

# Newsletter

Parish Newsletter – 3 September 2018

## Gymnastics school takes off at Five Rivers

Wiltshire Council launches a new weekly gymnastics school for young people aged 5-14 at Five Rivers Health and Wellbeing Centre, Salisbury, from 20 September.

The fun and inclusive sessions are available for both boys and girls and are designed to allow participants to experience and enjoy the sport regardless of their experience.

Six sessions are available to choose from on either Thursday or Friday evenings. The sessions are for specific age groups, with the 4-5pm and 5-6pm sessions appropriate for 5-7 year olds and the 6-7pm session suitable for 8-14-year-olds.

The sessions will run for 50 weeks of the year and all activities are led by fully qualified British Gymnastics coaches. Participants will work towards the British Gymnastics Proficiency Award Scheme focussing on skills such as balance, strength and flexibility.

The cost is £24 per month by direct debit or £18 concessionary rate for families on certain benefits.

For more information or to book a place, please call Five Rivers Health and Wellbeing Centre on 01722 434760 or email [fiverivers@wiltshire.gov.uk](mailto:fiverivers@wiltshire.gov.uk)



## Devizes roadworks to go on longer than anticipated

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Wiltshire Council apologises that the roadworks at Windsor Drive and London Road, Devizes, will last longer than scheduled.

It was hoped that the works would be mostly complete by the start of the school term but they are now scheduled to end by October.

The delay is due to two unforeseen issues;

- soft ground in the area of the highway, meaning the contractor has to dig deeper to lay a stable base
- an unmapped gas pipe which must be moved

Temporary traffic signals will remain in place until the end of September, from 7am-7pm Monday to Friday and 7am-1pm Saturday. These times may be extended or reduced depending on the work taking place each day. The temporary signals will be manually controlled with priority given to London Road traffic where possible. The contractor will remove the traffic signals whenever practicable and circumstances allow, however the safety of operatives and all road users remain the priority.

Windsor Drive will also be closed from 7pm 6am for a week in early October to complete the resurfacing with diversions clearly signposted.

Updates will be available at <http://www.wiltshire.gov.uk/highways-improvements-london-road>

## Proud Ollie shortlisted for Cotswold crown

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A Wiltshire Council staff member is in the running for an award at the Pride of the Cotswolds honours ceremony.

The annual event recognises individuals who have done an outstanding job for their community. Ollie Phipps has reached the final in the category for public sector workers.

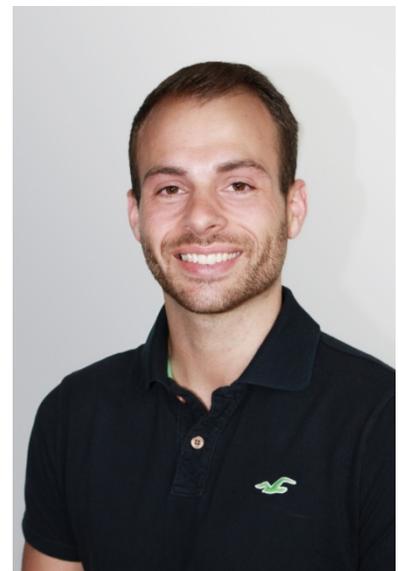
He was nominated by members of the public.

Ollie, a community engagement manager for the Malmesbury area, said: "It was a lovely surprise and an enormous pleasure to hear I'd been nominated.

"None of us come to work to win awards. You get so much satisfaction just from serving the community. The nomination feels like recognition for our whole team."

Ollie works with colleagues to offer support and regularly facilitates community events and activities in Malmesbury and the surrounding 20 parishes, including diverse projects such as;

- dementia-friendly swimming
- seniors' social clubs



- walking groups
- refugee welfare

John Thomson, Wiltshire Council's cabinet minister for communities and chair of Malmesbury Area Board, said: "We recognise the hard work and value of all the council's community engagement managers and the role they have in assisting local communities to engage and participate in a range of activities that have a positive impact on people's health and wellbeing.

"Ollie is a huge credit to the team and the Malmesbury area and we wish him the very best of luck at the forthcoming awards ceremony."

The Wilts and Gloucestershire Standard Pride of the Cotswolds awards ceremony takes place at Forest Green Rovers FC, Nailsworth, on 20 September.

A spokesperson for the event said: "We aim to honour those whose contribution to their employer, charity or community makes them truly exceptional."

Ollie, 31, from Chippenham, joined Wiltshire Council in 2005 and has been in his role as a community engagement manager for three years.

## Westbury Walking Group offers gentle way in to exercise

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Wiltshire Council has launched a new walking group in Westbury for people who want to enjoy an easy return to fitness and exercise.

