

SPONSOR OF THE MONTH

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Littlecombe Park, Drake House, Drake Lane,
Dursley, GL11 4HH,
Tel: 01453 546183 or mobile 07786 066151



We are proud to announce the launch of Littlecombe Homecare - a brand new service offering quality care for individuals in their own homes in Dursley and the surrounding areas. Our services enable people to maintain their independence in familiar surroundings with the comfort and security of professional and discreet care delivered in a care package tailored to your needs.



Littlecombe Homecare is a part of Littlecombe Park, an exciting new Care Village Development at The Towers, the former residence of Sir Percy Lister.

If you are interested in finding out more about the services on offer or if you would like to develop a career with Littlecombe Homecare please contact Gill Lee, General Manager
Littlecombe Park, Drake House, Drake Lane, Dursley
GL11 4HH, Tel: 01453 546183 or mobile 07786 066151

TRAINING

First Aid - Monday 19 March, 9 am - 6 pm, Dursley Methodist Church Hall

During March, Vale Vision will be organising First Aid courses which lead to a qualification. The first course will be an all day course at a special fee of £10. Places are limited - if you are interested, please contact Vale Vision as soon as possible.

Health & Safety - Wednesday 28 March, 9 am - 6 pm, Dursley Methodist Church Hall

Following on from First Aid, the next course will be Health and Safety, again a full day course scheduled for March. To be sure of a place, contact Vale Vision today.

Walk Leader Training

This free course organised by Stroud District Council will provide advice on leading walks and certification which will enable you to access free insurance for the walks you lead. For more information on walking, visit the Strolling Stroud website, www.strollingstrouddistrict.org.

NVQ

We are currently offering NVQ level 2 and 3 to volunteers assisting in the Vale Vision premises or with our many projects. Vale Vision work is very varied and provides valuable work experience for those seeking employment.

Vale Vision Sponsorship

Sponsor this newsletter: £25 ½ page, £15 ¼ page
(charities and community groups – please ask for reduced rates)

Advertisements must be two colour only, except for a logo
Only two advertisements per copy.

Circulation: Parish, Town, District and County Council,
community venues, Vale Vision shop
Current and back copies will be posted on our website.

Sponsor a local project: Promote your company in the
Vale Vision shop, in our publications and media releases.

Contact Details

Vale Vision can be contacted by Post:

**Vale Vision Development Trust Ltd, 28
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GL11 4HX**

Telephone/Fax 01453 544933

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VISIT OUR WEBSITE: www.valevision.org.uk



Vale Vision News

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Sponsor of the Month
Ivybank Care Limited

Dates for Your Diary

Thu 8 February	7 pm
VV Board Meeting	
Mon 12 February	7 pm
Energy Meeting	
Wed 21 February	7.30 pm
Dursley Rural Beer festival Group, The Old Spot	
Mon 26 February	7.15 pm
Sports Network meeting Rednock School	
Wed 28 February	10 am
Town Centre meeting	

All meetings will be at the Vale Vision shop
unless notified otherwise

SUPERMARKET SUBMIT PLANNING APPLICATION

After lengthy discussions with Stroud District Council and Gloucester County Council, Sainsbury will submit a planning application this month. They have met with the Town Council, Parish Councils, Chamber of Trade and Vale Vision and have displayed information in the library and Vale Vision premises requesting comments. They are now ready to proceed with the next step - the planning application.



The new Sainsbury's store, to be sited on Castle Street, will mean the creation of an estimated 200 new jobs and a boost to the overall economic vitality of the town. The 20,000 square foot store will act as a magnet to encourage visitors to Dursley. Its siting along Castle Street is intended to encourage local people and visitors to the area to use the town Centre shops and facilities. The development will also lead to improvements in local services including the local sports centre and a better-equipped fire station.

