

News for where YOU live

Homeground

Spring 2015 issue

Working together for OUR Parish!

Local Football 'alive & well'

Why our trees and bushes have to be 'managed'

Springfield Centre RE-OPENS

'Plotting' on breaking new ground? Think before you get dug in – allotments can be hard work

● **CPPC Environment Officer John McLinton receiving a certificate from Fishermead Residents Association's Julie Baines in recognition of his work – on behalf of Campbell Park Parish Council – with the association (see page 4)**



Campbell Park Parish Council
Caring within the community



**Campbell
Park
Parish
Council**
Caring within
the community

Campbell Park Parish Council serves some 5,800 households in the Fishermead, Newlands, Oldbrook, Springfield, Willen, Winterhill and Woolstones areas.

How to Contact us

By telephone

01908 608559

By fax

01908 694248

By email

admin@campbell-park.gov.uk

By post – or call in at

**1 Pencarrow Place
Fishermead
Milton Keynes
MK6 2AS**

Office opening hours:

Mon-Thurs: 10am-4pm, Fri: 10am-3pm

Or visit CPPC at

www.campbell-park.gov.uk

For advertising sales call

ICS Ltd on 01908 270000

● For councillors' / staff members' email addresses, put their name followed by the CPPC generic address.

For example Cllr John Goss's address becomes:
john.goss@campbell-park.gov.uk

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Elected Members of Campbell Park Parish Council

Fishermead



**Penelope
Halton-Davis**
01908 696034



**Adan Jama
Kahin**
01908 608559



**Darron
Kendrick**
01908 669067



Ama Oguntola
01908 608559

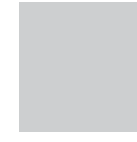


Martin Petchey
01908 605488
07712 485255

Oldbrook



Vacant Seat



Vacant Seat



Isabella Fraser
Chair, CPPC,
01908 607271
07857 278438



Tom Fraser
01908 607271
07857 278438



John Goss
07977 403253



Larry Harris
Vice Chair,
CPPC
01908 675766



Katherine Kent
01908 608559

Springfield



Terry Baines
07846 697237



Colin Ennew
07597 305564



David Priest
07508 312412

Willen



Phil Shrimpton
07813 093304



Derek Taylor
07972 710850

Woolstone



Chris Brown
07821 848826



David Pafford
01908 608559

CPPC Staff

Clerk to the Council
Dominic Warner



Responsible Financial Officer
Deputy Clerk
Jan Walker

PA/Administration Officer
Elaine Webb

Environment Officers

John McLinton



Finance Assistant (part time)
Lisa Bradley

Receptionist (part time)
Tracey Waistnedge

Mitch Mitchener



COUNCIL MEETINGS

● Please come along and see how the Parish Council conducts its business. Parish Council meetings are held on the third Tuesday of each month, starting at 7.30pm, at the Oldbrook Centre,

Oldbrook Boulevard (opposite Oldbrook Green). Visitors are welcome. The next meeting dates are:

April 21, May 19 & June 16

FOLLOWING YOUR STEER

Campbell Park Parish Council consulted with you, local residents, on the level of precept (the money you pay towards services provided by the Parish Council) it should set for the coming financial year.

To the many of you who responded, you have our thanks.

The outcome was that 33.79 per cent of respondents voted for no increase.

And 57.49 per cent voted for an increase of up to 5 per cent.

You also responded with clear direction regarding the services and support you wished the council to deliver to you.

PRECEPT INCREASE

WILL BE IN LINE

WITH YOUR WISHES

At its December (2014) meeting CPPC determined, based on an analysis of your returns, to set a precept of 4.9 per cent for the year 2015/2016.

In your council tax papers from MK Council you are likely to notice a smaller increase from CPPC than the 4.9 per cent we set.

This is because CPPC now has an increased tax base (more precept-paying homes in the Parish) compared with last year, and the extra homes will help 'spread the load'.

Not only did you tell us what tax rate we could set, but there were many and varied comments on how you would like us to serve you, and in the coming weeks and months we will be responding to those suggestions.

Again, our thanks to all those residents who responded ■

Cllr Isabella Fraser

CPPC Chair of Finance & Administration

CPPC meeting dates

The meetings of Campbell Park Parish Council and its committees are open to the public unless otherwise notified or, in specific circumstances due to the confidentiality of information being discussed, the Councillors present pass a motion to exclude the press and public.

Council (7.30pm start):

✘ April 21, May 19 and June 16

Planning & Policy Committee (7 pm start):

✘ April 28, May 26 & June 29.

Finance & Administration Committee (7.00pm start):

◆ April 7, May 5 & June 2.

Community & Environment Committee (6.30 pm start):

✘ April 27, May 18 & June 22.

Communications Committee (6.30 pm start)

◆ April 29, May 27 & June 24

Personnel Committee (6.30 pm start)

◆ April 13, May 11 & June 8.

