Issue 56 Spring 2014
Visit www.wakefield.gov.uk for information about Council services

Inside:
- Budget 2014/15
- More on Cas Forum
- We will remember them

Win £250 voucher at Wakefield Cycles
Fun at the Forum

Castleford Forum Library and Museum has welcomed hundreds of visitors since it reopened three months ago.

The stunning new museum displays include fascinating, unique objects that tell stories of Castleford and its people. Imagine a Roman soldier in full armour, making his way to Castleford and missing the home cooking of Rome or the roar of a crowd as Castleford beat Huddersfield 11–8 in the Rugby League Cup 1935 – the Forum has it all and more.

The museum also features four community cases – put together by local people. There are displays about rugby, beauty, milling and Victorian women’s occupations.

The library covers the lower two floors and includes computers, free internet and WiFi, a local studies area, 30,000 new books and sound and vision material, and a children’s area.

So if you are proud of your local heritage pop along to see what the museum and library has to offer – admission is free.

What’s on this Easter
Keep the kids entertained in the school holidays with a trip to the museum.

Amazing Animation, Wakefield Museum Wed 16 April, 10.15-11.45am and 1.30-3pm
Create your own short digital animation using the museum collection as inspiration. Booking essential by calling 01924 302700.

Chariots of Fun, Castleford Museum Thurs 17 April, 11am-2pm
Explore the amazing Iron Age chariot and then create your own! No booking required.

Medals, Pontefract Museum Fri 25 April, 11am – 2pm
Learn about and make craft medals to take home - inspired by the stories of World War 1. Drop-in session - no need to book.
For more information visit www.museumslearning.blogspot.com

Make your voice heard - Elections 2014

May 22 is polling day for Wakefield Council and European Parliamentary elections.

One third of the Council seats - 21 - will be up for election. Voters will also be able have their say in who represents the Yorkshire and Humber region in the European Parliament.

You can only vote if your name is included in the Register of Electors. So please make your voice heard. And do make sure you are correctly registered to vote, especially if you have recently changed your address, or your details have changed in any other way.

Joanne Roney, Wakefield Council Chief Executive and Returning Officer, said: “If you are not registered you will not be able to vote. It can also lead to problems getting credit or opening a bank account as credit reference companies rely on the register for background information.

“So please register - and then use your vote on May 22.”

If you think you are not on the register please contact the Electoral Services Office on 01924 305023 or email elections@wakefield.gov.uk for advice. Further information about registration and voting can be found at www.wakefield.gov.uk/elections
Housing boost

Providing houses in the district is one of our key priorities. In 2012 we secured £8m from the Government’s Regional Growth Fund (RGF). We are using this money to create 650 new homes and other improvements around the new sites.

Here’s a round-up of the developments taking place:

Extra Care Housing scheme at Westfield Lane, South Elmsall
Working with Chevin and Wates to develop a 67 bedroom Extra Care Housing scheme with specialist dementia accommodation and 45 affordable new homes. Work has started and should be completed next year.

New homes at City Estate, Fitzwilliam
New homes at City Estate, Fitzwilliam
Work has started by Keepmeat Homes Ltd to build 159 new homes. We remain committed to securing housing growth and continue to work hard with developers to finalise the schemes. The schemes will create hundreds of new construction jobs and additional job opportunities will be created from the extra services needed for owners to purchase and furnish a new home. For more information visit www.wakefield.gov.uk/southeastwakefield

Details of the Council’s budget, found on page 7 of your Citizen, paint a stark picture of how tough the coming years will be.

With Government cuts in council spending now so severe, it would be wrong to promise that the services you rely on will be protected. Next year will see us making significant savings, but mostly buying some time for the major cuts to follow in 2015/16 and beyond.

Big changes to the way we deliver services are now unavoidable, but we will continue to try to do our best to protect those who need the most help and to strive for a good quality of life for everyone in this district.

We remain strongly pro-investment and pro-business. That is why we have set out a package of transport investment, including rail, road and air, as an alternative to HS2.

We will remember them

To commemorate this milestone we are stepping back in time by bringing real diary entries from a World War 1 soldier to life.

George Kellett was a Wakefield soldier based in France. After receiving a diary in a Christmas parcel, he recorded the whole year of 1918 in his diary. George’s family have kindly donated his diary to Wakefield Museums and we are tweeting the entries throughout the year as they appear in the original diary.

The diary details George’s life as a soldier including letters from home, pay arrangements, games of draughts, working on a rifle range and digging trenches. Follow this fascinating glimpse into this period of history at #WW1_Diary or you can find a monthly digest of the entries at www.wakefieldmuseumsandlibraries.blogspot.co.uk

This year marks 100 years since the First World War.

The great war inspires

This new exhibition at Pontefract Museum runs until August.

The exhibition explores all sides of the war, through music, poetry and the stories of local people both at home and in battle.

Children’s competition

Children are challenged to get creative in our Armed Forces competition.

Any child can enter, up to age 16, by creating a storyboard about a WW1 hero. There are three winners’ prizes of a £50 Amazon voucher and three £10 Amazon vouchers for the runners up.

Children will have their stories broadcast as part of the National Trust’s WW1 celebrations and shown as part of the ‘we will remember them’ project.

