

South Tyneside NEWS

Updates from South Tyneside Council and Partners • **October 2022**



South Tyneside Council

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Spread the word!

**THIS IS
SOUTH
TYNESIDE**



Councillor Tracey Dixon, Leader of the Council

As we move towards the end of 2022 we can reflect on an exciting year of significant change.

Together, elected members and council officers have been putting in place measures to transform the way the Council operates – putting you, the people of South Tyneside at the heart of everything we do.

When I became Leader, I wanted to change the way we did things to put people at the heart of decision making. I wanted a definite shift so that we would be a listening council putting the views of local people first. We have engaged residents in a number of ways, from postal and electronic surveys to asking people for views at our events. This new approach provides a transparent evidence base upon which we can make decisions, so that we are working collectively with you, the residents and businesses of South Tyneside.

At the heart of our organisational approach, we have continued to prioritise the delivery of high-quality services for our residents, working to improve the lives of local people through a range of initiatives that are highlighted inside this newsletter. As we bring forward a renewed 20-year vision for South Tyneside, I am excited that together we can work hand in hand towards a brighter future.

Tracey Dixon

Her Majesty Queen

South Tyneside united with the rest of the country in September to mourn the death of the much-loved late Queen.

Elizabeth II passed away at the age of 96 and was the nation's longest-reigning monarch, having been head of state for more than 70 years.

The Borough joined communities around the country, and across the Commonwealth, in paying tribute to the Sovereign, with residents leaving heartfelt messages in books of condolence and laying flowers in her honour.

The Mayor of South Tyneside, Cllr Pat Hay, held a private moment of reflection on the eve of her late Majesty's funeral and encouraged residents to hold their own vigils marked with a national two-minute silence. She also proclaimed the new King Charles III, in line with national protocol.

Earlier in the year, the Borough had celebrated the Queen's Platinum Jubilee, with events and activities taking place to mark her 70th year on the throne.



Royal Jubilee Year Visit to South Shields 1977

Elizabeth II



Tyne Tunnel Opening by Queen Elizabeth II



Queen Elizabeth II in Jarrow

South Tyneside joined towns and cities across the country in the lighting of more than 1,500 beacons - including special beacon lightings at Littlehaven and the Lawe Top, in South Shields.

The Borough had the privilege of welcoming the Queen on three occasions during her seven-decade reign.

On 29 October 1954 crowds lined the streets and waved flags when she visited the Borough as part of her Coronation tour of the UK.

Her Majesty again visited in October 1967 to officially open the Tyne Tunnel in Jarrow.

And in July 1977 thousands of people packed into Gypsies Green stadium in South Shields to catch a glimpse of the Queen, who was visiting with Prince Philip as part of her Silver Jubilee tour.

Her late Majesty will be remembered with great fondness across South Tyneside for her unwavering dedication and service to the country.



Beacon lighting at the Lawe Top



Celebrating the Platinum Jubilee in South Tyneside

Our South Tyneside Conversation

How we live has changed a lot lately.

We're shopping, working and relaxing differently – which has had a significant impact on how and where we spend our time. These changes aren't going to stop or slow down so we need to make sure that South Shields continues to be a place where residents, businesses and visitors choose to spend time.

That's why we launched Our South Tyneside Conversation on October 10, 2022.

We called it a conversation – because that is what it is. There's plenty to discuss and plenty of questions we'd like to ask you, including:

- what is the town missing?
- what do we need more of?
- What do we need less of?

Even though we'll arrive at the answers together, we've had some thoughts on what we could do, but we want to know what you think.

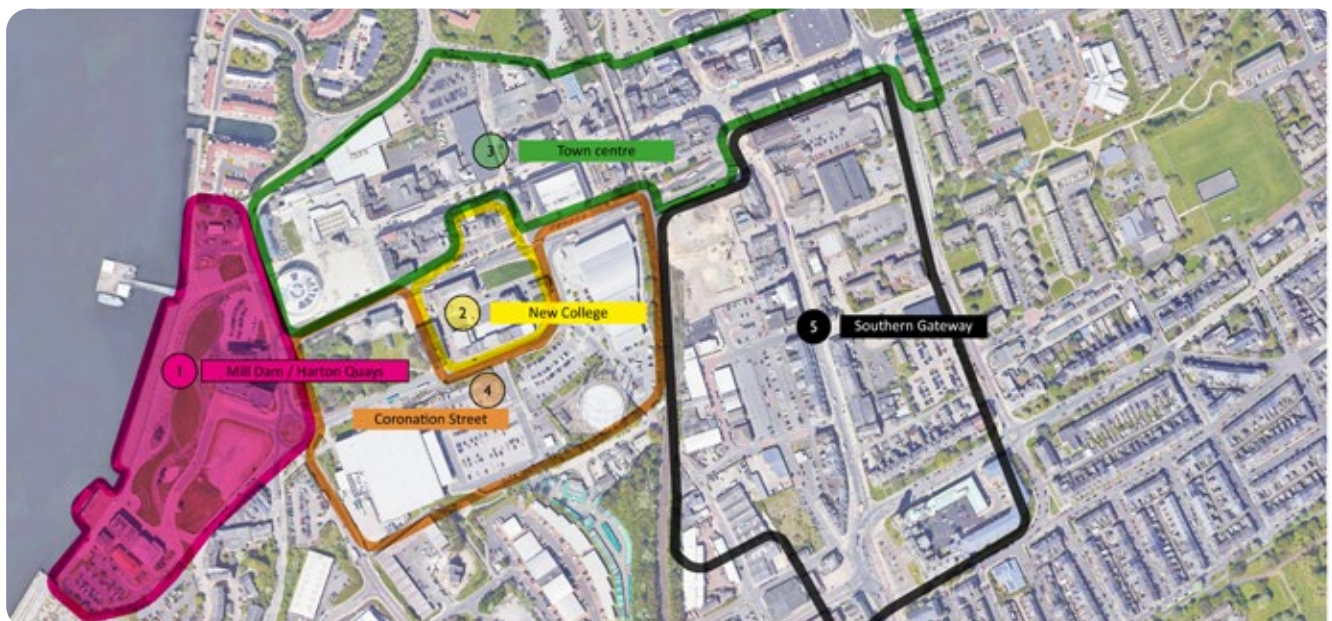


There are a few ways to join the conversation.

You can:

- complete our survey online at www.ourconversation.co.uk
- attend a face to face information session
 - Sat 29 Oct**, The Word in the Atrium, 12.30pm – 3.30pm
 - Wed 2 Nov**, The Word in the Round, 4pm- 6.30pm
 - Fri 4 Nov**, South Shields Town Hall Reception Room, 2pm- 6pm
 - Mon 7 November**, Ocean Road Community Centre, 1-4pm and 5-8pm

You may have already had your say at one of the face to face sessions, completed the survey online or saw our coffee vendor around South Shields. We want as many resident, business and trader views as possible.



Masterplan with study areas

CUSTOMS HOUSE REFURBISHMENT

Exploration of how the Customs House can be developed to provide an integrated and expanded cultural offer which will preserve the listed building and add important rehearsal / performance space alongside improved food and drinks facilities to ensure the long-term viability of the existing facility and attract movement from the Town Centre towards the riverside.



HARTON QUAYS DEVELOPMENT - OPTION 1

Mixed use scheme which would benefit the South Shields community, providing new homes with riverside views. The mixed use aspect (bar and restaurant) becomes an extension of the leisure facilities from the Customs House redevelopment, creating a central hub and diversifying offer within the Town Centre. This could bring activity and footfall back to the riverside.



Consultation Boards

Great ideas can come from anyone and shaping the future of South Shields needs to involve as many people who live, work and play in South Tyneside as possible.

Five conversation starters

Our South Tyneside Conversation is really a series of five conversations about five areas of South Shields. We've split the town into five zones to make it easier for everyone to see what we're talking about and make it easier for you to have your say.

Visit our website at www.ourconversation.co.uk

Once online you'll see that we have provided a little history for each area, along with setting out the special opportunities and challenges each face – and some specific things for you to think about.

- 1. Mill Dam
- 2. New College
- 3. Town Centre
- 4. Coronation Street
- 5. Southern Gateway

Join the conversation

There is a lot to talk about as we look at re-shaping South Shields. You'll have a view on some of the ideas we have and some ideas and thoughts to add.

We want to hear what you think South Shields should look and feel like. We've developed a short survey (it should take around five minutes to complete) so you can be part of the conversation.

What's next?

This is not the end of the conversation. The Council will take all of your feedback, thoughts, opinions and ideas and produce a draft masterplan for South Shields Town Centre. Once this is produced – residents, businesses and traders will have another opportunity to have their say on the proposals before the masterplan is finalised and we start to talk about other areas of the Borough.



Artists Impression of how the Bede Museum could look

Levelling Up Bids

The Council has submitted bids to the £4.8billion Levelling Up Fund for both the Jarrow and South Shields constituencies,

The bids aim to revitalise the Borough's three towns by capitalising on the growing green economy, innovation, and skills, and attracting visitors by enhancing the cultural offer.

The £20million Jarrow proposal will seek to create a sustainable mid-Tyne, with a package of related investments across Jarrow and Hebburn.

It would include a substantial extension of the Hebburn renewable energy scheme, which will cut carbon over the coming years.

