



IMPROVING BARNSELEY'S HEALTH BULLETIN 1, DECEMBER 07

This new e-bulletin will be sent out bimonthly to all contacts from our database, who previously registered an interest in Health & Social Care and/or Drugs & Alcohol

If you do not want to receive future editions of this bulletin or are not on our mailing lists to receive this bulletin - but want to be added, then let me know

Deadline for next bulletin: 20th January 2008

If you have any news or information that you'd like to see in future bulletins: contact me by email melanie.webb@vabarnsley.org.uk by phone 01226 785564, or write to VAB, 35 Queens Road, Barnsley, S. Yorks., S71 1AN

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HEALTH BENEFITS OF BREASTFEEDING

Breastfeeding will supply all the nutrients babies need to thrive for the first six months of life; and after this time, alongside other foods, it's an important and healthy part of the diet.

There are many health benefits associated with breastfeeding. Research shows that breast milk has antibodies which protect against infection - including gastroenteritis, respiratory illness, urinary infections, and ear infections. It reduces the risk of childhood diabetes and leukemia, and of allergic conditions, such as asthma and eczema. The breastfeeding mother makes specific antibodies as soon as she comes into contact with an infection - these transfer to the baby via her breast milk. Breastfeeding a baby for just one month after birth has a lasting impact on the child's health for up to 14 years! Breastfeeding also has benefits for the mother; there is a reduced risk of pre-menopausal breast cancer, ovarian cancer, and fractures from osteoporosis.



A 12 week breastfeeding training programme run by La Leche League Peer Counsellors will be starting soon. For more details email the Breastfeeding Link Worker Team at bflink@vabarnsley.org.uk or phone them on 01226 242726.

Barnsley Hospital and BIBS Limited are running afternoon and evening sessions for expectant Mums and Dads who want to know more about breastfeeding. Sessions will be followed by a tour of the Labour Suite. Evening sessions from 7pm-8pm will run every 2nd Wednesday of each month starting from Wednesday 9th January. Afternoon sessions from 1pm-2pm will run every 4th Thursday of each month starting from Thursday 24th January. If you would like to book a place please call BIBS on 07982187770 alternatively email bibsbabytobe@aol.com

BABY WEANING PARTY

Tuesday 15th January, 1:30-3pm
SunnyBank Children's Centre,
Overdale Avenue, Worsbrough Dale

Kathie Wilson (Nutritionist) has been running weaning parties for over 3 years alongside Dental Health Educators. Weaning parties bring mothers with babies together in a relaxed and friendly environment; they provide information on the first stages of weaning. Mothers learn when to wean and what foods to introduce and about foods not to introduce, they learn about health and safety with food preparation and the advantages of preparing their own baby foods. Effective and safe breast/bottle feeding is also covered. Other relevant groups and information sessions in the area are also promoted. The dental health educators go through a host of information: teeth cleaning, acid attacks, dummies, cups, drinks etc. Please phone 01226 294604 on the day to ensure that the party is running and for more information.

CHRISTMAS FAYRE

Tuesday 4th December, 1-3pm
Resource Centre, St Johns Community Centre,
Church Street, Penistone

BIBS - Penistone Breastfeeding Support Group will be holding their **Christmas Fayre** this Tuesday 4th December. There will be kid's toys, cards, calendars, a cake stall, flower arrangements and candles for sale and a raffle and tombola. Money raised will go towards group running costs. Contact Jane on 07877 426486 or by email janeburren@hotmail.co.uk



FREE ARTS BASED ACTIVITIES E.G. DANCE, ART, CRAFTS, DRAMA, CREATIVE WRITING FOR ALL AGES AND ABILITIES!

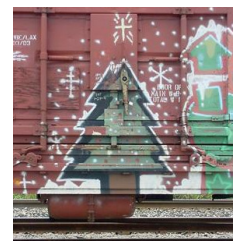
Forge Arts for Health is a Barnsley Healthy Living Centre, funded by Fit for the Future and managed by Forge Community Partnership. The project provides a broad range of arts based activity to promote health, improve well-being and quality of life for people of all ages. Being creative is good fun and has many health benefits; it can raise self-esteem, increase sociability, overcome boredom and increase motivation, relaxation and stress relief.

