New home for Public Health

Spring into fitness!

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New home for Public Health

21
Business & Regeneration Awards
Welcome to the latest edition of

With spring in the air, there’s never been a better time to get out and about.

O ur spring into fitness feature on pages 14 and 15 offers a whole host of ways to get active - whatever your level of fitness.

Don’t forget, our centres for learning also provide lots of activities in the evening and at weekends – check out page 17 for more details.

I’m pleased to welcome back The Tour of Britain to Knowsley later this year. Page 4 has the details of the race, which this year also includes time trials.

As you may remember, we identified significant investment last year to help address a number of priority areas for our residents. On page 3, you can see the progress we have made to deliver these priorities.

From April, Public Health will become a core council service, putting the health and wellbeing of our residents at the heart of everything we do. You can find out more on page 5.

This edition also includes details of how to set up your own food catering business, a round-up of the fantastic Knowsley Business & Regeneration Awards, and an update on the regeneration projects going on across the borough.

There’s also the usual what’s on guide on pages 28 and 29, which this time around includes plenty of activities for the whole family over Easter.

Cllr Ron Round
Leader of Knowsley Council

Council achieves excellent standard

Knowsley Council has become the first local authority in Merseyside to be judged as being ‘excellent’ in the current Equality Framework for Local Government assessment.

The framework is the national standard that assesses a council’s progress on equality and diversity.

External assessors awarded the status following a three-day inspection from the Local Government Association. The council is committed to this work to ensure that it prioritises the services it provides to residents, and is able to respond to the needs of different groups in the community.

The framework also aims to promote high levels of customer care and encourages the development of strong relationships with the community, to ensure their needs are identified, understood and acted upon.

To achieve the excellent rating, the council demonstrated that it has a good knowledge of local communities, a skilled and committed workforce, a commitment to strong leadership and partnership working, and that its services are responsive and provide good customer care.

Cllr Ron Round, Leader of Knowsley Council, said,

“ We have a strong commitment to equality and diversity and have put this at the heart of everything we do when planning, prioritising and delivering services.

The council plans to build on its excellent work in this area to continue to provide the services local people need and value.”
Your views
If you have any comments, please contact Knowsley Council’s Communications team.

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Knowsley News is also available via podcast on the council’s website and in other formats including Braille, large print and audio tape. If you are registered blind or visually impaired you should receive an audio tape version of the magazine. Ring customer services on 443 4031 or email: customerservices@knowsley.gov.uk

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Visit us on our website:
www.knowsley.gov.uk

Join us on Facebook:
www.facebook.com/knowsley.council

Follow us on Twitter:
www.twitter.com/knowsleycouncil

Front cover: Spring into fitness with the warmer weather and lighter nights

Knowsley News is produced by Knowsley Metropolitan Borough Council four times a year and distributed to all households in the borough. The next edition will be published in June 2013.

Designed by:
O’Connell & Squelch Ltd
Suite 3, Dovecote Court,
Stanley Grange,
Knowsley Park, L34 4AR
www.ocands.co.uk

Printed by The Website on Signa Coat Silk: 100% waste paper (secondary fibre), mainly from household collections, minimum 50% post-consumer waste, no chlorine bleaching in production.
We recently announced that we need to make £37 million of savings over the next three years following the Government’s substantial and unprecedented cuts to local government funding.

Initial estimates were that this could result in the deletion of hundreds of council jobs, some of which would be from compulsory redundancies.

Even before looking at this year’s budget, we have had to make savings of £31 million and reduce our workforce by 845 posts – a 19% reduction in staffing.

The latest proposals would see around 340 jobs lost over the next three years. Most of these would not be lost until 2014 at the earliest, and the council would hope to manage as many as possible through voluntary measures.

A series of budget proposals will be discussed at the council meeting in March (after this edition of Knowsley News has gone to print). If the proposals are approved, it will result in savings and a range of changes to council services. Further updates can be found on our website from the end of March.

The proposals also provide investment in some key service areas. These are particularly focused on helping businesses, supporting local residents in accessing housing, and raising attainment in the borough’s secondary schools (see the following page for more details).

Despite the huge challenges we face, we are looking to the future and have been able to balance investment in services with the need to make tough decisions and prioritise the things which are really important to our residents.