Lord St Oswald will present the prizes at the Armed Forces Day event.

Closing date for entries is Monday 9 June. More information about the event, competition and how to enter is available at www.wakefield.gov.uk/armedforces

OPEN BOX

This package would have far greater benefit for the district, provide better value for money and help to reduce the widening gap between the North and London.

Our national road network needs £11bn investment to bring it up to scratch and - if we want to compete with the likes of London and Manchester - we need investment in a new airport to strengthen the position of the City Region economically.

We are ambitious - we want the best opportunities for our young people in education, training, employment. As well as striving to increase apprenticeships, we are working closely with Wakefield College and the local enterprise partnership on plans for a University Centre so more young people can get higher-level qualifications.

But for us to create the best conditions for economic growth in our area, Government must devolve powers down to a local level so that we have a greater say in the decisions affecting our local economy. I will continue to fight for this over the coming months through my role both as Leader of the Council and as spokesperson on devolution for the Key Cities group.

Cllr Peter Box CBE
Leader of Wakefield Council

The free exhibition runs until 30 August, Monday to Friday 10am-4.30pm and Saturday 10.30am-4.30pm. Find out more at www.wakefield.gov.uk/museums

www.wakefield.gov.uk/armedforces
It’s all happening at The Hut
The Hut is a state of the art youth and community centre in Airedale.

It provides great opportunities and activities for young people, local community and sporting groups, organisations working with children and young people and local businesses. Facilities include:

• four lane bowling alley
• 3G sports pitch and sports hall
• cyber café
• recording studio and radio station

They offer a range of activities including youth clubs, radio presenter training, performing arts, sports activities and arts awards supported by professionally qualified Youth Workers.

New activities include pampering projects, circus skills and adventure activities. Young people can also join youth forums which look at issues that affect young people in the district.

The team recently welcomed pupils from Airedale Academy (pictured) for a day of activities to explore social norms and challenge misconceptions such as “all young people smoke”.

A wealth of support is available:

• foster carers receive weekly fostering allowance to cover the cost of caring
• adoptees can be considered for an Adoption Allowance and other government benefits as well as after adoption services and social worker support

Fostering provides short or long-term care for children, but carers are not legally given all of the rights and responsibilities of the birth parents.

Adoption is for life and involves a legal process in which all of the rights and responsibilities of the birth parents are permanently transferred to the adoptive parent(s).

To find out more call 0800 197 0320 or visit www.room-in-wakefield.co.uk
Helping you Connect to Support in Wakefield

Connect to Support is a new website where you can choose and buy support, equipment, services and activities that can help you in your home and life.
It brings together information from a large number of organisations that provide services, making it easier for you to find out about your options, all in one place.
Connect to Support can help you
- find a coffee club nearby to get you out of the house
- remember to take your tablets with a telephone reminder service
- find support to get your confidence back if you’ve just come out of hospital.

The website is easy to use and you can browse what’s on offer in the different sections - such as ‘Activities and leisure’ and ‘Home support’.
You can also contact service providers through the website, who can answer any questions you may have about something on offer.
Anyone can use the website - you don’t have to have a care plan or a social worker. If you do have a care plan then you can use the money allocated to buy from Connect to Support.
Want to find out more? Visit www.connecttosupport.org

Getting help and support with a Personal Assistant?
Wakefield also has a new website that can help you find a Personal Assistant. It holds an online list of local Personal Assistants (PAs) available for hire.
PAs can do a wide range of care and support tasks, including support with personal care, cooking and shopping, managing your bills and getting out and about.
For more information visit www.wakefield.padatabase.org or call 0300 111 1977

Dementia friendly communities - get involved

Wakefield has been successful in achieving the ‘working towards being dementia friendly’ status 2014/15 - recognising that we are taking steps to make Wakefield more inclusive for anyone living with dementia.
Dementia Friendly Communities are cities, towns or villages where people with dementia are understood, respected and supported, and confident they can contribute to community life.
We want anyone living with dementia to confidently access all the great facilities available in Wakefield, but we need your help to make this a reality.
We need more local organisations, businesses and community groups to become dementia friendly. Even simple adjustments make a huge difference to remove as many barriers as possible to everyday living, from going shopping, getting money from the bank to using public transport.
Find out more about becoming dementia friendly by contacting the Wakefield District Dementia Action Alliance by emailing wakefielddaa@wakefield.gov.uk

Make a difference

Some people in our communities need a bit more support to live a full and active life.
Our Shared Lives service supports adults who need help to stay as independent as possible by living with their carer on a long or short term basis, such as a couple of nights a month.
It provides care for people with learning disabilities, physical disabilities, mental health needs and older people.
Marie has been a Shared Lives Carer for 13 years.
"I originally started as a foster carer looking after Debbie," said Marie. “She meant the world to me so I decided to become her full time Shared Lives Carer so I could always be there for her as long as she needed me.
"I also care for Carol and Neil, as well as having two children of my own, so life can get a bit hectic at times.
”But it’s rewarding to know that I have played a part to help them do the things they like to do, such as going to the centre, out to work and even to the local pub to see a band and sing some karaoke.
"I would recommend being a Shared Lives carer. The support you get is brilliant - it doesn’t feel like a working relationship, it’s like having extra friends that you can rely on for support."
Like Marie, all of our Shared Lives Carers receive full training and on-going support, and no experience or special qualifications are needed.
Both long term and short term carers are needed and you will be paid an allowance for the support you provide.
For more information visit www.wakefield.gov.uk/SharedLives or call 01977 722254.

