

Borough Monthly

Issue 6

May 2016



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BEDFORD
BOROUGH COUNCIL

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Newsflash

Café for Priory Country Park

The Council is inviting tenders to develop and run a café in the visitors centre at Priory Country Park.

The multiple award-winning country park, which was awarded Green Flag status for the fourteenth year running last summer, already provides wonderful facilities for families, dog walkers, water sports, fishing and nature fans. The park is one of Bedford Borough's top visitor destinations, attracting over 320,000 visits each year.

Look out for updates on this in future editions of Borough Monthly.

Healthy relationships equal a healthy mind

This year's theme for Mental Health Awareness Week is relationships.

Creating healthy connections with people is an important part of our mental health and wellbeing.

Taking time to focus on the quality of our relationships with friends, family and colleagues, can be just as important to our health and wellbeing as eating well or exercising more.

People are being encouraged to support this year's campaign by making a 'relationship resolution' and connecting and nurturing a relationship that matters to them by:

- 'Taking five' with a colleague over a cup of coffee or tea
- Actively listening for half an hour to a family member or friend
- Getting in touch with a former colleague/friend/family member
- Gardening with a friend/family member

This Mental Health Awareness Week leaflet gives more information on relationships and mental health. You may also like to take another look at the Five Ways to Wellbeing campaign about everyday things you can do to improve your feelings of happiness and wellbeing.

Stay Connected!

Be the first to hear about the latest shows at Bedford Corn Exchange and find out what's coming up at The Higgins Bedford. Get updates on bin collections, libraries and recycling; when you sign up to email bulletins from Bedford Borough Council – you stay connected to what's going on locally.

Follow this link below and sign up to as many bulletins as you like - <https://public.govdelivery.com/accounts/UKBEDFORD/subscriber/new> - we'd love to keep you informed!

Stay
connected

Do you need help with design? Want to get something printed?

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Multihog unleashed on Bedford Borough's potholes!



Bedford Borough Council has deployed a new weapon in its battle against potholes – the 'Multihog'.

The innovative multi-purpose vehicle – considered the Swiss army knife of highways equipment – has already fixed dozens of potholes and a

multitude of other defects on the borough's roads since it was introduced last month.

The council's pothole hit squad is now reinstating between 100 and 150 square metres of road surface a day, compared to up to 40 square metres using traditional methods. This enables the workforce to finish repairs in any given area much more quickly.

With bolt-on specialist attachments, the Multihog can also perform a number of different jobs, including gritting, cleansing, snow-clearing and grass-cutting.

The machine can churn road surface to depths of up to 125mm in 400mm strips – in half the time it would take two workmen with hand-held drills. Its road speed of 40km/h also enables it to travel independently around the

borough from one job to the next and this manoeuvrability is much more convenient.

As well as time-saving benefits, there is good news on the health front. Using the Multihog means no hand-held drills, which in turn means a lower risk of hand-arm vibration syndrome – a significant cause of ill health in people who work with hand-held power tools.

A pothole hit squad service was launched by the council in January 2011 to provide a quick response service to carry out permanent repairs to potholes. Since its launch, the service has repaired more than 12,000 potholes across the borough.

Local residents who wish to report a pothole are asked to contact the Highways Helpdesk on 01234 228661 or visit www.bedford.gov.uk

Discover the history of Bedford's Embankment



You can discover the fascinating history behind the town's 'Jewel in the Crown' thanks to the installation of an interpretation board on Bedford's Embankment.

For example did you know what

happened to Old Waterloo in Bedford? Or, that a Russian Crimea gun was once on show in the town? These and many other interesting facts are now on display thanks to the work of Bedford tour guide and local historian David Fowler.

The board, designed by Drawing Attention, covers topics such as the story behind the building of the Embankment Gardens, the Suspension Bridge, Longholme Boating Lake and the Bandstand.

David was awarded funding by Bedford Borough Council to

produce the board, and he was supported in his research by the Bedfordshire Archives and Records Service. This is one of a number of history information boards David has been involved with around the town.

Mayor of Bedford Borough, Dave Hodgson, said: "On behalf of the council I'd like to thank David Fowler and all those who contributed to the project. We are really pleased with the interpretation board and we hope it will be enjoyed for many years to come. It's a great addition to the Embankment and provides a fascinating insight into the area's rich history."

Council launches new 'Triple P' Parenting Programme

When it comes to raising children and teenagers, everyone has an opinion. There are so many ideas out there, so how do you know what is best for your family? Bedford Borough Council's Early Help team have joined forces with partners from the voluntary sector and schools to deliver the Triple P - Positive Parenting Program

which offers parents simple tips and practical strategies to help manage the big and small problems of family life.

The free service is aimed at families with children of all ages, and addresses problems like tantrums, teenage rebellion, self-esteem issues, bedtime battles, disobedience and aggression.

Triple P sessions and workshops will be delivered in schools and local community venues in Bedford over the coming months.

For further information on where and when Triple P is being delivered near you please contact earlyhelp@bedford.gov.uk, or call 01234 276147. Or alternatively visit us at www.bedford.gov.uk/earlyhelp.

Time to Foster, Time to Care



Every 20 minutes across the UK a child comes into care, in need of a foster family.

'Time to Foster, Time to Care' was the theme behind this year's Foster Care Fortnight.

Do you know someone who could offer a young person a home? We are currently in need

of more fostering households within the Borough for both short and long term fostering.

The Fostering Team (pictured above) have been raising awareness through a number of events such as a creative competition running for children living with foster families, a picnic in the park for foster carers and their children and attending the High Street Showcase on Saturday 4 June.