For the **under fives** there are weekly **mother and toddler creative dance sessions**. These include movement games, nursery rhythms and dancing to encourage toddlers to move to music with carer's. Free healthy refreshments are provided. Sessions now run at 3 different locations:-



- **Thursdays** from 9.30am-10.30am at Cloughfields Community Centre, Shaftsbury Drive, Hoyland
- **Thursdays** from 1pm -2pm at the Jump SureStart Centre, Jump
- **Fridays** from 2pm-3pm Salvation Army, Hoyland Common

There are various **Youth Projects** running, designed around young people's needs and issues. Using the arts to engage young people, the projects help to increase confidence and support them to make positive life choices. Healthy refreshments are provided and exercise is encouraged through creative dance at projects in Elsecar and Blacker Hill.



- **Blacker Hill Youth Arts Project** - graffiti art, creative writing, crafts, photography, video art, dance, drama and graphic arts on Wednesdays between 4pm and 5.30pm at Blacker Hill Lifelong Learning Centre
- **Elsecar Youth Street Dance Project** on Mondays (except bank holidays), registration and healthy Snacks from 4.15pm, dance Class 4.30pm - 5.30pm at Elsecar Parish Hall, Church Street
- **Welland Crescent Community House "Arts Explosion"** on Thursdays 4.30- 6pm at Welland Crescent, Elsecar

- **Tankersley Youth Arts Group** - graffiti art, creative writing, crafts, photography, video art, dance, drama and graphic arts on Fridays (8yrs to 11yrs) from 6pm-7.15pm, (11yrs+) from 7.15pm-9pm at Tankersley Welfare Hall
- **Young Carer's Art Group** - Please contact Sarah for further details



All are welcome at the **Projects for Older People** – designed especially for those who may feel isolated and vulnerable; to increase confidence, encourage sociability and aid relaxation through activities such as painting, textiles and sculpting. It helps to increase awareness of coping techniques and help people to deal with stress and related health problems.

- **West Bank House** - Arts and Crafts in partnership with Barnsley Social Services. Please contact Sarah for further details
- **Glebe Court Crafts Group** - Arts and crafts techniques in a supportive sociable group on Wednesdays, 10.30am – 12.30pm at Glebe Court Supported Accommodation project, Tankersley
- **St Andrews Craft Group** - Textile, sewing and embroidery in a supportive sociable group on Tuesdays 1pm – 3pm at St Andrew Church Hall, Hoyland
- **Elsecar Craft Group** - Textile, sewing and embroidery. Arts and crafts techniques in a supportive sociable group on Fridays 1pm – 3pm at Milton Hall, Elsecar
- **Hoyland CardCraft** - Crafts in a supportive sociable group on Thursdays 10am-noon, Salvation Army, Hoyland Common

For more information on these projects, please contact Sarah Coleman on 01226 747719, sarah-forge@btconnect.com or write to her at Forge Community Partnership, Hoyland Common Community Centre, 30a Hoyland Road, Hoyland Common, Barnsley, S74 0PB.

SCHOOL CHILDREN HAVE THE CHANCE TO WIN AN IPOD ON NEW WEBSITE



A new website www.coolschoolfuel.com has been launched alongside a major advertising campaign to support the Million Meal Campaign. This campaign aims to improve the health and well being of children by encouraging a million more children to eat school meals by 2010.

Many school children have been resistant to healthier school meals and secondary school meal uptake has declined as a result. The advertisements all depict lifestyle and sporting activities popular with young people. The message in each is that the poorer performer in the ad is on the wrong diet with the top performer having made the healthier dietary choices.