Leaving school this year?
Doing NOTHING is not an option!
Apply for full-time education, an apprenticeship or a job with accredited training
www.ucasprogress.com

Keep on Learning
Let’s get sporty

If you want to get active this spring, there’s a lot more going on than just cycling.
Taking part in sport and physical activity can boost your mental and physical wellbeing. So no matter what activity you fancy giving a try, there is something for everyone to take part in across the district.

Get rugby fit

We’ve joined forces with Sports England, Wakefield Wildcats, the Castleford Tigers and Featherstone Rovers to help improve men’s health and fitness.
Men aged 35-50 can take part in the ‘get rugby fit’ sessions - whether a beginner or returner to sport - which include rugby, football, golf, boxercise and much more.
This Sport England funded initiative is part of a brand new three year project to get more men in the Wakefield district enjoying fun sporting activities, all for free.
There are different ten week programmes of activities happening across the district. Find out when and where by calling 01924 307820 or email sportymates@wakefield.gov.uk.

Get cycling

Cycling - dates for your diary
27 March - 100 days to go to the Le Tour Yorkshire
April - indoor and outdoor cycling activities start at Council sport facilities
April - Wakefield Cycle Forum rides start www.cycling-wakefield.org.uk
May - Join us for group led rides in partnership with British Cycling and Skyride Local
8 June - The Tour De Wakefield - cycling event for all the family
15 to 23 June - National bike week
29 June - Pontefract Road Race - a challenging race for the competitive cyclist
To find out more about all these events and activities visit www.wakefield.gov.uk/cycling

Need a bike?
You can hire one from Anglers Country Park for just £2 an hour. Various bike sizes available - call 01924 303980 to find out more.

A real sweet treat

The famous Pontefract Liquorice Festival returns on Sunday July 13.
Pontefract Town Centre will be transformed into a liquorice lover’s dream as the festival returns for its 19th year from 10am - 4pm.
With over 50 market stalls there will be plenty of free family workshops, crafts, gifts, food, drink and liquorice - not to be missed.
Your changing Council

Big cuts to the Council’s budget mean we now have to save even more money over the next two years.

We need to save £61m in 2014/15 and 2015/16 as a direct result of Government cuts - providing a major challenge to how we provide services. As a result some services will change and you may see the quality of these services decline. We will be talking to you throughout this difficult time because we need your input into how we shape our services with less money than we have ever had before.

We have made savings of £65m in the past three years (£19m in 2011/12, £22m in 2012/13, and £24m in 2013/14), but this is only around a third of what is needed overall.

As part of the budget, we plan to increase Council Tax by 1.99%. The huge savings needed means that Council Tax has to rise. Not increasing it would just mean more cuts to your services.

The number of staff we employ is only around a third of what is needed overall.

Around 1,400 people are expected to leave the Council as a result of these changes.

And more than 1,000 posts have already been lost, taking £1.5m off the monthly paybill.

We have already taken some very difficult decisions in the past few years, including:

• closing some Neighbourhood Nurseries
• closing Clarke Hall and the Hornsea Centre
• reducing collections of garden waste.

Savings of £23m for 2014/15, previously announced, include:

• £250,000 from schools support
• £10m from Adults, Health, and Communities, including the transformation of adult social care and how these services are commissioned
• £400,000 as a result of the end of the grant to parish councils.

In 2015/16 the proposed savings will impact more directly on service areas, including:

• £20m from adult care as there is a shift towards community based services and self-help, and potential increases in fees and charges
• £25m from services for children and young people, half of which will come from reduced spending in early years including fewer children’s centres, the rest coming from services for youth support and children with Special Educational Needs and Disabilities (SEND)
• £8m as a result of a change in the way bereavement services are organised
• £383,000 as a result of ending sports development activity and disbanning the sports development team
• reducing the maintenance of parks and open spaces, leaving around one third of park areas across the district in a more unkempt ‘natural state’
• reducing CCTV coverage
• increasing charges for bulky waste collections
• reviewing the visitor centre at Sandal Castle
• transferring the management of Pugneys to commercialise the provision of the service
• £2m from the review of buildings related trading services
• £550,000 from reducing customer services costs.

Although the proposed cuts for adult care and children’s services seem high, spending in these areas makes up around 60% of our budget - so this is unavoidable.

These cuts will mean a significant change in the way our services are delivered to you. Savings are being made right across the Council, reflecting what you told us in last year’s online consultation. And we will be speaking to you again about future changes.

Listening to you

We want to improve the way we communicate with you so that we can make sure that the services we provide are effective and meet your needs.

That is why, this year, we are changing the way we consult with you - giving you more opportunities to share your views and opinions on the priorities that matter most to you.

We have used feedback from residents, elected members and partner agencies to make sure that we communicated with you in a way that you prefer.