If you know someone who could join Bedford Borough's Fantastic Foster Carers, please



get in touch with the team on 01234 718718 or email adoptionandfostering@bedford.gov.uk.

Have you had your free NHS Health Check yet?!

An NHS Health Check is like a midlife MOT and has the potential to add disease free years to your life. The programme is for adults aged 40-74 and aims to capture those who are not already under regular review by their GP (those without pre-existing heart disease including high blood pressure and high cholesterol, diabetes, kidney disease, stroke or vascular dementia). Read on to find out more on how you can get checked!

Where can I have my NHS Health Check?

During the 20-30 minute appointment, your healthcare professional will take the following measurements:

- Height, weight and body mass index (BMI)
- Waist circumference
- Blood pressure and pulse
- Cholesterol blood test

Many GP practices can take a finger prick blood sample from you on the day however some will ask you to have a blood test prior to your appointment. Ask your GP practice ahead of your appointment or visit www.bedford.gov.uk and search 'NHS Health Check' to see if your GP practice offers finger prick blood testing.

You will also be asked some questions about your lifestyle including:

- Physical activity
- Alcohol intake

- Smoking status

This information will be put into a calculator to predict your chance of developing cardiovascular disease. It is important to know if you are at risk so you can be supported to take action to improve your health.

How often can I have an NHS Health Check?

You will be invited to attend an NHS Health Check once every five years if you are between 40 and 74 years old, as long as you don't have a pre-existing condition.

Ask your GP surgery for more details or go to www.bedford.gov.uk and search NHS Health Check

The Davis Cup comes to Bedford!

The Davis Cup trophy visited Bedford on Tuesday 17 May.

The Davis Cup is the premier international team event in tennis. The trophy was lifted by the Great Britain team (which includes Andy and Jamie Murray, pictured) in November 2015 - Great Britain's first victory in 79 years.

The trophy was on full view on the The Embankment (next to the Butterfly Bridge), with the Council's Sports Development Team offering 'come and try tennis' sessions on Longholme Meadow and Russell Park.



Bedford's Big High Street Showcase

On Saturday 4th June, the Bedford Big High Street Showcase will be taking place once more between 9.30am and 4.30pm.

The annual event is organised by the council and features entertainment and activities provided by a large number of volunteers, community groups and local businesses. The day helps to promote Bedford's town centre retailers, particularly the independent businesses, which are located in and around the High Street.

Over 30 businesses will be trading outside on the day,

demonstrating their products and services, with many at special event prices alongside the Handmade in Bedfordshire Craft Market. Further attractions include children's entertainment; face painting, craft and cultural activities and funfair rides; the Owls from The Raptor Foundation will be back and the live music and dance stage will be showcasing local talent.

There'll also be the opportunity to practice your golf swing on the inflatable golf shot or to try your hand at kayaking, table tennis or tennis. Children can have a go at egg and spoon races on the sports

day track or even try the climbing wall. This year will also see the Army Reserves in attendance with some of their vehicles on show for you to take a sneak peek.

Bedford High Street will be closed to traffic from the junction at St. Peter's Street to the north of St. Paul's Square and from Duke Street on Mill Street, from 6am to 7pm.

For further information, please go to www.bedford.gov.uk/highstreetshowcase or contact Sian Hughes on ext: 44257 or email sian.hughes@bedford.gov.uk

Bedford's 14th Annual International Kite Festival

Bedford Borough Council is getting ready to host the 14th Annual International Kite Festival on Saturday 11 and Sunday 12 June, in Russell Park, Bedford - and you're invited!

Each year, this free event attracts thousands of visitors to Bedford and is a great day out for the family, showcasing kites from around the world.

This year's event will include kite

demonstrations and workshops for children and adults, as well as food, drink, entertainment, music and more!

The Kite Festival is open on Saturday, from 10am - 6pm, and on the Sunday, from 10am - 5pm.

If you would like any further information, please visit www.bedfordcornexchange.co.uk/outdoorevents or contact the Events Team on 01234 718617.



BEDFORD'S

BIG HIGH STREET SHOWCASE

SATURDAY 4TH JUNE 2016

9.30AM TO 4.30PM

*Enjoy some summer fun for all the family
at our Bedford High Street festival!*

LADY K MUSIC & DANCE STAGE

LOCAL BUSINESSES SHOWCASING SERVICES,
OUTSIDE TRADING & DEMO'S

HANDMADE IN BEDFORDSHIRE MARKET
& COMMUNITY STALLS

RAPTOR FOUNDATION OWL DISPLAY

FACE PAINTING, FUNFAIR RIDES & CRAFT ACTIVITIES

TRY YOUR HAND AT KAYAKING, TENNIS,
TABLE TENNIS OR SPORTS DAY RACES

PRACTICE YOUR SWING ON THE INFLATABLE GOLF SHOT

CHILDREN'S CLIMBING WALL



*High Street and Mill Street (from Duke Street) will be closed
to traffic from 6am to 7pm. Diversions will be in place.*

*For Car Parking Information please call 01234 718057
or visit www.bedford.gov.uk/parking*

*Pick up a programme from Council outlets, local retailers, Bedford Library,
Travel & Tourism Centre, The Higgins Bedford and Café Number 13*

FOR MORE INFORMATION, PHONE: 01234 276257 / EMAIL: SIAN.HUGHES@BEDFORD.GOV.UK

WEB: WWW.BEDFORD.GOV.UK/HIGHSTREETSHOWCASE

