

NEW

SESSIONS

NOW

OPEN

See pages 4 & 5 for more information

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www.campbell-park.gov.uk



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MEET THE COUNCILLORS

WILLEN		OLDBROOK			
DEBBIE REYNOLDS 07899 987532 Val DIXON 07596 26404	0	Катнегие Катнегие Катараз	CHRISPINA ODUNEWU 07466 132620	VICE CHAIR BRIAN GREENWOOD 07956 384000	KEITH JONES 07719 897101
WOOLSTONE					
JOHN HOWARD 01908 941584 David PAFFORD 01908 608559		TOM FRASER 07871 932808 BRIAN BARTON 07779 261364 FRAY GOLDING 07540 283157			LDING
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PARISH OFFICE STAFF CLERK TO COUNCIL DOMINIC WARNER DEPUTY CLERK PERI SULLIVAN COMMUNITY OFFICER / COMMITTEE CLERK TRACEY JONES ESTATES MANAGER CHRIS HINDSON ESTATES OFFICER SOPHIE GIBBENS ENVIRONMENT OFFICER JOHN MCLINTON RESPONSIBLE FINANCIAL OFFICER P/TIME LISA BRADLEY ADMIN ASSISTANT TRACEY WAISTNEDGE ADVICE WORKER P/TIME PRISCILLA HOGAN	E: adi	W TO CONTACT T: 01908 608559 min@campbell-park.g vww.campbell-park.g Parish Office 1 Pencarrow Place Fishermead Milton Keynes MK6 2AS	gov.uk	uk If you're from a community g	

FISHERMEAD IS 50 IN 2023 – CELEBRATION ASSEMBLY

More than 100 Fishermead residents filled Trinity Community Centre for a celebration assembly and meeting with powerholders including the Mayor of Milton Keynes (2nd from left below) and High Sheriff of Buckinghamshire (far left below).



The assembly held in November was organised by a group of Fishermead residents and workers who are building a citizens alliance of Fishermead institutions as part of a Community Organising project funded by MK Community Foundation.

Their goal was to strengthen relationships with powerholders and get pledges of support from them for the idea of a royal visit to celebrate Fishermead's 50th birthday next year.

In 1973, the first house was built in Fishermead. Today there are 1,400 households and a proudly diverse community. One thing residents are not proud of is Fishermead's reputation, which they think is unfairly negative.



Cllr Amanda Marlow, Mayor of MK, told the Assembly: "When MK was founded, the builders moved in pretty early to start building Fishermead. So many of you are original inhabitants of Fishermead, which makes such a difference. You are encouraging people to stay and to grow their families here and to make a difference to future generations." Awards were presented to Fishermead heroes, including The Co-op store staff and security guard Abdul; the Landscaping team of Campbell Park Parish Council (collected by Council Chair, Terry Baines); and PCSO Craig Hawksworth.



Following video testimonies from the children of Willows First School, in which they described all the things they liked about Fishermead, there was a breakdancing display led by Kevin Kallon, who grew up on Fishermead and now runs breakdancing classes at Trinity Centre on Monday evenings.

Young football players of MK Galacticos FC took part in a 'keepyuppies' contest.

Then the choir of Jubilee Wood School sang 'Count On Me' while the Royal Visit Petition signatures were counted.



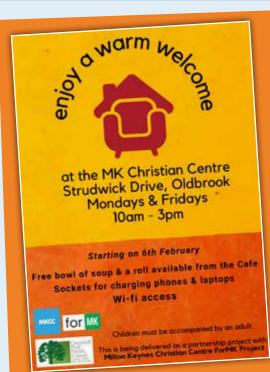
Assembly Co-chair David Hart then announced the total number was 580 signatures (representing nearly half of all Fishermead households). The High Sheriff later described this as "an incredible community building initiative".

12 Community leaders, including Willows First Headteacher Jo Orbell and Parish Council Chair Terry Baines, took turns to say what it would mean to their institution if a royal visit could be arranged.

The High Sheriff Debbie Brock responded with details of what next steps would be required. She emphasised the importance of acting quickly to get a chance of a royal visit next summer and pledged to contact the Lord Lieutenant stating her support for the idea. "It's been really inspirational," she said.

The organising team is appealing to Fishermead residents to get involved in preparations for Fishermead's 50th birthday celebrations in 2023.

For more information, contact Community Organiser Tom Bulman, fishermead@citizensuk.org, 07962 838685.



MK Christian Centre Cafe, Mondays and Fridays 10am-3pm. Free hot soup & roll available



at the Springfield Centre Springfield Boulevard Tuesdays & Thursdays** 9:30am - 2pm On 2nd February & 2nd March the the opening time will be 2-5pm

Starting on 31st January Join us to access a range of FREE services: Hot drinks Snacks/Light lunch available e.g. Soup & roll, toastie, beans on toast Sockets for charging phones & laptops Advice service

Selection of activities Wi-fi access Children must be occompanied by Springfield Centre, Tuesdays and Thursdays 9:30-2pm. Free hot drinks and light lunch available

days lunch

session run

mmunity Services

by MGB

WARM SPA

We are inviting people to join us at a number of new community sessions throughout the Parish this winter.

With funding provided by MK City Council and Campbell Park Parish Council, these sessions will provide people with a variety of offerings including free hot drinks and in some cases a free hot meal too. There will be some organised activity sessions, others which provide opportunities to meet people & socialise and others will provide a quiet warm space to relax, read or work.

But across all the sessions, you will be guaranteed to receive a warm welcome.

Some of these sessions will only be run until 31st March and some will continue beyond this date.

We may be adding new sessions over the next few weeks, so please keep any eye on our **Facebook page** (Campbell Park Parish Council News) and on **local noticeboards** for more information.