We have done our utmost to protect our essential services. Where service reductions are proposed, they are being made with care and with a view to protecting our residents as much as possible.

The proposals won’t just allow the council to balance next year’s budget - it will also be balancing the budget for 2014/15, as well as addressing over half of the shortfall that we expect to face in 2015/16. At the same time, we will freeze Council Tax in 2013/14 and we will also be delivering essential investments of over £17 million – it is unlikely you will find another council anywhere across the country who can give a similar message.

Cllr Norman Keats, Knowsley Council’s Cabinet Member for Finance and IT, said, “Despite being one of the most deprived areas in the country, we are in the top three hardest hit councils in terms of budget cuts. We have lost the equivalent of £229 per resident over the last two years compared to an average cut across England of just £91.

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Investing to improve people’s lives

The council is focusing on a number of key projects and initiatives that could really improve the opportunities, support and the lives of people across Knowsley. These include:

**Improving GCSE performance**

We have been working in partnership with some of the most outstanding schools in the North West, who are helping to improve leadership, teaching and personalised learning to meet individual needs. These partnerships are already helping year 11 pupils by increasing confidence in their English and maths.

**Supporting the development of new community-owned businesses that can break into the local economy**

We have already supported Halewood 25/26 - operators of the community café at New Hutte - to establish itself as a new community-owned business. A further four business opportunities have been identified and we are working with partners to ensure new businesses that support local communities are developed.

**Taking a lead role for jobs, skills and tackling poverty across the City Region - ensuring Knowsley residents benefit from future investments and job creation**

We have been working with our partners across the City Region to help residents access jobs and apprenticeship opportunities. We are working with schools, colleges and training providers to focus their courses on the needs of employers. We are also working with employers to create jobs within the borough.

**Making land available and investing in the development of hundreds of good quality and affordable new homes in the borough**

We have identified 66 acres of land which will provide 600 homes across the borough. Extra Care housing will also be built, which offers independent living for the over 55s. In addition, 55 empty properties have been refurbished and are now available to rent or buy.

**Helping 10,000 of our residents into long-term jobs**

We have supported recruitment events and are working with local companies who are looking for staff. Hundreds of residents have already found long-term employment. We are helping residents to develop their CV, complete application forms and preparing them for interviews.

We will continue to keep you updated on the progress of these key areas in future editions of Knowsley News.
The Good Neighbours in Knowsley Awards are back, and we are on the lookout for that special someone who makes a difference to you or your local community.

The awards are your chance to say thank you to that neighbour who helps you out with your gardening, takes you to the local shops, or is just there when you need them. Perhaps they do a lot of work in the local community, helping to make it a better place to live.

Whatever the reason, why not say thank you with a Good Neighbours Award nomination?

Anyone who lives in Knowsley can be nominated for a Good Neighbours Award, and we are looking for nominations for people both young and old.

Nomination forms are now available in all of the council’s One Stop Shops, libraries and on the council’s website (search for Good Neighbours Awards).

Cllr Ron Round, Leader of Knowsley Council, commented,

“The Good Neighbours Awards are a fantastic way of saying thank you to those special people who really make a difference. The awards have proven extremely popular in previous years and we are looking forward to receiving this year’s nominations.”

The awards are organised by Knowsley Council in conjunction with The Knowsley Partnership. The closing date for nominations is Wednesday 7 August. Winners will be announced in September.

The Tour of Britain returns to Knowsley

The UK’s biggest cycle race will be returning to Knowsley later this year.

This year’s race will take place from Sunday 15 to Sunday 22 September and will be in Knowsley for Stage Three of The Tour, on Tuesday 17 September. Thousands of people are once again expected to see the spectacular finish at Knowsley Safari Park.

The Tour of Britain organisers have announced this year’s race will also include an individual time trial. This will consist of a 10-mile circuit throughout the borough, starting and finishing in Knowsley Safari Park.

Cllr Eddie Connor, Knowsley Council’s Cabinet Member for Leisure, Community and Culture, said,

“We are very pleased to welcome back The Tour of Britain, particularly with the inclusion of the time trial. Last year’s event was hugely successful and I’m sure it will attract an even bigger audience this time around.”

The Tour of Britain is just one part of the borough’s cycling strategy, which has seen significant investment in the new outdoor velodrome and BMX track (see page 14 for more details). In addition, there are new cycle paths and a number of cycling events taking place at Stadt Moers Park, Whiston.

