

**Spelthorne Borough Council
Bulletin magazine
Summer 2019, issue no.122**

Letter from the Leader

Dear Residents,

This spring has been very busy for us, with both the Local Elections and EU Elections taking place in quick succession. I would like to congratulate and welcome everyone who was elected to our Council this May. I, and my administration, remain committed to continuing to serve the residents of Spelthorne in this new civic period. I also congratulate Cllr Mary Madams who was elected as Mayor, and Cllr Colin Barnard elected as Deputy Mayor, and wish them a successful year.

We are delivering on our commitment to build more homes in Spelthorne and in March we completed six new apartments in Upper Halliford, on the site previously occupied by the Bugle Returns Pub. We are also developing new homes by Ashford Hospital, at Ceaser Court (formerly Benwell House) in Sunbury and Thameside House in Staines. When completed, most of these homes will be available to rent and the Ashford development will also have significant provision for key workers.

Local businesses have always been key to the success of our Borough and we are looking forward to recognising their achievements with this year's 'Spelthorne Means Business Awards.' The deadline is Monday 30 September so there's still time to enter your business.

Heathrow is currently running its final public consultation on airport expansion. It looks at how land around the airport will be used, changes to roads and the M25, and the impact on our environment and green spaces. It also gives details about air space changes which could lead to an increase in flights, even before the third runway is built. The consultation closes on 13 September (see page 4 for more details).

To ensure an environmentally sustainable connection to Heathrow, we continue to promote our Southern Light Rail link which remains the only completely privately funded rail solution available to Heathrow Airport to deal with the lack of public access from the south.

I wish you a pleasant summer.

Cllr Ian Harvey, Leader of the Council

Info: email cllr.harvey@spelthorne.gov.uk

A new Mayor for Spelthorne

Cllr Mary Madams was elected as the new Mayor for Spelthorne at the Annual Council Meeting held on Tuesday 21 May.

Cllr Madams was first elected to the Council to represent Laleham and Shepperton Green in 2003. Over the last 16 years she has had various roles, including the Chair of the Audit Committee. She has lived in Laleham for most of her life and has been

heavily involved in charity fundraising and supporting various organisations including the Laleham Society and Laleham Residents' Association.

During her term as Mayor, Cllr Madams will be supporting the following charities: -

- Midas Plus: a local registered charity based in Staines-upon-Thames, run to help local people in need. Midas Plus raise and distribute funds for community groups and individuals (mainly in Spelthorne) who have nowhere else to turn.
- Eikon: an award-winning charity which provides long-term support to some of the county's most vulnerable young people. Their vision is to develop happy, thriving and resilient young adults who make a positive contribution to society.

After being sworn in as Mayor, Cllr Madams said: "Our initiative for this year is 'Inspire to Aspire' which involves creating a wider awareness of exciting and rewarding career opportunities for young people across our Borough who are soon to be finishing higher education. Working with many key employers in our area we will be seeking to secure valuable apprenticeships for them across a wide range of disciplines that will help our young people develop the skills needed for ongoing career success, rather than merely 'a job'.

"I am truly honoured to be Mayor of Spelthorne and consider it a great privilege, and will do all I can, with the help of my Consort, friends and colleagues to promote our lovely Borough to the very best of my ability."

Cllr Colin Barnard was elected as Deputy Mayor.

Supporting recovery from mental ill health

The Amigo project supports individuals who are recovering from mental ill health by helping them to make connections within the local community to improve confidence and motivation.

We are looking for more volunteers who are available at various times of the week (there is no minimum time commitment). You will be trained and supported by Voluntary Support North Surrey, and your expenses covered.

Info: To find out more, email Lynnette or Laura at buddy@voluntarysupport.org.uk or call 01276 707565.

Foster carers needs

We need more foster carers for children in Surrey. Could you help?

Info: For more information about fostering email fostering.recruitment@surreycc.gov.uk or call 0800 0969 626.

Staines Parochial Charity

Staines Parochial Charity will be allocating their annual financial awards in the autumn to individuals and charities. To be eligible for an award of up to £400, you must have lived in the parish of Staines for at least two years (or, in the case of charities, been active in the parish of Staines for at least two years).

If you care for a disadvantaged person, have been financially affected by poor health, disability, low income or homelessness (or you represent a charity which supports people affected by these problems) you are eligible to apply. The deadline for applications is Friday 30 August 2019.

