

# VILLAGE VOICE

NEWS FROM WEST WICKHAM & STREETLY END

MAY 2014

ISSUE 133

## VILLAGE DIARY

- Sat 3 Farmers Market. 9.00 - 12.00. Linton Village College
- Sun 4 Group Churches service. 10.45, St Mary's Church
- Wed 7 Blue & green wheeled bin (day late) Collection  
Carpet Bowls Club. 7pm, Village Hall
- Sat 10 **Daisy Chains Pre-School JUMBLE SALE. 2.00 - 4.00, Village Hall**
- Sun 11 Holy Communion. 9.15, St Mary's Church
- Tue 13 Black wheeled bin collection
- Wed 14 Carpet Bowls Club. 7pm, Village Hall
- Fri 16 **Deadline for items for inclusion in the June Village Voice**
- Sat 17 **Gardening Club PLANT SALE 10.30 - 12.00, Village Hall**  
**Balsham Singers concert "The West End comes to Balsham". 7.30pm, Balsham Church**
- Sun 18 Holy Communion. 9.15, St Mary's Church
- Mon 19 **Local History Club. Evening walk around Sturmer History Trail. Contact Janet Morris on 290863 for details.**
- Tue 20 Blue & green wheeled bin collection
- Wed 21 Carpet Bowls Club. 7pm, Village Hall
- Thur 22 **European Parliament & District Council elections. 7am - 10pm, Village Hall**
- Fri 23 **Daisy Chains Pre-School PUDDING NIGHT. 7.30pm, Village Hall. See ad on page 4**
- Sun 25 Family service. 9.30, St Mary's Church  
**25th RAF Wratting Common Memorial Service. 12.00, Weston Woods Farm**  
**Exhibition of photographs 10.30 - 11.30 & 1.00 - 3.00**
- Wed 28 Black wheeled bin (day late) collection  
Carpet Bowls Club. 7pm, Village Hall
- Daisy Chains Pre-School meets Monday to Friday 9.30 - 12.30 in the Village Hall**

## THE VILLAGE HALL

is available to hire at the rates below, it also offers the following equipment: Badminton, Short Tennis and 3 Table Tennis tables.

### Village Hall rates (for Village use):

Sport Hire	day or evening £5.00 per hour.
Children's party	£30.00 daytime £43.00 evening
Adult's party/disco	£60.00
Wedding reception	£150.00

To book the Village Hall contact Louise Salter  
T: 01223 291226  
or visit [www.westwickham.org](http://www.westwickham.org)

## RAF WRATTING COMMON MEMORIAL SERVICE marking the 25<sup>th</sup> anniversary of the unveiling of the memorial, Sunday 25 May 2014

As regular attendees will know, on the last Sunday of May each year a Memorial Service is held at RAF Wratting Common to commemorate the opening of the airfield in 1943 and to remember all those who served at the airfield, especially the 260 who gave their lives in the cause of freedom.

This year is the 25<sup>th</sup> anniversary of the unveiling of the stone which stands in tribute to those lost aircrews and to mark this special occasion, on the same day as the Memorial Service, there will be a display of photographs taken at the Remembrance Services in the last 25 years in the Reading Room Weston Colville, alongside a small amount of RAF Wratting Common and Operation Manna history. The display will open at 10.30 and close at 11.30, ready for the service at the memorial stone at 12 noon. Then will re-open at 1.00 until about 3.00. Free entry, tea, coffee, cakes and biscuits will be available

A short open air service will be held at 12 noon at the RAF Wratting Common Memorial. We look forward to seeing some of the Veterans who served with XC Squadron, 1651 Heavy Conversion Unit and 195 Squadron. Cadets from 1451 (Haverhill) Squadron of the Air Training Corps will be on parade. The Memorial is situated at Weston Woods Farm, Weston Colville and all are very welcome to attend the service.

## WEST WICKHAM & DISTRICT GARDENING CLUB

# PLANT SALE

*Something for everyone*

*Friendly people & expert advice*

**SATURDAY 17<sup>th</sup> MAY**

**10.30 - 12.00**

*at*

**WEST WICKHAM  
VILLAGE HALL**

FLOWERS shrubs VEGETABLES herbs FLOWERS shrubs

VEGETABLES herbs FLOWERS shrubs

The Village Voice is sponsored by West Wickham Parish Council and delivered free to all households in West Wickham and Streetly End. The views expressed herein are those of the contributors.