Further updates about The Tour are available on the council’s website.
New home for Public Health

From April, Knowsley Council will be responsible for Public Health in the borough.

The change itself won’t directly impact on you or how you access services, but it will further enhance the long-term health benefits for Knowsley communities.

Why is this happening?

The change to responsibility is part of Government reforms outlined in the Health and Social Care Act. The aim is to make public health services more joined-up, and local priorities will be set to meet local needs.

Will the changes affect me?

The changes should result in greater improvements in health and wellbeing for local residents.

You will continue to access health services in the normal way.

What are the benefits?

Public Health will be a key council service, and by managing it at a local level we can make sure we are tackling the issues which are most important to Knowsley communities.

We will use our new responsibilities and resources to put health and wellbeing at the heart of everything we do, helping Knowsley residents to lead healthier lives.

We will also use our influence to make improvements in other areas that affect people’s health such as housing, education and employment. By sharing resources and information, we will understand our residents better so that we can make a real difference to what really matters to you and your family.

How can I find out more?

Visit the council’s website for regular updates and the latest news.

What is Public Health?

Public Health helps people to stay healthy and avoid getting ill. This includes:

- Early years and school age health
- Helping people make better lifestyle decisions on issues such as alcohol and drugs use, smoking, maintaining a healthy weight and sexual health
- Screening and the early detection of diseases
- Mental health and wellbeing
- Making healthy living easier by making sure there are good working, housing and living conditions locally; ensuring access to sport and exercise opportunities for all; limiting the number of ‘junk food’ outlets near schools and discouraging smoking
- Protection against infectious diseases including outbreaks
- Ensuring plans are in place to protect the health of the public
- Providing advice to the NHS - helping them to identify and prioritise health needs and purchase health services

The Public Health team also collects information and research about local health trends to plan services that best suit the needs of Knowsley communities.
New bus routes for Knowsley

There are a number of new bus routes in Knowsley to help people get around the borough.

Five new services link Jaguar Land Rover in Halewood with Prescot, Kirkby, Bootle and Liverpool.

The routes will fit around shift patterns at the plant and other nearby factories.

In addition to the five new services, the 249 evening and weekend service links Huyton Business Park on Wilson Road with Huyton's bus and train station, Huyton town centre, Knowsley Leisure & Culture Park and the OurPlace youth facility. It is a circular route, beginning and ending at Huyton bus station.

Knowsley Council worked with Merseytravel to develop the new routes, which have been funded by the Department for Transport’s Local Sustainable Transport Fund.

School meals serve up success

Knowsley School Meals Service has been shortlisted for the Education Catering Most Improved Performer Award by the Association of Public Service Excellence.

Knowsley is one of five councils shortlisted for the national award, and was praised for its school meals service, including the quality of food and value for money.

In Knowsley, primary school meals cost just £1.70 a day, with secondary school meals costing only £1.75. This makes them amongst the cheapest on Merseyside.

From spring, pupils will be treated to delicious new menu choices as well as a range of promotions. Primary schools will enjoy monthly themed menus, whilst students at centres for learning can enjoy new summer snack boxes and nutritious food to 'grab and go'.

Knowsley signs up to climate change pledge

Knowsley Council is leading the way in its commitment to tackling climate change.

The council is the first in the North West to sign up to the Local Government Association’s Climate Local pledge, which includes a commitment to reduce carbon emissions and prepare for the future impacts of climate change.

The council has also joined the European Union Covenant of Mayors. This is a separate commitment from the council to reduce carbon emissions, and to support local households and businesses to do the same.

The overall target is for Knowsley to reduce its carbon emissions by at least 20% by 2020. Members of the covenant have access to European funding schemes and advice.
Setting up home-based food businesses is becoming increasingly popular in Knowsley.

There are now more than 30 home caterers in the borough, making everything from jams, chutneys and sandwiches, to sushi and curries.

If you are cooking up plans to turn your own kitchen into a business, speak to the council’s Environmental Health team to get advice on legislation and guidelines.

You will need to:

- Register your business with us 28 days before you start. This is free and is done by completing a simple form, which you can get from us
- Obtain a relevant food safety qualification, such as the Level 2 Food Safety in Catering certificate
- Write down your own guide to preparing food safely

You also need to make sure that your kitchen and equipment is clean and in good condition. You also need enough storage space as well as hot and cold water.

