

Welcome to the new look Clean Green and Safe News Bulletin.

This bulletin is produced by Voluntary Action Barnsley in partnership with The Community Safety Service.

Clean, Green and Safe News Bulletin November 2008

Barnsley Community Safety Service is moving !

Please note that from **Friday 21st November 2008**, the Community Safety Service will be moving offices, their new address will be:-

Oakwell House
Beevor Court
Pontefract Road
Barnsley
S71 1HG

All current telephone numbers and e-mail addresses remain unchanged.

The fax number from this date will be 01226 787453.

Community Tensions

Barnsley's Safer Communities Partnership, along with all other crime and disorder reduction partnerships across the country has been asked by the government to monitor community tensions.

Sarah Mainwaring, Partnership Director explained that this is a recent government initiative, and is asking the public for help. Sarah explained:

"The sorts of tensions we are asked to monitor could be real incidents, for example a rash of racist graffiti, or even perceived incidents, such as a feeling that certain individuals have become unwelcome in a shop or a community centre .

It could also be about individuals, such as a young person talking about threatening violence or distributing extremist literature. It is only by engagement with the community that I can complete this task. This is especially significant at this time of the year when we remember the horrendous acts of violence last Bonfire night against some of our residents from the ethnic minority community. I have to ask myself that if I had known of any rising tension towards these individuals, would I have been able to do something to prevent it happening?"

If anyone does have any information they would like to report, then please contact your local Safer Neighbourhood Team. A list of the contact numbers and the areas each team covers is listed on page 8 and 9 of this bulletin. You can also pass on information at your local crime and safety group, or direct to **Sarah at the Community Safety Partnership on (01226) 774958.**



**VOLUNTARY ACTION
BARNSELEY**

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The T4 Project

The T4 Project is the working title for the scheme to develop supported accommodation for people engaged in structured treatment for their substance misuse issues in Barnsley. This followed the Drug and Alcohol Action Team's (DAAT) successful bid for £1.953m in capital funding from the National Treatment Agency (NTA) in spring 2007.

In October 2007, Dougie Dunsmore-Dawson was appointed as the T4 Project Manager and he has driven the project forward by ensuring the pro-active (and constructive) involvement of all stakeholders.

Dougie has been supported by a Strategic and an Operational Group and both these groups benefit from comprehensive stakeholder representation, which includes service user and carer representatives. The Strategic Group has assigned tasks on a time-limited basis to a Planning sub-group chaired by Dougie and subsequently this Planning sub-group has facilitated building design, planning application submissions and quantity surveying tasks.

On Wednesday 21st May 2008 the T4 Project Report had all its recommendations approved by Cabinet and was the subject of a front page news article in the Barnsley Chronicle following an interview with Councillor David Bostwick, the Cabinet spokesperson for Social Services who presented the report to Cabinet. Subsequently planning applications were submitted to the Planning Service and an open tender process for the housing related and treatment support for the T4 Project was advertised in the national media.

The core and cluster model is designed to meet the needs of a diverse range of service users which include:

- Clients in treatment services
- Clients leaving treatment services – including the detoxification unit and residential rehabilitation services
- Ex-offenders

The accommodation will offer an appropriate and supportive environment in which clients will continue/sustain their treatment.

Residents will be supported through the three stages with the level of support matching their individual needs, including helping them to find ways to improve their health, family relationships, emotional well being and how they integrate with society, as well as their housing related and substance misuse issues.



The intended outcomes for the project include:

For Service Users:

- Relapse prevention
- Independent living established and maintained
- Maximized income through welfare benefit, debt advice and improved money management skills
- Opportunities for new life choices:-
 - Further Education
 - Training
 - Employment

For the Community:

- Reduction in the harm associated with drug and/or alcohol use
- Reduction in re-offending and anti-social behavior.
- Enhanced community safety

A reduction in homelessness and incidences of repeat homelessness

In September 2008, the Planning Regulation Board granted planning permission for the construction of the stage one core facility at Bevor Court. Planning permission was also granted to re-model the William Street premises and now acquisition has been completed these works should commence in early November 2008.