> MGB Community Service BREAKFAST CLUB OPEN HOURS:

MONDAY 10AM TO 12PM WEDNESDAY 10AM TO 12PM LOCATION: FISHERMEAD TRINITY CENTRE MILTON KEYNES, MK6 2LA M E N U

Sausage - 35p, Bacon - 35p, Mushrooms - 35p Omelette -35p, Fried egg - 35p, Scrambled eggs - 35p Cake - 35p, Hash Browns - 30p, Beans - 30p, Tomatoes - 25p, Toast - 25p D R I N K S Juice - 50p, Coffee - Free & Tea - Free Bringing the Community together Eat, Drink, Relax and Socialise Maria: 07808288410

CES IN THE PARISH





This is a free event. Children must be accompanied by a parent/carer at all times.



Bank holiday proclaimed in honour of the coronation of His Majesty King Charles III

This year there will be an additional bank holiday to mark the Coronation of His Majesty King Charles III.

The bank holiday will fall on **Monday 8 May**, following the Coronation on Saturday 6 May with a programme of events announced across the weekend of the Kings Coronation.

The Royal Family are encouraging neighbours and communities across the United Kingdom to come together to share food and fun together at **Coronation Big Lunches** on **Sunday 7th May 2023**, in a nationwide act of celebration and friendship. From a cup of tea with a neighbour to a street party, a Coronation Big Lunch brings the celebrations to your neighbourhood and is a great way to get to know your community a little better.

The Coronation Big Lunch will be overseen and organised by the Big Lunch team at the Eden Project. The Big Lunch is an idea from the Eden Project, made possible by The National Lottery, that brings millions of people together annually to boost community spirit, reduce loneliness and support charities and good causes. Her Majesty The Queen Consort has been Patron of the Big Lunch since 2013.

Thousands of events are expected to take place in every corner of the United Kingdom this May as people take to their streets, gardens, parks and community spaces to join the Coronation celebrations and mark this historic occasion.

Free downloadable resources will also be made available online by the Big Lunch team at **CoronationBigLunch.com**, to help people and communities start their Coronation Big Lunch planning.

This will be an opportunity for families and communities across the country to come together to celebrate.

Community groups are encouraged to apply to the Parish Council for a grant towards the cost of hosting community events within the Parish, to celebrate the coronation of His Majesty King. For more information about our grant funding, please visit https://www.campbell-park.gov.uk/services/grants/ or contact the Community Officer at the Parish office on 01908 608559

Nationally, on Monday, 8th May 2023 **The Big Help Out** will be held. This is being organised by The Together Coalition and a wide range of partners such as The Scouts, the Royal Voluntary Service and faith groups from across the United Kingdom. The Big Help Out will highlight the positive impact volunteering has on communities across the nation.

In tribute to His Majesty The King's public service, The Big Help Out will encourage people to try volunteering for themselves and join the work being undertaken to support their local areas. The aim of The Big Help Out is to use volunteering to bring communities together and create a lasting volunteering legacy from the Coronation Weekend. Perhaps, if you're involved in an organisation in the Parish, you could consider hosting a Big Help Out event. Please contact the Parish Council if you would help to advertise your event.



NEW DEFIBRILLATOR INSTALLED AT WILLEN PAVILION

Willen Pavilion Management Committee and Campbell Park Parish Council have worked in partnership to make another defibrillator available in Willen, with a new unit installed on the exterior of the Pavilion.

This unit is available for public use, with the access code made available via the emergency services, should you need to dial 999 and the ambulance service recommend retrieval and use of the defibrillator.

For more information about the location of defibrillators in the community, Defib Finder is a national defibrillator mapping site **www.defibfinder.uk** and links you directly to information on their locations and accessibility. By inputting your post code/ location it will show the closest 10 defibs around you.

Halloween Tea Party

Thank you to everyone that attended our Halloween Tea Party in October - we all had a such a wonderful time.

The children were able to interact with the creatures from the reptile roadshow and we had our lovely face painter Rebecca, who is always really popular with the children.

We also had entertainment from Uncle Bob's Magic show. Uncle Bob made lots of model balloons for the children and also gave us a fantastic magic show.



We also had lots of craft activities, free refreshments and the children were excited to have lots of opportunities to win pumpkins and Halloween goodies.

MK SAFETY CENTRE VISITS FOR YEAR 5 STUDENTS IN THE PARISH

Funded by Campbell Park Parish Council

CPPC are really pleased to be able to provide the opportunity for year 5 students in the Parish (over 200 children) to visit to the Milton Keynes Safety Centre, also known as Hazard Alley.



Jubilee Wood Primary made two trips in November and December and Willen Primary and Orchard Academy attended their sessions in January.

'Hazard Alley' was the first purpose-built safety education centre in the UK, designed to give visitors a unique interactive learning experience. During a tour in their 'life size' village young people encounter a range of 'hazards' giving them the opportunity to develop vital knowledge and strategies on how to stay safe. In small groups, children are led through twelve everyday scenarios by a tour guide looking for risks in each and finding out how to keep themselves safer. In pairs, children get the chance to practise making a 999 call from our phone box and also to learn some emergency first aid.

MKUH Governors

What are hospital governors?

Governors are members of Milton Keynes University Hospital NHS Foundation Trust who have been elected to represent the views of the public in order to influence and help shape the way our services are delivered to patients, making a valuable contribution to the way the hospital is run and the Trust's future plans.

What do hospital governors do?

The**MKWay**

CARE. COMMUNICATE.

- Listen to people's views about the hospital and represent them on the Council of Governors
- Provide opportunities for people to talk with them eg stalls, governor surgeries, events
- Hold the Trust's Non-Executive Directors to account

Who is my local governor?