The expansion would be complemented by significant investment at Jarrow Hall to create a world-class sustainable visitor destination.

The three-part South Shields submission, also for £20million, focuses on revitalising the riverside and town centre by boosting footfall and visitor numbers.

The transformational project would include developing the **Customs House** and a cultural quarter; creating a skills and visitor centre - the **Northern Renewable Energy Centre of Excellence** - at Holborn Renewable Energy Network; and a student accommodation offer as part of **South Tyneside College** relocating into the town centre.

Both bids seek to nurture the Borough's innovation and ambition and ensure that South Tyneside continues to be at the forefront of the green revolution, creating jobs and opportunities for residents.





“Levelling up is all about fairness and ensuring residents and businesses in South Tyneside have access to the same opportunities as elsewhere in the country.

Equally important is the regeneration work we are carrying out with our partners on a local level to enhance the vibrancy of towns and villages across the Borough.”

Cllr Joanne Bell, Lead member Governance, Finance and Corporate Services.



UK Shared Prosperity Fund

The Council has developed a high-level investment plan to help unlock millions of pounds of government funding to support growth and prosperity.

The plan is needed to access the Borough’s three-year allocation of £8.87million from the UK Shared Prosperity Fund, which aims to ‘build pride in place and increase life chances across the UK’.

The submission sets out how the money will be spent to help achieve the fund objectives of boosting productivity, opportunities, pay, jobs and living standards, as well as enhancing a sense of community and local pride.

Earlier this year the Council launched a South Tyneside Prospectus and invited bids from organisations that could deliver projects which would meet the objectives and complement key local growth priorities.

More than 100 expressions of interest were received and were appraised, including evaluation by an independent third party.

Eight ‘ready to go’ projects were identified in the Local Investment Plan. These deliver on the Fund’s themes such as town centres, culture, business support, green spaces, fuel poverty, digital inclusion, anti-social behaviour and community engagement, as well as aligning with the council’s key priorities.



Artist’s impressions of how Customs House could look



Artist’s impressions of how the College could look

Green economy in South Tyneside

A 'Levelling Up in Practice' report published stated that the Borough is leading the way on green energy.

It said: 'South Tyneside's past was dominated by industry... But the future of South Tyneside lies in the green economy. The Council is leading the way on geothermal as a way to generate energy, pumping water around former mining shafts deep underground to capture heat which is then distributed through nearby homes. The challenge in South Tyneside is providing a bridge from the old to the new.'

The report has emphasised the potential for the Borough to lead the way on the green economy and states both that 'South Tyneside has a bright green future' and 'in the next few decades this part of the North East could be at the heart of the green economy, as they were for the industrial economy in previous centuries.'



South Tyneside has an enormous potential and is destined to be a major contributor to the national economy due to its unrivalled position to drive forward the green economy and become the battery of the country, powering the low-carbon revolution.

An investment in South Tyneside is not just about the local benefits it can bring, but about the ability to use the Borough's strengths, expertise and natural assets for the benefit of the nation's economy.

The research highlighted that the Borough can improve the quality of life for residents by maximising the opportunities from a green economy.

The Council is driving forward this ambition with ground breaking renewable energy schemes in all three towns,

developing IAMP as a hub for electric vehicle production and partnership with the Port of Tyne on offshore wind (the Port is the base for the world's largest offshore wind farm at Dogger Bank).

It is also working to bring about national policy change, particularly around skills, and funding so that the Borough can realise its full potential.

The report particularly emphasised the need for a bridge from the old industrial heritage to the new economy and connecting people to jobs, which is a key theme coming through the work to refresh the South Tyneside 20-year Vision.

The Council and partners are working collectively to break down significant barriers to growth like levels of unemployment and inequality, engaging with local residents and businesses as things move forward.





The Council has been developing an Influencing Plan. This aims to raise the profile of the borough amongst key decision makers to improve our chances of securing funding and policy change. The work from the report is part of ongoing activity to help build South Tyneside's profile, showcase our key assets, build up our evidence base, shape our refreshed vision and work to strengthen our relationships with key decision-makers.

The Council's recent Levelling Up Fund bids for both Jarrow and South Shields constituencies seek to extend the Borough's innovative renewable energy schemes, support further education, transform our town centre economies, particularly through culture, and nurture the green innovation happening in South Tyneside.



"The council is on course to meet its interim three-year target of reducing emissions by 4,825 tonnes by next March - with 2,816 tonnes already cut. The Sustainable South Tyneside strategy is a shared vision for a low carbon and resilient future."

Find out more at www.southtyneside.gov.uk/climatechange"

Cllr Margaret Meling, Lead Member
Economic Growth, Skills and Climate Change



Cllr Atkinson, Deputy Leader of South Tyneside Council

Blue Plaque

A Blue Plaque, being funded by the Council, will be unveiled at CREST in Beach Road over the coming months.

It is one of three which have been agreed for 2022-2023, with privately funded plaques also set to be raised with support from the Council in honour of Sir Frank Williams and South Shields Sea Cadets.

These special Blue Plaques honour significant people and places that have added real cultural or civic value to South Tyneside or have played a key role in helping to shape its history and heritage to what it is today. We have a rich and proud heritage in South Tyneside.

Through the Blue Plaque Scheme we can honour the life and work of those wonderful individuals and organisations who have made a significant contribution to the Borough's culture and heritage.

It's a popular scheme, which attracts many nominations every year.

For further information about South Tyneside blue plaques visit the Council's website at www.southtyneside.gov.uk/blueplaques

South Tyneside is extremely lucky to have many fantastic places to eat, drink and to shop.

Please keep local businesses in mind and support our wonderful local traders when you are out and about this festive season.

DINE LOCAL

Meeting up with friends or family during the festive period?

Choose South Tyneside as your choice of location. From a curry on Ocean Road to afternoon tea in Whitburn, a bistro meal in Cleadon or to a cocktail or pint in a town centre bar or pub, there's lots of places to choose from.

If you fancy a cosy night in, there are lots of great local takeaways and hospitality venues who also offer a delivery service, so you can enjoy delicious food in the comfort of your own home.



While you're out this festive season, you will see our Christmas decorations and festive lights shine across South Tyneside.

Spread the Word!

Do you have a go-to local trader for all your shopping needs?

A favourite spot to enjoy food/drinks?



Why not spread the word and support local businesses even further by:

- Following, sharing and liking posts on social media from your favourite local stores
- Sharing your favourite independent businesses online with the hashtag **#LoveSouthTyneside**
- Telling your family and friends about your favourite local stores
- Leaving reviews online to encourage others to shop there

SHOP LOCAL



Here in South Tyneside we have a fantastic range of shops to suit all shopping needs this Christmas.

Personal, face-to-face service can help you find exactly what you're looking for – whether that's a gift for your loved ones or a Christmas treat for yourself.

Visit town centres for a mix of local traders and high street brands in compact areas with good transport links, where you will be able to buy Christmas presents for loved ones, stock up on Christmas cards and wrapping, as well as grab food and drinks for the festive celebrations.

You can also head to South Shields Market where you can pick up a good bargain. Browse a variety of stalls and find some unique gifts and great stocking fillers. Stop by Shop @ The Word after to browse South Tyneside inspired gifts.

If you're looking for an extra special gift this Christmas, be sure to visit Boldon and the villages of Whitburn and Cleadon for boutique shopping, handcrafted gifts, antiques and specialist fashion.

Whether you're picking up some essential items at an independent corner shop to choosing a unique and quirky gift from a local boutique, by shopping local you are supporting local businesses and your community.



South Shields Market

Enjoy browsing a variety of stalls in a friendly and bustling atmosphere at one of the oldest open-air markets in the North East:

Friday and Flea Market, Fridays 9am to 3pm

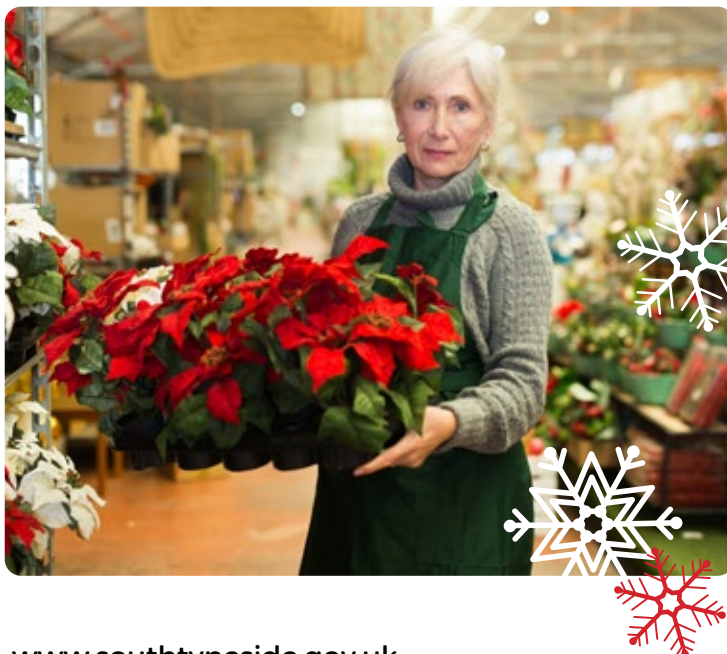
Rummage through the curios, books and bric-a-brac at the flea market. Visit the second-hand stalls in the morning or the stalls selling fantastic brand-new items such as handbags, purses and scarves.