Following the completion of Phase 2 of the tender process for a Housing Related and Treatment Support Provider for the T4 Project on Thursday 25th September 2008, Nacro Community Enterprises accepted the contract subject to the Council's procurement rules and regulations. Barnsley DAAT and Supporting People look forward to a successful working relationship with Nacro.

Dougie is becoming increasingly confident that the T4 Project could be fully operational by Spring 2009 stating; *"It has been an extremely challenging task to date and I anticipate that there will be a few more obstacles yet to overcome, however, the sheer professionalism and steely determination of the T4 Project's working groups assures me, ultimately, of the T4 Project's successful implementation"*

Lee P, a service user and member of the T4 Project's Operational Group states; *"It's long over due. It's terrific this service may be available soon, I can't wait for it to open."*

Jennifer Upperdine, Barnsley DAAT's User Involvement and Strategic Development Officer and member the T4 Operational Group adds; *"It's great that this service may soon be available to our clients in Barnsley. Through my work with DAAT User Volunteers it is obvious that there will be a huge demand for this service and it will help change lives for the better."*

Conservation volunteers help Council Wildlife Sites

Every Friday, volunteers with BTCV – the country's largest conservation charity – help Barnsley Council's Countryside Group with their Local Nature Reserves.



The Council has several sites across the borough which would be getting worse if it were not for the input of volunteers. As well as residents who offer to be volunteer 'Countryside Rangers' and keep an eye on their nearby reserve, people such as BTCV also get stuck in and do physical works.

For example, the first picture shows BTCV at work on their current project, constructing a mobility-friendly path in Dearne Valley Park near Cundy Cross. This uses materials provided through the Heritage Lottery Fund's 'Fuelling the Revolution' initiative. Other tasks include cutting back vegetation, planting trees and pond work. Trevor Healey, the team's supervisor explained:

"This team draws volunteers from across Barnsley and Wakefield. New volunteers are always welcome: all you have to do is just turn up at 9.30 on Friday morning at the Courthouse car park beside the new Digital Media Centre and we'll drive you to the day's task, providing outdoor activity, fun and excitement – we also provide the essential cups of tea but you have to bring your own grub!" Trevor can also be contacted on 07740 899606".

Another BTCV team which works on the BMBC Countryside Groups sites is Steve Baker's 'New Deal' team, which helps the long-term unemployed get back to work by providing conservation skills to become 'work-ready'. Although they are concentrating on repairing a path in Netherwood Country Park damaged by last year's floods (see second picture), they also cut back vegetation on public paths and sometimes individuals get placements with Barnsley voluntary/ community groups.

BMBC Countryside Officer, Trevor Mayne said:

" Without volunteer help such as BTCV and Friends' groups, many of our sites would be in an awful mess – vandalism from the usual sources and vegetation gone mad, swamping lots of valuable species such as those found on wildflower meadows. The Council cannot look after these sites on its own, but that wouldn't be the most sustainable way of doing so anyway and we welcome support from within the community."

For further information contact the Countryside group on (01226) 772646..



In today's society, it doesn't matter who you are or what you do, everyone is affected by alcohol – even if they don't drink.

The **Great Drink Debate** is an initiative designed by the Regional Alcohol Group (of which Barnsley is a member) to find out just how much communities and individuals are affected by inviting them to share their views on booze. We'll be asking a range of questions on a number of alcohol related topics such as, where it's drunk, how it's sold, the effect it has on our health and many more.

The Great Drink Debate will stimulate debate and encourage thousands of people across the region to visit our microsite, www.greatdrinkdebate.co.uk and fill in our questionnaires. It will run till to January 2009.

With your help I would like to place a couple of hundred questionnaires in your office with a ballot box for returns. Towards the end of January I will collect all ballot boxes. These will be sent off to our Regional colleagues to be collated. If you feel you could accommodate this project please reply directly to me.

**Rosemary Clewer 01226 774992 RosemaryClewer@barnsley.gov.uk
Phase 1 Beevor Court, Pontefract Road, Barnsley S71 1HG**

Barnsley Alcohol and Drug Advisory Service (BADAS) based at 9-10 Burleigh Court, Burleigh Street, phone (01226) 779066, BADAS is the free and confidential service for anyone concerned about their own or someone else's alcohol or drug use. Its team includes counsellors, drug and alcohol workers, social workers and nurses.