Info: To apply, request an application form by writing to Mrs Christine Bannister, Trustees' Chairman, 11 Budebury Road, Staines-upon-Thames, TW18 2AZ.

Sunbury Amateur Regatta

Saturday 10 August
Rivermead Island, Sunbury-on-Thames

Admissions and racing starts at 9am. Bars open at 11am and activities start from midday. Fireworks from 9.15pm.

Info: For more information and admission fees, visit www.sunburyregatta.com

Houses in Multiple Occupation (HMOs)

Following a change in the law in October 2018, if you are the landlord of an HMO meeting the following criteria, you must apply for a licence:

- HMOs with five or more people
- Purpose built flats in multiple occupation with less than three flats in the block.

Please note that the number of storeys the property has is no longer relevant.

An HMO is a house or other dwelling where three or more people live, forming more than one household (i.e. not all members of the same family; and there is usually some sharing of toilet, bathroom or kitchen facilities with other tenants).

If you and your family live in the house in question, you can have up to two lodgers without the property being considered an HMO.

If you are found to be operating an HMO that requires a licence and have not made a licence application, then you could face an unlimited fine, and have to pay back up to 12 months' rent.

If your property is an HMO but doesn't need a licence (4 or less people live there) you will still need to comply with regulations relating to fire safety, amenities, space standards and management of the property. Our website has more details.

Info: You can download a licence application pack and get further guidance on the Council's website www.spelthorne.gov.uk/HMO

Report it

Do you know of an HMO without a licence? You can report it to the Environmental Health Service at www.spelthorne.gov.uk/HMO, email eh.residential@spelthorne.gov.uk or call 01784 446251.

Having a garden party this summer?

10 tips to avoid noise complaints

1. Warn your neighbours in advance, not just those who live next door, but people across the road and those who back onto your property
2. Don't think that because your neighbours have been pre-warned you can be as loud as you like
3. Give your neighbours a finishing time – one that is reasonable, and stick to it
4. Give neighbours a telephone number to call if they need to let you know of a problem
5. From time-to-time, check noise levels close to neighbouring properties
6. Keep music levels down, especially the base, and don't hire a disco at your home. Turn the music down at 11pm
7. Bring people indoors at 11pm and close windows and doors to reduce noise
8. Don't invite too many people for the size of your property
9. Ask your guests to leave quietly
10. Don't have parties too often

Disturbed by noisy neighbours?

Remember that people are allowed to have parties and no one has a right to silence. However, frequent loud parties that cause disturbance into the early hours may be considered unreasonable.

For advice, visit www.spelthorne.gov.uk/noise or call Environmental Health on 01784 446251. Our out-of-hours noise number is 01932 425060.

Spelthorne Skills & Careers Fair

Thursday 19 September at Kempton Park, 10am-5pm

Featuring over 80 leading employers from various job sectors. Find out about: -

- jobs and apprenticeship vacancies

- local colleges and training opportunities
- local employers

A free shuttle bus will be running all day from Staines town centre to Kempton Park.

Info: For more information about the Fair and shuttle bus service, visit www.spelthorne.gov.uk/skillsfair. If you would like to have stand at the Fair, email: e.development@spelthorne.gov.uk or visit <https://www.eventbrite.co.uk>

Don't keep your success a secret

Share it with a Spelthorne Business Award

Time is running out to enter your business for a Spelthorne Means Business Award. Whether your business is large or small – there's an award for them all. There's no charge to enter, and being a finalist guarantees you great publicity to help attract new customers and the opportunity to stand out from the crowd.

A black-tie awards evening will be held at Shepperton Studios on 17 October to announce the winners.

The deadline for nominations is Monday 30 September.

Info: Visit www.spelthorne.gov.uk/smba to find out more and nominate your business. Alternatively email s.moralee@spelthorne.gov.uk.

Visit www.spelthorne.gov.uk/smba for full T&Cs.

Spelthorne Business Plan Competition winners

The Spelthorne Business Plan Competition final was held on 6 June at BP in Sunbury. Six finalists pitched in a Dragons' Den style final for a chance to win £3,500 and a year's package of mentoring and support to help them get their business started.

First place went to Dawn Grealey and Alison Moody for their business idea 'Ella Wood', creating hand-crafted natural soaps.

