039.

I ST MICHAEL'S

Cllr David Welsh: First Saturday of each month, noon-1pm at the Redeemed Christian Church of God (former Howitzer Club), Albert Street. Third Friday of each month, 3-4pm at the Regeneration Office, 121-124 Far Gosford Street. Call 07956 307 437 or e-mail david.welsh@coventry.gov.uk
Cllr Dave Nellist: First Friday of month St Peter's Church Centre, Charles Street, Hillfields, 6-7pm and third Friday of each month at St. Anne's and All Saint's Church, Acacia Avenue, Charter House 6-7pm.. Alternatively call 024 7683 1039 (daytime), leave a message on 024 7622 9311 or e-mail dave.nellist@coventry.gov.uk
Cllr Jim O'Boyle: Second Saturday of each month, noon-1pm at Zeenat Restaurant, Cambridge Street, Hillfields, fourth Saturday of month, noon at Transport House, Short Street. Call 024 7669 4873 or 024 7683 1032, or e-mail jim.o'boyle@coventry.gov.uk

I SHERBOURNE

Cllr Seamus Walsh: Call 07956 546983 or

024 7683 1039 (Council House), or e-mail seamus.walsh@coventry.gov.uk
Cllr Gary Ridley: Happy to help where I can, please feel free to call 024 7683 1039 (day). e-mail gary.ridley@coventry.gov.uk for an appointment.
Cllr Damian Gannon: For an appointment call 07985 811877 or e-mail damian.gannon@coventry.gov.uk

I UPPER STOKE

Cllr Russell Field: First Wednesday of month at St Albans Centre, Mercer Avenue, 7-7.30pm. Or call 024 7661 2689. e-mail russell.field@coventry.gov.uk or upperstokefocus@covlibdems.org.uk
Cllr Sucha Bains: Barras Green Social Club, Coventry Street, between noon-12.45pm every first and third Saturday. Or call 024 7645 9484.
Cllr Colleen Fletcher: For an appointment call 07939 111992, or 024 7683 1039 or e-mail colleen.fletcher@coventry.gov.uk

I WAINBODY

Cllr John Blundell: Call 024 7683 1276 (weekdays) or 024 7641 9794 (evenings and weekends), or e-mail john.blundell@coventry.gov.uk for an appointment; will gladly visit.
Cllr Gary Crookes: For an appointment, call 024 7646 1777 (after 6pm) or e-mail gary.crookes@coventry.gov.uk
Cllr Tim Sawdon: (Deputy Lord Mayor) Call 024 7641 5771 (after 6pm).

I WESTWOOD

Cllr Marcus Lapsa: Call 024 7647 4540 or 024 7683 1039 (daytime) for an appointment or e-mail marcus.lapsa@coventry.gov.uk
Cllr David Skinner: Call 024 7646 8106 or e-mail david.skinner@coventry.gov.uk
Cllr Richard Sandy: Surgeries will be held at The Lime Tree Club, Templar Avenue second Saturday of the month from noon-1pm and every fourth Saturday of the month from 11.30am-12.30pm at Canley Library, Prior Deram Walk. For an appointment please call 07949 900445 or e-mail richard.sandy@coventry.gov.uk

I WHOBERLEY

Cllr Dan Howells: Call 07985 811883 or e-mail dan.howells@coventry.gov.uk
Cllr Roger Bailey: Call 024 7683 1039 (daytime) for an appointment or e-mail roger.bailey@coventry.gov.uk
Cllr Billy Singh: Call 07779 256898 for an appointment, or e-mail bally.singh@coventry.gov.uk Regular Surgeries are held every third Saturday of the month 10am-noon at the St Mary Magdalene Centre, Sir Thomas White Road.

I WOODLANDS

Cllr Patricia Hetherton: Please call 07985 811881 for an appointment or e-mail patricia.hetherton@coventry.gov.uk
Cllr Heather Johnson: Call 024 7683 1039 (Council House) or 024 7667 0901 (home) for an appointment. Alternatively e-mail heather.johnson@coventry.gov.uk
Cllr Julia Lepoidevin: For an appointment, call 024 7683 1039 (daytime) or e-mail julia.lepoidevin@coventry.co.uk

I WYKEN

Cllr Susanna Dixon: Call 024 7683 1039 (daytime), 024 7662 2206 (evenings), or e-mail susanna.dixon@coventry.gov.uk
Cllr Faye Abbott: For an appointment call 07944 996294 or e-mail faye.abbott@coventry.gov.uk
Cllr Hazel Sweet: For an appointment or home visit call 024 7661 6273 or e-mail hazel.sweet@coventry.gov.uk You can visit Cllr Abbott or Cllr Sweet every Friday 6.30 - 7.30pm at Wyken Working Mens Club, Ansty.

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Cllr John Mutton, Leader
 Policy, Leadership and Governance
Cllr George Duggins, Deputy Leader
 Strategic Finance and Resources
Cllr Joe Clifford
 Health and Community Services
Cllr Lynnette Kelly - Education
Cllr Linda Bigham - City Development
Cllr Lindsay Harvard - City Services
Cllr Tony Skipper - Neighbourhood Action, Housing, Leisure and Culture
Cllr Jim O'Boyle - Children and Young People
Cllr Phil Townshend - Community Safety and Equalities
Cllr Abdul Khan - Sustainability and Local Infrastructure

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 C Cllr Lancaster DC Cllr Auluck
Health and Social Care (Scrutiny Board 5)
 C Cllr Welsh DC Cllr Sweet
 C = Chair DC = Deputy Chair

Coventry MPs

Bob Ainsworth MP
 Coventry North East
 Call 024 7622 6707
 e-mail ainsworthr@parliament.uk
Jim Cunningham MP
 Coventry South
 Call 024 7655 3159
 e-mail emmal.davies@parliament.uk
Geoffrey Robinson MP
 Coventry North West
 Call 024 7625 7870
 e-mail robinsong@parliament.uk

European MPs

West Midlands Region

CONSERVATIVE - Malcolm Harbour, Philip Bradbourn, 285 Kenilworth Road, Balsall Common, CV7 7EL
 Call 01676 530621/01676530297
LABOUR - Michael Cashman, Terry Duffy House, Thomas Street, West Bromwich B70 6NT
 Call 0121 569 1923
LIBERAL DEMOCRATS - Liz Lynne, 55 Ely Street, Stratford-upon-Avon, Warwickshire, CV37 6LN
 Call 01789 266354
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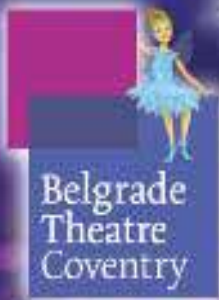
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