Ali Thomas from Southdene, Kirkby, set up her home food business - Lydia’s Kitchen - last year. She makes chutneys, pickles and jams.

Ali said,

“It was much easier than I thought to set up the business because there is a lot of help available. I would advise people to contact Knowsley Council’s Environmental Health team, because they are so helpful and will give you the information you need.”

Ali’s business is up and running

For more advice on running a home catering business, contact our Environmental Health team on 443 4712 or email environmentalhealth@knowsley.gov.uk

Hot offers at the Huyton Suite

Whether you’re looking for a lunchtime treat or an evening of great entertainment – the Huyton Suite has it all.

Boasting a newly-refurbished lobby area, it is an ideal place to meet up for great value food and drinks.

The Bistro has launched a coffee loyalty scheme, offering a free cup after every six you buy. Knowsley News readers can also enjoy a free hot drink when they quote KNDRINK during their next visit.

Don’t forget the upcoming events at the Huyton Suite:

Beyonce-licious (Beyonce tribute)
Friday 26 April
7.30pm
Tickets £12.50 (includes a hot supper)

Grease and Dirty Dancing tribute
Friday 24 May
7.30pm
Tickets £15 (includes a hot supper)

For more information and to buy tickets, ring 443 3761 or visit www.wegottickets.com

Beyonce-licious)
Beyonce tribute
Beyonce tribute
Grease and Dirty Dancing tribute
Grey and Dirty Dancing tribute
Grey and Dirty Dancing tribute
Gas Safe Register has been working closely with Merseyside Fire & Rescue Service on a project to make the public aware of the risks from the ‘Silent Killer’ – carbon monoxide poisoning.

Together, they have branded a number of fire engines with a distinctive ‘Silent Killer’ message to highlight the issue.

The campaign is aimed at raising awareness of the dangers of carbon monoxide and what can happen when gas appliances are not fitted, fixed or maintained by suitably qualified Gas Safe registered engineers.

The campaign website gives details about why gas safety is important and how you can arrange a Gas Safety Check. It also asks consumers to sign up for an annual Gas Safety Check reminder. Visit www.silentkiller.co.uk for more information.

Group Manager Gary Oakford and Sarah Hill from Gas Safe Register, at the launch of the Silent Killer campaign on local fire engines

Your suggestions **under scrutiny**

**What are the local issues that matter to you?**

Knowsley’s Overview and Scrutiny Board is looking for your suggestions on the topics you think should be examined in detail over the next 12 months to benefit your community.

Last year, your suggestions led to reviews looking at everything from dog fouling to road safety.

You can email your suggestions to scrutiny@knowsley.gov.uk or post them to Democratic Services, Municipal Buildings, Archway Road, Huyton, L36 9YS. You can also ring 443 3367 or 443 3760.

**Crime continues to fall**

Home Office figures show that crime has continued to fall on Merseyside for the sixth year running.

In the 12 months to September last year, Merseyside Police saw a reduction in reported crime of over 7% - that’s more than 7,000 fewer victims of crime.

If you have information about crime in your area, you can contact your local Neighbourhood Police team on 101. Alternatively, you can ring Crimestoppers anonymously on 0800 555 111.

To find a Gas Safe registered engineer in Knowsley, ring 0800 408 5500 or visit www.gassaferegister.co.uk

**Gas Safety Check – the basics:**

- Get your gas appliances checked to make sure they are safe to use
- You should get a Gas Safety Check every year
- Always use a Gas Safe registered engineer

**Are you a tenant?**

- By law, your landlord has to get a Gas Safety Check every year
- Insist on seeing your copy of the Landlord’s Gas Safety Check Record

Stay Gas Safe
Revitalising Prescot’s heritage

The Heritage Lottery Fund has awarded £1.85 million to the council to revitalise Prescot’s historic buildings and breathe new life into the town centre.

The project will include the repair and restoration of the town’s historic fabric to improve its overall appearance.

Work will include replacing dilapidated or inappropriate modern shop fronts with a more traditional design to reinstate the original look and feel of the high street.

The aim is to emphasise Prescot’s rich heritage and to find new uses for vacant and underused properties.

The project will also see a variety of educational work and community events taking place. A training programme will give local people historic skills, as well as providing recognised qualifications to help them towards a career in conservation construction and restoration.