Second place and a prize of £1,500 went to Justin Thomas with his idea 'Cooking Behind Bars' – a motivational cook book aimed at helping prison offenders to be healthy and motivated.

Third place and a prize of £500 was awarded to Natalie and Martin Watson, Charlotte Brown and Louise Duffy who pitched their idea for Happy Planet Party Picnics, a healthy and eco-friendly party bag solution for children. The prizes were presented by Kwasi Kwarteng MP.

Info: For details on how to enter next year's competition, please email spelthornebusinessplancomp@gmail.com

Spelthorne Youth Awards

The achievements of 39 very special young people were celebrated at an awards ceremony at Shepperton Film Studios in May.

Each nominee was presented with a certificate of achievement by the Mayor and eight young people received star awards – a glass trophy and £50 in cash.

Winner's name	Award
Aaron Evans, age 15	Sports achievement
Erin Shury and Lillie-Mai Dempster, age 10 and 9	Arts achievement
Milena Nurek-Stacey, age 11	Academic achievement
Sienna Loren Davies, age 10	Personal achievement
Callum Stewart, age 13	Community spirit
Sian Donlevy, age 17	Unselfishness, kindness and bravery
Tegan Booth, age 10	Triumph over adversity

Guests on the night were treated to performances by Spelthorne's Got Talent finalists, the Dancing Dolls and Param Patel.

Spelthorne Sports Week: 5- 9 August

Spelthorne Council is working with local sports clubs to host affordable sports coaching during the summer holidays for children and young people aged 8-16. The cost is £10 per day.

Date	Sports for children aged 8-12	Sports for young people aged 12-16
Mon 5 August	tennis, badminton	-
Tues 6 August	badminton, squash	rowing
Weds 7 August	squash, tennis	-
Thurs 8 August	table tennis	tennis
Fri 9 August	martial arts	table tennis

Info: For more information or to book, visit www.spelthorne.gov.uk/sportsweek, email leisure@spelthorne.gov.uk or call 01784 446433.

Specsavers Surrey Youth Games 2019

Congratulations to Team Spelthorne for finishing first in the Specsavers Surrey Youth Games. Young people from across the Borough represented Team Spelthorne in 24 teams at the competition which was held at Surrey Sports Park in Guildford in June.

Around 350 participants enjoyed 6 weeks of free coaching sessions across 12 sports in the lead up to the event thanks to sponsorship from Everyone Active and Shepperton Studios.

Gold	Silver	Bronze
Squash U10 (mixed) Boccia U13 Tennis U8 (mixed) Lacrosse U15 (mixed) Hockey U9 (mixed)	Table Tennis U15 (mixed) Squash U13 (mixed) Hockey U11 (mixed) Badminton U14 (mixed) Squash U10 (mixed)	Badminton U14 (mixed) Squash U10 (mixed) Table Tennis U12 (mixed)

Thank you to all the volunteers and coaches and congratulations to everyone who represented Team Spelthorne.

Summer art open day

Saturday 27 July, 10am-2pm

Pop along to the Resource Centre and have fun with your children making summer-themed crafts. Entry fee £1 per child (50p for siblings). No need to book just turn up and join in the fun!

Record number of finishers at Staines 10K

A record number of 712 runners took part in this year's Staines 10K, organised by Staines Strollers, Runnymede Runners and Spelthorne Council.

The winner of the men's race was Stephen Blake from Woking Athletics Club who finished well ahead of the field in a time of 32 minutes 44 seconds. The women's race was won by Caroline Hoyte who completed the course in 36 minutes 53 seconds.

The full results of the 2019 race are available at www.staines10k.co.uk. The 2020 race will take place on Sunday 17 May, with entries opening in February.

Thank you to our event sponsors: Wilkins Kennedy, Rowberry Morris Solicitors, Mova Hairdressing, Brewers, Stream AMP, London House Companies, Thames Side Brewery, AC Breeze Air Conditioning, Staines BID, The Frame Workshop, Everyone Active, Staines Chiropractic Clinic and Apex Sports.

Summer events

Our Spelthorne Summer Events booklet is packed full of council and community events taking place up until the end of August to help you make the most of your leisure time.