Traditional Market, Saturdays 9am to 3pm

The Saturday traditional market sells everything including garden ornaments, vinyls, handmade cards and craft items.

Keep an eye out on the South Tyneside Council Facebook page for seasonal events taking place at South Shields Market.

www.southshieldsmarket.co.uk





Signing book of condolence



Proclamation of King Charles III



Welcoming Mr Gay Europe contestants



Remembering Srebrenica



Pontoon dedication for Hebburn Sea cadets



Celebrating Armed Forces Day

Reflecting on a memorable year

The Mayor of South Tyneside, Councillor Pat Hay, and Mayoress Jean Copp, continue to enjoy a busy schedule of civic engagements and events.

They have played a key role representing the Borough and promoting civic pride as well as raising money for their chosen charities Cancer Connections and the Customs House as well as other good causes.

Recent highlights include Armed Forces Day which saw South Tyneside residents turn out in force to pay tribute to military organisations. The event included a cavalcade of hundreds of motorbikes and a colourful military parade along the seafront.

South Tyneside welcomed guests from across Europe ahead of the Mr Gay England and Mr Gay Europe finals which were hosted in the region. South Shields is the home town of the competition's Chief Executive and he was determined the show delegates all the Borough has to offer.

Other highlights included the dedication of the new Hebburn Sea Cadets boating pontoon and the special remembrance service for the victims of Srebrenica.

As part of the Queen's Platinum Jubilee, South Tyneside welcomed the Queen's Baton Relay. Inspiring members of the community were nominated as official baton bearers in recognition of their contribution to the arts, culture, sport, education or charity. Celebrations then turned to sadness at the passing of Her Majesty the Queen. Once again, South Tyneside came together as a community to mourn, reflect upon and express their gratitude for Her Majesty the Queen's lifetime of devotion.

The Mayor said:

"The last few months have seen both great joy and tremendous sadness for our country. I have been incredibly proud to represent the Borough on these momentous occasions.

"It is an absolute honour to connect with our communities and celebrate their achievements. It is fantastic to continue to meet so many wonderful people who make the Borough such a special place."



Chapel 1

South Shields Crematorium

Major remodelling works have been completed at the Borough's crematorium.

The eight-month project at South Shields Crematorium has involved extending the chapel area into the former internal courtyard. The enlarged chapel now enables the Council to cater for larger funerals, with capacity increased by around 126, providing seating for more than 200 visitors as well as extra standing space.

Improvements to the 1960s building has also involved repositioning the pulpit and seating to provide better sight lines for those paying respects to family and friends. A new partition wall can also be used when required for smaller, more intimate funerals.

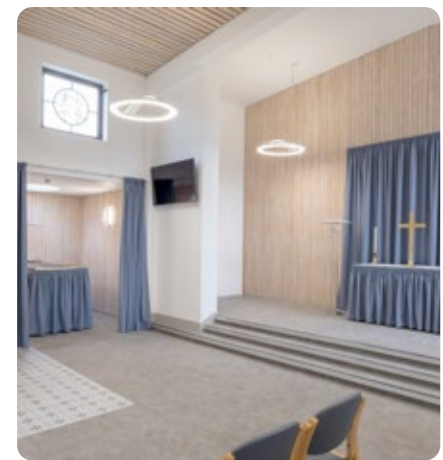
The entrance, waiting and exit areas have also been redecorated to a modern respectful standard.

The Crematorium plays a key role in the community, supporting local people at what can be an extremely distressing and difficult time in their lives.

As the only crematorium to serve South Tyneside, investment has been important to ensure the building is up-to-date so that we can continue to provide a respectful service for families paying tribute to their loved ones. It is also important that it is fit for purpose and able to cater for larger funerals for the residents of South Tyneside.



Entrance



Chapel 2

The £800,000 project, which began in January, included a scheduled three-month closure over the summer months. Cremators have also been upgraded which were almost 25 years old and in need of replacement. The new wider cremators not only accommodate larger coffins but are more energy efficient and will help to reduce the building's carbon emissions by around 240 tonnes per year.

Now that the works are complete, this improved modern facility helps provide residents with the best possible service during their time of need while giving people a fitting end to their lives.

Say hello to our 2022 Annual Report!

Our 2022 Annual Report is here! Full of facts, figures, and customer stories from the past year – it's a one-stop shop to find out how South Tyneside Homes is performing.

As always, our Involved customers have played a big part in the production of this report, handpicking elements they believe will be of interest to our wider customer base.

South Tyneside Homes aims to improve its approach to tenant involvement every year and this year was finalist in the Best Digital Resident Involvement Initiative category at the Housing Digital Innovation Awards, and was successful in winning the Best Fire Safety Innovation Award 2022.

View this year's annual report online at www.southtynesidehomesannualreport.org.uk or scan the QR code.

Scan here →



Print copies are also available upon request by contacting the Involvement Team on 0300 123 6633, or by e-mail: involvement@southtynesidehomes.org.uk

Or, you can pick up a copy in the Customer Service Reception at the Town Hall.



New homes coming soon

We are excited to be building new homes to let across South Tyneside.

This winter construction will begin on our newest site at Hindmarch Drive in West Boldon.

The development will be home to 10 new properties.

- Three 2-bedroom houses
- Three 2-bedroom bungalows
- Four 2-bedroom apartments

Stay tuned for more information on future developments coming soon.





Over 55? Our Housing Plus apartments are available now!

Housing Plus is a range of modern, safe, friendly apartments and bungalows nestled around South Tyneside.

Living in Housing Plus is enjoyable, social, and supportive. Relax in your self-contained apartment or bungalow with its own front door, and rest assured you have likeminded people on your doorstep with your very own Housing Plus Officer on hand to help.

Who is Housing Plus for?

You don't need to be an existing South Tyneside Homes tenant to apply for a Housing Plus home. They're available for:

- People over 55 years of age in receipt of Personal Independence Payment (PIP)
- People over 60 years of age

All Housing Plus buildings are secure and well managed with daily, weekly, and monthly safety checks. There's help on hand 365 days of the year with 24 hour wraparound Telecare systems in each individual apartment/bungalow.

Everything you need is on hand; laundry facilities, hairdressing rooms, outdoor spaces, communal lounges, a guest room for friends and family, wi-fi, communal PCs, sunrooms, conservatories, and an array of activities!

How to apply

If you're ready to take that first step towards living in a Housing Plus home, please contact us to find out more. We have available properties across South Tyneside. Give our Allocations team a call on **0300 123 6633**.

"I moved here when I lost my wife. My son lives in Yorkshire, so I knew it would be peace of mind for him that I could pull a cord if I needed any help. I bake cheese scones and fruit cake for other residents!"

"It's lovely, warm, and cosy. I've lived here 6 years and it's great"

**South
Tyneside** Homes

South Tyneside Council's
Housing Company

Keep in touch with us!

Did you know South Tyneside Homes are on Facebook, Instagram, and Twitter? Follow us on social to stay up to date with service changes and latest news!

- Facebook: /stynesidehomes
- Twitter: @stynesidehomes
- Instagram: @southtynesidehomes

Making the grade in South Tyneside

South Tyneside schools and nurseries have celebrated a number of Outstanding and Good Ofsted ratings in recent months, demonstrating that the Council is delivering on its priority of supporting families.

Three nursery schools have had Outstanding ratings from Ofsted.



The Council-run **Stanleys at Bede**, which cares for 28 two to four-year-olds, has been rated as Outstanding in all areas. The inspector described the nursery as a “well-organised” and “exciting” place where children flourish and managers have high expectations for each child. The excellent teaching skills of staff, strong partnership working with parents and the behaviour of children were also commended.



Stanleys at Hebburn has also been rated as Outstanding, moving up from its previous rating of Good. The inspector described the nursery as a “welcoming” and “inclusive” setting where children are “extremely happy, settled and secure.”



Ofsted inspectors also rated **Stanleys at All Saints as Good**. They described the nursery as a friendly place where staff work well together and have a good understanding of each child’s individual care needs.

Two primary schools have had Good ratings from Ofsted.



Toner Avenue School in Hebburn

moved up from its previous grade of Requires Improvement to Good. Inspectors noted a ‘significant level of improvement in the quality of education.’ They described the school as one where pupils are ‘happy and confident’ and where parents feel staff go ‘above and beyond’ to make sure students succeed.



East Boldon Infants School was also rated as Good. In their report, inspectors spoke highly about the kindness ethos that runs through the school, recognising “this is a friendly school, with kindness at its heart. Adults show pupils how to build and maintain relationships built on respect.”

Have you ever thought of becoming a foster carer?

Spread the word!

**FOSTER IN
SOUTH
TYNESIDE**

Fostering provides children who are unable to live with their birth family a stable, loving home.

South Tyneside is one of a small number of Councils delivering the Mockingbird programme - a new way of providing foster care.

Our fostering team at South Tyneside Council is always happy to talk and meet people who have an interest in fostering. In South Tyneside we have an urgent need for more foster carers to become part of our foster family.

