

LONG ASHTON & LEIGH WOODS NEWSLETTER



**AUTUMN 2007
& WINTER 2008**

NOVEMBER - DECEMBER 2007 & JANUARY - FEBRUARY 2008

Please note that this Newsletter, whilst preserving strictly a non-political nature, provides a forum for the views of the people of Leigh Woods and Long Ashton. The members of the Parish Council do not necessarily share those views.

Un-attributed articles however are meant in general to be for the information and entertainment of the public and are largely authoritative.

The Editorial Group reserve the right to accept, reject or edit any material submitted for publication.

Editorial Group for this issue - Marilyn Addis, Jean Pullin and Mary Uppington

***By submitting articles for publication
you are also giving approval that they can also be used
on the parish council website:
www.longashtonparishcouncil.com***

DISTRIBUTION

Long Ashton

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Vicarage Road, Leigh Woods
Tel: 0117 973 9876

Future copy should be clearly labelled 'NEWSLETTER' and sent to

45 Long Ashton Road, Bristol BS41 9HW.

The CLOSING DATE for copy for the next edition covering the 4 months
March - June 2008

midday 1st February 2008

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Front cover photo is The Traffic Island at the eastern entrance to the village.

CHAIRMAN'S LETTER OCTOBER 2007

By the time you receive this newsletter you will, I believe, have received some outline proposals, from North Somerset Council, for extensive house building within, and close to our parish. These proposals stem from the governments enormous target of house building over the coming years, which are being implemented through the 'South West Regional Assembly'.

The targets are, in my view, excessive in the extreme, and they address the symptoms and ignore the causes that lead to the perceived need for this level of new house build. The result will be the rape of our greenbelt, which has served us so well in recent years in preventing urban sprawl, and protecting a quality of surroundings which we will probably only value fully once they have gone forever.

Your Parish Council is in discussion with Officers of North Somerset regarding this issue, and will be active participants in consultations regarding it. In due course we will hold a public meeting in order that your queries and concerns can be addressed, and your views expressed.

Vandalism & Nuisance behaviour is an ongoing sore in our village and is a cost to us all through the Parish precept, if not directly through damage to your property. It is however only a very few individuals who are the cause. It is very important that you report any wrongdoing that you witness by phoning the **Police on 0845 456 7000**. It is only by doing so that this inane behaviour will be discouraged. Your help in this way, together with other initiatives will, I trust, go a long way towards reducing the problem.

It is important for us all to support our local shops and services; if we do not use them we will eventually and inevitably lose them. In particular I highlight our Post Office, which is now open during the lunch hour. There is to be a cull of Sub Post Offices, let us make sure that ours is not one of the victims. I for one will renew my Road Tax in Long Ashton later this month, which is of course only one of the many services that the Post Office can provide. Will you use our Post Office this month?

On a positive note I am pleased to say that Long Ashton has won the C.P.R.E. (Council for the Protection of Rural England) award for best village in the old Avon area. This award is made to the village that in their view has a particularly dynamic business, professional and social mix of activities. Well done Long Ashton; it is well deserved.

Charles Cave, Chairman, Long Ashton Parish Council.

CONGRATULATIONS TO THE WINNERS

Best Kept Road
Fenshurst Gardens

Best Kept Cul de Sac
Catley Grove



Judge's Comments:

This is not an easy competition to judge. Indeed it is extremely difficult with so many roads having very varying numbers and types of housing. However, I was delighted by the overall high standard and lack of litter to be found in nearly all areas. Many residents had obviously made huge efforts to tidy their "frontage" and enhance it with flowers and neatly tended gardens. Most hedges had been neatly clipped but sadly a few let the side down. I know it is not the resident's responsibility but it would have been a bonus if residents had taken action to remove the occasional weeds in the kerb gutters outside their property. All the residents of Long Ashton are to be congratulated for their efforts.