Pick up a copy at your local library or download it at www.spelthorne.gov.uk/whatson

Tennis in Fordbridge Park

The tennis courts in Fordbridge Park off the Kingston Road in Ashford are now operated by Community Tennis Limited. There is free access at certain times for Spelthorne residents and employees (proof may be required) and a new café. Please ensure that courts are booked at least 24 hours before use and call 07956 493529 for your gate access code. If you would like to borrow a tennis racket, please let the centre know in advance.

Info: Visit www.tennisspelthorne.com for more information and to book your court.

Xplorer family orienteering

Xplorer is the perfect outdoor activity for families, offering a navigation challenge that is educational and fun. The aim is to find a number of markers that are located around the park using a simple map. Come along to one of the following free events between 10.30am-12.30pm: -

Monday 29 July	Staines Park, Commercial Road
Tuesday 6 August	Long Lane Recreation Ground, Stanwell
Wednesday 14 August	Orchard Meadow, Lower Sunbury
Thursday 22 August	Ashford Recreation Ground, Clockhouse Lane
Friday 30 August	Kenyngton Manor Park, Sunbury-on-Thames

Info: For more information, visit www.xplorer.org.uk, email leisure@spelthorne.gov.uk or call 01784 446433.

Spelthorne Walking for Health scheme

Spelthorne Borough Council is encouraging residents who would like to become fitter and meet new people to consider joining their popular Walking for Health scheme.

The scheme is coordinated by the Council with the walks being led by trained volunteer leaders. The walks are between one and three miles in length and take place in and around the Borough of Spelthorne three times a week.

One member of the group is 87-year-old Peter Cooper from Shepperton. He joined the scheme in January 2019 after he saw a group of walkers in Manor Park and decided to find out more.

Peter said: "The walks are absolutely brilliant. I lost my wife in September last year and I now have purpose to get up and go out again. I have lost a stone in weight and I'm now walking at the front of the group. I'd recommend these walks to anyone, especially to encourage those away from watching television for hours."

Peter is continuing to enjoy the walks and rarely misses one. He has made friends through the scheme and often goes for coffee afterwards with the group. His favourite walks are along the river although he enjoys exploring all areas.

Cllr Maureen Attewell, Cabinet Member for Community Wellbeing, said: "Peter is an inspiration to us all and I am delighted to hear the positive impact that the Walking for Health scheme has had on his life. I hope others will be encouraged by his story to join this very successful scheme."

Info: For more information about the scheme, email leisure@spelthorne.gov.uk call 01784 446433, or visit www.spelthorne.gov.uk/walkingforhealth

Protecting Staines Park

Spelthorne Council has been successful in gaining funding of £5000 from Fields in Trust for a fitness trail in Staines Park after a bid was submitted with help from Staines Park Residents' Association. We are also committed to a Deed of Dedication, a binding legal agreement which means the Park will be protected for current and future generations to enjoy.

Info: For more information about Fields in Trust, visit www.fieldsintrust.org

Eat Out Eat Well: healthier food options

Are you trying to make healthier food choices for you and your family?

Some years ago a number of Surrey boroughs, including Spelthorne, helped to set up an award called Eat Out Eat Well for food businesses offering healthier options on their menus.

The award has three levels – Bronze, Silver, and Gold and this is based on a scoring system that takes into account the type of food on offer, cooking methods, and how the meals are promoted to customers. Award winners must also have satisfactory standards of food hygiene.

More information and award winners can be found at www.eatouteatwell.org

We would like to see more businesses in the Borough participate. Have you recently eaten at a restaurant, pub or café that has offered a choice of healthy meals? Are you a food business who would like to apply? If so, we would like to hear from you.

Info: Email the Environmental Health team at eh.commercial@spelthorne.gov.uk or call 01784 446291.

Heathrow consultation

Last chance to comment on airport expansion plans

Heathrow is consulting on its next stage of expansion plans from 18 June to 13 September 2019. This will include a draft Masterplan and details on land uses; major changes to the M25, junctions and local roads; green spaces; and environmental impacts.

They will also be consulting on aspects of airspace change, such as additional flights using the existing two runways. This will be the last stage of public consultation before Heathrow submit their application to the Planning Inspectorate for Development Consent.

These plans will have a significant impact on Spelthorne, particularly in Stanwell Village and Stanwell Moor. Heathrow proposes using substantial areas within these locations for multi-storey car parking, cargo-related development and several large sites for engineered surface water treatment together with a major shift in traffic movements from the north of the airport, where most of the existing car parks are, to the south west in and around Spelthorne.