Who can foster?

Foster carers can be single or married, same sex, employed or unemployed, a home owner or living in rented accommodation. Foster carers are as different as the children they care for.

We want to help our foster carers be the best carers possible and to give South Tyneside's children the best start in life.

Who could you help?

Mother and baby – could you support a young mother and her baby? Care for mam and baby offering guidance in the care of the baby.

Older children – Could you offer a home to older children, giving them security, care and guidance?

Sibling groups – Do you have 2 or more spare rooms? Could you look after a sibling group and keep families together?

Long term fostering – Are you able to help a child for many years? Perhaps for the whole of their childhood and beyond?



Why foster with South Tyneside Council?

We will be with you on every step of the journey, offering training, help and advice where needed. When you foster with South Tyneside Council, you are part of a team. If you become a foster carer, you will be teamed up with a fostering officer who will offer support and advice. Wider support includes options to help you in your role including psychologists, nursing, and schools. Ongoing training for your personal development and career is available.

Discover more

www.southtyneside.gov.uk/fostering



0191 423 8500



fostering@southtyneside.gov.uk



www.facebook.com/groups/stcfostering

Stay Well this

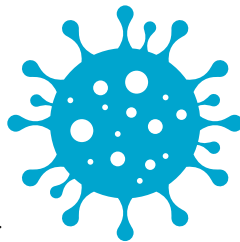
Double your defences against COVID-19 and flu this winter. Across the North East and North Cumbria our NHS teams are working hard to vaccinate people against Covid-19 and flu.



DOUBLE YOUR DEFENCES
against flu and COVID-19 this year.
Get both vaccines.

#GetVaccinatedGetProtected

Flu is a serious condition that kills thousands and hospitalizes thousands more in England each year. The flu vaccination is the best protection for you and those around you, which is why it is offered for free to those most at risk.



Visit www.nhs.uk/flu vaccine to find out if you're eligible and for more information.

Flu can also be nasty for children and lead to more serious illnesses such as bronchitis. Children can catch and spread flu easily. Vaccinating them helps to protect others who are vulnerable to flu, such as babies and older people. The children's nasal spray flu vaccine is safe and effective.

Adults at high risk from flu are also most at risk from coronavirus, which causes Covid-19, so some people may be eligible for both the flu and the COVID-19 booster vaccines to help protect them from a double threat this winter. The vaccines are safe & effective and give you the best protection against the viruses. If you are offered both vaccines, it's safe to have them at the same time.

Ask your GP, pharmacist or visit www.getyourjab.uk to find out how to book an appointment.



"The NHS website www.nhs.uk provides some simple things you can do to help yourself stay well this winter including how to keep your home warm."

Cllr Anne Hetherington Lead member
Adults, Health and Independence

There are lots of other ways you can help yourself to stay well this winter, including:

- **Keep your medicines cabinet well-stocked** with the basics, such as pain killers, antihistamines, cold & flu remedies, a first aid kit and phone numbers for your GP & Pharmacy.
- **Stay active** – No matter our fitness levels we should all try to move around every day, from chair based exercises to going to the gym and everything in between!
- **Look after your Mental health** – search Every Mind Matters for useful tools and tips.
- **Maintain good hand and respiratory hygiene** – remember 'catch it, bin it, kill it' for coughs and sneezes then wash or sanitize your hands straight away. Stay at home if you have a high temperature and do not feel well enough to do your normal activities.
- **Keep warm** by blocking out drafts, having regular hot drinks & meals and using a hot water bottle OR electric blanket in bed.
- **Wrap up in warm clothing** and sturdy shoes when going outside in cold weather.



#DOYOURBIT
By choosing the right service
Pharmacists can help you with minor health concerns

#PROTECTYOURNHS



Winter



Age Friendly Communities Launch

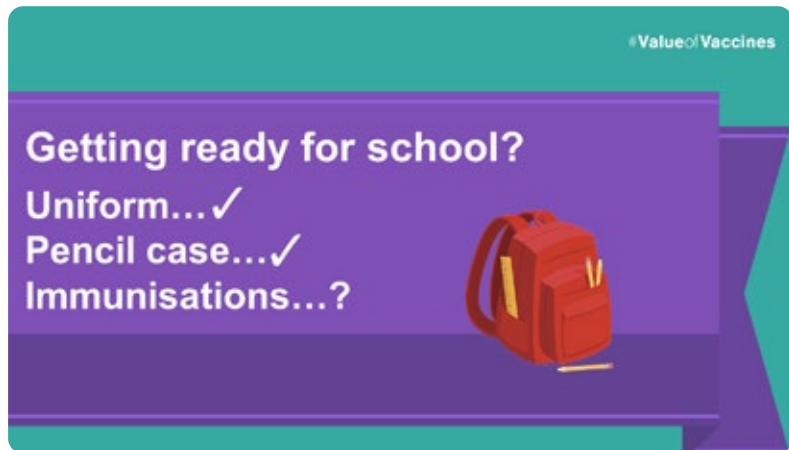
The World Health Organisation (WHO) has an Age Friendly Community framework, which encourages Local Authorities to make improvements across eight important themes such as housing, transport, employment & volunteering and social participation.

South Tyneside Council launched our Age Friendly journey on the 1st October 2022, International Day of the Older Person.

Winter can be particularly tough for older people – partly due to the colder weather and dark nights making it difficult to stay in touch with family, friends and supporting services. We would really like to hear about what matters to you so we know where to focus our work to help you.

Please take some time to complete this survey, online or in person at libraries and leisure centres in South Tyneside or at Age Concern, WHiST or Vision & Hearing Support.

www.surveymonkey.co.uk/r/M57LVXC



School aged Immunisation Schedule

The National Routine Immunisation Programme is determined by NHS England.

The Routine Immunisation Programmes that are delivered by The School Aged Immunisation Team are as follows:

Nasal Flu Spray: From Reception up to Year 6 (also any other year groups determined by Public Health England that year). This programme is generally delivered between September-December.

Human Papilloma Virus (HPV) Injection, Currently 2 doses needed for both Boys and Girls.

1st Dose Year 8

2nd Dose Year 9

Tetanus, Diphtheria and Polio (Booster) Year 9

Meningitis and Septicaemia Year 9

Further Information about these vaccines can be found at www.nhs.uk/vaccinations or by contacting the team as below.

The School Aged Immunisation Team cover Gateshead, South Tyneside and Sunderland Schools and they can be contacted **Mon-Fri on 0191 4028179 8.30am-5pm.**



News from your

Return your used inhalers - and help with climate change

If you use inhalers, you can make a real difference to climate change by disposing of them safely.

That's the message from local doctors, who are calling on patients to return used inhalers to their pharmacy for safe disposal.

Many inhalers contain powerful greenhouse gases even after the medication is used up – and these can leak out and contribute to climate change if put in your household bin.

Dr Nousha Ali, a local GP and clinical director for the NHS's North East and North Cumbria Integrated Care Board, said: "If every used inhaler in South Tyneside was returned for safe disposal, it would save 15,000kg of carbon dioxide every year – that's the same as driving to London 41 times.



"Inhalers are a lifeline for many patients and it's important to have one that works for you. Never stop an inhaler without speaking to your nurse or doctor first.

"Climate change affects lung health in many ways, so it really is a chance to be greener and breathe better."

Pressurised metered dose inhalers contain a greenhouse gas up to 3,000 times more potent than carbon dioxide. They typically have 30% of the original propellant remaining when fully used. This is destroyed if the inhaler is incinerated with clinical waste, but if it goes to landfill the gases continue to be released.

Every pharmacy in South Tyneside now has a specially labelled inhaler bin on display. Many patients can make an even bigger difference by switching to eco-friendly dry powder inhalers for most of their needs. While one blue inhaler makes the same climate change impact as driving from South Shields to Liverpool, a dry powder inhaler is equivalent to driving from Shields to Jarrow.

Did you know?

If **every used inhaler** in South Tyneside is returned for **safe disposal**, it will save as much CO₂ as driving to London 41 times a year.



Easy to return - just use the special bin at your local pharmacy



SOUTH TYNESIDE
TO LONDON

41

TIMES
A YEAR

NHS





Healthier Together A helping hand for your family

We all worry when our little ones are poorly – and sometimes it's hard to know how best to help them.

From tummy bugs and chickenpox to bumped heads and mental wellbeing, the Healthier Together app or website can give you practical advice from medical professionals, 24/7.

It tells you what to look out for, which things you can safely treat at home, and when you need professional help.

If it's something that needs medical attention, Healthier Together tells you the best place to go. A 'red flag' means you need the emergency department, or you may just need a little reassurance that all you need is a trip to the pharmacy.

And it's not just about a crisis: You can find advice on everything from milk allergies or emotional wellbeing to "should my child go to school today?"

All the information is checked by clinicians to ensure it is helpful and safe. To find out more, search online for 'Healthier Together North East' or download Healthier Together from the app store or google play.

Bye bye UTI!

Pharmacies can now treat many urinary tract infections

Ouch! If you have a burning or stinging sensation when you wee, it could be a UTI (or urinary tract infection).

But here's the good news: local pharmacists can treat women aged 16-64 with urinary tract infections without the need for a GP appointment or prescription.