Milton Keynes

University Hospital NHS Foundation Trust

There are 15 local constituency seats to which governors are elected, as well 4 appointed governor seats.

Visit the Trust website to find out who your governor is www.mkuh.nhs.uk

Find out more:

Scan the QR code for hospital governors

All you need to know about recycling plastics in MK

What plastics go in the clear recycling sack?

Plastic bottles, milk bottles, shampoo containers and cleaning products. Plastic tubs including fruit punnets, yoghurt pots, meat trays, bleach bottles, triggers and pumps accepted too.

Lid on or lid off?

If possible, lid back on helps to ensure the lid is recycled. We do also accept lids separately. Wash, squash - rinse to remove any food or drink residue, squash so you can fit more in your clear sack.

Do I have to rinse the bottle out?

Plastic must be cleaned before recycling, so you are helping reduce the amount of cleansing done by the recycling facility. It keeps down smells from you clear sack which might attract animals to rip open your clear sack.

Can I recycle crisp packets?

These are classified as 'soft plastics' and can be recycled at your local supermarket soft plastic recycling drop off area, along with plastic carrier bags, bread bags and pet food pouches, etc.



What happens to the plastic bottles and tubs I put in the clear recycling sack?

The sacks go to a recycling facility where the contents are separated by material types. This is sent onto factories to be recycled. Plastic is flaked into small pieces, then washed, dried, and melted. Plastic bottles can be recycled into more bottles, traffic cones, wheeled bins, guttering, fluff in duvets. Plastic food tubs and yoghurt pots can be recycled into a plastic board to be turned into products such as picnic tables or pig sties.

For a comprehensive list of what can be recycled visit:

www.milton-keynes.gov.uk/mk-recycles-a-to-z







WASTE COLLECTION CHANGES

Later this year Milton Keynes City Council will be making some changes to the household waste collection services, with sacks being replaced with wheelie bins.

Councillor Pafford attended the 'Bins on Tour' event in Fishermead, held by Milton Keynes City Council officers in November. The 'Bins on Tour' events, which were held across Milton Keynes, provided residents with the opportunity to see the bins that will be provided to each property, find out more about how the new waste collections will work and to ask any questions.



More information is available on page 16 and at https://www.milton-keynes.gov.uk/waste-and-recycling/new-waste-collection-service-2023/frequently-asked-questions

HELP TO BUY MILK, FRUIT & VEGETABLES

Please help us share this important message about the NHS Heathy Start scheme, as only three-quarters of eligible residents in Milton Keynes are using it and many families are missing out.

What is the NHS Healthy Start scheme? Help to buy food and milk. Families entitled to Healthy Start can get help to buy plain, fresh, frozen, or tinned fruit and vegetables, plain cow's milk, infant formula and fresh or tinned pulses via a pre-paid card. The card is topped up every 4 weeks and can be used in most supermarkets and shops – they will need to accept Mastercard.

You'll receive:

• £4.25 each week of your pregnancy (from the 10th week of pregnancy)

• £8.50 each week for children from birth to 1 year old

• £4.25 each week for children between 1 and 4 years old

You can also get free Healthy Start vitamins for women and children.

Who is it for?

If you get Universal credit, you can apply if:

• you're at least 10 weeks pregnant or have at least one child under 4 years old

• your family's monthly 'take-home pay for this period' is £408 or less from employment If you get Child Tax Credit, you can apply if:

• you have at least one child under 4 years old

• your family's annual income is £16,190 or less You may also be eligible for NHS Healthy Start in some other circumstances.

How to apply

Visit **www.healthystart.nhs.uk/how-to-apply** and make sure you have your National Insurance number and benefit award letter at hand. You'll also need your baby's due date if you're pregnant.

STAFF PROFILE

PRISCILLA HOGAN

ROLE: ADVICE WORKER

WORKING DAYS: USUALLY WEDNESDAY & THURSDAY

MAIN DUTIES:

In this role, our Parish residents are my priority. I often deal with vulnerable individuals that, at the time they are coming to see me, their hopes are in my



hands. Luckily, when cases are beyond my knowledge there are other organisations that have resources to assist residents, which I am able to access or direct residents to.

As an Advice Worker I must be open to learning new things and be able to network with relevant organisations to ensure I can keep up to date with the latest information and services. This helps me to be able to maximise the support I can offer to residents.

A common problem I support residents with is accessing and claiming the benefits they are entitled to. They are often unsure what they are eligible for, or how to claim for another benefit if they are already claiming another benefit. For example, someone that is in receipt of Personal Independent Payment can usually still claim Attendance Allowance, as this benefit is not means tested. I can help residents with this.

Another common issue is with housing. This could be repairs that are needed that residents have been waiting for a long time. I can help chase up these up through the organization responsible, to help lessen anxiety to residents.

Often residents approach me with concerns about their energy costs. I can seek support for them and sometimes this can include financial assistance with energy costs via completion of an application form for discretionary support which becomes available from time to time.

As an Advice Worker it's crucial to use blended approach to enable me to adapt the support needed to the resident.

I have found that probably 7/10 times the residents that come to the Parish office for Advice can be referred to the Employment Support Learning Hub. Most of those people have then gone on to secure employment, which is brilliant.

The information I gain as an Advice Worker is kept confidential between key officers and personal data is protected. Current Ambition: To have Advice Drop In Sessions at locations around Campbell Park Parish on a regular basis to reach more residents.

Rewards of the Role: When I receive a telephone call from a resident telling me that the housing Repairs have been completed or a certain Benefit that I have helped them apply for has been awarded gives me a feeling of achievement.