1) Alcohol, calories and consequences

Barnsley Alcohol and Drug Advisory Service (BADAS) is reminding people of the importance of sensible drinking by highlighting the calorie count of popular drinks like stout, red wine and lager. Did you know, for example, that one pint of stout has almost as many calories as a Creme Egg (170) and that a bottle of red wine has as many calories as six jam doughnuts, three Mars Bars or a Big Mac with fries? There are almost 6 grams of fat in a single 37ml shot of Irish coffee liqueur, while a 550ml can of strong lager has 221 calories – the equivalent to almost five Jaffa Cakes.

2) Alcohol and pregnancy

When you drink, alcohol reaches your baby through the placenta. But the baby can't process it as fast as you can, so it is exposed to greater amounts of alcohol for longer than you are, which can seriously affect the baby's development. Pregnant women or women trying to conceive should avoid drinking alcohol. If they do choose to drink, to protect the baby, they should not drink more than 1-2 units of alcohol once or twice a week and should not get drunk. Additional advice from the National Institute for Health and Clinical Excellence (NICE) advises women to avoid alcohol in the first three months in particular, because of the increased risk of miscarriage.



10 ways to cut down your drinking before and during pregnancy

1. Reduce your units by choosing less alcoholic drinks
2. Don't let people top up your drink
3. Drink water before you go out
4. Drink slowly and avoid rounds
5. Have more water or soft drinks than alcoholic ones
6. Suggest that you meet friends or colleagues at a cafe rather than a bar
7. Replace drinking with other stress reducing pleasures: a relaxing bath, exercise, reading or listening to music
8. Invite friends round to your home instead of going out
9. Switch to non-alcoholic versions of your favourite drinks - a Virgin Mary or a fruit juice cocktail
10. If your partner enjoys a drink after work, consider asking them not to, so you don't feel deprived

3) Safety & Safety

80% of disorder crimes are alcohol related. On average, 13,000 alcohol related violent incidents take place outside UK bars and pubs every week.

Getting home safely

- The key to getting home safely is planning ahead. Think about how you and your friends will get home at the start of your night out.
- If you're going as a group and taking a car then decide beforehand who's going to be Des - the designated non-drinking driver. You could all buy non-alcoholic drinks for him or her, and pay for the petrol too.
- If you aren't taking a car, make sure you know how you're getting home - have phone numbers for reliable (licensed) taxi firms to hand or find out about public transport. And put aside some cash - even if it means sticking it in your shoe - so you don't spend it.
- If you have to walk home, don't walk through unlit or unsafe areas and avoid walking on your own. Don't let your friends wander off by themselves either, especially if they're drunk

Keep an eye on your drink

Never leave your drink unattended and don't accept drinks from strangers, it's all too easy for someone to spike your drink.

Make sure you know who you're drinking with

Look after your friends and make sure you know you can rely on them in return.

4) Hey, good looking!

Drinking a lot may make you feel incredibly attractive - unfortunately, it has just the opposite effect.



Here are some of the physical changes heavy drinkers can look forward to:

- **Weight gain**
Alcohol is high in calories (a pint of beer or a couple of glasses of wine are about the same as a bar of chocolate.) The 'beer belly' look doesn't just apply to men, women can develop a belly too..
- Too much alcohol can cause 'moobs' (man boobs) and penis shrinkage (brewers droop)!
- **Dry skin**
Alcohol dehydrates your body and skin, because it blocks the release of anti-diuretic hormones, so the kidneys get rid of too much water.
- **Broken veins**
alcohol dilates blood vessels near the surface of the skin, causing ugly red capillaries or veins, especially around the nose and cheeks.
- **Bloodshot eyes**
Alcohol can inflame and enlarge the small blood vessels on the surface of the eyes.
- **Bad smell**
The liver metabolises most alcohol, but 5-10% is excreted straight through the urine, breath and sweat.
- **Bruises and scarring**
Serious drinkers are more likely to have accidents or fights, leading to cuts, bruises and broken bones.
- **What is a hangover?**
A horrible reminder of the night before. Typical symptoms include a pounding headache, raging thirst, depression, and feeling sick. You can also be more sensitive to noise and bright lights.
- **So what causes a hangover?**
It's partly alcohol's diuretic effect, which makes the body lose too much water and causes dehydration. It can also be the effect of congeners - naturally occurring substances in alcoholic drinks, some of which are toxic. Generally, clear or lighter coloured drinks like vodka contain fewer congeners than darker coloured drinks like red wine or port. A hangover is simply nature's way of telling you that you've overdone it, and if you have, we've some tips for the morning after.
- **What is tolerance?**
People who drink regularly become less affected by alcohol as their bodies get used to it. They then need to drink more for it to have the same effect. This is called developing a tolerance to alcohol. Although people who've developed high tolerance may not feel drunk, they still run a serious risk of damaging their health.