Mary Payne MBE, M.Hort (RHS), MI Hort

FOOTPATH WALKS

Sunday - November 4th / December 2nd / January 6th / February 3rd

Please meet at Humberts Estate Agents at 2.30 pm

Leaflets of the Circular Walk are available from -

The Angel Inn, The Little Tipple and The Library



Harry Williams Tel: 392690

PLANNING



Yet another application is giving cause for concern. Plans have been put forward to demolish Bowman's Lodge, 14 Long Ashton Road, and build instead 3 one-bedroom flats and 6 two-bedroom flats with associated office space.

The Parish Council has objected strongly and recommended refusal of these plans. They consider there is no need to demolish this perfectly habitable, unique, architect designed bungalow which is an outstanding example of 1970's design with a link to the original roadside wall. Any alteration will change the appearance and character of this area. Furthermore the design of the proposed replacement building is quite out of context in this Conservation Area, will not blend into the surrounding landscape and would be a vast over development of the site. Should North Somerset Officers be thinking they will approve this application then our District Councillors will ask for this item to be brought before the Central Area Committee.

Plans for the land off Keeds Lane were finally approved by North Somerset Councillors in August so we should soon be seeing the land being laid out for public open space including a pitch area, amenity area and public path link from Fishers Mead to Keeds Lane. This will provide another area of open space in our village which is currently short of recreational facilities.

Development of the former Barrow Hospital site has been to the fore. Although this site is not in our parish, as a neighbour, we have been kept informed of plans and been included in discussions. The latest request from the applicant is to vary the original outline permission to allow a considerable increase in the area for office space. Our Council has objected to this request because the size and height of the buildings on this Green Belt site, will be greater than those being replaced. Also, the main access to the site will be through Wild Country Lane from Weston Road. With the increase in vehicular numbers giving an estimate of around 3,000 trips per day this will make the traffic flow through our village unmanageable and lead to traffic congestion at the Weston Road junction.

Mary Uppington
Chairman, Planning Committee

LONG ASHTON LIBRARY

North Somerset Council

Lovelinch Gardens, Long Ashton, BS41 9AH. Tel: 01275 392358

E-mail: longashton.library@n.somerset.gov.uk

Goodbye Liz We said a sad farewell to Liz on 12th June. It was lovely to see so many of you at the coffee morning; it made it a very special day for Liz. She's looking forward to an active retirement with lots of travelling and gardening (though not at the same time!)

The Big Wild Read Over 130 children in Long Ashton joined hundreds of others in North Somerset to take part in the Big Wild Read. The theme was environmentally based this year. Well done to all those who completed the challenge and collected a certificate and medal.

Children's Survey In the first week in October children and young people coming into the library were invited to take part in a national survey. They were given the opportunity to have their say on what changes they would like to see in the library. The results will help us improve children's services for the future.

Bookstart Book Crawl Under 4s can join this game, where they can collect a sticker every time they visit the library. When 5 stickers have been attached to their special card they are presented with a colourful certificate. There are several certificates to collect and this game continues all through the year.

Bookstart Plus Packs Every child aged 18-30 months is now eligible for a free Bookstart+ pack, which consists of a colourful bag containing books, crayoning set etc. If your child hasn't already had one, you can ask for one at the library.

Renewing books and other items This can be done at any time by ringing 0845 002 0777, or on-line at www.librarieswest.org.uk. you will need your borrower number (beneath the barcode on your library card) and PIN.

Opening Times

Tues and Thurs	10 - 1 and 2.30 - 5.30
Fri	10 - 1
Sat	9.30 - 12.30



Jackie Troth (Library Assistant)

Long Ashton Library - *The Future*

In conjunction with the Parish Council and utilising developer contributions, the library is currently reviewing the existing pattern of opening hours with the intention to increase hours and develop the range of services available in the library. Development of the services could range from additional items for loan, for example DVDs or Music CDs; as well as an extension to the daily time allocation for using the Library Plus computers.