INTERVIEW WITH PARISH COUNCILLOR FOR WILLEN DEBBIE REYNOLDS

One of our parish councillors has an unusual keep fit hobby. She is an international wheelchair tennis player!

So, Debbie, how did you end up being a Parish **Councillor for Willen?**

I've always been interested in local affairs and politics, and the link between

policy and people's lives, communities, and environment. I was a parish councillor in the 90's, and a couple of years ago saw an advert in Homeground, looking for people to be co-opted onto Campbell Park Parish Council. It's really interesting and a great privilege to be contributing to discussion and local decision making.

Any areas of particular interest for you?

In my day job I work in Human Resources, but my university degree is in Applied Biology, and Ecology in particular, so the environment, climate change and sustainability are especially important to me.

Now I know you are a competitive wheelchair tennis player; how did you get started on that?

I love the sport of tennis as a player and fan. I grew up in the Nastase-Connors-McEnroe-Ashe-Evert-King era. Back then wheelchair tennis was not a thing you saw on TV. It didn't appear in a mainstream professional tennis tournament until 1990, but it was its inclusion in the 2000 summer Paralympics in Sydney that spearheaded its addition to the four grand slams.

My mobility is limited by a lack of muscle in my lower left leg, as a result of radiotherapy in 1976, which successfully treated bone cancer. But it was only after being seriously ill during 2018, that I decided to look for new ways to keep fit. I found out about a wheelchair tennis group that met weekly at David Lloyd in MK, went along, and never looked back. David Lloyd kindly provides this session as a pay-asyou-play for non-members.

So how has your tennis been going?

First off, my biggest regret is leaving it so late to start! I did play as a child, so had some basic skills to build on, which were acquired in the late 1960's/early 1970's. The sport is quite different now, with much lighter rackets, and more focus on top spin.

In 2018, I started the weekly session at David Lloyd, moved on to playing a local competition, and really got the bug. I now play national wheelchair tennis series events across the UK, and even play in some international, pro tour, wheelchair tennis events.

How good is your playing standard of tennis?

For someone who started playing wheelchair tennis at age 57, I would describe my wheelchair tennis as not too shabby but highly variable. To my astonishment, I should get a world ranking this year, 2023. I won my first pro tour quarter final in June last year at the Nottingham Women's Wheelchair Tennis Futures event. That is my best result to date, perhaps ever, but I have my fair share of gold and silver medals from the UK national series, with something of a bias towards medals for doubles than singles.

There are just 178 world ranked women wheelchair tennis players around the globe, it's a small community of players. I'll be really happy to get a world ranking, as it happens, I might make the top 120 just because of that quarter finals win last summer, which I might never repeat! Tennis is about four things, passion for the sport, hard work, purposeful training and, perhaps more than anything, the luck of the competition draw (far more than some might admit!).



What's next for 2023?

Hopefully, I'll be competing in February in an international event taking place in Bolton, UK, and then it's onto the national series, playing events across the year in various places around the UK from Newport, South Wales to Leeds. I'm hoping to do one other international somewhere sunny.

Final Thoughts?

Anyone out there reading this, who uses a wheelchair, or knows someone who does, and is curious about playing wheelchair tennis, can come on down on a Thursday evening to David Lloyd between 6 and 7:30pm, or contact Justin Brooke Tennis (Just Brooke tennis on Facebook)! We have players who are complete beginners to the game, and others who have been playing for years, you never know where it might lead! It's a great bunch of people, and I am very lucky to have this opportunity to play tennis with people like me, in wheelchairs, every one of them an inspiration to me, every week.

LANDSCAPING REPORT

Campbell Park Parish Council

It has been an interesting start to the winter season for the landscape team. The much milder conditions that we had throughout Autumn meant that everything we cut back before the start of the cold snap (beginning of December) has already had a bit of a re growth. Normally we wouldn't expect any growth from October.

We have made a very good start to the winter maintenance programme. During November we had hire of a large tractor-flail which we have used to cut back all of our large hedge lines across all estates and swapped back to our smaller tractor flail for the remaining hedges.

> Award Winners Celebrating Fishermead November 2022

Celebrating Fishermead

ci izens

thanking

The Landscaping Team, Campbell Park Parish Council

for dedicated and impactful service to Fishermead

> CD: Amenda Marton Shayar af Millan Raynes Esto Neuember 3022 Pages Control N

Campbell Park Parish Council were pleased to be given an award at the Celebrating Fishermead event in November, recognising the hard work that the Parish Landscape Team have undertaken in Fishermead. It was wonderful to hear how much this work has been appreciated and how residents felt this has had a positive impact on their local area.



The team members working with the hand tools have been carrying out all the other winter bed work and responding to resident reports.

Predominantly, our work pre-Christmas was through Fishermead and Oldbrook and post-Christmas moving into Springfield, Woolstone and Willen.

BIODIVERSITY PROJECTS

CARBON IN-SETTING

Throughout our winter programme we cut back and treat large amounts of woody weeds, normally seeds which have been dropped by birds, causing unwanted growth throughout the shrub beds, pathways, alleyways and on road sightlines. These are normally invasive and fast growing, including things such as bramble, bine weed and also self-setting trees.

A project that we are exploring this year is to remove the root ball of the best quality self-setting trees such as oak and birch and plant them in a small tree nursery, ready to transplant across the Parish. As some of our ageing and diseased trees are being removed, these can be used as a replacement. As we are being encouraged to source trees locally and move away from importing them from Europe, we are also going to try to grow oak trees from acorns sourced across the Parish. The Tree Officer from Milton Keynes City Council is also surveying the trees across the Parish to identify trees that need attention and also identify areas that can benefit from having something new planted.

COPPICING

We have many enquiries about why we cut some of our shrub beds and trees so low.