This is a fantastic boost for Prescot and will bring huge benefits to our residents. It will help to provide a more attractive and vibrant town centre, with historic buildings revived and empty premises brought back to use. It will also give local people an opportunity to learn new skills.

Enhancing Prescot’s heritage

Helping you to get on and stay on the property ladder

A range of support is available to help residents take their first steps onto the property ladder, to help them stay there or even move up.

Exciting plans are underway to help first time buyers purchase older properties across the borough. More details will be available on the council’s website from mid-April.

The council has developed a guide for young people in Knowsley who are thinking about setting up home for the first time. ‘Finding a Place to Live’ covers a range of topics to give young people an idea of how much it costs to run a home in Knowsley.

Copies of the guide are available in public buildings across the borough, and on our website.

In addition, the council has an affordable homes programme which will see the development of 400 new two, three and four bedroom homes. These will be available to rent or buy over the next three years to suit all budgets and requirements.

The Housing Options team can also help residents who may be experiencing financial difficulties, or who require a smaller or larger property.

For more information about the help and support available, visit the council’s website or ring the Housing Options Service on 0800 694 0280.
Senior decision makers listened to young people's views on a range of issues, including cheaper and accessible transport, health and wellbeing, and raising attainment for young people.

Sheena Ramsey, Chief Executive of Knowsley Council, chaired the panel. She said,

“It was a real privilege to chair this constructive debate. It demonstrated that Knowsley’s young people are passionate about the issues most important to them.

As adults who often make decisions on their behalf, it is important that we listen and hear their voice.”

Over 80 young people took part in the first ever Knowsley Young People’s Question Time.

They are also taking part in a review of Child and Adolescent Mental Health Services (CAMHS) and are involved in a scrutiny review to improve GCSE attainment and employment opportunities.

A number of their recommendations will be considered by a scrutiny panel.

If you are a young person living in Knowsley and would like to get involved, contact the Rights & Participation team on 443 5745 or visit www.shout4knowsley.com.

Panel members line up for Question Time

OurPlace is there for you!

Are you a young person looking for something to do in the evenings? Worried you’ll get bored in the Easter holidays? Get down to OurPlace!

The borough’s fantastic youth facility offers a great programme of activities for young people aged 11 to 19, with different things going on each evening.

Young people are encouraged to suggest activities they would like to get involved in, and everything that goes on at OurPlace is based on their ideas.

Whether you want to learn how to play the guitar, fancy making your own jewellery, or want to brush up on your football skills, OurPlace is there to offer a range of activities chosen by you.

There are also specialist youth workers and advisors on-hand to discuss issues that matter to young people, such as health, relationships and education.

OurPlace is open six days a week, with extended opening hours during school holidays.

In addition to the range of activities, OurPlace has great facilities for young people including:

- Skate park
- Media suite with Apple Macs
- Dance studio
- Pool tables
- Music room with drums, guitar and keyboard
- Xbox and Wii
- Outdoor sports pitch
- And more!

For information on opening times and listings of activities, visit the council’s website. You can also find OurPlace on Facebook and Twitter @_OurPlace.
Read all about it!

Lauren and Rebekah Brady from Huyton are hoping other Knowsley householders will take a leaf out of their book and recycle more paper.

In Knowsley, around 13% of paper ends up in the maroon bin, yet most of this could be recycled.

Most types of paper can be recycled in your grey recycling bin. These are:

- Newspapers, magazines and comics
- Catalogues
- Paper bags
- Envelopes, letters and paper
- Leaflets
- Junk mail
- Postcards and greetings cards
- Telephone directories
- Brown paper
- Wrapping paper

You can also recycle shredded paper in your blue bin - in addition to your garden waste.

How are we doing?

While some areas in Knowsley have shown encouraging improvements in their recycling rates, there has been a small drop in others.

<table>
<thead>
<tr>
<th>Area</th>
<th>2011/12</th>
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<th>Change</th>
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<tbody>
<tr>
<td>Halewood</td>
<td>33.38%</td>
<td>31.42%</td>
<td>-1.96%</td>
</tr>
<tr>
<td>Prescot, Whiston, Cronton and Knowsley Village</td>
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<td>South Kirkby</td>
<td>28.74%</td>
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<td>North Kirkby</td>
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<tr>
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<td>32.72%</td>
<td>32.29%</td>
<td>-0.43%</td>
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</table>

Thank you for recycling garden waste!