UTIs are one of the most common bacterial infections among female patients, with over 40% of women likely to suffer from one in their lifetime.

The symptoms include a burning or stinging sensation on passing urine, needing to wee more frequently or urgently, cloudy urine and passing large quantities of urine.

South Tyneside was the first area in the North East to make this new service available, with the rest of the region now following suit. This means that pharmacists can not only advise and support but also provide treatment, where this is appropriate.

**Scan the QR code
with a smart phone
to view the website**



**THIS IS
SOUTH
TYNESIDE**

CHRISTMAS 2022

Christmas is just around the corner and South Tyneside has something for everyone from a parade, carol singing and festive markets to light switch on's and pantomimes! Get into the festive spirit this year in South Tyneside.

CHRISTMAS LIGHTS SWITCH ONS

SOUTH SHIELDS

Wednesday 23 November, 5-6pm

Join us outside The Word in South Shields as we switch on the South Shields festive lights.

To get everyone in the spirit, The Mayor will be joined by Metro Radio's Chris Felton, who will host the event alongside festive entertainment including singers, walkabout entertainers, stilt walkers and The Creative Seed Carnival Group.



JARROW

Friday 25 November 4-5pm

Join us outside Jarrow Town Hall for this fun festive event

The event will include local entertainment and music, including festive characters. It will be great festive fun for all the family and get everyone in the Christmas spirit!

HEBBURN

Monday 28 November 4-5pm

Join us for this great event as we switch on the Hebburn festive lights. There will be seasonal songs and lots of entertainment. Guaranteed festive fun for all the family!

CIVIC CAROL CONCERT



Monday 5th December 7 – 9.30pm

Join South Tyneside Orchestra for the annual South Tyneside Civic Carol Concert at Temple Park. A joint concert with the primary school choirs of South Tyneside performing a selection of festive music.

Tickets £5
per person.

METRO RADIO
THE BIGGEST HITS THE BIGGEST THROWBACKS



the customs house
arts and entertainment for all

THE ADVENTURES OF ROBIN HOOD IN COOKSONVILLE

24 November – 7 January

Tickets from £12.

The Customs House unique take on the classic story of Robin Hood is packed with spectacular song, dazzling dance, magical Christmas moments and lots and lots of laughs.

THE LAST SNOWFLAKE

3 December – 31 December

Tickets from £12.

Audience favourite Dennis is back with a new adventure this winter. The Last Snowflake – a 50-minute show targeted at under 7's.

Join Dennis and his friends on a winter adventure to bring snow back to Cooksonville this December.

JASON COOKS CHRISTMAS COMEDY

19 December

Tickets from £14.50.

Jason Cook returns to The Custom House with his hugely successful comedy club for a special pre-Christmas show.

JASON COOKS NYE COMEDY CLUB 2022

31 December

Tickets from £27.50.

A stonkingly good New Year's Eve that will have you rolling in the aisles, it's the perfect way to say hello to 2023. This show is always extremely busy. Early booking is advised.

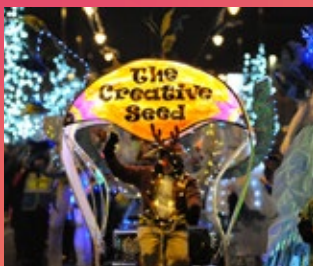
Book now at
www.customhouse.co.uk
or call 0191 454 1234



SOUTH TYNESIDE CHRISTMAS PARADE

Friday 9th December 5pm

The parade will make its way along Ocean Road towards the seafront at 5pm where people lining the street will be entertained by Creative Seed and the Spark! Drumming group. The event will culminate in a spectacular festive themed fireworks display (which can be viewed from Harbour drive and surrounding area).



As well as these events look out for our
What's On Guide or visit the website

www.southtyneside.gov.uk/christmas

for a full list of activities including school choirs,
bands, kids entertainment, crafts and a
grotto return!



South Tyneside Council

JARROW HALL

CHRISTMAS FAIR

Saturday 26 and Sunday 27 Nov

Open 10am – 4pm. Free entry.

Looking for unique gifts or tasty treats to wow your nearest and dearest this Christmas? The Christmas fair returns to Jarrow Hall with over 50 stalls.



WREATH MAKING

3-4, 9-10 and 11 December

£35 per person including all materials, festive food and drink.

Create your own wreath alongside our expert Rachel Brooke.

Two timeslots are available for each day:
9:30 – 12:30 and 13:30 – 16:30.

Book now www.jarrowhall.com or call 0191 424 1585

JARROW MUSICAL THEATRE COMPANY

DICK WHITTINGHAM PANTOMIME

30 Nov – 4 December

Tickets £10 each

Box Office and enquiries: 07929 321 871 (after 5pm)
Jarrow Focus, Cambrian Street, Jarrow, NE32 3QN

BRINKBURN CIO, SOUTH SHIELDS

TREASURED ISLAND

14 – 17 December

The popular pantomime is back!

£6.50 - £8.50

Family ticket (2 adults, 2 children): £27

Box Office: 0333 666 3366

www.st-amp.co.uk/box-office

SOUTH SHIELDS MUSEUM & ART GALLERY

SANTA AT JINGLE BELL SQUARE

Saturday 3 & 10 December

For ages 1-12. Cost: £7.50 per child.

A very jolly Santa Claus and his favourite elf will be making a special visit to the museum's Jingle Bell Square

SANTA'S ELF AT JINGLE BELL SQUARE

Saturday 17 December

For ages 1- 12 Cost: £7.50 per child.

Santa's favourite elf, Glitterberry, will be making a special visit to the museum's Jingle Bell Square.

Pre-booking essential for both events
www.southshieldsmuseum.org.uk

Tickets can be bought from the Museum



Spread the word!
ENJOY SOUTH TYNESIDE



SOUTER LIGHTHOUSE

CHRISTMAS CRAFT FAIR 3 and 4 December

10am- 4pm Free entry.

The popular Christmas craft fair is back offering visitors a more relaxed way of shopping. Browse locally hand made crafts, gifts, cards and jewellery.



CHRISTMAS WREATH WORKSHOP 24, 26 & 27 November

Booking essential. Tickets are £45 per person.

CHRISTMAS GARLAND WORKSHOPP 15 & 16 December

1- 3pm. Tickets are £45 per person.

Fresh garlands are a beautiful way to decorate a shelf or mantelpiece for Christmas.

CHRISTMAS TABLE FLOWERS WORKSHOP 22 December

Tickets are £45 per person, 1-3pm

Create a fresh flower arrangement for your Christmas dinner table. Everything you will need to create your arrangements is provided, along with coffee, tea and festive goodies.

For full details and booking, visit thenorthernflowergarden.co.uk

Email: souter@nationaltrust.org.uk
or Call: 0191 529 3161

THE CLARENDON

ALADDIN BOXING DAY PANTO 26 December

Family of 4 £50 £13.50 per ticket

The popular Boxing Day panto is back! Filled with lively characters, up to date chart music and slapstick humour, romance and of course a daring adventure....

www.hotels-sunderland.com Call: 0191 519 1999

WESTOVIAN THEATRE

SLEEPING BEAUTY PANTOMIME

20 – 28 January 2023

Children £7 Adult £10 (£12 Saturday)

It's that time again, when we say "
oh no it not, oh yes it is!"

For booking enquiries
please email
boxoffice@westovians.co.uk



THIS IS
SOUTH
TYNESIDE

CHRISTMAS²⁰²²

For the most up-to-date news, and for more details on Christmas events and activities, visit our website or call the Visitor Information Centre at The Word.

🔍 www.southtyneside.gov.uk/christmas

☎ 0191 424 7788

📘 @SouthTynesideEvents

🐦 @STynesideEvents

📷 @STynesideEvents

South Tyneside Libraries



Share your love of books at a reading group

Reading groups are a great opportunity for you to read with others, share your thoughts on books and meet new friends. The groups can also inspire you to read books that you have never thought about reading before. Joining is FREE so all you need to do is pick a time and place that suits you!

Dates, times and venues:

- **The Word** - First Tuesday of every month, 1-45-2.45pm
Second Saturday of every month, 11am-12noon
- **Cleadon Park** – First Thursday of every month, 6-7pm
- **Hebburn Central** – First Wednesday of every month, 1.30-2.30pm
First Thursday of every month, 10-11am
- **Jarrow Focus** – Last Thursday of every month, 1.30-2.30pm
- ***Visually Impaired Reading Group** – Second Monday of the month, 1.30-2.30pm

*We use BorrowBox to download monthly books onto our own devices (phone/tablet etc.), as an eBook or eAudiobook. Please get in touch if you require help with this.

For more information about reading groups and to book call 0191 424 7805

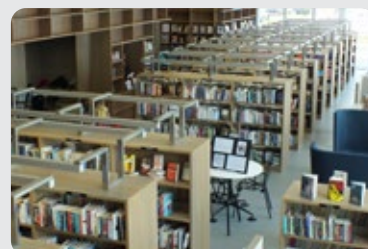
Library Memberships

FREE to join. Sign up at your local library or online at www.southtyneside.gov.uk/libraries

The Council's four libraries



Cleadon Park Library
10 Prince Edward Road
South Shields, NE34 8PS
☎ 0191 424 6194



Hebburn Central Library
Glen Street, Hebburn, NE31 1AB
☎ 0191 424 7831



Jarrow Focus Library
Cambrian Street
Jarrow, NE32 3QN
☎ 0191 489 7786



The Word Library
45 Market Place
South Shields, NE33 1JF
☎ 0191 427 1818

Events for adults

Across South Tyneside Libraries

There is a selection of activities that take place at South Tyneside Libraries which are perfect for adults who want to learn a new skill, take part in fun activities and meet new people.