The technique is referred to as coppicing and there are several reasons why this technique is used by the landscape team.

• It stops the manifestation of dead wood – some of our shrub beds came over to us in poor condition, many with invasive species smothering the original shrub, this causes it to become rotten over time due to either strangulation or smothered and unable to access the light. Coppicing the shrub stimulates vigorous re growth allowing the shrubs and trees to live a lot longer. In the meantime, we can treat the invasive species which breaks the cycle and lets the original shrub beds flourish.

• Sometimes it is for more practical reasons. A shrub may have grown beyond a maintainable height either by hand or with the tractor-flail. Bringing down the height means we can easily maintain the area in the future.

• It can also be a sightline issue, if the shrub is too large on a junction, or roundabout and obscures the vision of traffic then it will be reduced for safety reasons.

HABITAT PILES

Whilst coppicing, rather than chipping our thicker pieces of wood, we have been piling up the logs to create habitat piles. You may see these piles scattered throughout recently coppiced areas.

Habitat piles are natural safe spaces where mini beasts can seek shelter over the winter and a enables a wildlife community to flourish. The logs eventual rot down to provide essential food and habitat for fungi and small invertebrates, such as wood lice and beetle grubs, and these then provide food for hedgehogs and birds.

For any landscape enquires please email – landscape@campbell-park.gov.uk



Interested in growing your own vegetables? Do you live in Campbell Park Parish?

We have a few allotment plots available at our sites in Willen, (Dolben Court) and Woolstone (Newport Road)

If you are interested in taking on an allotment, and would like more information, please ring the Parish Office on 01908 608559

MEETINGS

All meetings will be held at either the Oldbrook Centre or Springfield Centre, please see the website for more information.

COUNCIL MEETINGS

held at the Oldbrook Centre

21st February, 7.30pm 21st March, 7.30pm 18th April, 7.30pm

COMMITTEES

Meetings will be held at either the Oldbrook Centre or the Springfield Centre. Please see the website and noticeboards for more information

PLANNING, INFRASTRUCTURE & TRANSPORT 6th February, 6.30pm 6th March, 6.30pm 3rd April, 6.30pm 3rd May, 6.30pm

FINANCE, ADMINISTRATION & POLICY 7th March, 7pm

BUILDINGS & PROPERTY PORTFOLIO 14th February, 6.30pm 14th March, 6.30pm 11th April, 6.30pm

COMMUNITY & SOCIAL WELLBEING 27th February, 7pm 27th March, 7pm 24th April, 7pm

COMMUNICATIONS 28th February, 6.30pm 28th March, 6.30pm 25th March, 6.30pm



HOW DO I? REPORT A FAULTY STREET LAMP.

You can report a faulty street light to Milton Keynes City Council on their website, via their **'Report It'** service.

https://www.milton-keynes.gov.uk/ pay-report-and-apply/report-it

Make sure you include the lamp column reference number (found on the lamppost) and if possible, a postcode and house number closest to the faulty lamppost. This will help their engineers to locate the problem quickly. More information can be found at

https://www.milton-keynes.gov.uk/faulty-or-damaged-street-lights

VOLUNTEERING MATTERS

Grandmentors Milton Keynes

50+ and want to support young people?

Grandmentors is an award winning programme from Volunteering Matters matching volunteer mentors aged 50+ with young people aged 16-25. Volunteers meet with a young person on a regular basis to boost their confidence and work towards goals they have planned together. You will receive full training and support from a dedicated Manager throughout, and all expenses are covered.



Of mentors felt mentoring has given them a greater sense of purpose.

full training and support from a dedicated Manager throughout, and all expenses are covered. Help young people navigate the transition from care to independent living by guiding them through life skills such as financial independence accessing



guiding them through life skills such as financial independence, accessing employment, education and training and supporting their health and wellbeing.

To get involved contact Tabby Wilkes: tabby.wilkes@volunteeringmatters.org.uk / 01908 670309

Join our fostering community



We're looking for local families to foster MK children and we can help you every step of the way.

We offer competitive rates of pay, training, supervision and 24/7 support, plus access to the Fostering Network and local groups.

If you're over 21 and can offer a safe, happy and supportive home to a child or young person, please get in touch.

www.milton-keynes.gov.uk/fostering **01908 253 206**



COUNCILLOR PROFILE

I am very delighted to be a Councillor for the Campbell Park Parish Council. The ward I represent is Fishermead. I have lived here for many years and understood the importance of the communication we have with our residents here in Fishermead. This also includes being aware of the importance of our community. The



experience I have had previously is within different sectors within advisory roles. This includes higher education, business, and languages.

Fishermead is one of the most diverse areas of Milton Keynes. Therefore, the role has been interesting to meet so many people from different backgrounds in Fishermead. The importance of our community is to focus on a better pathway towards the future and being a part of Fishermead and improving the local community. The Councillor position has given me a greater interest, in particular, to improve our local community to be aware of the environment, communication, and also the well-being of our community.

If there is any question to ask, I am available for the residents. If you need any more information I can provide it to the best of my own abilities. If you have any queries do send me an e-mail and I will reply.



Cllr Zamzam Osman

NEWS FROM COMMUNITY BOAT 'ELECTRA'



Electra's second year of cruising has been a busy one, carrying over 2,500 guests on 264 cruises, which is double the number compared to our first year. Along with her 45 active volunteers and helpers, she is now taking a wellearned Christmas break, except for maintenance, recruiting, training, marketing and planning for 2023!

We have vacancies for volunteer Cabin Hosts, to greet our guests, look after them in the saloon, and serve a range of food and drinks. It's a great way to meet people and enjoy being out and about on the canal. If you know someone who might like to do this, they can get in touch through the website **https://** www.bmkwaterway.org/electra/volunteering/

Our website also gives details about other ways to help with other aspects of running the boat, from social media to bookings to fundraising, on a short or long-term basis. It's a great new project for Milton Keynes to be involved in, and new volunteers are always very welcome.