This year’s free compost giveaway is on Sunday 12 May from 10am to 1pm, at the following venues:

- Knowsley Council Depots: Stretton Way, Huyton Arbour Lane, Kirkby
- Halewood Environment Centre, Okell Drive, Halewood

The compost is made from recycled garden waste and will be available on a first come, first served basis. There is a limit of two bags per person, while stocks last.

Recycling is never a waste of time

Two new initiatives are encouraging residents to recycle in Knowsley.

A new, borough-wide campaign promoting the message ‘Recycling is never a waste of time’ is reminding residents that they can recycle paper, glass bottles and jars, plastic bottles (including detergent type bottles), tin cans and cardboard.

Residents are also being encouraged to make greater use of their grey recycling bins by returning any extra maroon bins they may have.

Environment officers have been contacting residents with more than one maroon bin and offering to collect them and provide recycling advice.

Ring 443 2400 for more information.

Lauren and Rebekah Brady show how easy it is to recycle paper

What paper can’t be recycled?

- Dirty paper, such as tissues or chip wrappers
- Tetra Pak-type milk and juice cartons
- Books (because of the glue that’s used to bind them)

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The compost is made from recycled garden waste and will be available on a first come, first served basis. There is a limit of two bags per person, while stocks last.
Housing development underway

Work has started on a new housing development on St Kevin’s Drive.

This is one of the key elements of the wider regeneration programme and will see Plus Dane and Cherryfield Co-operative residents move from Cherryfield Drive to the new development.

The tenants will be in their new homes by the end of this year. Their former houses will then be demolished to make way for the new retail facilities.

Cllr Dave Lonergan, Knowsley Council’s Cabinet Member for Regeneration, Economy and Skills, said,

"I’m delighted that we have taken this significant step forward and really pleased that residents can look forward to moving into their new homes at the end of the year."

Kirkby Centre on track

Excellent progress is being made on the new-look £5 million Kirkby Centre.

The former Kirkby Suite building is being completely refurbished to create a modern facility to house a number of key public services.

The interior has been completely transformed over the last couple of months and work is now underway to modernise the outside of the building.

The library and gallery are set to be completed this summer, with the Kirkby Centre fully open at the end of this year.

When it is completed, the centre will be home to Kirkby One Stop Shop, a library, a gallery, a local history archive and a fit-for-purpose base for the Adult Disability Day Service. The centre will also be the central location for Kirkby’s Knowsley Works team.

The Kirkby Centre will also have facilities and amenities including a café, community meeting room, public toilets and a ‘Changing Places’ changing and toilet facility.

New market draws nearer

The fantastic new £2.5 million Kirkby Market is now just a matter of months away from opening.

In the meantime, it’s business as usual for shoppers and traders at the temporary market right next to the old site.

The old market, which had been there since 1960, was given a fitting send-off with a celebration event that included children's entertainment, face painting and refreshments.

Your fantastic new market will be on the same site as the former market, and will open this summer.
A number of exciting projects are being delivered in Prescot - helping to increase visitors to the area, provide a better choice of housing, as well as creating training and employment opportunities.

**Living over the shops**

In addition to the THI funding (see details on page 9), a further £230,000 has been secured to convert underused space above shop premises in Prescot town centre into modern living accommodation.

The THI project will focus on the external appearance of the buildings by retaining traditional features such as sash windows, whilst this initiative will upgrade the internal accommodation to provide modern living facilities.

Work is due to start in the summer and the first accommodation should be available for rent later this year.

**Town centre revitalisation**

Prescot Town team, which consists of local retailers, landlords and representatives from Knowsley Council, Prescot Town Council and Knowsley Chamber of Commerce, has been awarded a £10,000 grant to boost trade in the old market town.

The funding will be used to support an improved package of events in Prescot town centre, raise awareness of local shops, and encourage people to buy local. In addition, a shuttle bus will be trialled linking the town centre with the retail park on market days.

**Leyland Street improvements**

Work has started on improvements to Leyland Street. The area is benefiting from a £250,000 investment package which includes highways maintenance and improvements to lighting. There will also be enhancements to the general environment, including tree planting and the use of traditional paving materials such as granite sets.