As part of the Libraries West Consortium, your library membership gives you access to libraries throughout North Somerset, Somerset, Bristol, South Gloucestershire and Bath & North East Somerset. You are able to access more than 2,000,000 items all available for reservation online at www.librarieswest.org.uk. However, through developing local library services we aim to build on the existing library membership here in Long Ashton, and with in excess of 17,600 visits in 2006/07 we believe that there is certainly interest from the local community to support this.

Further information will be available in the library and the usual Parish Council routes in the New Year, but if you have any questions or comments please do not hesitate to contact the Library Operations Manager at the contact details below:

Victoria Flower, Library Operations Manager, North Somerset Council,
Winter Gardens, Royal Parade, Weston super Mare, Somerset, BS23 1AQ.

Tel: 01934 426658

victoria.flower@n-somerset.gov.uk

North Somerset Council Website: <http://www.n-somerset.gov.uk/>

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BRISTOL SAILORS' SOCIETY

Bristol Sailors meet at the British Legion Club on the 4th Thursday of the month at 7.30 for 8.00 pm.

At their November meeting Roger Bliss will talk about his trip on the Matthew when he sailed from Falmouth to Bristol.

“REMEMBER WHEN” (1990)

There must be many newcomers to the village who would be interested in how the Road Traffic Islands came to be in their present state. The road widening contractors had left the islands simply covered in bare tarmac. A scheme was devised to make the entrance to the village more attractive and welcoming. It was funded by the Parish Council and Woodspring District Council (WDC) and carried out by volunteers.

There are more pictures available of the replanting in 1996 after the drought and intense heat of summer 1995 and insufficient soil killed most of the plants. WDC then gave a £500 planting grant for shrubs and landscaping.

Durnford Quarry donated stones to hold in place the extra topsoil donated by Long Ashton Research Station who also advised on the choice of shrubs. The work was again carried out by volunteers.

Rosemary Evans



Traffic Islands -
result of road widening scheme.

Tarmac removed - stone and stone
dust donated by local quarry.





Newton Training team laying out flower beds and digging holes for trees.



The finished job after four weeks work.



Avon Wildlife Trust

Long Ashton Group

Thursday 15th November Royal British Legion 7.30 pm
Helen Williams - "Summer and Winter in the Hebrides".

**Saturday 17th November Keedwell Church 10.00 - 11.30 am
Christmas Bazaar**

**Coffee and Mince Pies • Homemade Christmas Puddings
Cake and Book Stalls • Preserves • Helen's Christmas Cards & Pictures**

Thursday 20th December Royal British Legion 7.30 pm
Tony Moulin - "Moor Tales" -
Conservation work of the Yatton & Congresbury Wildlife Action Group.

2008

Thursday 17th January Royal British Legion 7.30 pm
Andrew Town - "The wonderful world of insects"

Thursday 21st February Royal British Legion 7.30 pm
Nick Wray - University Botanical Gardens

*Our flag day on September 22nd raised £209.36.
Thank you to our collectors and the village for supporting us.*

Joy Williams 392690

Blood Donor Session

The Village Hall, Keedwell Hill, Long Ashton

Friday November 16th 2007

13.30 - 15.15 and 17.00 - 19.15

YOUTH HOSTEL ASSOCIATION

Over the last few years the South West has seen several Youth Hostels close down in fantastic countryside. In Somerset during the last year Crowcombe Youth Hostel closed and now this summer/autumn Holford (now known as Quantock Hills) also closed as of 30th September. This is due to a drop in the numbers using Quantock Hills.

A rescue plan was tried to save both hostels (Crowcombe and Quantock Hills) but to no avail.

This winter Y.H.A. Cheddar will be closed for refurbishment. Exford (near Minehead) and Minehead Hostel will be open.

If anyone who enjoys hostelling is interested to know more, there will be an A.G.M. at Bristol Youth Hostel on 10th November at 1.00 pm.

To find the Y.H.A. Bristol - it is next to Jury's Hotel. If you are a Y.H.A. Member you need to bring your membership card to attend and to enable you to vote.

Richard Duggan.