Looking ahead ... Electra will start cruising again from May 2023, with a wide range of public cruises, and regular charter slots on Thursday and Saturday mornings, afternoons, and summer evenings. If you'd like to plan a charter for a special occasion in 2023, email us at **bookings.electra@bmkwaterway.org** and we will "Hold The Date", confirming details in February, once our new booking system is in place.

FREE ACTIVITY PACKS FOR **CHILDREN**



The packs will contain and variety of paper based activities and colouring sheets.

To ensure as many families as possible can benefit from this, please only take one pack per child. The packs will be limited in number and only available while stock lasts.

> We would also love to see any photos of the children enjoying the packs or the completed activities that we can share. Most of all – we hope that the children enjoy them.

The activity packs can be collected from the Parish Office in Fishermead: Parish Office, 1 Pencarrow Place (behind the Trinity Centre) MK6 2AS – Monday to Friday 9am – 4pm

If you have any queries, please contact **admin@campbell-park.gov.uk** or 01908 608559

available from Tuesday 28th March

(while stocks last)

What's changing?

In a recent consultation, 76% of MK residents told us they want to move from sacks to wheelie bins.

In 2023 three new bins will be introduced:



CLEANER

Avoiding bags being

ripped open by

wildlife, keeping our

streets cleaner.

There are separate bins for paper/card and for plastic/metal/glass as this will help us recycle more items, which is better for the environment. We know wheelie bins aren't right for every home in MK, and we're working on alternatives for those properties.

When will my bins be emptied?

Weekly collections will continue, with red and blue bins collected on alternate weeks.

GREENER

Making it easier for MK to recycle more items. Fewer sacks = less plastic waste, protecting the environment. WEEK 1



SAFER

For residents and collection crews to handle.

What will go in each bin?

- The grey bin is for rubbish you'd usually put in your black sack.
- Use the red bin for clean and dry cardboard and paper.
- Use the blue bin for plastic, metal and glass.
- If you have one, your green bin for food and garden waste stays the same.



Arriving in 2023...

A cleaner, greener and safer way to collect your waste



How can I find out more?

Scan the QR code to sign up for important news and information sent to your email.

Visit www.milton-keynes.gov.uk/waste-recycling

Coming soon to our website... a postcode checker so you can find out how your waste and recycling will be collected.

We'll also be sending information about what's changing to everyone's homes nearer the time.

If you need extra help, please call our Customer Service team on **01908 252570** (British Sign Language options are available)

Milton Keynes City Council



Fishermead COMMUNITY LARDER

What is a community larder?

A membership programme that provides:

- Access to surplus food
- Local business discounts
- Little larder club
- Access to other services and support
- Meet new people in a friendly environment

Who can join?

Where does the food come from?

food waste and save money. It is not means tested.

Anyone who wants to prevent A Didcot based charity, providing surplus food, training and opportunities to young people and organisations.



An individual membership provides up to 10 items of food per week, plus a selection of fruit and vegetables. (family membership is double that)

Want free food and a bunch of other benefits? OWERED BY Sign up today! www.sofea.uk.com COMMUNIT SOFEA ARDER Registered Charity Number 1155783



Trinity Centre Community Larder Fishermead Boulevard. Fishermead, Milton Keynes MK6 2LA

Monday 10am – 12pm





VOLUNTEERING>MATTERS



Milton Keynes

Volunteer Mentors sought to support young people to transition from long-term inpatient mental health settings back into the community of Milton Keynes.

- Support Young people aged 8-25
- With a range of mental health challenges
- Work in partnership with the BLMK Clinical Commissioning Group and Service Six
- Holistic goals focussed one-to-one mentoring developing resilience, support networks and life skills with the young person you support
- Develop preventative youth social action

- What we ask from you:
- Commitment to a minimum of one year's mentoring
- 1-2 hours volunteering per week - flexible hours to suit vou
- Engagement in all training and supervision

What we offer to you:

- CPD accredited Mentorship Training
- Mental Health First Aid Qualification
- Safeguarding Training
- Ongoing Clinical and Volunteering Supervision

Get involved amy.walsh@volunteeringmatters.org.uk - kai.anderson@volunteeringmatters.org.uk - 01908 670309

SPRINGFIELD & OLDBROOK CENTRES AVAILABLE FOR HIRE

FOR FURTHER INFORMATION bookings@ campbell-park.gov.uk

OR VISIT OUR WEBSITE www.campbell-park.gov.uk

Tel: 01908 608559

RESIDENTS WILL NEED PHOTO ID TO VOTE AT ELECTIONS IN MAY



For the first time, Milton Keynes residents will need to show photographic ID to vote at this year's local elections.

The requirement for voter ID was introduced in the UK's Government Elections Act last year and Milton Keynes City Council is now urging residents to make sure they are ready to vote in May by checking they have an accepted form of ID. Accepted forms of ID include:

- A passport (UK, European Economic Area, or Commonwealth)
- A drivers' licence (UK, European Economic Area, or Commonwealth)
- A concessionary travel pass, such as an older person's bus pass
- Milton Keynes All in One Card

Voters will be able to use expired ID if they are still recognisable from the photo. A full list of accepted ID along with more information about the change can be found at **electoralcommission.org.uk/voterID**.

Residents who do not have one of the accepted forms of ID can apply online for free ID called the 'Voter Authority Certificate' on a new website launched today at: **voter-authority-certificate.service.gov.uk/**.