The new supermarket will be built on the area currently occupied by Rackfield car park, the fire station, Dursley Youth Club and Stroud College in Gloucestershire (SCG). As a result of the deal, Stroud District Council plans to invest £100,000 in Rednock Sports Centre, contributing to the construction of an all weather pitch. Stroud College in Gloucestershire (SCG) plans to maintain a significant presence in Dursley and is currently in discussions to develop a centre on the Littlecombe site. A cash injection to Dursley Youth Club will enable it to relocate to new premises in the town.

The fire station will relocate to a new, bigger facility at Kingshill Lane, which will better serve the town and the wider community. It will have three appliance bays instead of the current station's two.

Sainsbury's Development Surveyor Jamie Cowen stated:

"We are delighted to be bringing the Sainsbury's offer to Dursley. The new store will provide the town with a high quality food retail outlet in an accessible and well-designed building which will aim to utilise energy efficient construction techniques and complement Dursley's historic character."

Vale Vision welcome the shopping choice that Sainsbury will bring to local people and look forward to the revitalisation of our town.

HEALTHY LIVING

At May Lane Surgery we are trying to improve everyone's health, and not just in the more traditional ways. We feel that to stay healthy everyone needs a number of different things. Healthy Living has many different and important components. We need to eat well, take enough exercise, be aware of common health problems and avoid things that can make us ill, such as smoking, stress, alcohol and drugs.

Living in a healthy way is not your doctors responsibility - it's yours. However we are trying to get more patients to go to the gym and can give patients prescribed exercise which they can undertake at Dursley Recreation Centre. We are also planning to give suggestions of walks to people who need to get fitter.

Another area that we consider important for well being, is the ability to be creative. We now work with an artist who will see anyone who is interested in developing their creative skills. We have also managed to show that doing Art at the surgery improves peoples mood and self esteem.

The doctors from the surgery visit Rednock school on a regular basis to teach young adults about safe sex. Another innovative idea that is being pioneered by one of our doctors is to give older school children access to medical knowledge so that they can make wiser choices about their health and when and why they come to the doctor.

Staying Healthy could never be organised by the NHS. They have got too much on their plate. Its up to all of us. And you don't have to become an obsessive. You can change your life in small ways, either to benefit you, or others. I am trying to cycle to work once a week. Its not much, but at least it's a start!

Dr Simon Opher

FACTS 4 LIFE

Since September students at Rednock school have been engaged in an out of school project to learn about what makes us ill. They have already begun developing an information website for their peers and the wider community, www.facts4life.org, as well as the beginning of an online game. This game mixes chance and choice – much as Monopoly does – to help show how both the choices we make and chance play a role in our health.

This project is a good example of the Government's aim to achieve 'joined up thinking' as it brings the debate about illness and wellness into the school arena and out of the doctor's surgery. The students are being helped by the collaboration of a local GP, Hugh van't Hoff and teachers Ann Hobdell and Nigel Meredith. The project is also supported by The Learning Community.

For more information about this project please contact info@facts4life.org

A NIGHT BUS FOR DURSLEY

Exciting News - Dursley, Uley, Cam, Dursley & District are to have a bus which will pick up locally to arrive at Stroud in time for the Cinema, the Bowling Alley or Cotswold Bowls. Commencing Friday 23 February, it will arrive in Stroud at approximately 8 pm and return about 11 pm after the performance has finished. It will run on a Friday and Saturday evenings for a trial period of 4 months to investigate demand. Special offers are being discussed with the Cinema and Bowling Alley Use it or lose it!

Stroud Nightbus has been running for some time and in November Vale Vision opened negotiations to extend the service to Dursley. Vale Vision collated a survey from Rednock School and the local Youth Council and this was given together with a recent Vale Vision Community survey as evidence that local people would use a bus if provided. This bus will be at standard rates and even with these rates will be subsidised by money from the second homes tax from Stroud LSP. Approximate schedule below:

Uley 7.00 Dursley 7.05 Cam 7.10 Cambridge 7.15 Eastington 7.25 Stroud 7.50

The bus will stop at regular bus stops along the route. Please arrive in plenty of time.