Links to the consultation and important information are available on our website.

Info: Visit www.spelthorne.gov.uk/heathrow

Hedgehog fact file

Scientific name: *erinaceus europaeus*

Life span: average life expectancy is 2-3 years in the wild

Habitat: parks, gardens, farmland, woodland edges, hedgerows and suburban habitats. Can travel 1-2 km in a night

Diet: mainly feed on insects such as worms, beetles, slugs and caterpillars. They will happily eat meaty (not fish based) cat and dog food (specialist hedgehog food also available)

Breeding: between April and September (hibernation takes place in the winter months)

Conservation status: over a third of hedgehogs have been lost since the millennium

Helping the hogs

- Leave a hole in your garden fences to provide 'hedgehog highways' (a hole 13 x 13cm is ideal)
- Create a wild corner to provide favourable habitat for both foraging and hibernation
- Put out food and water (not milk) in a shallow bowl

- Remove any potential hazards such as netting and litter
- Provide a ramp out of steep sided ponds and water bodies
- Check for hedgehogs before strimming, mowing or lighting a bonfire
- Avoid slug pellets – organic alternatives such as salt, wool pellets, broken egg shells and ground coffee will do the trick

Claim your free Hedgehog Highway sign at the Council reception and share your pictures on Twitter @spelthornebc (limited number available)

Info: For more information, including advice on helping injured hedgehogs, visit www.sheppertonhedgehogsanctuary.co.uk or www.ptes.org/campaigns/hedgehogs

How dangerous is nitrous oxide?

Empty silver canisters of nitrous oxide, or laughing gas, have become a common sight in streets and parks across the UK but most people are unaware of the potential dangers of the drug. Classed as a psychoactive substance, it is illegal to give away or sell nitrous oxide. It is usually bought in pressurised and transferred to a container such as a balloon to be inhaled.

Effects: it gives a short sense of euphoria and causes fits of laughter - hence the name 'laughing gas' - but also causes severe headaches, dizziness, feelings of paranoia and difficulty thinking straight.

Risks: inhaling nitrous oxide directly from the canister or doing it in an enclosed space (e.g. with a plastic bag over your head) is very dangerous

Warning: if you take too much nitrous oxide you risk falling unconscious and/or suffocation. People have died this way.

Info: For more details, visit www.talktofrank.com/drug/nitrous-oxide or call 0300 123 6600.

Staines Community Centre

Staines Community Centre provides a wide range of activities including yoga, pilates, tai chi, art, bridge, meditation, singing, carpet bowls, chess and language classes (French, Spanish and German) as well as hairdressing, chiropody and day trips.

The centre has also returned to serving hot meals. A two-course hot meal costs £4 for members or £4.50 for non-members. Please pop-in or phone to place orders by 11.30am, everyone welcome!

Info: For a full timetable of activities visit www.spelthorne.gov.uk/stainesCC or call 01784 463073.

The Benwell Centre, Sunbury-on-Thames

Monday	10am – 12noon 12.45pm – 1.45pm	Bingo and Raffle Extend exercise
Tuesday	9am – 11am 1pm- 2.30pm	Gardening Club (Mar – Oct) Art and crafts
Wednesday	10am – 12noon 1.15pm – 2pm	Big Bingo Big Bingo and raffle
Thursday	9am – 12noon 10.30am – 11.30am 1pm – 2.30pm	Coffee morning and board games Line dancing Scrabble Club
Friday	10am – 12noon	Knit and Natter sewing club

The Benwell Centre is based within Mitchison Court, with easy access from Sunbury train station, or via bus route numbers 216, 235, 555 and 557 which all have stops close by. Alternatively, you can use the Council's Spelride service.

Info: For more details, email benwell.daycentre@spelthorne.gov.uk or call 01932-784232.

Windsor Famous People: boat trip and lunch

Benwell and Fordbridge Centres

Thursday 22 August

£30.00

To book, call 01784 243880 or email fordbridge@spelthorne.gov.uk.

Meals on Wheels

The Spelthorne Meals on Wheels team can deliver hot, tasty and nutritious meals up to seven days a week.