LONG ASHTON COMMUNITY ASSOCIATION

PART-TIME JOB VACANCIES

Indoor Cleaner for our Community Centre
10 hours per week - flexible

Relief Caretaker for our Community Centre
*To provide cover for one weekend every month,
and Caretaker's annual holiday.*

The above jobs could be combined if appropriate.

**For more information please contact:
Jane Colman on 01275 392102**

LONG ASHTON SURGERY NEWS

2007 has proved to be a challenging year at the surgery. We have been planning for the influx of new patients since the premises were enlarged in 2004 but had not expected the staff changes which have occurred. We recruited two receptionists and a Practice Nurse during the summer. They are a welcome addition to the team and we can now look forward to the future with confidence. We will have three reception staff on duty every morning and two every afternoon, although one or two of them may be working upstairs. There is a bell on the front desk if a receptionist is not immediately visible.

The Self Check-in Touch Screen in reception has been a success for most of our patients. Our older patients have been very pleased, when they have found the 'new technology' so easy to use. It reduces queuing at busy times and enables the reception staff to deal with more complex queries. We have had comments about introducing an impersonal service but the receptionist is always happy to discuss your concerns. You can choose to check in for your appointment at the desk, if you do not wish to use the screen.

The Baby Clinic is going back to the Village Hall. It will be held every MONDAY starting Monday October 8th in the Club Room at the Village Hall between 1.30 pm and 3.30 pm. We hope this will prove a popular change, as the facilities at the surgery are very limited.

Autumn brings our annual Flu Clinics. Everyone over 65 before 1st April 2008 and those on our chronic disease registers will have received a letter inviting them to make an appointment. We are holding two Saturday clinics this year - 13th October and 10th November also Wednesday 31st October. Other dates may be available if those are fully booked.

The Long Ashton Surgery Patient Group meets every 2 months and have been very helpful in enabling the practice to respond to patient concerns. We are affiliated to the National Association for Patient Participation (NAPP). They are organising information evenings on various health topics. This first one planned is on Diabetes - Do keep a look out for notices advertising the event.

We need more people to get involved so that the views of all different groups in the community are represented. Please contact John Reynolds or any member of the committee if you may be interested. Ideally we would like 2 or 3 more members especially someone to represent our younger male patients.

Members of Long Ashton Patient Participation Group (LAPPG) are as follows:

John Reynolds (Chair)	8 Chestnut Road	392292
Bill Davies	4 Parsonage Road	392521
Lynda Hancock	5 Heath Ridge	543653
Heidi Evans	43 Ridgeway Road	393266
Pat Preston	7 Rayens Cross Road	392825
Jean Pullin	1 Lovelinch Gardens	393617

The Surgery Website is to be found at: www.longashtonsurgery.co.uk

Please visit it and let us know your comments - it is updated every quarter. In time we hope to enable you to book appointments on line.

Eileen Butterworth - Practice Manager

DIABETES

- What is diabetes?
- What are the symptoms?
- Who can be affected?
- What are the treatments?

Diabetes can affect anyone.

The Long Ashton Surgery Patient Participation Group are arranging an evening in the Jubilee Pavilion in late November when a Practice Doctor and Nurse will talk about and answer questions on Diabetes.

This is open to all - sufferers and those who want to know more about the condition.

Look out for posters on notice boards and in LA Direct for more information on the date and time. Come to the meeting and be informed.

Cycle Route Latest: Lottery Bid includes Nailsea-Bristol route

The UK's sustainable transport charity Sustrans is joining up the dots between communities and local amenities with its groundbreaking new Connect2 programme.



Opening of Flax Bourton Greenway
on 11th August 2007

“We’re working on a total of 79 Connect2 projects to create practical and accessible routes for walkers and cyclists. By changing the way people move around their communities, Connect2 will have a positive impact on people’s health and the environment now - and for generations to come” explains Sustrans Chief Executive John Grimshaw. He welcomes Connect2 being short-listed for a grant of up to £50m in the Big Lottery Fund’s Living Landmarks ‘The People’s Millions’ competition.