Contact details for your local Safer Neighbourhood Team

Cudworth Safer Neighbourhood Team

Cudworth, Shafton, Brierley, Grimethorpe, Great Houghton
Police Station, Manor Road, Cudworth, Barnsley
01226 736592
email: cudworthsnt@southyorks.pnn.police.uk

Dearne Safer Neighbourhood Team

Goldthorpe/Thurnscoe/ Bolton on Dearne
Police Station, 5 Barnsley Road, Goldthorpe, Rotherham S63 9LS
01709 832138
email: dearnesnt@southyorks.pnn.police.uk

Dodworth and Darton Safer Neighbourhood Team

Darton/Dodworth/Barugh Green/Staincross/Mapplewell
Kexbrough/ Redbrook/Gilroyd/Gawber/ Higham/Pogmoor
7 Blacker Road, Mapplewell, Barnsley. S75 6BW
01226 736395
email: dartondodworthsnt@southyorks.pnn.police.uk

Hoyland Safer Neighbourhood Team

Jump / Elsecar / Hemingfield, Hoyland Common, Platts Common /
Blacker Hill / Hoyland, Tankersley / Pilley / Birdwell
Police Station, Hoyland Road, Hoyland Common, S74 0AP
01226 736457
email: hoylandsnt@southyorks.pnn.police.uk

Penistone Safer Neighbourhood Team

Carleycoates/Cawthorne/CraneMoor/Crowedge/Cubley/
DunfordBridge/Flouch/Greenmoor/Gunthwaite/Hazelhead/Hepworth/
Huthwaite/ Hunshelf/Howbrook/HoodGreen/HighHoyland/
Hoylandswaine/ Ingbirchworth/ Langsett/Millhouse Green/Oxspring/
Silkstone/SilkstoneCommon/
Stainborough/Thurgoland/Wortley
Police Station, Station Rd Penistone
01226 736387
email: penistonesnt@southyorks.pnn.police.uk



Safer Neighbourhood Teams continued...

Royston Safer Neighbourhood Team

Royston/Carlton/Athersley North & South/ New Lodge/Smithies/
Lundwood/Monk Bretton
Police Station, Station Road, Royston, Barnsley, S71 4EU
01226 736361
email: roystonsnt@southyorks.pnn.police.uk

Town Centre Safer Neighbourhood Team

Town/Old Town/Hoyle Mill/Kingstone/Monk Bretton(part)/Smithies(part)/
Worsbrough Common/Withorpe/Pogmoor(part)
Commerce House, Westgate, Barnsley S70 2DX
01226 736395
email: centralsntpublicinfo@southyorks.pnn.police.uk

Wombwell Safer Neighbourhood Team

Wombwell/Darfield/Middlecliffe/Little Houghton/Low Valley
Police Station, Park Street, Wombwell.S73 0HF
01226 736408
email: wombwellanddarfieldsnt@southyorks.pnn.police.uk

Worsbrough Safer Neighbourhood Team

Worsbrough/Kendray/Stairfoot/Ardsley/Aldham House Estate
Rae House Cypress Road Kendray Barnsley S70 3LZ
01226 736387
email: worsboroughsnt@southyorks.pnn.police.uk



The deadline for the next edition of Clean Green and Safe is Monday 30th January

**If you wish to be added to the Clean Green and Safe distribution list please contact
naomi.douglas@vabarnsley.org.uk or call 01226 320100**

This bulletin is produced by Voluntary Action Barnsley in partnership with The Community Safety Service.

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<http://www.vabarnsley.org.uk/directory/>**