## PARISH COUNCIL NEWS

The following was discussed at the March meeting:

### **Matters arising from January meeting**

*Village Sign:* Cllr. Licence had received 3 quotes for the erection of the sign etc. but is waiting on quotes for the metalwork before making any decision. It is hoped the Clothes Bank will have been removed before the sign needs a "home".

*Wildlife Area:* A quote of £10 per cut x 6 times a year had been agreed with Mr Ken Potter. A sum of £80 has also been donated by Agricole, the oil brokerage service, which pays the village £5 for every resident who has ordered at least 1000 litres via them during the year. Cllrs. Hall, Licence and Sue Thurston would decide how to use this money.

*The White Horse public house:* The application concerning the Contravention Notice was being sent to SCDC by the owners on 25<sup>th</sup> March.

*Village Email list:* Cllr. Charlton said this was up and running with 10 members so far. If you think this is a good idea do join this list.

**Daisy Chain Preschool:** Two Daisy Chain committee members spoke about their present funding problems. They are doing extra fund raising events but asked if the Parish Council could help. At present there is little money available and unfortunately the budget was set at last month's meeting. However it is possible some money could be allocated from S106 money due to the Parish, but this will not be received until the property is built and inhabited. It was agreed that their funding problem would go on the Agenda of each council meeting and they would keep the council updated.

### **Planning:**

**S/2427/2433/13 – Stabling & Gallop** – Following the condition made regarding better access, the amended plan had been received altering access to now be in Dean Road. The Parish Council recommended this for approval but asked for the other access in Balsham Hill to be closed.

**S/0321/14 – Proposed new garage, Blaybourne House, Burton End** – Recommendation for approval was given.

**S/2492/13 – Proposed caravan site** – No decision has been made yet by SCDC.

**Finances:** The internal auditor, Total Bookkeeping, has agreed to carry out the internal audit for 2013/14 accounts and the Schedule of Services was signed. The charges remain the same.

### **Maintenance:**

*Drains & Flooding at 1 High St:* It has now been established that there is a restriction in the Highways drains which has been causing flooding at 1 High St. Unfortunately the blockage is in the middle of the road which will have to be dug up.

*New Trees & Wild Flowers:* The grass cutters will be requested to leave a 2m margin both sides of the playing field to protect the newly planted trees and wild flowers.

*Road closures:* The High Street is shortly to be resurfaced, causing possible traffic restrictions. The time when this work will be carried out is not known. The Parish Clerk was asked to write to the County Council about the state of the road at Burton End which is in need of repair.

*Playing field trees:* Some of these need attention and Cllr. Hall said he could do this work. This was agreed as he would be covered by the Parish Council's insurance.

**Children's Play Area:** Wicksteeds will shortly be seeding

the wild flower area and the Parish Clerk will ask the grass cutters not cut this area.

**Neighbourhood Plan:** Cllr. Hall was pleased with the response and had 8 volunteers to help with this project. The first meeting was held on 1 April.

**A1307:** There was some concern about the possibility of a road by-passing Linton going from Horseheath to Four Wentways using the Roman Road. The Chairman of Horseheath Parish Council is organising a meeting for all the parishes which may be involved in such a proposal. Cllrs. Hall & Morris will attend this meeting.

**Annual Parish Meeting:** This will be held on Monday 2 June at 8pm following the Parish Council AGM at 7pm.

### **Report by Dist.Cllr. Barrett:**

1. Areas to be developed under the "Future Planning & Development of the district" are Bourne Airfield, Waterbeach, Sawston and Cambourne.
2. Between December and February this coming year the green recycling bins will only be emptied once a month. However waste can also be put in the black bin.

### **Report by Dist.Cllr. Fraser:**

1. The rumour that Papworth Hospital was going to Peterborough is incorrect as it has just been confirmed that it will come to the Addenbrookes site.
2. The SCDC housing rent has been increased by £2.00.
3. South Cambs. website "Grant Grabber" produce information of grants within the area. Possibly something Daisy Chain Preschool group could consider as they are a registered Charity.

### **Report by County Cllr. Hickworth:**

1. He reported that Cambridgeshire County Council funding had been severely cut back.
2. Cambridgeshire education funding is only £240 per pupil/year which is almost the lowest in the UK.