Applicants will need to provide a photo and their full name, date of birth, National Insurance number, and the address at which they are registered to vote. Registering to vote only takes five minutes at **www.gov.uk/register-to-vote**.

Anyone unable to use the online form can request a paper version by calling the City Council on **01908 254706** or by emailing **elections@milton-keynes.gov.uk** (you will still need to be registered to vote beforehand but the City Council can help to register people unable to do this online themselves).



We are continuing with our extracts from the **5 Ways to Wellbeing Toolkit** that has been published by the The Milton Keynes Self Care Steering Group. We hope you find the information and tips it provides helpful.

THIS EDITION WE ARE COVERING "CONNECT"



There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

For more information and resources visit

https://www.healthwatchmiltonkeynes.co.uk/ advice-and-information/2020-06-30/ self-care-and-wellbeing-information



Shepherdswell Academy



We had a wonderful Autumn term leading up to Christmas. The children came to school in odd socks to learn about anti-bullying and they celebrated how we are all different.

EYFS

EYFS were very excited to go the MK Theatre to see the play 'The Tiger that came to tea.' They loved walking through the puddles and getting to explore as they walked to the theatre as well as loving the show. The learnt all about the story and retold it in groups. They used a variety of materials to make tiger faces and most of the children included googly eyes.

In Maths the children have been learning all about numbers to 10, learning how to write the numbers and create them using various objects.

During the term we have been learning all about people who help us, we had visits from our PCSO Tracey, a carer, a hairdresser and even a visit from fire engine.



Year 1

In English this half term Year 1 have based their learning around the book 'Knuffle Bunny'. The children have explored how it would feel to lose their favourite toy and wrote their own versions of the story.

In Maths the children have been learning all about numbers to 50. They have really enjoyed using the learning how to add and subtract using manipulatives. They even got to share these with their parents during our parent workshop. They have also been learning how to count in 2's and 5's to start to learn the multiplication facts.

In History, the children have compared old and new toys. They discussed how they are similar and different and shared which they prefer.

Year 2

In English the Year 2 children have been learning about the story Dear Earth, in the story Tessa explores all the amazing things around her and aims to teach others how to look



after the world and stop pollution. The children have been describing the settings and writing letters to show why it is important to take care of the Earth.

In Maths, the children have been learning all about place value and partitioning 2 digit numbers in to tens and ones. The children have then explored finding more and less of the numbers.

In Science the children had some special visitors, 10 eggs arrived in school and the children made predictions what was inside, these included dinosaurs, chickens, ducks and snakes. 10 cute, fluffy chicks hatched and we learnt how to take care of them and saw how they grow and develop in 2 weeks. During Road Safety Week, we role played how to cross the road safely and learnt some common road signs. Here are the children's top tips on how to cross the road safely:

- Make sure you are with an adult
- Find a safe place to cross
- Look left and right and listen to check it is safe.
- Walk sensibly and slowly across the road. Do not run because you could fall!



Is your child due to start school in September 2023? If you would like to organise a school tour and find our more about us then please contact the school office on **01908 665418** or **office@shepherdswell.emat.uk**



There is lots more exciting learning and events planned for this coming term and beyond. Please visit our school website to find out more.



The Willows First School and EYC



What an exciting half term we had before Christmas at The Willows. The first whole school event was Remembrance day where all the children observed a minute silence after each class presented their poppy wreaths.

Alongside this communal event the children learnt about what each poppy represented and discussed how war affects the world both past and present. The children were all really respectful.

For the third time our children were asked to sing at the Milton Keynes light switch on in front of thousands of people. They were brilliant! The children spent time learning about celebrations and the Monarchs of the past in this term.



We had our first, large scale indoor events with parents this term. We started with Fun with Maths, where parents had the opportunity to learn about maths alongside their own children and see the progression of learning across year groups. The children learnt what it meant to help others when wearing pyjamas to school for 'Children in Need' where we rose £134.

When December arrived the children and staff started to think about Christmas. The naughty elves arrived into each class, a panto workshop was held at school, Christmas dinner was eaten (thank you chef) crackers were pulled, a special visitor arrived and finally a trip to the theatre.



Willen School

Willen Primary School has loved welcoming 2023. We've continued our theme this year of enriching learning at every opportunity. Let's check in and see how everyone has been getting on:

Early Years

Have enjoyed toasting marshmallows on a firepit, a fireworks dance party, a pumpkin soup kitchen. They've also been on a trip to Oaktree Court to sing Christmas songs to some of the residents.

Year 1

Have been learning all about toys and been making their own puppets. They've also had a special visit from an elf!

Year 2

Have had an enriching firework night experience with hot chocolate, bonfire themed bakes and beautiful art work. They've also been creative in DT and made loads of moving pictures.

Year 3

Have immersed themselves in Ancient Greek day. They've made pneumatic monsters, AND learnt about UV lights and made UV bracelets.

Year 4

Have had a visitor from Grace Church to talk about Christmas, and enjoyed making soup.

Year 5

Have been busy with a trip with the Parks Trust about Rivers Fieldwork, they have also had PE sessions from MK Dons.

Year 6

Have had a visitor from Grace Church to talk about Christmas and have been loving their roles as Play Leaders at lunch times.

Some of our choir members have been to Willen Hospice and sang Christmas songs to Willen Hospice residents.

We've also been expanding our after school clubs with an Art Club, a Book Club, Gymnastic Clubs, Tech Club, Drama Club, Bake off Club, Dodgeball Club.

Keep up to date with Willen and find out more here:

https://www.facebook.com/willenprimary/ https:// willenprimary.org/ https://www.youtube.com/channel/ UCAR_ sKX8CtZnbKPiddnnlzw/featured



Oldbrook First School & Nursery

It has been another busy term in school with lots of fun and exciting learning opportunities for our children to explore.