✘ = Held at the Oldbrook Centre, Oldbrook Boulevard

◆ = Held at the Parish Office, 1 Pencarrow Place, Fishermead

Campbell Park Annual Meeting of Parish Electors



Thursday May 14, 2015
7.00 pm

at the SPRINGFIELD CENTRE
Springfield Boulevard

**For the residents of Fishermead, Oldbrook,
Springfield, Willen and Woolstone**

***This is your opportunity to question
the Parish Council on what it has
done and will be doing***

Light refreshments will be provided

Green fingers in need of a plot to work on?

● CPPC has a limited number of vacant plots on both its Willen and Woolstone allotment sites. If you live in the Parish and would like an allotment please contact John McLinton at the Parish Office ■

**FISHERMEAD
Sports Ground
in good use**

page 4



**SPRINGFIELD
CENTRE
NOW OPEN**

page 5



**KIDS'
CORNER -
competition
winners**

page 8



New partnership means football is 'alive and kicking' again in parish

Youth football – with all the social benefits the organised game can bring to the community – is back and flourishing in the Parish!

Over the past year Campbell Park Parish Council and MK Gallaticos Football Club have been working together to rejuvenate the local game.

CPPC took over ownership of the derelict former sports ground on Fishermead (which had become a magnet for fly-tippers and anti-social behaviour) and transformed it.

The Parish's investment included clearing accumulated rubbish, together with extensive landscape, shrubbery and woodland maintenance – going on to create two football pitches and a rugby practice area.

Simultaneously CPPC entered into a management arrangement with Gallaticos for the club to introduce football training and matches for the under 9/10 and under 13/14 age groups.

The club wasted no time in getting that underway...and currently has more than 200 people involved in its weekly activities – a number which is still growing strongly.

...more than 200 youngsters involved already...

The latest Gallaticos FC news sheet describes the partnership as: 'our biggest asset this year' going on to cite 'the support of our local councillors who have helped completely rejuvenate the Fishermead sports ground...it looks and feels more inviting...

'A great place to come and play football. So many games have been played on it already and the feedback we have had from opposition teams about the venue and the club's hospitality has been immensely positive...'

Both the club and

CPPC entered into the project believing that youth football can bring great benefits to both participants and the wider community.

It is seen as a good and popular way of getting young people 'off the streets' and engaged in a healthy activity, and as a mechanism for bringing people from diverse cultures, social and religious backgrounds together – helping unify communities ■



An MK Gallaticos squad

MK Gallaticos FC Sunday Academy

Find out more

www.facebook.com/mkgallaticico

Residents' award for our man John

● Fishermead Residents Association presents awards, annually, to people who have helped or worked with it during the previous 12 months – and every year it is difficult to narrow the list down to just a few names.

The association has built up a good working partnership with Campbell Park Parish Council, and was proud to present one of this year's awards to John McLinton (pictured on front page) for his work on Fishermead as a CPPC Environment Officer.

The award was given in recognition of 'the instrumental role' he had played in clearance of an area of overgrown shrubbery adjacent to Fishermead Sports Ground – bushes which had been frequented by needle-dumping drug users whose activities had made the area extremely dangerous for children and dog walkers.

"Thank you John, and CPPC, for continuing to make our lives a little safer," said FRA's Julie Baines ■

Why our trees HAVE to be 'managed'

● CPPC is responsible for looking after a variety of landscaping ranging from Oldbrook Green with its wooded walk to the mini-nature reserve area around Woolstone pond.

Over the past 10 years the Parish Council has maintained the trees around Oldbrook Green, Woolstone pond and the Parish's allotment sites with care – taking out a lot of dead and diseased trees and creating open and pleasant surroundings.

In 2014 CPPC took ownership of both the Fishermead and Woolstone sports grounds, both of which are surrounded by trees. The woodland in both areas had become overgrown and neglected.

Many of the trees around Fishermead Sports Ground had rotted away, while others had been blown over – neglect which could have proved costly if the areas had been left in that state.

Many other councils have had to bear

considerable costs after having legal action taken against them for not maintaining their tree stocks.

In one case, in 2011, a young girl was killed by a branch falling on her while she was sitting under a tree and the council involved was found to have failed to inspect its trees adequately – a failure contributing to the girl's tragic death.

Last September CPPC employed a contractor to survey all the trees that it has responsibility for, and a 20 year tree management programme was produced to ensure that those most at risk would be dealt with during the first two years.

The programme is NOT about continual removal of trees, but about giving the healthy ones the best chance of enhancing our parks in the future, and introducing new growth.

It will also help CPPC budget the funds necessary to maintain and enhance its estates ■

Are YOU ready to PARTY?



Springfield Centre open following major revamp

OPEN and ready for use – that's the fully re-furbished and revitalised Springfield Centre!

Following months of work the CPPC-owned building, off of Springfield Boulevard next to Tesco, has taken on a new lease of life.

It NOW features two large, bright and spacious halls suitable for anything from parties to public meetings – each with its own kitchen – light and

welcoming entrance hall, more storage space and new flooring throughout.

The near £300,000 project, part-funded by grant-aiding body WREN, also includes new lighting, doors, windows, heating and an upgraded and securely fenced patio area (generously planted by Frosts).