Adult Colouring-In and Scrabble Group

Every Wednesday, 2-3.30pm
at Cleadon Park Library

Free, no booking required

Colouring-in is a great way to boost your well-being and help you relax. As well as colouring-in, you can also play scrabble, meet new people and have a chat during the session.



Library Ukuleles

Every Friday, 2-3.30pm
at The Word

£1 per person, no booking required

Join our friendly, fun Ukuleles group! If you would like to learn how to play a few songs, come along and have a go. No ukulele experience is required.



Library Voices

Every Thursday, 6-7.30pm
at The Word

£4 per person, no booking required

It's not always quiet in the library! Come along and join our friendly choir, Library Voices. You don't need to have singing experience or be the best singer, it's enthusiasm that counts!



Chess for All

Every Saturday and Tuesday,
10am-12noon at The Word


Free, drop-in

Come along to a free, chess, drop-in session with members from South Shields Chess Club. Whether you want to learn a new skill or develop your strategy, the club is open to all.

Home Readers Service

If you or someone you know is unable to visit one of our libraries in person, our home readers service provides a free, personal and friendly service to supply books or books on CD to you in your own home, residential home, sheltered housing or nursing home. Whether you're unable to get to the library yourself or to carry books due to disability, sickness or old age, the service is available to help.

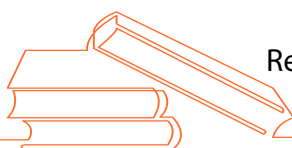
A member of staff will visit your home, giving you the chance to get to know each other and discuss the type of books you may want to read.

 **0191 424 7870**



For more information:

 www.southtyneside.gov.uk/libraries  library.support@southtyneside.gov.uk



Follow us on social media
Receive the latest information and updates on our Library Services.

 [@southtynesidelibraries](https://www.facebook.com/southtynesidelibraries)  [@SouthTyneLibs](https://twitter.com/SouthTyneLibs)

Hebburn Helps Christmas Appeal:

Christmas Toy Drive

Foodbank Hebburn Helps are holding their annual Christmas Toy Drive to help children across the Borough.

This Christmas in South Tyneside we want to ensure that there are no children waking up thinking that Santa has forgotten them. Hebburn Helps are looking for donations of new toys and gifts so they can distribute them to families in need.

Let's make sure this year NO child in South Tyneside goes without any gifts.



Christmas Dinner

As well as toys, Hebburn Helps is also asking for aid in providing families with a Christmas dinner.

They are looking for donations of:

- Small turkey crowns • Small joints of meat
- Chipolata sausages • Streaky bacon

They have lots of freezer space to store all donations ready for their Christmas distribution.



Volunteering:

Start a Volunteering group to support the environment

Volunteering is a great way to:

- Meet new people • Improve your fitness levels
- Develop new skills • Be part of a team
- Support your wider community

South Tyneside Council is asking for volunteers to work with the Council to help us continue to improve the Borough's open spaces.

There are a number of volunteer groups already operating in South Tyneside. To find out about local groups in your area you can contact the Council's Community Engagement Officer, jade.ridley@southtyneside.gov.uk If there isn't an established volunteer group in your area, you may wish to consider creating a new group. You can do this by contacting Emily who will provide you with all the necessary details to begin the application process.

For more information you can visit

www.southtyneside.gov.uk/article/71895/Set-up-an-establishedvolunteer-group

Marsden Road Aged Miners' Homes

A space for people living with dementia or other long-term health conditions is set to be created in the 1950s Town in a replica of aged miners' homes. A terrace of four houses from Marsden Road in South Shields has been chosen to be replicated at the museum as part of the Remaking Beamish project.

Discover what life is like for retirees in the mining industry and see the effects that rising costs of living after the Second World War had on the people. Hear stories about what nationalisation of the coal mining industry from the perspective of a recently retired mine electrician. You can also visit the widow next door, assisting in and learning about home help schemes.

Find out more about this amazing scheme at www.beamish.org.uk



Cllrs Adam Ellison, Joan Atkinson and Ruth Berkley alongside David Brooks

#LoveSouthTyneside Awards 2022



The winners of the first ever live #LoveSouthTyneside Awards

#LoveSouthTyneside held its first ever live awards ceremony at The Customs House in July.

The annual #LoveSouthTyneside Awards recognise and celebrate civic pride and community spirit across the Borough.

Awards were made to winners across ten categories in an inspiring awards ceremony, attended by volunteers from the very heart of our community. Every nominee also received a certificate as well as a personal letter from the Mayor of South Tyneside, Councillor Pat Hay, thanking them as first citizen for their efforts to make the Borough a better place.

For further information about the #LoveSouthTyneside initiative visit www.lovesouthtyneside.co.uk

The winners of the 2022 #LoveSouthTyneside Awards are:

Supporting Others
Joe Mackintosh

Environment
John Stewart

Above and Beyond
Rebecca Higgins

Communities Helping Communities
Hedworthfield Community Association

Inspiring Talent
Monkton Gymnastics Club

Heart of the Community
Malcolm Osbourne

Team of the Year
Bede Helping Hands Food Bank

People's Choice
The People's Angels

#LoveSouthTyneside
Natalie Lascelles

Judges' Special Award
Margaret Gregg

Join the Hebburn Veterans Club

The Veterans Club is located inside Hebburn Park within the bowling hut. The group is open to anyone over 55yrs whether you are working or retired and is open Monday to Friday from 10am until 3pm. All are welcome.

This is a great place to pop along for a chat with a nice cuppa, read books, play a game of snooker, watch TV or play a competitive game of dominoes.

The club is looking for new members and costs £5 for an annual subscription and only £1 per session. Pop along and join today.



Get involved

If you want to find out how you can #lovesouthtyneside, get involved in volunteer opportunities or promote and improve your local area, visit www.lovesouthtyneside.co.uk or follow us on:

 @LoveSTyneside  @LoveSTyneside

CHRISTMAS AND NEW YEAR BIN COLLECTION DATES

Normal collection day	Revised collection day
Thursday 22 Dec	No change
Friday 23 Dec	No change
Tuesday 27 Dec	No change
Wednesday 28 Dec	No change
Thursday 29 Dec	No change
Friday 30 Dec	No change
Tuesday 3 Jan	No change
Wednesday 4 Jan	No change
Thursday 5 Jan	No change
Friday 6 Jan	No change



Don't forget to place your bins out by 7.30am for collection.

RECYCLING VILLAGE OPENING TIMES

The Recycling Village at Middlefields is open every day except Christmas Day, 9am - 6pm.
Book a slot at www.southtyneside.gov.uk/recyclingvillage or call 0191 427 7000.

CHRISTMAS TREE COLLECTIONS

Christmas tree collection sites for real Christmas trees will return this year.

The sites are being confirmed and residents can find out more at www.southtyneside.gov.uk/recycle in the coming weeks.

Only real Christmas trees, with all tree decorations removed are accepted at these sites.

The Council turns the trees into compost and soil improver, some of which goes to local parks and green spaces.



RECYCLE RIGHT THIS CHRISTMAS



The top 5 things that cannot be recycled this Christmas.

TOP OF THE LIST 1. GLITTER



Can glitter be recycled?
Absolutely not!

If there is one thing that residents can do to help our environment this Christmas, PLEASE do NOT place ANY item with glitter into your blue recycling bin. No cards, no decorations, no wrapping paper and no pictures.

GLITTER WHY?

Traditional glitter is made up of microplastics that cannot be recycled. Most glitter ends up in our oceans and back into our bodies!

Even eco glitter that dissolves in water – PLEASE put in your grey household bin.

Glitter causes a whole lot of problems for the recycling crew. During the treatment process glitter ends up in the finished product and is rejected by the company. Glitter ends up contaminating the whole load of recyclables. Last year in South Tyneside a lot of recycling was rejected due to glitter!



2. FOOD

Don't put food in the blue recycling bin. Food will contaminate all the other recyclable materials collected. Use your grey bin for food including peelings, take away and leftovers etc.

3. WRAPPING PAPER



Wrapping paper is a tricky one! Yes, to brown paper without sticky tape BUT most wrapping paper cannot be recycled because it is often laminated with plastic, foil or other non-paper materials. ... Some wrapping paper is very thin and contains few good quality fibres so is not suitable for recycling. Either save and re-use or dispose of in your household waste bin.

4. CHRISTMAS DECORATIONS

NONE. Do not put tinsel, holly wreaths, plastic trees, glass baubles or Christmas lights in the blue recycling bin. The lights get tangled in the recycling load and will cause problems at the processing plant. You can donate to a charity shop if in good condition OR put in your grey bin.



5. GREETING CARDS

Only plain cards – with no glitter or foil etc. Plain card and envelopes are great for recycling!