The website contains information for school children about why changes are taking place in school food and communicates the benefits that a healthy diet makes to physical performance and how what you eat can have major affect

on success and achievement in key aspects of teenagers' lifestyle and for future health. Visitors to the new website have the chance to win one of ten iPods.

REWARD SCHEME FOR SUSTAINABLE SCHOOL TRAVEL

The Barnsley Reward Scheme has been developed after the DfT and DfES announced that funding would be made available to any primary school in England and Wales that developed a walking initiative. It is beneficial to encourage walking to school as it gives children daily exercise. Getting children active at an early age develops healthy physical activity habits that continue throughout their lives. Walking to school also provides road safety awareness.

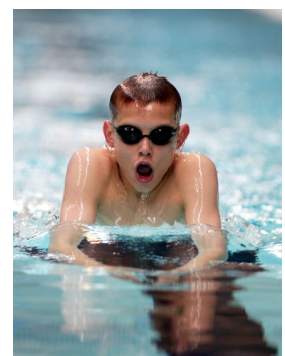
The Mayor of Barnsley, Cllr. Len Picken and players from Barnsley Football Club launched the Scheme for all primary school pupils in Barnsley as part of European Mobility Week. **Pupils who regularly walk, cycle or catch the bus to school will be rewarded by being allowed free entry at many activities, sponsored by local companies and attractions.** On offer for pupils include; free swimming at Barnsley Metrodome, ten pin bowling, football coaching and ice skating.

Cllr. Picken said:

"This is a wonderful example of schools, council staff and businesses working in partnership to achieve rewards for Barnsley children. Rewarding children for travelling to school sustainably will not only help the environment, but will also encourage exercise and help to tackle congestion around the school gates."

SAVE MONEY WITH A PASSPORT TO LEISURE CARD

Passport to Leisure is a scheme operated by Barnsley Council to help residents access leisure facilities at reduced costs. Membership is available to the over 60's, people on a benefit (including Working Tax Credit), disabled people, 16 and 17 year olds, full-time students aged 18+ and children age 3 -15 who are disabled, or whose parents/guardian's are eligible for membership to the scheme. Children's cards, age 3-15, are issued free of charge and last for one year, those for the over 60's and disabled adults cost £2 and last for 5 years, all other cards cost £1 and last for up to one year.



Adults with a Passport to Leisure card can get discounts at all Barnsley Premier Leisure facilities, various leisure centres across South Yorkshire and Wakefield, golf courses, cinemas, retail and other outlets, visitor attractions and libraries. Cards issued to children, aged 3-15, can be used to obtain discounts at Barnsley Premier Leisure facilities for swimming and Teen Gym and at the Metrodome for 360° membership - a fun, fit club for kids, and at Zero Ice - the synthetic ice rink on Lambra Road in Barnsley.

Cards can be obtained from any Leisure Centre operated by Barnsley Premier Leisure, Barnsley Connects Offices and most Libraries. Anyone wishing to apply for a card needs proof to show their eligibility for membership, a passport sized photo, and the appropriate joining fee. If you would like more information about the Passport to Leisure scheme, call 01226 774477.

EXTRA FUNDING FOR COMMUNITY FOOD INITIATIVES

Community food initiatives are projects that work within a local community to help solve issues around food inequality. Many communities find it difficult to gain access to, and make choices in relation to foods that are of high quality and available at affordable prices. Consumers, especially those on low incomes, or those living in areas of economic and social deprivation are often the worst affected. Community food initiatives help to overcome some of these problems, while educating communities about the importance of maintaining a well-balanced and nutritious diet.

The Dame Sheila McKechnie Awards assist community food initiatives to develop innovative approaches to deal with issues around food inequality. Two initiatives are chosen annually for awards of £15,000 each over three years. Community food initiatives apply for the award by filling in a short application form. Applications for this year's awards must be received by **Thursday 6th December**. A shortlist of outstanding initiatives will then be made and FSA officials will visit these initiatives to gain a further insight into the work that they are doing within their community. Winners will be announced in March 2008 and funding for the winners will begin in April 2008.