Here are some of the ways you can join in the conversation:

Ward meetings

Ward meetings give you a chance to meet with your local elected members. These meetings will take place three times a year in each of the 21 wards.

Area events

Events will still take place in the district’s seven areas, tailored towards the needs of each community.

District debates

Join in the district debates twice yearly on current topics affecting you. These events will move around the district so look out for an event near you.

Cabinet question time

Two meetings of the Council’s Cabinet will be held in different parts of the district each year.

After the meetings you’ll have the chance to ask questions to the Council’s key decision makers.

Leader’s Annual State of the District event

Hear directly from the Leader of the Council, Cllr Peter Box, about key topics for the Council and ask him your questions.

Scrutiny meetings

Overview and scrutiny meetings are an important part way we make decisions. These are open to the public.

For more information visit www.wakefield.gov.uk/councilmeetings

We’ll keep you updated on up-coming events and meetings through your Citizen newspaper. You can also find out more information about the events once they are known at www.wakefield.gov.uk

Next steps for leisure services

In February we announced our proposals for the future of the district’s leisure facilities.

The proposals gave a detailed review of the leisure facilities that we currently offer and showed options that will help us to provide the best for you in light of increasing financial challenges.

As part of this the go ahead was given for a new pool in the South East. We plan to build a modern, high-quality and fit-for-purpose swimming pool and will be asking people in this part of the district about where the new pool should be.

Minsthorpe Pool closed last March after an inspection revealed it needed major repairs, costing well over £1.2m which just isn’t feasible.

Next steps for leisure services

In the meantime regular updates will be made on Wakefield Council social media accounts, the Council website and local newspapers.

For information about all Council services go to www.wakefield.gov.uk or call 0845 8 506 506
Recycle for Wakefield

In Wakefield, around half of what is thrown in the waste bin could have been recycled.

Waste that isn’t recycled is sent to landfill which can then produce the harmful greenhouse gas methane. By recycling we can limit what is sent to landfill, save money, protect the environment and make the most of our natural resources.

If we all do our bit then we can achieve a lot.

Did you know?
It takes 25 recycled drinks bottles to make a fleece jacket.

Did you know?
About 145,000 tonnes of household waste is produced in the district every year.

Myth buster

- You don’t have to take labels off jars and bottles.
- Bottle tops can be left on glass and plastic bottles.
- You don’t need to remove windows from envelopes.

Recycling is easy when you know how!
Cut out and keep our handy recycling guide to make your waste and recycle more by:

**Paper and cardboard**
- Brown bin
  - Newspapers
  - Magazines and catalogues
  - Card and cardboards
  - Joke mail
  - Phone directories
  - Envelopes

**Recycling box – green box**
- No thanks
  - Glass
  - Plastic bags
  - Shredded paper
  - Wax-coated paper
  - Juice and milk cartons
  - Card with food on it (e.g. pizza boxes)

**Garden Waste – brown bin**
- No thanks
  - Flowers and plants
  - Leaves
  - Grass cuttings
  - Fruits, wood shavings, sawdust
  - Hedge trimmings and pruning waste

There’s some simple ways you can reduce the amount of food you waste at home and save a few quid at the same time:

- Only buy what you need - plan your meals and try not to get lured into special offers on perishable items.
- Making soups and casseroles are great ways to use up vegetables and can be frozen once cooked to last even longer.
- Store fruit and vegetables in the fridge to extend their shelf-life.
- Freeze fresh produce you don’t intend to use immediately.
- Over ripe fruit might not be too appealing to eat but it will still taste great once baked. Turn your left over bananas into delicious banana bread or apple, plums and peaches into a tasty crumble.

Did you know?
In one year, a single drink can, could be recycled up to eight times, saving enough energy to make 160 new cans.

Did you know?
In 2013, 40% of the waste sent to landfill was recycled.

Did you know?
It’s estimated that the average household throws away food to the value of £450 each year and families with children up to £700 a year!

Love food hate waste

It’s estimated that the average household throws away food to the value of £450 each year and families with children up to £700 a year!

* Did you know?  It’s estimated that the average household throws away food to the value of £450 each year and families with children up to £700 a year!

Love food hate waste

It’s estimated that the average household throws away food to the value of £450 each year and families with children up to £700 a year!

- Only buy what you need - plan your meals and try not to get lured into special offers on perishable items.
- Making soups and casseroles are great ways to use up vegetables and can be frozen once cooked to last even longer.
- Store fruit and vegetables in the fridge to extend their shelf-life.
- Freeze fresh produce you don’t intend to use immediately.
- Over ripe fruit might not be too appealing to eat but it will still taste great once baked. Turn your left over bananas into delicious banana bread or apple, plums and peaches into a tasty crumble.

If you need some inspiration for how to use up the food in your fridge, the Love Food Hate Waste website has lots of suggestions. You can find the link from our website.

**Home composting**

Whether you’re a year-round gardener or simply enjoy potting plants in the summer, home composting is a cost effective way of making more from your waste.

Home composting might seem a little daunting but in reality, the most difficult part is deciding where to put the composter in your garden. Over time, your home composter will turn your garden waste into rich compost that you can use to provide nutrients to your plants and improve the quality of your soil.