The Nailsea-Bristol route is one of these projects. It will make key links and connections for people living in Bristol, Long Ashton, Nailsea and Backwell. The scheme joins already completed sections in Long Ashton and Flax Bourton and will offer attractive new routes to Tyntesfield for National Trust visitors and to Nailsea and Backwell Schools for staff and students.



Route through Long Ashton
linking Birdwell and Northleaze Schools

The route from Long Ashton to Bristol is a continuation of the path that now ends at Yanley Lane. It will be mostly off-road and traffic free. There will be safe links into Ashton Park near the Dovecot Pub and at Kennel Lodge Road, Bower Ashton. There will be a more direct route from Bower Ashton to Bristol’s existing walking and cycling network near the Create Centre.



End of path at Yanley Lane



Proposed route to Bristol

The route being negotiated enters Bristol across the playing fields of Ashton Park school and goes along Parklands Road and Courtlands Lane to a proposed new crossing of the A369 Clanage Road. The route then crosses the Portishead branch railway line via a little known bridge that gave access to a former railway depot. From here the route to the Create Centre is through a new development that will replace the demolished Megabowl and across the River Avon via the former Ashton swing bridge, now open for walking, cycling and horseriding.



Bower Ashton Bridge across the Portishead Branch Line

The scheme includes a new traffic-free link from the Create Centre into Hotwells via Brunel's 158 year-old swivel bridge at the docks entrance, (disused since 1968) that will be re-commissioned for the purpose.



Link across docks entrance using Brunel's forgotten swivel bridge

If the Connect2 Bid is to succeed, please register your support by one of the following methods so that you can be updated with information on the public television vote, due early in December:

- **Visit www.sustransconnect2.org.uk**
- **Text Connect2 to 80010**
- **Telephone 08450 581 373**

CHURCHES WORKING TOGETHER

to transform our local community

Please join us for

Puddings and Punch

at 8.00 pm in Church House
on Saturday 2nd February 2008

Contact telephone number Pauline Tanner 394102

HOBBY HORSE

Many will remember the ‘Rocking Horse’ group.

We are re-starting under a new name, but continuing with the same aims of friendship and support. The new group will offer an opportunity to relax and discuss a variety of topics over a cup of tea, while the children play. Why not come and see what we are about? Everyone welcome, of any age and with or without children.

October 31st	12.30 pm Lunch and Launch
November 7th	“Dog Collars and dirty nappies!” - Ann Sargent
November 14th	“Introducing your child to music” - Sarah Leong
November 21st	“Supportive Parents” - providing support and information for parents/carers of children with special educational needs - Jackie Oxley
November 28th	“Long Ashton Village Matters” - Sheila Hardingham
December 5th	“Winter Warmers” - share your favourite recipes
December 12th	“Surviving Christmas” - share your ideas

WHERE? - Hebron Church, Providence Lane

WHEN? - Wednesdays - 1.30 pm - 3.00 pm (except for the lunch)

Contact telephone number Liz Worthington 393820



ALL SAINTS CHURCH



CHRISTMAS SERVICES

2nd December

6.00 pm Advent Service

Reflective Service.

9th December

4.00 pm Christingle

A candlelit service for children and their families, focussing on the work of the Children's Society. (Approx. 45-60 minutes).

16th December

6.00 pm Carol Service

A traditional candlelit service of carols and readings recounting the story of Christmas. Please bring a torch. (Approx. 1 hour).

24th December

4.00 pm Crib Service

Telling the story of the nativity, as we build the crib together.
An informal service for young children and their families.
(Approx. 20-30 minutes).

11.30 pm Family Communion

First communion of Christmas.

A candlelit service lasting about an hour. Please bring a torch.

25th December

10.00 am Family Communion

A celebration for all the family,
0 - 109 years - lasts just under an hour.

Yanley Landfill - Who are We and What are We Doing?

By Mark Logan - Project Engineer - Viridor Waste Management

Viridor Waste Management Ltd has owned and operated the Yanley Landfill since 2004 when planning permission was granted for an extension and overtip to the old site. Yanley has received in excess of 500,000 tonnes of waste in this time.