To find out more information about the awards and for an application form call 020 7276 8170/8641, email mckechnieaward@foodstandards.gsi.gov.uk or visit <http://www.food.gov.uk/news/newsarchive/2007/sep/mckechnie07>

HIGH SALT LEVELS IN FAST FOOD

Strong evidence links our current high salt intakes to high blood pressure; high blood pressure is the main cause of strokes and a major cause of heart attacks - two of the most common causes of death and illness in the world. A high salt diet has other adverse effects, such as osteoporosis, cancer of the stomach, obesity and worsening the symptoms of asthma. Visit www.actiononsalt.org.uk for more information about the harmful effects of too much salt in the diet.



Consensus Action on Salt and Health (CASH) recently surveyed four of the UK's favourite fast food restaurants and found very high levels of salt in the food. Individual food and drink items and advertised meal combinations were surveyed from Burger King, KFC, McDonald's and Pizza Hut. Salt content of the meal combinations varied from 4.3g of salt in a Pizza Hut children's meal (nearly 50% more than the 3g upper daily limit for a child of 4-6years) to 0.6g in a McDonald's Happy Meal of chicken nuggets and a fruit bag.

Salt Awareness Week runs from 28th January to 3rd February 2008. This year the focus will be on children. Research has shown that reducing children's salt intake by half results in immediate falls in blood pressure, which in turn could lead to major reductions in the risk of developing stroke, heart attacks and heart failure later in life. It is well established that the higher the blood pressure in childhood, the higher the blood pressure in adulthood.

The daily recommended maximum amount of salt children should have depends on their age: 1 to 3 years - 2g salt a day, 4 to 6 years - 3g salt a day, 7 to 10 years - 5g salt a day. Adults (and children 11 and over) should consume less than 6g of salt a day. Most food labels show the amount of sodium rather than salt. To convert the figure for sodium to salt, you need to multiply by 2.5 so, for example, 2g of Sodium = 5g of salt. Low salt foods are those with 0-0.3g salt per 100g and are a healthier choice, High Salt foods are those with more than 1.5g per 100g, only small amounts of these foods should be eaten regularly or these foods should be eaten only occasionally.

Simple ways to cut down on salt are:-

- Gradually reduce and then cut out the salt you add during cooking or at the table – use extra pepper, herbs, garlic, spices or lemon juice instead.
- Cut down on processed foods (75% of salt in our diets comes from processed foods) - most fresh food contains low amounts of salt.



FREE COMMUNITY-BASED DRUG TREATMENT PROGRAMME

Addicts in Barnsley are now able to start almost immediately on a community-based drug treatment programme as waiting lists are at an all time low. There are two community bases in Barnsley which run the programme; one at Burleigh Court in the town centre, and the other at the Stairfoot Clinic. Anyone can walk in off the street for help, no referrals from GPs are necessary. Drug users simply make an appointment and after being assessed are expected to attend a preparation session where they will be given information on the programme. The service is provided by Barnsley PCT in partnership with the Barnsley Alcohol and Drug Advisory Service (BADAS). For more information contact BADAS via www.badas.org.uk or call them on 01226 779066.

'DRUGTRAIN' COURSES AND BESPOKE TRAINING

DrugTrain is a collaborative training service offered by Sheffield Alcohol Advisory Service (SAAS) and Barnsley Alcohol & Drug Advisory Service (BADAS). The not-for-profit service provides accredited and non-accredited courses and bespoke training in drug and alcohol work for organisations to meet their staff team needs.