To produce quality compost you’ll need a 50/50 mix of green waste (fruit and vegetables, grass cuttings, old flowers and plants, coffee grounds) and brown waste (cardboard, eggshells, leaves, toilet roll tubes).

It then takes around 3-12 months to produce compost so if you start now you’ll have the perfect supply ready for next summer. If the cost has put you off in the past, you’ll be pleased to hear that we offer low cost compost bins to make it easy for you to get started.

**Win a composter**

We’re giving away 20 free composters, just enter the following question and send to the address below by Friday 4 April 2014 for a chance to win one.

**How many tonnes of household waste is produced in the district each year?**

- Name:
- Address:
- Telephone number:

Answers must be received by the closing date Friday 4 April 2014 for a chance to win. Only one entry per person is allowed.

Safety checks on memorial headstones

We want to make sure our cemeteries are safe places for you to visit. This is why we’re rolling out an on-going programme of safety checks on memorial headstones.

Each one will be tested to make sure it’s not at risk of failing. It is the responsibility of the grave owner, or their next of kin, to make sure that the memorial headstone is kept in a safe condition, so if yours fails you’ll be asked to get it repaired.

You can find out more information about the memorial safety check programme online at www.wakefield.gov.uk/bereavement or by calling 0845 8 506 506.
Last month, Westgate Station celebrated its official opening with the Council, East Coast, Network Rail and others.

The new £8.8m rail station has been keeping Wakefield connected since the end of December.

If you’ve already been to the station you may have seen the new sculpture in front of the main entrance.

The artwork was a joint project by the Council, East Coast and local company Beam to celebrate Wakefield as a welcoming and creative city.

Artists from the Studio of Cinematic Architecture (SOCA) designed the piece of 13 small-scale metal models of Wakefield’s amazing buildings, including the Town Hall, Cathedral and The Hepworth.

The Leader of Wakefield Council, Cllr Peter Box, said: “This artwork complements the new station as a gateway to the city and is an innovative way to introduce people to the art and cultural experience Wakefield has to offer.”

And across the district...

Kirkgate

The restoration of Kirkgate station continues, expected to be completed this autumn. Plans for the proposed new design of the area, including road layout and designs for the new West Yorkshire Archive building went on display in January and we are considering feedback from these events.

Civic Quarter

A master plan is being developed for this area, including the road layout and improvements to the local area.

Other city centre improvements

The Springs refurbishment is now complete. Work is underway at Upper Kirkgate to renew the paving and new planting and green areas are being put in at the Bull Ring.

Castleford

Improvements to Castleford bus station have started, including new pedestrian links between the bus and rail stations.

Three Shop Front Grant schemes have been completed and a number of others have now started to upgrade the front of properties. The scheme offers 50% of funding up to a maximum of £20,000 and is still open for applications. For more information call 01924 306008.

We have provided support to the development of new tourist information facilities at Queen’s Mill, as part of the exciting refurbishment of this historic riverside building by Castleford Heritage Trust.

Featherstone

The Green Lane link road is now open, improving access. We have also produced a delivery plan for Featherstone which will provide guidance on regeneration in the town over the next three years.

Pontefract

The Pontefract Townscape Heritage Initiative works have started at 39/41 Ropergate to ensure the structural stability of the building.

Plans for the Northern Link Road in Pontefract went on display in January. The new road will help ease traffic congestion in Pontefract. improve transport links and tie in with improvements proposed at junctions on Pontefract Road and Town End and improvements to Monkhill Station. We are also working with Harworth Estates to bring forward housing redevelopment on the former Prince of Wales pit yard.

Knottingley

The new Dish Hill roundabout is now complete with an order to prevent HGVs from travelling through the centre of Ferrybridge. Further improvements are taking place around Hill Top.

Normanton

Metro have allocated £150,000 Local Transport Hub Funding towards improving connectivity to Normanton Railway Station from the town centre and key bus arrival stops.

South Kirkby

Works have started on site at the South Kirkby Business Park for the Council’s new waste facility in partnership with Shanks - due to open spring 2015. Works are also due to start soon for a new fire station to be located at the business park.

To keep up to date with our key regeneration schemes visit www.wakefield.gov.uk/regeneration

Boost your business

The Wakefield Business Support Programme helps local businesses in the district to create much-needed jobs.

It is a partnership between Wakefield Council, RCP 21, South Elmsall Town Council and South Kirkby and Moorthorpe Town Council and is part-financed by the European Regional Development Fund.

The programme supports new and established businesses to grow in the Wakefield district and offers a wealth of support including mentoring sessions, enterprise clubs, advice on funding and support with recruitment.

The programme has already supported well over 100 people and businesses and has helped to create over 30 new businesses - that’s 28 new jobs.

One company that has benefitted from the support is Rough Peaks, owned by Christopher East.

Chris was unemployed then set up his online trading business from home in June last year.

The Wakefield Business Support Programme helped Chris relocate his business from home into a unit within the Ferrybridge Workspace, Ferrybridge (one of the Council’s managed workplaces).

Chris said: “The Wakefield Business Support Programme helped me access finance and supported me through the application process all the way, helped me with my business plan and into managed business premises. "It is good to know that there are business support people with you every step of the way on a new start business venture."”

