



Tinsley Tribune

newsletter of Tinsley Forum

November 2005

Our aim is to improve the quality of life for all the people of Tinsley

Is it time to cut Motorway speeds through Tinsley to 50mph to reduce pollution and improve residents health?

At a recent Care4air Conference in Sheffield Dutch transport ministry officer Martin Kroon said that lowering motorway speeds in urban areas of the Netherlands had significantly reduced air pollution. This is enforced using cameras. A recent report for Department for Environment, Food and Rural Affairs (DEFRA) on Air Quality which

new studies in Sheffield suggest 6% of Coronary Heart Disease deaths and 11% of Stroke Deaths in areas like Tinsley due to air pollution

used Sheffield as a case study suggests considerable improvements in air quality in Tinsley from a M1 speed restriction (AEA Technology Dec 2004) Two new studies into air pollution and health in Sheffield say that in areas of high air pollution like Tinsley 6% of coronary heart disease deaths and 11% of stroke deaths would have been attributable to outdoor air pollution. These studies add to the growing evidence of the adverse effects of air pollution on human health and well-being. At the same conference Davide Minotti from DEFRA agreed that speed restrictions can generate win/win solutions with benefits for



safety, congestion/flows, air quality and noise (From Air Quality Management Oct 2005) Tinsley GP Dr Julie White said: "Air pollution is a significant contributor to poor health in Tinsley. Any measures that can reduce this should be welcomed" Tinsley has suffered for many years with both air pollution and excessive noise from traffic on the M1 and other roads in the area. If reducing the speed limit to 50 mph on urban motorways is effective in reducing air pollution in the Netherlands (which will save lives and improve health), confirmed by the DEFRA report then why not in Tinsley now?

Darnall Area Panel Public Meeting

The meeting will be around the ideas being proposed from the Housing Market Renewal options and will be an opportunity for you to ask questions and to tell your councillors and council officers what you think about them.

Thursday
24th November
6..00pm to 8.00pm
Tinsley Junior School
Bawtry Road

Family Centre nears completion



The latest progress meeting with the main contractor KIER Sheffield has confirmed that the work to the Recreation Ground and the Family Centre will be substantially complete by Christmas but that painting and snagging work to the Family Centre will continue until the end of January 2006. Precise dates for when we will be accessing the Family Centre are still being determined but it looks as though school half term in mid February is the first suitable date, but as soon as confirmed dates are agreed you will be notified

Special Notice: Tinsley Recreation Ground

As advised in the recent newsletter that we sent round to each house in Tinsley, I can now confirm that the Norborough Road entrance into the Park will have to be temporarily closed from the 16 of November until the 30 November, this is so that major excavation work can be made from Norborough Road into the new Family Centre, to allow the laying of incoming services (water, gas, electric and telephone). Access to the Youth Building will not be affected and a special request is made to the users of the Kick About area, to use the Bawtry Road entrance

The Harrowden Road and the two Bawtry Road entrances will remain open in this period to allow limited access into the park.

We are sorry for the inconvenience that this will create, but we have had to implement these measures, to ensure safety for all residents of Tinsley, whilst the work is taking place.

The progress of work is going extremely well and by the year end all accesses new and existing into the Park will be accessible.

Many thanks for your kind co-operation in this matter, if you have any queries or require any clarification on matters associated with the Development work on the Park, feel free to contact me RICHARD EDGE on 2447028

Are You A Carer?

My name is John Lawson and I work for the Sheffield Carers Centre. My area of work is the North and East of Sheffield and my job is to identify and support the many thousands of hidden carers in these parts of the city

By Government definition, you are a Carer if.....

You look after someone who has a long-term health problem or disability and you offer regular and substantial support. "Regular" means about twenty hours or more per week.

You have rights as well!

In 2004 the Carers Equal Opportunities Bill gave Carers the right to have their Educational, Occupational and Recreational/leisure needs taken into consideration, additionally you have the right as a carer to ask for health assessment in your own right.

Long term health problems means someone may have illnesses like Arthritis, Asthma, Autism, Aspergers, Alzheimers, Diabetes, Cancer, Dementia, Mental Health problems etc etc. The list is endless and people often have more than one illness or condition.

The kind of support you give will be things like

helping to dress someone, doing the shopping, handling the money, getting them up and down stairs, trying to keep them cheerful, even if you are unwell yourself, and a million other tasks besides!

You might be a parent whose child has a learning or physical disability and you struggle to cope with temper tantrums, getting the right support at school, not being able to give your other kids as much attention as you would like.