The company's current operations have generated questions about what is happening on the site from members of the local community. In the following article Viridor hopes to answer those questions.

What can I see? - Looking from Long Ashton south eastwards you will be able to see vehicles disposing of rubbish and heavy machinery compacting this rubbish.

There will also be other items of heavy machinery operating on the site engineering the containment system required under our permit from the Environment Agency in order to operate the site and protect the surrounding environment.

The large white expanse to the southerly bank of the site is part of this containment system. It aids in the collection of contaminated liquids from the waste mass.

Numerous black pipes can also be seen protruding out of the ground and these serve two purposes. Firstly they enable the extraction of the contaminated liquids from the landfill, which are then sent for treatment. Secondly they are used to extract landfill gases, which are then used to generate renewable power which is supplied to the national grid. Currently the landfill generates around one Megawatt of electricity every hour - which in simple terms is enough to power about seven hundred households.

What next? - The landfill is now in its last stage of development and the last waste will probably be brought to the site around summer of 2008, although Viridor may continue to tip in the specialist asbestos cell for a little longer. From a visual perspective Long Ashton residents should stop seeing waste carts and articulated lorries tipping waste from the spring of 2008.

Engineering works will continue after this, providing a seal to the top of the landfill using the stockpiles of clay we are currently preparing for this operation. Additional extraction points will also be installed during this process. This seal is then covered with approximately one meter of clean restoration soils imported from the local area to provide the final covering to the site. This will then be grass seeded and a full restoration plan will be implemented to include broadleaf tree planting and walkways. This may take several years due to settlement of the landfill and full access to the public may be many years as we have to ensure there are no potential health and safety risks.

In recent months this activity has resulted in the landfill becoming more visible to the local community and concerns over our activities have been raised by a number of local residents. As a result Viridor Waste Management hope that this article will help to allay and answer questions. But if people have further questions they can telephone or write to:

The Area Manager, Walpole Landfill Site, Pawlett, Bridgwater, Somerset TA6 4TF.
Telephone : 01278 684735

VILLAGE SPRING CLEAN DAY IN 2008

There are always various corners in our village
which need an annual tidy up.

Have we individuals or one of our groups
who would be willing to take part?

If so please contact our Parish Council Clerk,
Marilyn Addis - telephone 393551



IS THIS YOUR DOG?



This is a letter from a responsible dog owner to all of those irresponsible dog owners in our village.

During my regular and frequent walks at the Bristol end of our village, I am astounded at the number of dogs left to bark shut in houses, garages and even dogs in gardens where it is obvious the owner is at home. This is anti-social behaviour and needs to be addressed. If you are out all day do you know if your dog barks? Ask a neighbour, it may be a long-suffering neighbour who has put up with it rather than complain.

We all accept dogs bark, but at length it becomes intrusive. These are my feelings as a dog-lover, so please consider feelings of those without dogs. You are giving us all a bad reputation.

Dog owner and resident of Long Ashton

Editorial Group:

This item was presented anonymously. We do not normally accept anonymous articles but in this instance have made a concession since we felt this is a village-wide problem.

VANDALISM AND NUISANCE

Do *you* know where *your* child is this evening?

We are constantly seeing in the press and on television the problems that a minority of young people cause all over the country. Long Ashton is no exception, there have been several unpleasant incidents personally affecting some residents over the last few years. However continuing vandalism at the Village Hall Complex could be about to affect everyone of us.



The Village Hall and environs has experienced vandalism and damage by some village youths which has cost about £2,000 per year to repair. Lately this nuisance has escalated and suggested remedies to counteract anti social behaviour will come at a very high price which every council tax payer could be paying for.

The Village Hall complex is managed by volunteer residents, appointed by the Parish Council, who give a lot of time and some hands on energy to ensure the smooth running of the area. The only paid employees, currently, are a caretaker and cleaner.

Money to fund the complex is raised by charges to the users of the halls and pitches and with a grant from the Parish Council.