**The draft Minutes of 24 March are on the notice board.**

**Please come to the Parish Meeting to be held on Monday 2 June at 8pm following the AGM of the Parish Council to be held at 7pm. .**

Jennifer Richards, Parish Clerk. T: 894076

## **ANNUAL PARISH MEETING 8pm Monday 2 June at the Village Hall**

The Parish Council has always wondered how to promote the concept of this annual meeting so that we can get a better hold of the parishioners view on our community.

We have decided to have the Bar Open with Pegasus Bitter and Wines available in aid of Daisy Chains Pre School.

County Councillor Roger Hickford will be giving a presentation on the problem of the ever increasing traffic on the A1307 and the possibility of turning it into a dual carriageway or building a new road.

If there is anything you would like discussed please contact me by 23 May.

We hope to have on hand all the representatives of the various groups within the village, Gardening Club, Carpet Bowls Club etc, so that they can have a display to explain their activities.

Come and have a drink with the Parish Council

Marcus Cornish. Chairman. T: 290203

## TREES 4 US

Sylvia Norton from Streetly End has kindly donated four trees to the village. They are common crab apple, wild service tree, wild pear and Mediterranean medlar. We have planted them on the recreation ground.



Here is Sylvia doing her 'Queen Mother impression' with a very shiny spade.

Di Licence and Trevor Hall



# JUMBLE SALE



## West Wickham Village Hall

### Sat 10 May

# 2 - 4pm

**Clothes, Books, Toys, Bric-a-Brac,  
Refreshments, Cake Stall,  
Tombola**

Please drop in any jumble you would like to donate between 9.00 -12.00 on the 10th May. To drop off sooner, or for larger items please call Jo on 07791148577.

All Proceeds go to Daisy Chains Pre-School, West Wickham. For more information call 01223 290512

Registered Charity No: 1035276

## NATURE NOTES

As many people may have heard, a Giant Rhea has escaped from its home and has been on the loose for four weeks in Hertfordshire, near the Cambridgeshire border. It is from South America, looks a bit like an ostrich and can run at 35mph, so at that speed could be in West Wickham in less than an hour. It would be nice to add it to the list of birds that have been seen in West Wickham, so if anyone spots it please let me know. Given that it is capable of disembowelling a person with its 6-inch claws, it might even be a match for the Beast of Balsham, who made an appearance in this column some years ago. Don't have nightmares though.

Meanwhile, in the real world of our local wildlife, things are moving on apace, with the chiffchaffs being followed by fellow members of the warbler family, the blackcaps and today my first whitethroat of the year. Overwintering butterflies continue to do well with plenty of orange tips and a few speckled woods about in addition to those I mentioned last month. Di comments on "how a rise in temperature and increase in day length can produce such a change in our environment.....the plant growth is quite phenomenal, the flowers ...cowslips, oxlips, bluebells, greater stitchwort, wood sorrel and wood anemones have all suddenly appeared, and are looking pristine and beautiful. The birds are bursting with song, either advertising for a mate or claiming territory. The dawn chorus is lovely, but the blackbird nesting in our garden likes to sing VERY early! For the rest of the day he and his mate are busy, nonstop, feeding their young with beakfuls of worms being taken into the dense hedge. The adults usually alight on the fig tree before going into some invisible hole (to me anyway) and delivering the food. On several occasions the male has offloaded onto the patio, then regathered the worms, carefully wiping them on the slabs before flying into the hedge. Is he cleaning them, or subduing them, before presenting them to the brood? Insects have also appeared, especially the bumble bees and my own favourite the hover bee (*Bombus*); they are in and out of the flower heads.

Louise and Jane down at the church end of the village tell me that the swallows are back, a true sign of summer being around the corner, but I have not seen any up our end ... has anyone else"? My answer is no, but I have just seen a couple of swallows flying around the stable barns at Yen Hall, where there are a good number of swallows every year. What about house martins?

I can recommend a visit to Lower Wood at Weston Colville where the bluebells at the time of writing are really beautiful, and the birds are singing well. Nuthatch, treecreeper, goldcrest and marsh tit are among the more notable sightings (but not by me, unfortunately). Six o'clock in the morning is the recommended time, I am told. The wood is badly affected by Ash dieback, so some clearing has been done, but the positive side to this is that some of the flower species, like oxlips and lady's smock have spread into the cleared areas.