'Working with Young Substance Users' course dates
17th & 18th January, Oak Room, Priory Campus
18th & 19th February, Cedar Suite, Priory Campus
13th & 14th March, BADAS, 120 Pontefract Road

This 2 day course from DrugTrain considers how to work effectively with young people who are using substances. It provides staff with an introduction to the necessary information and skills required to respond appropriately to young people by conducting screening and signposting them to appropriate services. They will also be able to determine what kinds of interventions are useful within their role. For a booking form or more information please call Tom on 01226738321 or email tomnicholson@badas.org.uk

Other accredited courses running soon include: **Drugs Awareness Level 2** – a 3 day course on the 5th, 6th & 13th December, **Advanced Drugs Awareness Level 3** – a 3 day course on the 9th, 10th and 16th January. DrugTrain provide many other accredited and non-accredited courses and training for service users – approaching drug use as serving a function in people’s lives not as a disease or illness. Their aim is to help people work towards their own goals and reduce the harm associated with their drug or alcohol problems.

For additional information about DrugTrain and the courses offered or to book your place, write to BADAS Training Department, 120 Pontefract Road, Hoyle Mill, Barnsley, S71 1JA. Phone 01226 738321, visit www.drugtrain.org.uk If you wish to commission DrugTrain to provide training for your organisation contact Neil Baxter on 01226738336 or email neilbaxter@badas.org.uk

DEARNE AREA GETS FOUR COMMUNITY HEALTH TRAINERS

Barnsley Dearne Community Partnership, Fit for the Future and Barnsley Primary Care Trust have employed four Community Health Trainers to work in the Barnsley Dearne area. The four new workers, Kim Gallon, Carl Hickman, Gemma Storey and Julia Wright, will be based at Unit 30 within Thurnscoe Business Centre, Thurnscoe.

The role of the Community health worker is to contribute to tackling inequalities in health through promoting and supporting people to develop healthier behaviours and lifestyles in the context of their own local communities. They are able to offer free confidential guidance and support for 16+, one-to-one meetings with clients, provide information about healthy living and if needed would accompany clients to new places and groups for a wide range of health related issues. Phone them on 01709 894 231 to arrange an appointment.

MENTAL HEALTH SURVEY

The Regional Forum provides a coherent regional voice for the voluntary and community sector in Yorkshire and the Humber. The Forum brings together voluntary and community sector organisations to ensure that the sector has the right support and structures to contribute to regional activity. The Forum has secured resources to commission further work to strengthen the role of voluntary sector mental health services providers in Yorkshire and the Humber.

Davey Associates have been commissioned to undertake some background and feasibility work into setting up a regional mental health services consortium which will have the following benefits for VCS mental health organisations:-

- More productive partnerships with the public sector in terms of service delivery,
- Better able to bring their members/stakeholders (and their members'/stakeholders' clients') experience to bear on public agencies in terms of strategy and their regional agenda
- Developing the network in partnership with the public sector so that it will attract future resources into the VCS.

The Regional Forum would like organisations that have clients who are mental health service users or that support or act as a voice for third sector organisations delivering mental health services to shape a future regional mental health consortium. Be involved by responding to their survey of the mental health VCS and give an accurate picture of the Mental Health VCS across the Region. Click on the following link and fill in their survey. www.surveymonkey.com/s.aspx?sm=G0xPu1Zm2QWRfUB8DLH_2fMg_3d_3d The deadline for responses is 12th December. For more information. Email mark.crowe@regionalforum.org.uk

COURSE: EMERGENCY AID FOR APPOINTED PERSONS

Tuesday 11th December, 9:30am-4:30pm

Doncaster CVS, 5/6 Trafford Court, Doncaster

This course from Doncaster CVS is ideal for smaller voluntary organisations where a nominated person is required to take charge in the event of an illness or accident. It is a practical course in basic Lifesaving First Aid but also informs about Health and Safety (First Aid) Regulations. Training is provided by St. John's Ambulance. The course costs £45 but is free for voluntary organisations with an income of less than £5000. For further information or to book your place contact: The Learning and Development Team, Doncaster CVS, 5/6 Trafford Court, Doncaster, DN1 1PN. Tel: 01302 343300 Ext: 210 or 212 or email: learning@doncastercvs.org.uk

STAY WELL THIS WINTER

More people get ill in winter and the number of deaths rises. Make sure you get the right treatment this winter and [download the new winter leaflet](#) from Barnsley MBC and the NHS. The leaflet contains important information on self care during the winter months, NHS and social services information and useful telephone numbers. The leaflet can be obtained at any of the Barnsley Connects offices, from community care teams or from the Adult Services Communications team on 01226 772337.