Thank you to all members of the community who attended our Christmas Fair in December, it was lovely to see you all. Our amazing children in Reception have been learning about why owls fly at night linked to their topic of night and day and sorting animals according to their features. There was much excitement when the owls and other animals came to school. Children in Year 1 and Year 2 have been learning about fairy tales and traditional stories looking at the similarities and differences and have produced some amazing creative writing! The term ended with the excitement of our Christmas performances as well as our Year 2 children singing for the Oldbrook community. Well done children!

The children have enjoyed a range of visits and learning experiences to support their learning this term.







Diwali Celebrations

The Great Gappo

Message of Hope





Owl Visit



Odd Socks Day for Anti-Bullving

Fun in the snow



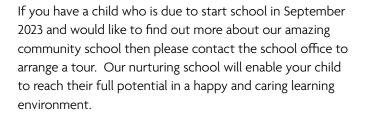
KS1 Christmas Nativity



Firework Safety









Children's **Christmas Party**

Thank you to all the families that attended our Children's Christmas Party. We had fun with crafts, games, activities and music and ate lots of food!

We even had a visit from Father Christmas with gifts for all the children, as well as chocolate selection boxes for each child, kindly donated by Morrisons and Sainsburys.

Unfortunately, a number of families were hit by the illnesses circulating before Christmas so less than half of the children booked in were able to attend, which was a shame, but everyone who did make it, had a lovely time (and went home with lots of leftover food!)





Hello Children,

A Very Happy New Year to you All from The Kid's Corner Team at Campbell Park Parish Council.

We hope you all had fun in the school holidays, and some of you may have been lucky enough to receive gifts, also some of you might have been to the first Parish Christmas Party at the Springfield Centre back in December 2022.

That was a fun filled afternoon, with a man in a red suit in his Christmas grotto. YES!! It was of course Santa Claus!! He was getting ready for his big night out and the 24th December, so he had a practice afternoon with us at Springfield. We gave him 10 out of 10 for his HO! HO! HO! On the 24th he worked so hard all night long. He started in Australia and he went on, and on and on, and he got to Milton Keynes at about midnight. You might have seen him having a reindeer break on top of the Xscape building. He still had a lot more to do, he was so so busy. A very good well done to Santa. Hope to see you in December 2023.

Now! Do you remember I asked you all to be very careful if the canal froze over? So, thank you all very much for listening. We had no reported accidents in Campbell Park or in Milton Keynes. The canal did freeze, and some barges were stuck into the ice. Gosh!!!!! That is so scary!!!!

The Winter is not over yet. The warning I gave you is still in place. Do not go on the ice. The RNLI Warning is: TO RESPECT THE WATER! Even when it is FROZEN. Some children in the North of England have lost their lives. We at Campbell Park want all our children to keep safe!

Its not too late to send in drawings or photos of yourself out on family walks, other Spring things will be happening, like Snowdrops, and tiny daffodils will be popping up soon. Or you can send in pictures of your pets playing in the snow if we have any more. If your photos go into the magazine, you will win a prize.

Remember Stranger Danger. The dark nights are coming and you need to be more aware. Also, remember your Green Tick Code.

Water Beware:



If you send in a poem, if it goes into the next Homeground you will win a prize.

Jokes: Do you have any jokes?

If so, send them in and you could also win a prize if we put it into the magazine.

Activity Packs:

We hope you were lucky enough to collect one of our Christmas Activity Packs. Look out for our Half Term Packs. (available from Tuesday 7th February 2023)

Easter Tea Party:

On Saturday 1st April – 2pm to 4pm at the Oldbrook Community Centre. We have Becky our Face Painter, The Reptile Man with his exotic creatures, Uncle Bob the magician, Councillor Val with her Crafts, Councillor Brian our Resident DJ, Myself and My Helpers in Pennys' Pantry. Lots to eat. New to our Party this Easter, we will be having hot, white or milk chocolate, with squirty cream and marshmallows, YUM! YUM in my tum!!!!

There will be a prize for the best Fancy Dress. We encourage you to come along on Alice in Wonderland themed fancy dress. Maybe you could be Alice, the Mad Hatter, the white rabbit, the cheshire cat or the Queen of Hearts.



This is The Mad Hatter and Alice.

Please keep safe. Look after yourselves and each other. Make Mum a cup of tea if you are old enough.

P.S: If you send anything into Kid's Corner we need to know your name, address, your age, and what school you go to, or we cannot send you your prize.

The address is: 1 Pencarrow Place, Fishermead, Milton Keynes, MK6 2AS.

Until next time. Have a fun!!!! **Cllr Penny**.



The photo of a colourful winter holiday in Devon was sent in by Tina. aged 11 who lives in Woolstone.



THE MAGAZINE FROM Campbell Park Parish Council

CAMPBELL PARK ADVICE SERVICE

FREE SERVICE

Are you struggling with money? Do you need a listening ear? Pop along and speak to our advisors in confidence



 Any housing matters related to rent arrears and or Discretionary Housing Payment
Benefits (advice or form filling)
Rent or Council Tax arrears
Family or domestic difficulties
Any other concerns you would like to discuss

To find out more, please pop into the Parish Office, or contact us on the details below CALL US NOW! 01908 608 559

1 Pencarrow Place, Milton Keynes MK6 2AS

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campbell-park.gov.uk

cpas@campbell-park.gov.uk

Campbell

Park

Parish

COUNCII Caring within the community

Resident from Fishermead was helped with form filling, "Priscilla is thorough, has time and patience and a personality that all people need when it comes to help". **Resident was helped with Universal Credit,** "The Advice Worker was very professional and made me feel calm and relaxed".