If some of those situations apply (and there are many more) to you, you are not only a Wife or Husband, Mom or Dad, Brother or Sister, Relative or friend, **You are a Carer, and legally entitled to help.**

The biggest problem for people like me who work trying to support Carers is that people don't see themselves as carers and very few come forward early enough. **By the time they reach us they are usually depressed, anxious, and physically ill themselves.**

If this article makes you think "Yes! I am a Carer" and "Yes! I could do with a bit of help" then please contact me at the Carers Centre on 2788 942

Services for (slightly) Older People in Tinsley.

The Area Panel and Tinsley Forum jointly convened a meeting in October that brought together a number of people who work with or on behalf of the older people in Tinsley.

Some of the ideas that came out of the meeting included.

- Compile a directory of services and clubs available in and around Tinsley for older people.
- Work with front line staff (nurses etc) to spread information about what is available in the area and to find out what needs are not being met.
- Investigate the idea of developing a day care centre in Tinsley.

If you are interested in coming along to these meetings to help improve what is available for the slightly older population of Tinsley - please contact either Anne Salah at Tinsley One Stop Shop (244 4887) or call Stella Mekonnen on 203 7494.

AGE Concern

Sure at the Door?

Sheffield

Bogus callers often target older people and can present themselves in many different ways:

A caller who appears to be an official - they may be very smartly dressed and claim to be from the council, the police or health organisations. They may claim they are from a utility company such as gas, water or electricity companies and ask to come in to check the meter. They may seem genuine and be very convincing and persuasive.

A caller who appears to be a labourer - Bogus callers can also turn up as builders or gardeners and try to trick people into paying for unnecessary work.

A caller who appears to need help - some bogus callers may call on older and vulnerable people saying they need help urgently. They may ask you to help them outside the house or ask to come in to make a phone call or have a glass of water.

A bogus caller may use a prop, such as an identity card or wear overalls.

'Sure at Your Door' is a new project be-

ing launched by Age Concern in association with National Grid, to raise awareness of Bogus Caller crime (also known as 'Distraction Burglaries').

As part of this project, Age Concern Sheffield are offering 2 **free** services to older people living in Sheffield: **One to one Information and Support** - specially trained volunteers will visit older people in their homes to explain how they can avoid being caught out by bogus callers and steps they can take to protect themselves. Sessions will include watching a video and role-playing. **Handyperson Service** - the Age Concern Sheffield handyperson service will visit older people who have attended the play and/ or received the individual training to supply and fit door chains and other home-security devices designed to help them stay safe. If you or anyone you know could benefit from either or both of these **free** services, please call Serena Arloff on 0114 250 2857 or email serena.arloff@ageconcernsheffield.org.uk.

Tinsley Over 60's Club

The Tinsley over 60's club is a social afternoon where for 60p (tea and biscuits included) a week you can play bingo, meet old and new friends. We have day trips out and have pie and pea lunches and on occasions we have entertainment. We have an annual Christmas Dinner and a New Year Buffet. Anyone wishing to join can contact Margaret Tolley on 07109 373903 or come to the Tinsley Community Hall at 2 o'clock on a Wednesday. Everyone is most welcome.

Have you had your Flu Vaccination

Are you 65 or over (even if you are fit and well) or do you or your child have heart or kidney diseases, diabetes, a chronic chest infection (including asthma) lowered immunity or liver diseases or are you a healthcare worker or the main carer for an elderly or disabled person. If so then you should have a Flu vaccination. Please contact your G.P Surgery for an appointment.

Services and clubs for older people in Tinsley

Older People Needing Support, Try Tinsley Help at Home Scheme

Age Concern Sheffield's Tinsley Help at Home Scheme has been going for over 4 years. It provides much needed support in the Tinsley area for older people. As part of this scheme, we can support people over 50 with mental health problems. Referrals for this part of the scheme can be made through a professional organisation e.g. Doctor, CPN, Social Worker etc. Self referrals are acceptable otherwise.

The type of support the scheme can offer includes; Making and checking appointments, accompany you to appointments, accompany you to the shops, be a regular visitor, read/ translate letters, support to do cleaning, support to do shopping. There is no charge for this scheme.

We have support workers who can visit on a regular basis and include staff who speak local languages e.g. Urdu, Punjabi and Arabic.

We carry out police checks on all our staff.

To find out more about our scheme, please contact Rachael Hague, Senior Co-ordinator on 2502871, or for speakers of Urdu/Punjabi only, please phone 2502868.

Tinsley Tribune, Tinsley, Tinsley One Stop Shop, 120-126 Bawtry Rd Tinsley, S9 1UE phone Neil Parry on 0114 2859911.
The views of contributors are not necessarily the views of Tinsley Forum or East End Quality of Life Initiative

Tinsley SureStart

Family Learning Event on Tuesday 8th November, 11-3 at the Community Centre. Contact Alix or Fiona on 261 8181 for more details.