Keeping Warm In Winter Service: You may be entitled to some extra financial help, especially during periods of very cold weather, contact Barnsley Council for more information: Welfare Rights 01226 775656 or freephone 0800 915 3339 (1pm-4pm).

If you are over 60, reliant on old age pension as a main source of income and either a home owner or private sector tenant in property in council tax bands A, B, C or D then there are grants for you to get free cavity wall and/or loft insulation. For more information phone Viscount Environmental Limited on 0800 583 7572.

BARNSELY CYCLING GUIDES

Physical activity not only improves your emotional and mental well being but is essential for good health. Regular exercise helps you keep fit, relaxed and full of energy. It protects against heart problems, high blood pressure, diabetes, obesity, depression and some types of cancer.

Cycling is an excellent form of exercise; Barnsley MBC has produced a pack of cycling guides to encourage cycling in six regions spread across the borough. Each guide has a map and route description including difficulty, time needed to complete the ride, local visitor attractions and points of interest along the route. The pack can be picked up from the VAB reception, 33 Queen's Road, Barnsley.

FREE COURSE - IMPROVING YOUR INNER HEALTH & WELL-BEING

VAB is running an eight week course beginning in January to help people understand their own health and well-being. Units covered include 'Experiences of Health and Well-Being', 'Power, Health and Well-being' and 'Community Health Development'. The course can offer learners' routes into the health or community development related fields. It uses a variety of learning techniques including discussion, illustration, role-play, project work and photography.



This course plays a vital role in achieving many health related outcomes in communities; it can offer a non-threatening way for local people to become more aware of their health, their abilities and the opportunities available to them.

The course will be running at various venues in Penistone, Cudworth and Kendray/Worsbrough. Light refreshments will be provided, childcare costs will be paid and all course materials are included. To find out more, contact Linda or Pam at VAB Training and Advice on 01226 206294 or email them at linda.smith@vabarnsley.org.uk and pam.jamieson@vabarnsley.org.uk



EARLY CHRISTMAS PRESENTS FOR SMOKERS

Barnsley's local NHS Stop Smoking Service is offering smokers an early Christmas present. From 3rd December to 31st December any smoker, who signs up for stop smoking support at the NHS stop smoking service shop in Barnsley's town centre, will be

offered vouchers, which can be exchanged at any Barnsley pharmacy, for free nicotine replacement therapy support products as part of a major effort to encourage more people to quit and maximise their chances of success.

The local stop smoking service currently offers face to face advice and support at the Quit Charity Shop on May Day Green, Barnsley Town Centre. The service is currently open Tuesday 10am-4pm, Wednesday 10am-7pm, Friday 10am-4pm, Saturday 10am-1pm. No appointments are necessary. Contact Barnsley NHS stop Smoking Service on 01226 288540 for more information. The team is planning a move to new more spacious premises just across the road on Eldon Street early in the New Year.

Rachel Foster, Stop Smoking Service Manager, said,
"People can often make a few attempts to go smokefree but taking the first step is what's important and getting the right help to do so. You are up to four times more likely to succeed in quitting with Nicotine Replacement Therapy and the support of your local NHS Stop Smoking Service than you are by willpower alone. Just call in and see us, we've got friendly advisors on hand to answer any of your questions and talk about what products may be best for you."

DIET ADVICE FOR THE OVER 50'S

The Food Standards Agency has published 'The Good Life' leaflet, providing practical advice to help people aged over 50 improve their diets. The leaflet includes advice that may help to prevent certain chronic diseases that are common after middle age, such as heart disease, cancer and osteoporosis. To get a copy of 'The Good Life' leaflet, either download it from: www.food.gov.uk/multimedia/pdfs/publication/goodlife.pdf or contact the Food Standards Agency Publications by email foodstandards@ecgroup.co.uk or by phone on 0845 606 0667 and request a copy.