Please let me know of your sightings – Vic told me that he has regular visits from reed buntings in his garden in Streetly End, but I don't think there has been quite as many of their cousins, the yellowhammers so far this spring. Does anybody agree?

Peter Grieve. T: 290503. Email: [mail@petergrieve.co.uk](mailto:mail@petergrieve.co.uk)

## THE WEST END COMES TO BALSHAM

Saturday 17 May 2014

7.30 pm Holy Trinity Church Balsham

Why pay upwards of £50 (and you could still be behind a pillar) to see a West End show, when you can come to our concert and hear us perform songs from the shows for as little as £7.00. This concert will feature songs from "Chicago", "Matilda" and "Wicked" plus a special arrangement of Bacharach tunes. In addition we will perform numbers written by Dylan and Lennon & McCartney plus other songs arranged by our MD John.

Buy tickets in advance for £7 from Balsham Post Office. Tickets will also be available on the night priced £8 with concessions at £7 and £20 for a family ticket. For further information, phone Valerie on 01223 890544.


Be warned! We will very likely raise the roof of Balsham church.

## THE FIRE SERVICE NEEDS VOLUNTEERS IN YOUR VILLAGE

Cambridgeshire Fire and Rescue Service Community Champions scheme has been running for two years and now more volunteers are being recruited. The Champions promote fire safety in their communities by attending local events to promote fire safety, talk to local groups and organisations, and also refer vulnerable people to CFRS for home fire safety visits. So could you help your community stay fire safe?

Find out more by contacting Rachael Brown on:  
01353 865037 or email [Rachael.brown@cambsacre.org.uk](mailto:Rachael.brown@cambsacre.org.uk).

Make sure fire safety still stays at the forefront of your mind in May – and don't forget to test your smoke alarm and the smoke alarms of the vulnerable and elderly in your neighbourhood.



# Pudding Night

Join us for a light supper and a selection of puddings!

**Friday 23 May**  
**West Wickham Village Hall**

**Friday 27 June**  
**Balsham Church Institute**  
**7.30pm**

Tickets £12 each or £20 for both, call  
Sue on 01223 290512

Pavlova .... Apple Crumble .... Custard ..... Cheesecake ..... Cream ....

**Raffle Bar**

## PRIME MINISTER'S £50M CHALLENGE FUND FOR GENERAL PRACTICE

You may have seen in the newspapers in mid-April that some GP practices have received a share of a £50m fund. The purpose of the fund is to enable practices to extend opening hours from 8am to 8pm, 7 days a week and to implement innovative ways of consulting such as the use of Skype.

Sawston Medical Practice and Linton Health Centre submitted a joint bid but were unfortunately unsuccessful. Our plan was to extend opening hours from 8 am to 8 pm across the two practices with our patients being able to attend either practice for pre-booked appointments. We also aimed to provide an urgent service to our locality group of practices during those hours. We were disappointed that our bid was not successful as it is incredibly difficult to extend opening hours further without additional investment.

However, our discussions with Sawston have not been wasted. There is a clear government agenda for practices to start to work together in collaboration/federations/mergers in order to improve access to services. We will continue to talk to our closest neighbours in order to be well prepared for the future.

Do remember that each practice has been providing some extended hours surgeries for some time. At Linton we now offer appointments every Wednesday evening to 8 pm, plus some Saturday mornings 8:30 am – 10:00 am and some early mornings starting at 6:30 am. These sessions are all for pre-booked appointments only – there is no facility to see urgent cases during these extended hours.

Dr Wheeler & Partners

## DO YOU GIVE UNPAID CARE TO A FRIEND OR FAMILY MEMBER?

### How can we support you to stay healthy and well?

Carers make a huge contribution to the health and wellbeing of the thousands of people they support. But it is equally important for carers to stay healthy and have a good quality of life themselves. Health, social care and voluntary organisations in Cambridgeshire are working together to look at what support carers need to stay healthy and well. We would like to hear from anyone who looks after family, partners or friends because they are ill, frail or have a disability (or have done this in the past). If you can help and are happy to give your views please complete our survey in one of the following ways:

On-line at [www.cambridgeshireinsight.org.uk/JSNA/Carers](http://www.cambridgeshireinsight.org.uk/JSNA/Carers)  
Call Sue Hall, Public Health at Cambridgeshire County Council on 07508 916976

For advice and support available to Carers, please call the Carers Trust Cambridgeshire, Crossroads Carer Services on 0845 241 0954/01480 499090 or visit the website [www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)