If your business would like any of the above support please call 01924 306008 or visit www.wakefieldfirst.com/wbsp

West Yorkshire Combined Authority

A West Yorkshire Combined Authority is set to be established from April to oversee an investment of £1.5bn in local transport and economic infrastructure.

The Combined Authority will be made up of Bradford, Calderdale, Kirklees, Leeds and Wakefield councils and will also include York City Council and the Leeds City Region Local Enterprise Partnership as partner members.

Establishing a Combined Authority in this area is a key component of the “City Deal” that was agreed with Government last year. It will give the districts greater control over local decision making and investment and paves the way for the further devolution of power and resources from Whitehall in the future.

The initial investment will include a ten year £1bn West Yorkshire Plus Transport Fund and a £400m Leeds City Region Economic Investment Fund, both of which will accelerate economic growth and create jobs in the district and across West Yorkshire.

The Transport Fund alone is expected to deliver 20,000 jobs in the medium term, boosting the wider “Leeds City Region” economy, which also includes Barnsley and parts of North Yorkshire, by over £1bn a year.

For further information please visit www.awya.gov.uk/combinedauthority
are you calorie clever?
Over time, consuming more calories than we need leads to weight gain and carrying excess weight puts us at greater risk of serious health problems.

Recommended calories for a man is 2500 and for a woman 2000. Women should aim to eat no more than 2000 calories a day and men no more than 2500. This is just a guide based on 30 minutes of exercise per day. The actual amount of calories that’s right for you will depend on how active you are or whether you’re trying to lose weight.

Here’s how you could breakdown your daily calories to ensure you get all that you need:

TIP: Don’t forget to include calories from drinks or alcohol, these are often high in calories

- 300kcal for breakfast
- 600kcal for lunch
- 750kcal for dinner
- 350kcal for healthy snacks and drinks throughout the day

Using calories as a guide is the easiest way to make healthier food choices and to ensure we’re not eating too much. Too much saturated fat and too much sugar can mean we eat too many calories. Try comparing food labels and choosing the lower fat, lower sugar options. Remember, we don’t all need to eat the same amount of calories and children need fewer than adults.

For more information on being calorie clever visit www.nhs.uk/change4life/Pages/calories.aspx

Blood pressure - know the score
Over a quarter of people have high blood pressure, often without even realising it.

High blood pressure doesn’t always make people feel unwell and can be impossible to spot without a test.

Silent, but dangerous
If left undetected high blood pressure can come with hidden dangers, it causes half of all strokes and 20% of heart attacks.

Take the test
If you’re over 40, drop in for your free confidential blood pressure test.

Look out for our mobile “pressure stations” taking place throughout the district this March, or visit a pharmacy displaying the Blood Pressure Drop-in sign.

Get the test and know instantly whether you’re at risk, high blood pressure can be treated by your GP if detected.

For a full list of mobile pressure stations and dates, or to find out more about blood pressure in general visit www.wakefield.gov.uk/bloodpressuredropin

SMOKE INSIDE YOUR HOME AND POISONOUS CHEMICALS LINGER ON EVERYTHING.

EVEN ME.

Poisonous chemicals such as arsenic, cyanide, carbon monoxide and many others linger on everything, including furniture, carpets, bed linen and even your childrens’ toys. These chemicals can linger for weeks after you’ve stubbed your cigarette out.

PROTECT YOUR FAMILY, TAKE THE SMOKE OUTSIDE

To find out more about second & third hand smoke, or to watch the Smoke Outside video visit www.wakefield.gov.uk/smokefreewakefield

For help to quit smoking call 01977 465449 or visit wakefieldstopsmoking.co.uk
Improving our schools

We are continuing to work with our local schools to improve their standards and boost performance.

Every child in the district deserves to receive the highest standard of education possible.

Our ambition is for every child and young person to attend an Ofsted rated good school. That is why we have produced an action plan with our partners which is designed to improve our work with schools which are not yet good. This follows on from disappointing findings from a national report at the start of the year.

Secondary schools in the district are improving rapidly with 66% of 16-year-olds passing five A*-C GCSEs, including English and maths, last summer. This is a 6% increase on performance in 2012 and 6% above the national average.

We are continuing to work with maintained schools and academies to provide support to increase the proportion of children who attend a good or outstanding rated school.

To achieve this, over the last year we have established four focused programmes to improve writing, reading and mathematics at Key Stage 2, improve the proportion of good or better schools, narrow the attainment gap and improve governance.

We are working with all head teachers to create a coherent and co-ordinated school improvements system across the district. We have appointed a partner to work with us, called Navigate. They have spent time talking to schools to explore the work schools are doing themselves to improve and the barriers and challenges they face so we have a better understanding of what we need to do to boost performance.

We are determined to continue our schools’ support and improvement programme to ensure that children and young people in Wakefield are given the best start in life that we and our partners can provide.

Our ambition is to develop our school improvement work from the school improvement service to self-improving partnerships. By holding schools accountable for the results they achieve and raising standards in under-performing schools, we can make sure that all children in the district receive the high standard of education they deserve.

New city centre development

We are consulting with Wakefield market traders, following an offer from Sovereign Land (Management) Ltd, the owners of the successful Trinity Walk shopping centre, to redevelop the current market hall site.