Tickled Pink/Breast Awareness Coffee Morning on Thursday 17th November 09.30-11.30am at St Lawrence Portakabin, limited childcare available. Everyone welcome – wear pink! Contact: Fiona/Alix on: 2618181

Healthy Mind, Healthy Body - 6 week course on complementary therapies - Starts Wednesday 9th November 09.30am-11.30am at St Lawrence Portakabin. Limited childcare available. For further information please contact: Fiona/Alix: 2618181 or lmtiaz: 2448885.

Toy Library Mondays 1-3pm at St Lawrence Portakabin. Contact Home Visitors on 261 8791 for more information.

Parents & Tots Every Thursday afternoon, 1-3pm at Roundabout. Contact Home Visitors on 261 8791.

Women's Conversation Group for Asylum Seekers and Refugees transport from the Sure Start office, Highgate, Every

Thursday at 12.15pm, returning to Tinsley for 2.45pm, but must be booked in advance. Contact Fiona or Alix on 261 8181 or Shada on 261 8791.

Healthy Mum Healthy Baby term-time only every week on Wednesday, 1.30-3pm at St Lawrence Portakabin. For more information contact the Health Visitors (Julia, Rachel, Fiona) on 244 1053.

Mums & Tums (antenatal class) term-time only every week on Thursday, 1-3pm at St Lawrence Portakabin. For more information contact the Health Visitors (Julia, Rachel, Fiona) on 244 1053.

Programme Management Group meetings for parents to have their say in the running of Tinsley Sure Start. Meets at the St Lawrence Portakabin on 8th Dec. Contact Sure Start office (Claire) on 261 8181.

Parents in Partnership Group meets monthly on Thursdays, 9.30-11.30am at St Lawrence Portakabin - Nov 3rd and Dec 1st. Refreshments and crèche provided, but places are limited and must be booked through the Roundabout Centre on 244 8885.

For further information contact Fiona or Alix on 261 8181.

Parent Time very informal drop-in session, meets monthly, 9.30-11.30am at St Lawrence Portakabin on 10th November, 15th December. Limited childcare is available – book in advance with Roundabout (244 8885). For more information, contact Fiona or Alix on 261 8181.

Family Centre Publicity Group meets monthly. Next meeting arranged for Tuesday 1st November 09.30am - 11.30am, at the St Lawrence Portakabin. Limited childcare provided (must be booked in advance through the Roundabout Centre on 244 8885). For more information please contact Alix or Fiona on 261 8181.

Family Centre Collage Group Drop in to the Sure Start office on Fridays 12-2pm for materials, information etc. and to use the sewing machines. Contact Alix on 261 8181 or Tracy on 244 8885

Strengthening Families and Communities coming in the New Year. Contact Paula on 261 8791 or Fiona on 244 1053 for more details.

Swimming for Women only and Mums & Babies sessions will start again on 15th November, every Tuesday, meet at 9.15am on Norborough Road, back for 11.30am, to go to Up-perthorpe, costs £1.50 for swim and £1.50 for minibus. Contact Vanessa or Shada on 261 8791 for more information

Tinsley Tree Project Pumpkin Competition

Congratulations to the winner of the pumpkin competition held by the Tinsley Tree Project the winner was Pauline from the Tinsley fish and chip shop on Highgate. Rodney Heslop would like to thank The Tinsley Library and The Forum for their support in the competition. The girth of the pumpkin was 173cms or 68in. The final total collected was £31.50 that is to go towards the DEC Asia Quake Appeal. Thanks to all who helped.

Also a quick contact number for anyone who wants fridges/freezers removing free of charge from Onyx

Onyx provides a FREE collection service for fridges/freezers if you would like to use this FREE service please contact Onyx on 0114 273 4567. Onyx provides others removal services but there is a charge, for further details contact Onyx.



Why not try Organic Gardening at Tinsley Community allotment

Tinsley Tree Project are seeking local community groups to undertake work in organic gardening at Tinsley Community Allotment from spring 2006 contact Aid or Rodney on 0777 5852667

Tinsley Community Centre

Ingfield Avenue

Available for community use only (groups, meeting and events etc). Between the following times

10.00am – 9.30pm Mon
9.00am – 9.30pm Tues, Wed, Thurs
9.00am – 6.00pm Fri

To book the above times and days please contact Pam Armstrong on 0114 2430687 or leave a message. From

6.00pm – 10.00pm Fri
10.00am – 10.00pm Sat
10.00am – 10.00pm Sun

Private bookings allowed but you must contact Debbie Whitney on 0114 2735621 (Tues Wed and Thurs)

Tidy up around the subway.

Members of Tinsley Forum met with Local City Councillors and the Head of Streetforce John Charlton to discuss everyday environmental problems. The walkabout took place on Monday 12th November and it was agreed that Streetforce would provide some immediate repairs such as repairing loose paving slabs as well as providing some additional resources to sort out the overgrown shrubs and rubbish.