## DATE FOR YOUR DIARY

Meadow School June Revels  
Saturday 14 June from 12pm to 3pm

## FROM THE VICARAGE

In early summer, the churchyards become amazing. They are like a secret garden; a hidden space right on your doorstep, full of blossoming flowers and the sound of birds. These are havens of tranquillity. Churchyards are full of the stories of lives lived. In Abington there is a headstone to Sally, the unknown woman who lived in a tarpaulin tent near the roundabout at Granta Park. We don't know where she came from – the headstone was paid for by donations from people in the seven villages. Other lives are much loved, and remembered with fondness. In his poem "In the Churchyard at Tarrytown", H. F. Longfellow looks at a headstone and reflects on the life of the person who died and writes that they

"... leave a memory like a breath,  
of summers full of sunshine and of showers,  
grief and gladness in the atmosphere."

Churchyards provide habitats for many plants, animals and birds; one of the local churchyards has wild orchids. Last year I saw butterflies, newts, swifts and a muntjac deer. Occasionally, visitors have expressed surprise that the churchyard has wilder parts, but this is intended.

Whilst the churchyards are not manicured, there are in fact strict rules we have to keep set out by the diocese. These aim to provide a harmonious appearance across the churchyard and to make it a space in which everyone can feel comfortable. For example, they regulate the size and material of headstones and forbid plastic flowers and ornaments, along with kerb stones and glass or stone chippings.

All the open churchyards are tended by volunteers, and we thank them for the huge effort they put in on behalf of all of us!

Rev Julie Norris

## CHURCH SERVICE

On Sunday 4 May there will be a Group Service for all the Churches at 10.45 am in West Wickham Church. Imogen Tate will speak about Christian Aid. Collections for Christian Aid will be made during the week of 11 - 17 May.

## FRIENDS OF ST MARY'S CHURCH



Following the successful launch of the Friends of St Mary's last September which led to vital funds for the Church being donated by village members, the PCC would like to say a big thank you for your support and

invite all 'Friends' to a

### ***Garden Party on Friday 20<sup>th</sup> June***

This will take place at 7pm at Manor Farm with wine and nibbles. We very much look forward to your company. RSVP to [helenwells4@aol.com](mailto:helenwells4@aol.com) or 290901.

If anyone is interested in becoming a Friend of St Mary's and helping with the upkeep of our most historic building, please contact Marcus Cornish on 01223 290203.

## LINTON VILLAGE COLLEGE NEWS

Year 11 embark on their final GCSE exams in May and I was reflecting the other day, as I read their schedule for the coming weeks, how different life is for our 16 year olds to how it was for my generation when we completed our 'O' levels.

Back in the 1980's the exams were squeezed into late May and June. There was no coursework or controlled assessment back then so what many young people did throughout the fifth year as they called it in those days, was not an awful lot .... until around April time, that is. In April, people who wanted to leave school, got ready to do so and disappeared pretty unceremoniously into early work. Those wanting to stay on in the sixth form then started cramming for exams ... this involved sitting at home during the summer term re-reading badly copied down notes and often giving up to go to sun-bathe or watch daytime television instead. The exams, when they came, were tests of memory and were marked according to grade criteria that were mysterious to us. You just hoped the examiner liked what you had written.

In contrast the class of 2014 has already completed many of their exam components and faces the summer knowing exactly what hoops the examiner will expect them to jump through. They will not get a 'study leave', but go to their lessons right up until half-term. They will have revision sessions and exam 'breakfasts' laid on for them. No-one will 'leave' until the last exam and even then most will come back to go to the Year 11 Ball and the year trip. They then begin to attend events at their chosen sixth forms and, although a lazy July will be a deserved break after all of the stresses and strains of the year, they will not have the endless weeks of indolence that we experienced after 'O' levels had finished.

And what of the class of 2014? Well, they are a very pleasant bunch indeed. Because my daughter is in that year group, I have known very many of them since they were infants. They have grown into a charming, close and very able year group. With a bit of luck they will break all previous records with their results. The very best of luck to them.

Caroline Derbyshire, Principal

## MARCH RAINFALL FIGURES

After bemoaning our very wet winter March was exceptionally dry and we now desperately need some rain!

Met Office statistics show the March average rainfall in Cambridgeshire as 38.3mm.