They propose to redevelop the site with a new multi-screen cinema and some shops and restaurants.

This is going through the planning process.

The plans would see the outdoor market moving to the Cathedral Precinct and Teall Street in the city centre.

We are looking at making a fund available to help market traders who want the opportunity to re-locate to other premises.

Views from the consultation will be used by Cabinet to make a decision on the plans in the summer.

Additional criteria starts in September - further details will be available from August.

15 hours of Free Early Education for Two Year Olds

If you are claiming one of the following benefits your child could be eligible for up to 15 hours of early education over 38 weeks a year.

- Income Support
- Income Based Job Seekers Allowance
- Support under Part VI of the Immigration & Asylum Act 1999
- Guaranteed Element of State Pension Credit
- Child Tax Credit, providing you have an annual gross income of not more than £16190 and not in receipt of Working Tax Credit
- Looked after children

Please contact your local Children’s Centre or Wakefield District Families Information Service on 0800 5878042 for further information.
Women of the district

Through this feature we celebrate the achievements of women who have made a difference to their own lives and in our local communities.

In the past editions of The Citizen we have seen examples of women from all over this district aiming high, grabbing life’s opportunities and doing non-traditional jobs.

One of these is Amy Garcia (pictured).

Wakefield born and bred, Amy is now a familiar household name since she joined BBC Look North at the end of last year.

Amy now moves back to her native Yorkshire to front one of the region’s key news programmes.

“I worked in the television industry for 10 years before going to university to study for a Masters in TV Journalism,” said Amy.

“Sometimes you have to look at the bigger picture and take a step back before you can move forward. I started at the bottom again and worked my way up. Believe in yourself and focus on what you want to achieve. It certainly worked for me.”

Amy is a high-profile reminder of what hard work and determination can achieve.

If you are a woman of the district with an inspirational story to tell, we’d like to hear it. Please let us know by emailing thecitizen@wakefield.gov.uk

Tell us what you think

We always welcome feedback on The Citizen so you can email us at thecitizen@wakefield.gov.uk, contact us on Twitter or Facebook or write to us at: The Citizen, Communications, Room 202, County Hall, Freepost NEA 5394, Wakefield, WF1 2OL.

Join the conversation

Like us on Facebook

My Wakefield or search Wakefield Council

Follow us on Twitter

@MyWakefield
Make a change

When her son turned one year old, Marie started to think more about her future and what she wanted from it. Marie decided to make a change to help boost her career prospects but she knew that she needed her English GCSE to open up opportunities. “I enrolled on an English Level 1 course which I passed and went on to study Level 2, which I enjoyed and passed first time,” said Marie.

It was on this course that Marie’s tutor told her that the Manygates Education Centre was opening a beauty salon for training. “I went for a look around and enrolled on the Level 2 course there and it was one of the best years of my life. My confidence grew along with my goals and the determination to better myself, my future and my children’s future.”

“I loved every minute of my course with great colleagues and a fantastic tutor - I then decided that this was the career for me.”

Sign up with Wakefield Adult Education

You too can make a change like Marie. Courses start every month - it’s never too late to learn!

Centres across the district run both day and evening courses - maybe try a new hobby or take a course to improve your job prospects. For many people looking for work there won’t be a cost, so just ask us for help.

Try construction, beauty, cake decorating, maths, cookery, first aid, learn Italian, start using computers and much more.

We offer free level 2 apprenticeship training to those working in customer service, health and social care and those employed as teaching assistants.

Enter our competition to win a course for you and a friend up to the value of £500 each. Enter at www.wakefield.gov.uk/adulteducation

Save Energy, Save Money

Help to reduce your fuel bills by installing energy saving measures into your home.

Wakefield Council Home Energy Team is setting up a new scheme to enable householders to have measures installed by the Council approved contractor and is taking names and addresses of households who are interested.

Private households who own or rent their home from a private landlord may apply.

Don’t miss out when the scheme is launched in April - enquire today to be added to the waiting list.

Contact 08449 020 222 or email eat@wakefield.gov.uk

All interested parties will be contacted when the scheme is up and running and will also receive a copy of WHET the Energy Team Newsletter.

Although some people may qualify for free measures, and some may receive a discount, this won’t apply for everyone.

Our Scheme may include:

- Cavity wall and loft insulation
- Gas heating repairs
- Gas heating replacement boilers
- Cavity wall insulation for narrow cavities
- Central heating systems
Wakefield Road Safety and School Crossing Patrol Team
Post Ref 217626
The Service is currently responsible for approximately 90 school crossing sites across the district, safely crossing thousands of adults and children every year.
We have vacancies for School Crossing Patrols and Mobile Relief School Crossing Patrols. Uniform and training will be provided free of charge and the current rate of pay is £6.69 per hour, plus shift allowance.
To view current vacancies, please visit the School Crossings website at www.wakefield.gov.uk/crossing or call 01924 305721/01924 306000.

Kingswood Catering & Cleaning
All Areas of Wakefield District
Casual Catering Assistants
Variable Hours - at lunchtime £6.69 per hour term time only
Post Ref 217600
Casual Cleaning Assistants
Variable Hours
£6.35 per hour - early morning up to 8.30am or late afternoon after 3.15pm
Post Ref 217601
We need relief staff to provide cover in case of illness, sometimes at very short notice. Applicants may apply for both posts if the hours required are suitable. Please quote both reference numbers on applications.