If vandalism carries on at the current rate some users will cease to attend causing organisations to close resulting in loss of income.

Schemes now being investigated to protect the halls and grounds will come at an exorbitant cost which will have to be paid for by an increased charge to users and increased grant from the Parish Council. The cost of that grant would come from an increased charge in the precept made by the Parish Council to North Somerset Council which in turn could mean an increase in Council Tax for everyone in the Parish.



LONG ASHTON W.I.

Meetings are held in the Village Hall at 7.15 pm
on the 3rd Wednesday in the month.

November 21st ANNUAL GENERAL MEETING

December 12th CHRISTMAS PARTY
Competition: Decorated mince pie

WESTLEAZE W.I.

Meetings are held in the Church House at 7.15 pm
on the 1st Wednesday in the month

November 7th ANNUAL GENERAL MEETING and
WALKING THE INCA TRAIL
- Sally Sterland and Rebecca Jones
Competition: A mountain photograph

December 5th BRISTOL LADIES BARBERSHOP CHOIR
Competition: 'Twas the night before Christmas'
(maximum 50 words)

Why should we prepare our own food?

Many of us have heard that preparing the food we eat ourselves is better for us than eating convenience and fast foods. Knowing this alone is not really enough to fully persuade us to prepare our own food though. Why should you make a vegetable pasta bake from ingredients such as pasta, courgettes, peas, cheddar cheese and green pepper tonight; rather than popping a frozen ready-meal in the microwave?



When you make something yourself, you know what you put in it. Your home made pasta bake will contain items you know and understand. Many frozen ready-meals contain sugar. There can't be many of us who would put sugar in a pasta bake. Why would you? Your pasta bake is going to taste fresh wholesome, whilst the frozen ready-meal would taste fairly bland unless it had sugar to make it palatable.



Your home made meal will contain some salt, but probably (trust me, it shouldn't) won't contain as much potentially blood pressure raising salt as the ready-meal. As for ponceau 4R E124*, how much do you have in your cupboard?

Many ready-meals have a list of ingredients that can be twice the amount you would put in a home made meal. Ironically at the same time these meals contain fewer nutrients than home made meals. The processing of foods in factories, storing foods for a long time and the quality of ingredients that go into a ready-meal, often mean that the amount of vitamins, minerals and fibre are significantly less in a ready-meal than a home made meal.

Making our own meals can ensure we eat foods lower in salt, sugar and additives than ready-meals, and foods higher in the nutrients that are beneficial for our health. In addition to this, home made meals are often significantly cheaper than ready-meals - not just good for our health, but good for our pockets!



**A food and drink colouring that has recently been linked to hyperactivity in children.*

For further information about diet and nutrition, please contact Matthew Clipson, a Nutritional Therapist practising from Birdwell Clinic in Long Ashton.

07796 990 673

email: nutrition@clipson.org.uk or www.clipson.org.uk

LONG ASHTON LOCAL HISTORY SOCIETY

The Long Ashton Local History season of Winter talks is now under way and as usual we have endeavoured to book speakers covering a wide spectrum of interests. The subjects over the next six months are as follows:

- 1st November - 'Bristol Past' - Gone but not forgotten. (Chris Bigg)
- 6th December - 'A Family's 1836 Holiday in Weston-super-Mare'. (Pat Hase)
- 3rd January 08 - 'Francis Danby : Nightingale Valley and the Bristol School of Artists'. (Francis Greenacre)
- 7th February - 'Stage and Mail Coach Travel'. (Roy Gallop)
- 6th March - 'Nan's Attic'. (Eunice Elsbury)
- 3rd April - 'The Later Smyth's'. (Anton Bantock)

Our meetings take place in the Jubilee Pavilion on the first Thursday of each month commencing at 7.30 pm. New members are always very welcome.

Roy Pullin (393617)



LONG ASHTON MILLENNIUM PROJECT

Redevelopment of the Community Centre

The long awaited TENNIS PAVILION incorporating the Tennis Club Room is now nearing completion, and it is planned to have the official opening of the building next spring. Look out for the update in the SPRING NEWSLETTER.