For a full list of what can and cannot be recycled visit www.southtyneside.gov.uk/recycling

Remember. If in doubt. Keep it out!

REDUCE, REUSE, RECYCLE

South Tyneside Council encourages residents to do their bit for the environment by reducing the amount of household waste they produce, reusing items that would otherwise be thrown out by giving them a second life as often as possible, and recycling correctly.

Earlier this year, the Council rolled out our own campaigns such as 'Motion for the Ocean' and encouraged residents to support national recycling campaigns such as the 'Big Plastic Count 2022' - which looked at ways to tackle the plastic crisis.



Excess food

Did you know the UK wastes 2 million turkeys, 5 million Christmas puddings and 74 million mince pies each year at Christmas?

Food waste is a serious issue— especially at Christmas. Campaigns run by food charities such as Love Food Hate Waste have loads of tips and menu ideas.



"We all need to do our bit in South Tyneside. Reducing our plastic usage and not dropping litter is only a small part.

Every piece of litter will find its way to our seas and oceans. Together we can create a litter free South Tyneside"

Cllr Ernest Gibson, Lead member transport and neighbourhoods

DID YOU KNOW PLASTIC CAN BE RECYCLED IN YOUR BLUE BIN?

Simply rinse and drop
into your blue recycling bin



Christmas Waste

Donations to charities

Donate any unwanted gifts to your local charity. If the gift or household item is in good condition, big or small, anything you donate is always appreciated. From hair dryers and straighteners to clothes including hats and scarves, toiletries and bathroom products, the list goes on.

Understanding Recycling Symbols

Residents told us that they do not understand some of the recycling symbols on packaging and don't understand what can be recycled in the blue recycling bin.

We have pulled together a quick overview for residents to help understand what can and cannot be recycled this year.

The on-pack recycling label (or OPRL)



A number of different recycling symbols are featured on lots of everyday items and are there to help us identify how and which types of different packaging can be recycled. However, just because an item says its recyclable does not necessarily mean all items can be recycled – so if in doubt, leave it out your blue recycling bin and pop into your grey household bin!

Our Council website at www.southtyneside.gov.uk/recycle has a full list of A-Z items to help understand what can and cannot be recycled in the blue bin.

Plastic Resin Codes Symbol

These display a 'Resin Identification Code', which is represented by a number between 1 and 7 in the middle of the arrows. This helps identify the type of plastic resin used to make the item.

1	2	3	4	5	6	7
PETE	HDPE	PVC	LDPE	PP	PS	OTHER
used for bottled drinks and some food packaging. Dispose into your BLUE recycling bin.	used for items such as cleaning product bottles and milk cartons. Dispose into your BLUE recycling bin.*	used for car parts, window fittings etc. Pop to the Recycling Village to dispose of.	used for plastic bags/wrapping. Recycle at selected supermarkets only.	used for tubs and trays. Dispose into your BLUE recycling bin.*	used for takeaway boxes etc. Dispose into your GREY bin.	used for crisp packets etc. Dispose in your GREY bin.

* Remember to rinse first!



Glass bottles and jars can be rinsed and placed into your BLUE recycling bin or taken to the Recycling Village.

Window pane glass, mirrors, glass from picture frames, photo frames, broken glass tumblers, light bulbs, spectacles, ceramics, or glass ovenware such as Pyrex dishes CANNOT be recycled through the blue recycling bin.

Reminder: NEVER put broken glass into your recycling bin. Dispose of this carefully through your GREY household bin.

Cost of Living

Are you worried about the rising cost of energy bills, food and transport? You are not alone. The cost of living crisis is affecting many of us. That's why it is important to know what information and support is available – that could benefit you, a relative, friend or neighbour. Whatever your money worries, we've put together some helpful information below to help.

Council support

Household Support Fund

The Household Support Fund is designed to help ease financial pressure on residents with low incomes. In South Tyneside, the funding has been allocated across a range of different groups with a focus on households that are on the lowest income. Those eligible have been contacted direct by the Council or through a third party, such as schools or outreach support.



Local Welfare Provision Scheme

Funding for this scheme has been increased using money from the Household Support Fund. This scheme provides short term financial help if you have a financial crisis or need help with your daily living expenses because you are experiencing exceptional hardship.

You will need to apply for this fund to check if you are eligible.

Applications will be considered on a case-by-case basis. You will need to provide proof of your circumstances. Support is provided in the form of vouchers that you can use for food and energy.

To apply visit www.southtyneside.gov.uk/costofliving



Welfare Support Service

This service is available to all residents in South Tyneside.

The Welfare Support Service is the first point of contact for money advice in South Tyneside. They provide debt, benefit and money advice on the phone. The service is free, impartial and confidential.

Crisis support

The Welfare Support Service also manages the Local Welfare Provision scheme. This is the Council-run scheme which provides crisis expenses and community care support.

The service is available 9am-5pm Monday to Thursday and 8.30am-4.30pm on Friday.

Phone: 0191 424 6040

Email: welfaresupport@southtynesidehomes.org.uk

Housing Benefit

Housing Benefit can help you pay your rent if you're unemployed, on a low income or claiming benefits. How much you get depends on your income and circumstances.

www.southtyneside.gov.uk/article/1462/Housing-Benefit

Support



Council Tax Support

Help to pay your Council Tax if you're on a low income. You can apply online

www.southtyneside.gov.uk/article/1448/Council-Tax-Support or call our Contact Centre on **0191 427 7000**



Education benefits

Free school meals

Free School Meals are available to all children in Reception, Year 1 and Year 2. They are also available to offer school age children whose parents/carers receive certain benefits. Complete the online free form at www.southtyneside.gov.uk/article/2634/Free-school-meals or contact your child's school to submit your application form, call the council contact centre on **0191 427 7000**.

School transport

There are 4 types of help available for school and transport to find out more visit www.southtyneside.gov.uk/article/2530/Overview

Government Advice

The government website has guidance on:

- Cold weather payments if you get certain benefits
- Warm Home Discount for low-income households
- 0% VAT on energy saving materials
- Budgeting loans
- Social tariffs for cheaper phone and broadband
- Help paying your water bill

www.helpforhouseholds.campaign.gov.uk/help-with-your-bills/

Check if you are entitled to benefits

GOV.UK has help pages about how to support your income, housing support, help with childcare costs, transport and getting into work. The government provides other benefits, such as Universal Credit, Tax Credits, Job Seeker's Allowance and low-income benefits, disabilities benefits and benefits for families. To find out more about benefits visit www.gov.uk/browse/benefits

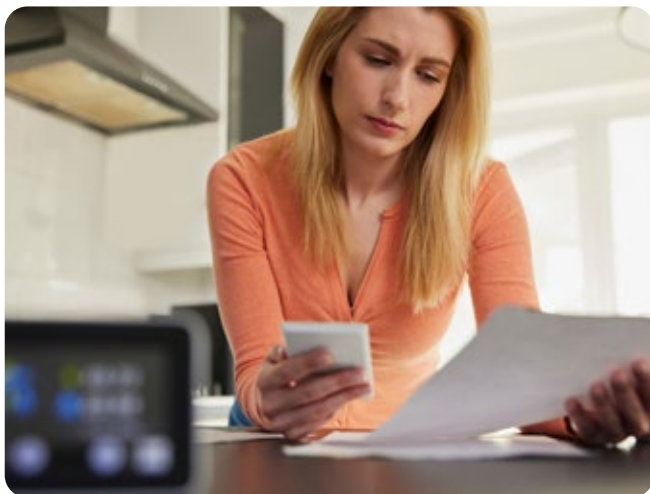
South Tyneside Independent Advice and Support

Age Concern Tyneside South - Age Concern offers information and advice on debt, benefit and money issues for people over 50 in South Tyneside. www.ac-ts.org.uk or call **0191 456 6093**

CMA Connect Free Help with Debt (Places of Welcome+) - offer free help with debt as well as money mentors and budget coaching. Call 07555406416 or visit www.southtyneside.gov.uk/article/10306/CMA-Connect-Places-of-Welcome

Citizen's Advice Bureau - employs a number of money advisers offering free money advice and have debt and benefit specialists www.southtynelca.net or call **0344 4994 715**

Groundwork - Green Doctor - offer tailored advice and useful tips to help households save money on energy bills. Call **07587 136525** or visit www.southtyneside.gov.uk/article/11777/Groundwork-Green-Doctor



National advice

MoneyHelper (previously Money Advice Service) - a free, independent service, with lots of useful information to help customers manage their money, including borrowing money, savings and pensions and getting financial advice.

Visit www.moneyhelper.org.uk/en

Turn 2 Us - a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help - online, by phone and face to face through partner organisations www.turn2us.org.uk

Make your money go further

There are lots of ways you can save money in which you might not have known about.

Warm Zone - cut your fuel bills

If you are over 60 or have children at home under 16 years of age or suffer from a long-term health problem, disability or illness or are in receipt of income related benefits you may qualify for help and support from South Tyneside Warm Zone. Phone: **0191 424 7914**

The Energy Saving Trust

The Energy Saving Trust is a non-profit organisation that provides free impartial advice tailored to suit you. Their advice can help you save money and fight climate change by reducing carbon dioxide emissions from your home.