Leyland Street will also be transformed to be a focal point in the town centre, with space to host events and performances.

Work is expected to be completed in April.

**Coming soon! New leisure facility**

Work is well underway on Prescot’s new leisure facility.

The current full-size football pitch is being redeveloped into seven caged pitches and will also benefit from 3G surfaces - which have the same appearance and characteristics as grass.

The pitches are due to open in May, but whilst this work is being completed, alternative pitches are still available to hire.

The new leisure facility, which will include a new fitness suite, changing facilities and a coffee bar, is due to be completed in the summer. The fitness suite will include treadmills, cross-trainers, rowing machines and bikes, as well as a training area equipped with kettlebells, gym balls and much more!

To book a pitch or to find out more, ring the Get Active team on 443 2200 or visit www.activeknowsley.com.
With the lighter nights having finally arrived and the warmer weather in the air, there’s never been a better time to get active.

There’s a whole host of ways to get fit in Knowsley. From joining your local gym at prices that won’t break the bank, to taking a stroll in one of the borough’s beautiful parks, there’s something for everyone. Whether you’re a keen fitness fanatic or completely new to exercise, there’s something to suit all fitness levels to get you more active!

Spring into fitness!

Get on your bike at Knowsley Leisure & Culture Park

The outdoor BMX track and velodrome at Knowsley Leisure & Culture Park offer fantastic cycling facilities for everyone to enjoy – from complete novices to experienced riders.

You can now hire BMX bikes and helmets to use on the BMX track, which is uniquely located in the centre of the velodrome.

Coaching sessions take place every Saturday from 9am until 10am, and drop-in sessions are also available throughout the week.

The velodrome is for accredited cyclists from age eight upwards (under 12s require adult supervision).

To find out more about how to get accredited, and for opening times and prices, ring 443 3546 or 443 3112, or visit www.activeknowsley.com

Fitness? It’s a walk in the park!

Regular walking has been shown to reduce the risk of illnesses such as heart disease, type 2 diabetes, asthma and even some cancers. It can also help beat the stresses and anxieties of daily life.

There are walks organised in Knowsley’s parks every week throughout the year. They are free and require no special equipment, although flat footwear and comfortable clothing appropriate to the weather conditions should be worn.

For more details visit the council’s website and click on ‘Things to see and do’, or ring 443 3682.
Knowsley leisure centres

If you don’t feel ready to take off your winter wraps just yet, why not take up some of the great opportunities to shape up and get fit in Knowsley?

There are fitness classes at all of the borough’s leisure centres, with everything from zumba and aquacise to yoga and line dancing.

The new Afterburn class - a 30-minute high intensity workout - is proving popular and is available to try at all of the centres. There’s early morning and evening classes too, so it’s convenient for all.

Membership offers

Take advantage of the leisure centres’ fantastic membership offers, including the chance to pay 12 months upfront and save £90.

This offer also comes with a free starter pack including a kit bag, water bottle, gym towel, back massage voucher and a free session with a personal trainer.

Fitness memberships start from as little as £13.50 a month and entitle you to use the saunas, steam room and gyms at all of the centres, as well as attending any fitness class or pool activity.

Knowsley Leisure & Culture Park also has its very own thermal spa with aroma steam room, rock sauna and salt inhalation room (certain restrictions apply).

To start your membership today, ring 443 2200 or visit www.activeknowsley.com

Weight loss programmes

Weigh-in sessions are available at all leisure centres - helping you to lose weight in a sensible way.

They offer a weekly weigh-in and exercise class, as well as advice on healthy eating and food labelling - all for just £2.20 per week.

If you need help losing weight, ring 443 3109, email activityforlife@knowsley.gov.uk or visit www.activeknowsley.com

Knowsley Active Challenge

This year’s Knowsley Active Challenge takes place on Wednesday 12 June at Knowsley Hall.

The race includes a 3km and 8km walk (starting at 6pm), a 2km run for children aged eight to 16 (starting at 6.15pm), and a 5km run or walk for adults (starting at 7.15pm).

All ages and abilities are welcome to take part and the 3km walk is also suitable for wheelchairs and pushchairs.

Book your place today by ringing Peter Green on 443 5648, email peter.green@knowsley.gov.uk or visit the council’s website and search for ‘Knowsley Active Challenge’.