	2014	2013
High Street	22mm	44mm
Streetly End	21.5mm	44.5mm
Streetly Hall Farm	20mm	37mm

Total to the end of March	2014	2013
High Street	213.25mm	132.5mm
Streetly End	196mm	116.5mm
Streetly Hall Farm	235mm	121mm

We would like to thank Sue Kiddy, Sylvia Norton & Paul Norman for providing this information each month.

## THE BIG BALSAM SALE

Saturday 1 June from 10am until 2pm. The Meadow School PTA have been given a great opportunity to run the Big Balsam Sale this year. Last year houses that participated sold anything from household items, plants, toys and games, etc. All you need to do is follow the red balloons around the village. The school will be open for refreshments and will have a table top sale on the playground. If you would like to have a space at the school to sell off any unwanted items, please contact Tina Daniels on 07592 798 174.

## MEADOW SCHOOL NEWS

HMI came for their last visit and published a very supportive account of how the school is progressing – and then it disappeared as quickly as it was published! The school no longer has an Ofsted report and is now officially a brand new school.

The ICT suite has been officially opened! Tom Westley came straight from his training ground in his cricket gear (much to the excitement of the children) and he caused quite a stir with the pupils who were delighted to have a famous alumni come and pay us a visit. Tom stayed for assembly and a tour – and also signed some autographs! A big thank you to Tom for coming back to support his old primary school.

You've probably noticed lots of activity at the school over the Easter holidays. We have had the car parks and pathways all resurfaced and next we will be getting a new roof for the school. This is going to make such a difference – no more running around the school with buckets to catch the drips when we have heavy rain. We are also having all dead wood removed from the trees surrounding the school and pruning back of some trees to allow more light into the gardens of our neighbours.

The school held its first "Helping Hands" morning. Lots of parents (and children) turned up on a cold and sunny Saturday morning to paint fences, clean guttering, sweep leaves and pathways, paint outdoor furniture, clean play equipment and the bike shed and any other odd jobs that needed to be done. A huge thank you to all of the families that turned up to support this – it made such a difference! If you are interested in helping the school in this way, please contact us so we can let you know when the next helping hands session is happening.

The end of term brought all sorts of exciting things happening across the school. The year five trip to Burwell was a huge success, sports relief day raised £269 (well done), the PTA funded Easter egg hunt was thoroughly enjoyed by the pupils and finally the school attended a wonderful Easter service at the Church which was led by our year 6 pupils.

Next term is going to be even busier! Year 6 and year 2 will be taking their SATS, the swimming pool opens and all the children will be swimming in the afternoons, we will be having sports days, year 6 residential trip, key stage 2 performance, leaving assemblies and activities galore – what an exciting term to look forward to!

Nichola Connor, Interim Head Teacher

## ACCESSING ADULT SOCIAL CARE SERVICES

### Who to contact, where to find information

Social Care is personal and practical support to help people live their lives by supporting them to maintain their independence and dignity and ensuring they have choice and control over the support they receive. Many people don't think about social care until they or someone they know need support, and then find they are unsure about where to find information or how to access the services they need.

### What should I do if I think I or someone I know may require social care support?

Adult social care provides advice and services to people who may need help because of their age, physical disability, sensory impairment, learning disability or a mental health issue.

The first step to accessing services is to arrange an assessment by adult social care to establish your specific needs. This is free, irrespective of your income, and available to all. It will determine if you are eligible for a Personal Budget – an allocated sum of money with which to plan the support you need. Alternatively, your circumstances may mean you are classed as a 'self-funder' with the means to pay for your care.

### Getting in touch

Adult social care customer services are the initial point of contact for all social care enquiries. The trained staff knows about the services available and can offer advice on who else may be able to help. Call them on 0345 045 5202.

When you contact customer services they will ask you for some basic details, including basic financial information. The aim is to maximise your independence and ensure you receive the support you need. This could include information and advice, re-ablement – individually tailored short-term support to help you become as independent as possible following an illness or operation, or a social care assessment.

If you think you may need help with mental health issues you should contact your GP in the first instance.

### More information

If you have access to the Internet the Your Life, Your Choice website at [www.yourlifeyourchoice.org.uk](http://www.yourlifeyourchoice.org.uk) provides more information about the assessment process and accessing care and support for anyone looking for information for the first time. Staff and volunteers in your local library can also help you to access the information online.

### PRESS DATE FOR NEXT ISSUE: 16 May

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