

# Shinfield Rise Community Flat

## Happy New Year!

We hope everyone had a relaxing time over the Christmas period.

Thanks to everyone who supported our Panto Trip in December, we hope everyone enjoyed themselves.

We would also like to show our appreciation to the Parish Council for their generous donation towards the trip- without them it may not have been possible.

Here's to a happy and healthy 2015!



Are you ready for a change this New Year?

Pharmacy staff and students from the University of Reading will be visiting the Earley Crescent Resource Centre on Weds 14th Jan between 2-5pm. Book an appointment or drop in on the day.

Contact: 0118 921 0555.

Choose from a number of simple tests:

Blood Pressure Measurements

Glucose and Cholesterol Levels

Weight and Lifestyle Assessments

Then receive personalised lifestyle advice based on your results FREE OF CHARGE.

The service is funded by the Earley Charity and run by the University of Reading. If you miss this event, there will be another one being held in March. Contact the Crescent Centre for more info.

## Free Boxercise Sessions at Loddon Valley Leisure Centre

Tuesdays 5-6pm, for 11-16 years. Qualified instructors, pads/punch bags, work on your footwork, self defence and fitness. All equipment provided. No need to book just turn up on the day!

Please contact Cherish or Mark Edwards (0118 907 2161) for more info.



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## Come and Get Involved this January...

**Housing Surgery With Monica Farley:** Every Thursday, 11am to 1pm

**Mice Bus Visit:** First Wednesday of every month, 1—4pm at Frensham Green

**Social Club:** Will start up again in Feb, Dates in the next newsletter

**Community Club for 8-12s:** Will start up again in Feb, dates have been sent to parents— Please contact Cherish if you would like more information or if you know anyone that would be interested in joining us! We have got lots planned for 2015...

**Girls Group for 13-16s:** This group is still growing and we are calling out for more young people to get involved. This is a great opportunity to make new friends, learn new skills and have fun. Some of the activities planned include: Cooking, Art Projects, Life Skills inc. Baby Sitting Courses and out and about trips!

The group will run twice a month on a Monday from 6-7pm— Dates in the Feb newsletter. Please speak to Cherish for more info.

### Important Note for All Residents

For many years most local residents have been able to use the Amenity Service to dispose of their rubbish. Sadly, although some local residents value using the service, more and more traders are taking advantage and depositing waste, some of which is hazardous. Some 550 tonnes of waste, approx. the weight of 140 elephants, collected on WBC's amenity service goes straight to landfill every year, without the ability to sort out recyclable materials. This contradicts the councils environmental commitment under the Re3 Waste Strategy.

When new waste regulations come in to force in January next year to be compliant the council will have to sort and separate all waste it collects.

No other Berkshire unitary council offers such an amenity service.

These are some of the reasons why WBC Decision Making Executive is set to consider proposals to stop the amenity service from February 1st 2015.

There are many alternative services within the Borough, including weekly waste and kerbside recycling collections, garden waste scheme, home composting, and collections for large unwanted items. There are also two household waste and recycling centres, Smallmead in Reading (RG2 0RP) and Longshot Lane in Bracknell (RH12 1RL). Visit the councils new look webpages for more details: [www.wokingham.gov.uk/rubbish](http://www.wokingham.gov.uk/rubbish)



### Good News Stories

We love hearing from you, so if you have anything you would like to share with us then please get in touch!

We would also like your ideas and suggestions for 2015. Do you want to start up your own club, or have any ideas of one that you feel would be great to join. We welcome any ideas, if its for Cooking, Singing, Sewing. Any skills that you would like to bring to a group, just let us know!

### **Wokingham Libraries Get Better Connected...**

Wokingham Borough Libraries Service has implemented a range of new and improved I.T services across the Borough so that residents can now get much more out of their physical or virtual visit! All libraries now have free public WI-FI. New PC's installed in each library and remodelled the desks so they are more comfortable and easy to use. Use of the public PCs continues to be free! Library members can choose from around 3000 eBooks, audio books and electronic magazines which can be downloaded without leaving the home. Customers visiting the library can make use of family history databases online and much more.

The home Library Service is also still available for those who aren't able to get to their local library.

Contact Cherish for more info.