The cost of a main meal and pudding is £3.90 and for a small extra charge you can also order a freshly made sandwich (for £1.80) or a frozen meal to heat later. As well as the convenience of having food prepared for you, many residents like the reassurance of knowing someone will call on them each day. Meals and Wheels are available to residents of all ages who find it difficult to prepare a daily meal, and can be ordered for short periods of time.

Info: For more information, visit www.spelthorne.gov.uk/MOW or call our Meals on Wheels team on 01784 444265.

Opal group

The Greeno Centre in Shepperton and Fordbridge Centre in Ashford run OPAL groups (Older People Actively Living) which are small supported sessions for older people who have additional health needs such as problems with mobility, memory loss or sensory impairment. Sessions are run daily and include entertainment and gentle exercise.

Info: For more information, email independentliving@spelthorne.gov.uk or call the Independent Living Team on 01784 446389.

Personal alarms

SPAN (Spelthorne Personal Alarm Network) is an alarm system which helps older or disabled people to live independently in their own homes. Clients are linked to our Care Centre which responds 24 hours a day, 365 days of the year, and will contact friends/family if the alarm is activated. They can also contact the emergency services if necessary. There is a small weekly charge of £4.30, payable monthly or quarterly in advance.

Info: For more information, visit www.spelthorne.gov.uk/span or call the SPAN team on 01784 444277.

Do you need help to get from A to B?

Spelride is a door-to-door transport service run by Spelthorne Council. It uses specially adapted minibuses to carry passengers with mobility problems. You can use Spelride if you are elderly or disabled and cannot use conventional public transport.

Where can I go?

You can go anywhere within the Borough, including the shops, doctors' surgery or to visit friends or relatives.

When can I use the service?

Monday to Friday from 9am-11am and 2-4pm for transport to and from the Council's Community Centre

And from 11am-2pm daily for other trips.

How much will it cost?

There is an annual membership fee of £20. Fares are £4 per journey or £7 return.

How do I become a member?

For more information or to join Spelride, email independentliving@spelthorne.gov.uk or call 01784 446389.

What can be recycled?

Confused about what goes in your recycling bin? Here are a few tips to help you ..

Recycling:-

- Glass
- Paper and cardboard
- Tins and drink cans
- Plastic bottles, pots, tubs and transparent trays

Please make sure all items are rinsed out before placing them in your recycling bin.

Rubbish:-

- Plastic bags
- Polystyrene
- Thin plastics
- Hard plastics
- Black plastic trays

We have separate collection services to recycle

- Food waste
- Garden waste
- Clothes and shoes

Info: To check if individual items can be recycled, visit www.spelthorne.gov.uk/recycling-search

Single-use plastics

Single-use or disposable plastic items are designed to be used only once. Some - such as plastic bottles - can be recycled, but not all.

Simple tips to reduce the amount of single-use plastic you use:

- Carry a refillable water bottle rather than using disposable plastic cups and bottles
- Take a reusable cup to the coffee shop. In many places you can get a discount if you use one
- Refuse plastic straws. If you need to use a straw, you can buy reusable metal ones.

- Use your own reusable cutlery, rather than disposable plastic cutlery
- Use up your leftovers or make your own lunch at home and take it with you the next day in a reusable tub
- Remember to take shopping bags with you to avoid buying plastic ones

A task group has been set up by the Surrey Environment Partnership, made up of Surrey County Council and the 11 district and borough councils. It is working together to find ways to reduce the amount of single-use plastics used in council buildings and to help Surrey residents reduce how much they use.

Info: For more information, email sustainability@spelthorne.gov.uk or call 01784 446411.

Solar panels - saving money and reducing emissions

In March last year, solar panels were installed at the Council's Community Centres in Ashford and Staines. One year on, the panels have generated 15,000 kWh of solar energy, contributing 15% of the Centres' energy consumption.

Their annual bills have been reduced by £2,000, and emissions from grid electricity, by 5,700kg of carbon dioxide.

Info: For more information, email sustainability@spelthorne.gov.uk or call 01784 446411.

Textiles reminder

Please make sure you tie your bag of textiles when you put it out for recycling. We cannot collect open bags with wet textiles as they cannot be recycled. Thank you!

Do you still want to receive this?

If you no longer wish to receive this large print version of the Council's Bulletin magazine, please contact Louise King in the Communications team by email at l.king@spelthorne.gov.uk or call 01784 444260.