Qualified volunteers already lead two weekly events around the town for different levels of fitness 'strollers' and 'striders.' Now there is an extra starter walk for beginners as well.

All walks are free of charge and there is no need to book, although there is a short registration form to complete before your first walk.

Simply turn up at the White Horse Health Centre and join in at 9.30am every Thursday.

Westbury's Get Wiltshire Walking group formed in 2012 and attracts between 30-40 people every week.

It is part of a network of Wiltshire Council walking groups across the county.

For more information on the walks visit <http://www.wiltshire.gov.uk/Getwiltshirewalking> or contact Louise Gale at [louise.gale@wiltshire.gov.uk](mailto:louise.gale@wiltshire.gov.uk) (07342 066608).

## Wiltshire Council running groups hit their stride

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Wiltshire Council running groups are helping hundreds of people take the first strides to a healthier lifestyle.

The project has encouraged more than 800 people in the past year to pull on a pair of trainers and spend some time on their fitness and wellbeing.

Running offers lots of health benefits

- losing weight
- reducing risk of illnesses like heart disease, type 2 diabetes and strokes
- boosting mental wellbeing

The free, weekly runs are also a great way to meet new people and socialise.

Some groups offer beginners' sessions which blend walking with running ideal for people returning to activity who prefer to build up their fitness slowly. Other runs set off straight after the morning school run. They are ideal for parents and carers - and infants in buggies are welcome too.

## **Wiltshire Council's running groups: meeting dates and times**

### **Melksham School Gate**

12 September to 14 November

9.15-10.15am

King George VI Playing Fields

### **Amesbury Beginners**

20 September to 21 November

9.15-10.15am

Amesbury Leisure Centre

### **Stanley Park Beginners**

13 September to 15 November

6.15-7.15pm

Stanley Park, Chippenham

### **Pewsey Beginners**

January 2019 (*dates to be confirmed*)

Pewsey Sports Centre



To find out more about running groups and beginners' courses contact Amy Chalk, [amy.chalk@wiltshire.gov.uk](mailto:amy.chalk@wiltshire.gov.uk) or call 07917 213726.

If you want to start a group, Amy can help with that, too. Find out more at <http://www.wiltshire.gov.uk/leisure-cycling-walking-and-running>.

If runners want to take the next step, Wiltshire Council partners with the Parkrun national fitness organisation, which organises timed running events across the country including in Wiltshire.

Parkruns are available at Southwick Country Park, Salisbury, Melksham and Chippenham and are supported by Wiltshire Council area boards and run by local volunteers.

Find out more and register at <http://www.parkrun.org.uk/>.

## What's on

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If you would like to promote an event in your area to staff and the wider public why not use the [events calendar](#) on our website. You can find the link to the calendar on the home page under ["What's on"](#).

Check what else is on at Wiltshire Music Centre in Bradford on Avon:

[www.wiltshiremusic.org.uk](http://www.wiltshiremusic.org.uk) and City Hall in Salisbury: [www.cityhallsalisbury.co.uk](http://www.cityhallsalisbury.co.uk)

## Quick links

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Area Board information - [www.wiltshire.gov.uk/communityandliving/areaboards.htm](http://www.wiltshire.gov.uk/communityandliving/areaboards.htm)

All the latest news releases - [www.wiltshire.gov.uk/latestnews.htm](http://www.wiltshire.gov.uk/latestnews.htm)

A blog for the heritage community of Wiltshire - <https://heritageinwiltshire.wordpress.com>

Community virtual notice boards - [www.wiltshire.gov.uk/ourcommunitymattersblogsites.htm](http://www.wiltshire.gov.uk/ourcommunitymattersblogsites.htm)

Recycle for Wiltshire - [www.recycleforwiltshire.com](http://www.recycleforwiltshire.com)

Roadworks - [www.wiltshire.gov.uk/roadshighwayspavements/roadworks.htm](http://www.wiltshire.gov.uk/roadshighwayspavements/roadworks.htm)

Tree wardens for Wiltshire - [www.wiltshiretreewardens.co.uk](http://www.wiltshiretreewardens.co.uk)

What's on in Wiltshire - [www.wiltshire.gov.uk/leisureandrecreation/whatson.htm](http://www.wiltshire.gov.uk/leisureandrecreation/whatson.htm)

What's on at City Hall in Salisbury - [www.cityhallsalisbury.co.uk](http://www.cityhallsalisbury.co.uk)

A blog for Wiltshire's arts community - <http://theartsinwiltshire.wordpress.com>

The latest news from the council is available on the [full newslisting](#) pages of the website