The work to convert the flat roofed areas to pitched roofs is now complete, and so the serious work of re-furbishing the kitchen, changing rooms, toilets and main hall can now begin. It is hoped that this work will be carried out next year, so watch out for announcements of forthcoming work.

We hope to keep disruption to a minimum,
but you can't make an omelette without cracking eggs!

Dave Addis, LAMPRO Hon. Secretary.

LONG ASHTON BOWLING CLUB



We have now come to the end of our outdoor bowling season. Both the ladies and the men who play in local leagues had a successful season. Those of us who do not play in the leagues also enjoyed friendly matches with other clubs, despite the weather. We also have special days for club members only - Captain's Day, President's Day and Fun Days. We had a special club match to raise funds for the Children's Hospice South West (this year's nominated charity) and also other events. The final total raised was £619.72 which has been presented to the Hospice.

The Club had two Bowling Tours this year, one in Bournemouth in March playing indoors and the other in Weymouth in September playing outdoors. Both tours were very successful and enjoyed by all.

During the winter months some members play Shortmat in the Pavilion while others choose to play indoors in Bristol or Nailsea.

In October we start our Winter Social Evenings which are held in the Pavilion. We have a variety of entertainment and also a supper. Anyone interested in joining us can contact Alan Lewis, telephone number 01275 462030, and hopefully you will also decide to join us playing bowls outdoors when the new season starts in the spring of 2008.

Janet Lock

YOUTH CLUB

Long Ashton Youth Club is held in the Club Room at the Village Hall and offers a variety of activities including, Table Tennis, Pool, Cookery, Art, Jewellery Making, Glass Painting, Circus Skills and much more. There is a Coffee Bar and subscriptions are £1 each night.

The Club is open at the following times:

Monday	open to 11 - 25 years	6.30 - 9.00pm
Wednesday	Juniors 11 - 14 years	6.00 - 8.30pm
Thursday	Girls 11 - 25 years	6.30 - 9.00pm

Judo Club every Monday and Wednesday from 6.00 - 7.15pm.

Forthcoming events will include Movie nights, Disco, Barbecue and Trips Out. For more information telephone Russ 07825 054700.

LONG ASHTON PARISH COUNCIL - YEAR ENDED 31 MARCH 2007

Summary Income and Expenditure Account

	£
INCOME	
Precept	115,328
Interest Receivable	9,528
Burial Ground Fees	3,391
Rents	275
Highways & Footpaths	4,471
Grants & Donations	200
Capital Receipts	
s106 Receipt	420,143
Loans Received	
VAT Reimbursements	<u>10,458</u>
Total Income	<u>563,794</u>
EXPENDITURE	
Administration	41,384
Agency Services	
s137 Payments	75
Grant and Subscription	26,376
Running Costs	
Burial Ground / Churchyard & Birdwell Recreation Ground	8,730
s106 Payments	61,938
Newsletter	1,895
Highways & Footpaths	9,248
Loan Repayments	11,000
Provision for doubtful debts -	
VAT on Payments	<u>10,458</u>
Total Expenditure	<u>171,104</u>
Cumulative Fund Balance (incl. reserves)	
Balance at 1st April 2006	<u>98,448</u>
Total Income for Year	<u>563,794</u>
Total Expenditure for Year	<u>171,104</u>
Balance at 31st March 2007	<u>491,137</u>



REMEMBRANCE WEEK CONCERT

by the

**CALDICOT
MALE VOICE CHOIR**

With Guest Appearance By

THE DOWNS SCHOOL CHOIR

at

**ALL SAINTS CHURCH
LONG ASHTON**

7.30 pm, Friday, 9th November 2007

Tickets £6 available from

**The Legion or All Saints Church Office, (in
Church House, Long Ashton) or
Clifford Moss Tel: 01275 392714**

(All profit to the Poppy Appeal and the Church Fabric Fund)