The existing Stroud Night Bus timetable, leaflets and web-site will be updated to include details. (www.stroudnightbus.com). Telephone Graham Stanley (Vision 21 & Stroud Nightbus) 07885-042785 Watch the Vale Vision window during February for details of routes and times.

SPORTS 4 ALL

The Cam, Dursley and District Sports Network was formed to let the whole community gain access to and enjoy the benefits of sport and recreational activities in the area. Sports clubs, schools and local authorities have come together to make sure that sporting and recreational opportunities are available to as wide a range of the public as possible.

The Network will promote existing facilities, try to ensure that clubs can benefit from mutually advantageous opportunities, like access to training, and promote and lobby for new sports facilities in the area.

Besides the successes of our local adult teams there have several achievements by individuals and teams in local schools. For example, playing superb football Cam Everlands and St. Joseph's, Nymphsfield, shared the honours in the tournament for the bigger primaries in the area. St Josephs went on to win through to the county group. Last summer Dursley Primary School was re-awarded a Gold Mark for sport, a rare achievement for a primary school.

Meanwhile at Rednock School Arron Hawley year 11 has been selected for the south west u16 rugby development squad. Oliver Winterbottom has reached the south west u18 squad for Rugby and stands a chance of having an England trial. Rednock u13 Football team is through to the semi-finals of the county cup.

To make the most of these and like successes the Sports Network aims to promote good links between the schools and the community. Bids for funding for improvements for sports and recreation will generally only be available when a high degree of collaboration can be demonstrated between clubs, schools and the rest of the community.

Several steps towards co-operation have already been taken through projects such as the expansion of the Rugby Club grounds at Stinchcombe by Dursley Rugby Club. The Club has already been in discussion with the Dursley and District Athletics club to see if it is possible to use the new area for athletics. Cam Parish Council, through its JPlay project, is seeking to improve and expand the sports surfaces at the Jubilee Field. An all-weather pitch, available to clubs outside school hours, is planned in the scheme for re-building Rednock School.

The Sports Network will help to provide a ready means of communication between schools and clubs so that they are aware of these facilities, and will help promote their use. It will also be a means for clubs to obtain support from the community for their own funding bids. If you or your club are not a member of the Sports Network and would like to join please contact the Membership Secretary, Miranda Clifton, (Tel: 01453 545512; e-mail: cllr.miranda.clifton@stroud.gov.uk) or the Vale Vision office.

COTSWOLD CANALS PARTNERSHIP - Capel's Mill Consultation

Public consultation on the route of the Thames & Severn Canal through Capel's Mill (also known as Frome Banks, South side of Dr Newton's Way opposite Waitrose) is being carried out throughout January by the Cotswold Canals Partnership. Three options are being considered for the route of the canal through Stroud - across the River Frome or through the waste site which could involve either total or partial removal of the waste.

Members of the Cotswold Canals Partnership have handed out consultation questionnaires at various locations in Stroud over 8 days in January (13, 17, 19, 20, 21, 24, 26 & 27). An information display of the 3 options were displayed at the Project Stroud shop, and members of the Partnership will be at Capel's Mill site, Waitrose and Stroud Town Centre during the 8 consultation days.

Roger Hanbury, Chair of the Cotswold Canals Partnership, said, "This consultation process has been designed to encompass all stakeholders. We want to make sure the restoration of the canal provides maximum benefit for the community and environment of Stroud and we need to hear from as many people as possible".

DURSLEY RURAL FESTIVAL, 25 - 28 May

A Celebration of the launch of the Cotswold way as a National Trail with a 3 day walking festival, camping available. The festival will include Farmer's Market and Craft stalls, Bands and concerts, Barn Dance, Demonstrations of Rural crafts and activities as well as a Beer Festival of ales along the Cotswold way. For a regular update on details, visit: www.valevision.org.uk.