You can call the network of advice centres that provide free, independent and local energy saving advice to householders on **0800 512 012** or visit www.energysavingtrust.org.uk

Food banks

Food banks help individuals and families in crisis for example sudden unemployment, delays in benefit payments, benefits sanctions and financial problems. They give food parcels to people while they get help to sort out their crisis.

- To receive a food parcel you will need to be referred to a food bank by a professional such as a housing officer, social worker, Citizens Advice Bureau (CAB) advisor, doctor or health advisor.

Local Food banks:

Hospitality and Hope food bank- **0191 420 3336**

Hebburn Helps - **0191 489 9707**

Key2Life foodbank - **07833 613393**

Bede's Helping Hands Food Bank - **0191 816 3021**

Family Gateway – **0191 209 0092**

Boldon CA Food Bank - **0191 536 8085**



Benefit calculator

It is important that you are getting the full range of financial support available to you at both a government and a local level. To help you make sure you're not missing out, there are several free, fair and independent 'benefits calculators' online that will assess your specific circumstances and tell you exactly what support payments you are entitled to receive.

www.gov.uk/benefits-calculators

Warm spaces

Over 50 community, church and council buildings are open to support those who need a warm space.

www.southtyneside.gov.uk/warmspaces

Darker nights

South Tyneside Council will once again be working alongside Northumbria Police, Tyne and Wear Fire and Rescue Service, Northumbria Community Rehabilitation Company and South Tyneside Homes as part of the annual Darker Nights campaign which is running from 21 October to 11 November.

The campaign aims to tackle problems that tend to peak at this time of year, including unauthorised bonfires, underage firework sales and criminal damage.

There will also be some free, additional activities organised for young people. South Tyneside Youth Service is hosting a wide variety of free events throughout November:

Bingo Bizarre

1st November 6pm-9pm (11+)

Temple Memorial Park

Ask youth project staff for more info

Family BBQ and Climb Evening

3rd November 6pm-9pm

Ages 5-10 5:30pm-6:30pm

Ages 5-10 6:30pm-7:30pm

Ages 11+ 7:30pm-8:30pm

Ages 11+ 8:30pm-9:30pm

Simonside Climbing Wall

Please visit www.eventbrite.com/e/433485445637

Football Tournament

4th November 7pm-8:45pm (10+)

Clegwell Community Centre

Email Chris.Thompson@southtyneside.gov.uk

or call 01914247845

Roller Disco

4th November 6pm-8pm (10+)

Ocean Road Community Centre

Email youthservice@southtyneside.gov.uk

Nerf Wars

4th November 6pm-8pm (10+)

Primrose Community Centre

Email youthservice@southtyneside.gov.uk

Youth Festival

11th November 5pm-9pm (10+)

Simonside Climbing Wall

Ask youth project staff for more info

Football Tournament

11th November

7pm-8:45pm (10+)

Perth Green 3G pitches

Email Chris.Thompson@southtyneside.gov.uk

or call 01914247845



Do you know where your wheelie bin is tonight?

Don't let your wheelie bin become a victim of arson.

Make sure your bin is out and collected on your collection day. Hundreds of wheelie bins are set on fire during October and November. It's a concern for Tyne and Wear Fire and Rescue Service and we'd like residents to help us.

Preventing fires

Between October and November there is an increase in ASB fires.

To help us avoid the lighting of fires, please report any fly-tipping or a large build up of rubbish.



"Councils have a range of powers to tackle anti-social behaviour, such as vandalism and nuisances. Nuisances include noise or pollution. If you report an issue like this to the council, it has a duty to consider your report. Reporting is so important for our neighbourhoods. You can report at www.southtyneside.gov.uk/reportit"

Cllr Forman, Lead member Housing and Community Safety

Modern Slavery Spot the signs

Modern slavery is a serious crime being committed across the UK in which victims are exploited for someone else's gain.

Modern Slavery captures a whole range of exploitation including trafficking, sexual exploitation, domestic servitude, child slavery and criminal exploitation. It has a devastating and lasting impact on victims, children and families.

Modern slavery is often hidden in plain sight. It can affect anyone from any background or walk of life. It can be challenging to identify a potential victim of modern slavery and potential victims may be reluctant or unable to come forward themselves.

There are, however, some signs to look out for:

- They may look malnourished, unkempt, or uneasy
- They may have untreated injuries
- Someone pays for their travel and they rarely travel on their own
- Someone often speaks for them
- Living and working at the same address
- They are picked up and dropped off from work at unusual times
- They may not be sure of their own address

contact

Anyone who witnesses any suspicious activity is urged to contact Northumbria Police by phone on **101**, or online at www.services.northumbria.police.uk/online-services/tell-us-something in the first instance, or **999** in an emergency.

Information can also be reported to the Modern Day Slavery helpline on **0800 0121 700** or Crimestoppers anonymously on **0800 555 111**.

Anyone who suspects that a child is at risk of harm or abuse or is being trafficked or enslaved in South Tyneside can call **Integrated Safeguarding Intervention Team (ISIT)**:

☎ | **(0191) 424 5010**
(0191) 456 2093 (outside office hours)

For concerns relating to an adult, call the **Lets Talk Team**:

☎ | **(0191) 424 6000**
(0191) 456 2093 (outside office hours)





Stand up to abuse this Christmas

Domestic abuse can happen to anyone at any time of the year. Christmas and New Year should be a time of joy and celebration, but it can be an extremely difficult time of year, for those living in fear of violence or abuse in their own homes.



“Our call to end violence in South Tyneside by raising awareness, educating, and campaigning to bring about change is greatly strengthened by working together with our White Ribbon accredited organisations.”

Cllr Ruth Berkley, Lead member Voluntary Sector, Partnerships and Equalities

Evidence suggests that domestic abuse increases during the festive period, with experts highlighting financial and social stress as main factors, as well as increased alcohol consumption.

November 25th is White Ribbon Day across the world. White Ribbon is a global campaign that encourages people, and especially men and boys, to take action and change the behaviour and culture that leads to abuse and violence.

This year South Tyneside Council and South Tyneside Homes became White Ribbon accredited. This means that over the coming months, the Council and partners will raise awareness and implement strategies to tackle domestic abuse and violence in South Tyneside, by promoting a culture of respect and equality across the community.

Domestic abuse can often go unreported, and this is often because the victim feels afraid of their abuser, preventing them from speaking up and seeking help.

A non-judgemental way to approach a friend or somebody you know that you are worried about is to ask them if they are ok, ask them if they want to talk, and let them know that you are there to help. Victims of domestic abuse often feel alone so it is important to break that sense of isolation and gain the victim's trust. Don't forget to also think about your own safety. Find a private spot when talking to the victim and be wary of who may be listening to the conversation.

If somebody is using physical, emotional, sexual, or financial behaviours to control a person they are in a relationship with, or an ex-partner – that's domestic abuse and it is against the law.

Safer South Tyneside

contact

Impact Family Services Support and advice to females or males, over 16, who have been affected by domestic abuse **0191 456 7577** (Monday to Friday, 9am - 5pm)

Places for People Women's Refuge Advice and support as well as providing safe, temporary, and emergency accommodation to women, with or without children, at risk of domestic abuse **0191 454 8257** (24 Hours)





Examples of the gym equipment which will be in place at the green gym area in Monkton Stadium

Monkton Stadium

Work is currently underway for a £700,000 renovation of Monkton Stadium, a much-loved community sports facility in Dene Terrace, Jarrow.

The renovation will boast a number of improvements for visitors, including:

Gym space extension

The gym area will include a new 'green gym' area. The exercise machines in the green gym captures energy generated from a workout, converting it into usable electricity that will help power devices connected to the local grid. This new area will reduce overall energy consumption from the facility and help work towards the Council's pledge to become carbon neutral by 2030.

Sauna room and changing facilities

There will be a new sauna room available for use and a refurbishment of the changing rooms, to help improve the visitor experience.

Outbuilding to support athletic events

Monkton Stadium is a major athletic venue, which plays host to regional and national events and is home to various sports clubs including Jarrow and Hebburn Athletic Club. It has also acted for a training facility for teams participating in international events over the years. The outbuilding will be purposed to support these events and community sports.

The internal revamp of Monkton Stadium is the latest in a series of investments in the Borough's leisure and library facilities. It follows the new state-of-the-art facilities at Jarrow Focus, Hebburn Central, The Word, Haven Point and Jarrow Pool.

This newly renovated leisure facility in Jarrow will open to the public in the new year.

get active...

Membership

Join thousands of people in becoming a member of leisure facilities. Our membership gives you unlimited access to six premier facilities including six pools, five gyms, two saunas, two steam rooms and over 200 classes per week. **Join online today at:**

Q | www.southtyneside.gov.uk/leisure

We have changed the format and paper stock of the South Tyneside newsletter to make sure we keep costs down and provide you with as much news and information as possible. If you live in South Tyneside and don't receive this newsletter to your home address by 7 November 2022, or if you would like to provide feedback or comments, please call **0191 427 7000** or email marketing@southtyneside.gov.uk to let us know. If you would like the newsletter in a different format we can arrange this for you. If you would like to receive newsletters from South Tyneside Council visit www.southtyneside.gov.uk/email

This issue includes information from South Tyneside Homes, if you have any queries please call **0300 123 6633** or visit www.southtynesidehomes.org.uk