DEARNE AGEWELL PROJECT FOR THE OVER 50'S

Dearne Agewell is a new programme to promote better health in the over 50's through interesting activities. Healthy living includes lots of things it is not just about eating healthy food and getting exercise; it is also about quality of life. Having a good quality of life means different things to different people but often relates to happiness, doing things you enjoy, having enough money and making friends.

The following are some examples of the kinds of things which Dearne Agewell could help you to do:- Learn more about specific health conditions. Get a more adequate income - get advice and support to claim all you are entitled to. Dance, exercise, walk. Cope with bereavement. Express your creativity through art, drama, crafts, singing and gardening. Learn - through classes, short courses. Make friends through social activities. Learn about healthy eating through talks or cooking sessions. Be an active citizen - through

volunteering opportunities. Learn about alternative therapies - reflexology, massage, relaxation.

Age Concern Barnsley wants to hear from as many local groups and individuals as possible about what matters to you, what kinds of activities you want, how often and where. If you are interested in knowing more, would like to talk about your ideas or want to find out what Agewell groups are up to in your area, then phone Bern Johnson or Yvonne Allott @ Dearne Agewell on 01226 214820, or write to them at: Age Concern Barnsley, 36a Queen's Road, BARNSLEY, S71 1AR.

'SEE ME' ROAD SAFETY CAMPAIGN

Older people are often injured or killed in road accidents. 'See Me' is a new road safety campaign aimed at older people with two key messages:

- **Take care when getting on and off buses, especially when crossing the road at a bus stop;**
- **Make sure that you can be seen clearly by drivers.**

The campaign will be advertised on buses and at bus stops and bus stations throughout South Yorkshire. The backs of one hundred buses will have this message displayed for drivers during November so that drivers are encouraged to slow down and be aware of pedestrians particularly when it's dark.

10,000 white, reflective 'See Me' shopping bags will be distributed to the over 60's throughout Doncaster, Barnsley, Rotherham and Sheffield. Phone Age Concern, Barnsley on 01226 214820 to request a bag.

BARNSLEY DIAL-A-RIDE BUS SERVICE

South Yorkshire Passenger Transport Executive (SYPTTE) would like to remind people living in High Hoyland, Kexbrough, Darton and Mapplewell about the High Hoyland Dial-a-Ride door to door bus service runs every Friday. The service can be booked for travel between any of these areas (including Darton Surgery, Mapplewell Health Centre, Long Croft Health Centre) and Barnsley town centre. The service operates between 9am and 2:40pm for just £1 per single journey and is open to anyone who finds it difficult to use public transport and those without access to private vehicles.

To use the service passengers should call Barnsley Dial-a-Ride on 01226 298675 to secure their place on the bus. Bookings can be made anytime between 9am and 1pm (no later than 10am on the day they wish to travel).

BARNSLEY DIAL-A-RIDE AND COMMUNITY TRANSPORT is a not-for-profit organisation with charitable status. It provides a range of safe, accessible and flexible transport for the residents of Barnsley who find it difficult or impossible to use public transport as well as to other individuals and community groups,

such as Scout/Brownie groups, church groups, tenants' and residents' associations, etc.

Services funded as part of Travel South Yorkshire include the following: Dial-a-Bus, Dial-a-Ride, Access Car, Group Travel (group travel covers anywhere, available any time with own driver, otherwise subject to driver availability), Dearne Valley Community Transport, Penistone Rural Ride and the Coalfields Community Transport Initiative.

Areas covered are generally anywhere in the Barnsley borough although contact operator for full details and travel costs. Contact details: write to Barnsley Dial-a-Ride and Community Transport, Pontefract Road, Hoyle Mill, Barnsley, S71 1JA, email info@barnsleydialaride-ct.org or phone 01226 298675.