For further information, please visit www.wakefield.gov.uk/jobs or call 0845 8506506 (type talk calls welcome).

Entries must be received by the closing date of Wednesday 30 April. The judges’ decision is final and no correspondence will be entered into. Only one entry per person is allowed. We will only use your personal details for the purpose of running the competition. The details provided by you will be held in accordance with the provisions of the Data Protection Act 1998 and will not be shared with third parties. We may contact you in connection with the competition, i.e. if you are a winner.

When did Wakefield Cycles open?

a) 2001     b) 2002     c) 2003

To enter, just answer the following question, complete the form and return it to the address below by Wednesday 30 April.

To enter, please answer the following question:

When did Wakefield Cycles open?

a) 2001      b) 2002      c) 2003

Answer
Name
Address
Daytime telephone number
Postcode
Email address
Please return completed forms to:
The Citizen Competition, Room 202, County Hall, Freepost NEA5394, Wakefield WF1 2QL

With just months to go until the Tour de France’s Grand Depart in West Yorkshire, now is the time to get kitted out for a summer of cycling.
Wakefield Cycles, on 37-39 Westgate in Wakefield city centre, is just the place to find all styles, makes and models of bikes, and all the accessories you will need, whether you want to race or just cycle for fun.

Wakefield Cycles inc GTP Cycles
Telephone: 01924 367070
www.wakefieldcycles.co.uk

Win £250 in vouchers

... and get involved in the year of cycling

Thinks going on at Lightwaves:

TRINITY BATONS
CHEERLEADING
NEXT GENERATION YOUTH
AND COMMUNITY PROJECT
WHITE ROSE BOXING
TAE KWON DO
FOOTBALL MIXED COACHING
MARTIAL ARTS
TOMIKI AIKIDO CLUB
WAKEY WHEELED CATS-ROLLER DERBY
BASKETBALL WAKEFIELD
U3A TABLE WARRIORS
TENNIS BADMINTON

Please see our website for more details

Are you a personal trainer, coach or instructor?
We have an amazing large Multi-sports room that can be used for mixed martial arts, keep fit, Zumba, dance, parties and celebrations.
The room has wall mounted mirrors, gym mats and a PA system.
Book now at only £25 per hour

Lightwaves Leisure and Community Centre
Lower York Street, Wakefield, WF1 3LJ
T: 01924 360158   E: info@lightwaves.org.uk
@LightwavesTrust   www.facebook.com/lightwavestrust

www.lightwaves.org.uk

FREeparking for metre users
A new look for Sandal Castle

Visitors to Sandal Castle will notice some recent improvements.

New look information signs tell the history of the site, including artist’s impressions of how the castle would have looked as well as some of the other items that would have been in the castle. The drawings are based on evidence found in excavations at Sandal in the 60s. Visitors can discover interesting facts about the castle including which part was used for practising alchemy and which part was refurbished upon orders from King Richard III. The signs were funded by a grant from the George Hyde Legacy, administered by English Heritage. The fund has also paid for all of the paths around the site to be re-laid, improving accessibility for visitors with disabilities and those with buggies.

Last year the legacy paid for the installation of steps into the moats and for urgent conservation work to the Great Hall and other parts of the monument.

Friends groups
Interested in supporting our castles or helping out at events? Get in touch with our Friends groups through the castle visitor centres or email pontycastle@btinternet.com for the Pontefract friends, or castles@wakefield.gov.uk for the Sandal friends.

Holiday activities

Easter Fun Polish style, Sandal Castle
Wed 16 April, 10.30am - 12pm & 1pm - 2.30pm, for ages 5-12.
Discover how Easter is celebrated the Polish way and decorate pisanki Easter eggs. Workshops are free but booking essential by calling 01924 302700.

Easter Egg Trail, Pontefract Castle
Thurs 17 April, between 10am & 2pm, all welcome.
Free event includes Easter crafts. No booking necessary.

Shakespeare Day, Pontefract Castle
Wed 23 April, 10.30am -12pm & 1pm - 2.30pm, ages 5-12.
Celebrate the date of Shakespeare’s birth and discover the Bard’s connections with Pontefract Castle. Free events but booking is essential on 01924 302700.

Smelly, Sandal Castle
Fri 25 April, 10.30am -12pm & 1pm - 2.30pm, ages 5-12.
Make a host of medieval style smellies including pomander beads, soap and lavender bags. Free but booking essential on 01924 302700.

The King is Coming, Pontefract Castle
Wed 28 May, 10.30am -12pm & 1pm - 2.30pm, ages 5-12.
Prepare for the arrival of Henry VIII at Pontefract Castle, there’s lots to be done. Free but booking essential on 01924 302700.

Sandal Castle Tapestry, Sandal Castle
Fri 30 May, Drop-in between 10am & 2pm, all welcome.
The Bayeux tapestry tells the story leading up to the Battle of Hastings. Come and help make a Sandal Castle tapestry inspired by this great work.
Free - no need to book.