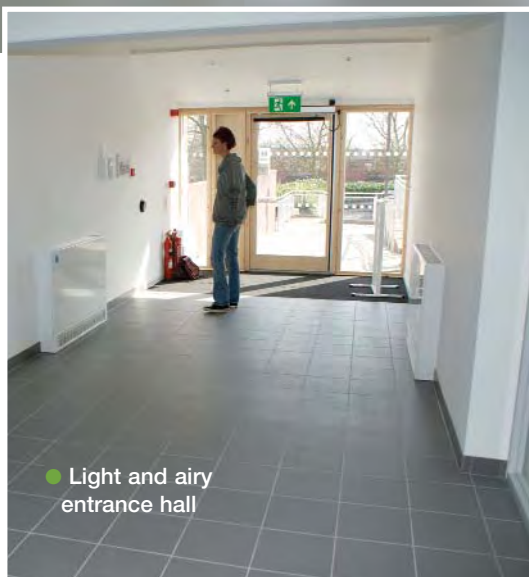
All it needs now is people and groups from across the Parish to start using it ■



● Two separate kitchens



● Two separate, spacious, function halls



● Light and airy entrance hall

● The 'new' Springfield Centre re-opened to the public as *Homeground* was going to press.

The project marks another step in Campbell Park Parish Council's move to bring its assets – many of them acquired in poor condition – up to 21st Century standard.

Other stages have included revamping the Oldbrook Centre and face-lifting the Woolstone pond area.

Among many others – either on-going or in the pipe-line – are major improve-



● 'Child-safe' fenced in patio area

ments to Oldbrook Green and its buildings, and the Fishermead and Woolstone sports grounds.

And then there is restoration and management of its green spaces and play areas ■

VENUES for HIRE!

To book Springfield or Oldbrook Centres please call

01908 608559

‘It is the ‘miracle’ we have all been waiting for...’

● CPPC makes every effort to ensure that general health information given in *Homeground* is accurate, but the best advice should be that given by medical professionals.

It can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and some cancers, by up to a half – and lower your risk of an early death by up to a third.

It is free, ‘easy’ to take, has an immediate effect...and you don’t need a GP to get some.

What is it? It is EXERCISE!

Exercise is the miracle cure which has always been available for free. But for too long too many of us have neglected to take our recommended dose, and our health suffers as a result.

Exercise is no snake oil. Whatever your age there is strong scientific evidence that being physically active can help you lead a healthier, and even happier, life. People doing regular activity have a lower risk of many chronic diseases. Research shows that physical activity can also boost self-esteem, mood, sleep-quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer’s disease. “If exercise were a pill, it would be one of the most cost-effective ever invented,” said health promotion consultant Dr Nick Cavill.

BENEFITS

Given the overwhelming evidence, it seems obvious that people should be physically active, and an essential if you want to live a healthy and fulfilling life into old age.

It is medically proven that people who do regular physical activity have:

- ♥ Up to a 35 per cent lower risk of

coronary heart disease and strokes

- ♥ Up to 50 per cent lower risk of type 2 diabetes and colon cancer
- ♥ Up to 20 per cent lower risk of breast cancer
- ♥ 30 per cent lower risk of early death
- ♥ Up to 83 per cent lower risk of osteoarthritis
- ♥ Up to 68 per cent lower risk of hip fracture
- ♥ 30 per cent lower risk of falls (among older people)
- ♥ Up to 30 per cent lower risk of depression and dementia

WHAT COUNTS?

Moderate intensity aerobic activity means you're working hard enough to raise your heart rate and break into a sweat. One way to tell if you're working at moderate intensity is if you can still talk but can't sing a song.

Examples of such activities are: walking fast, water aerobics, riding a bike on level ground or terrain with few hills, playing doubles tennis or pushing a lawn mower.

Daily chores such as shopping, cooking or housework do NOT count towards your quota. This is because the effort needed to do them isn't normally hard enough to get your heart rate up.

A MODERN PROBLEM

People are generally less active nowadays, partly because technology has made our lives easier. We ride in cars or on public transport. Machines wash our clothes. We entertain ourselves in front of a TV or a computer. Fewer people do manual work, and most jobs involve little physical effort. Work, house chores, shopping and other necessary activities are far less demanding than for previous generations.

RECOMMENDED LEVELS

- Children under 5 should do 180 minutes every day
- 5 to 18 year olds should do 60 minutes a day
- Those over 19 (including senior citizens) should do 150

minutes every week

Research suggests many adults spend more than SEVEN HOURS a day sitting down, at work, on transport or in their leisure time. Those over 65 spend 10 hours or more each day sitting or lying down – making them the most sedentary age group.

SEDENTARY LIFESTYLES

Inactivity is described by the Department of Health as a ‘silent killer’. Evidence is emerging that sedentary behaviour, such as sitting or lying down for long periods, is bad for your health. Not only should you try to raise your activity levels, but you should also reduce the amount of time you and your family spend sitting down.

Common examples of such behaviour include watching TV, using a computer, using the car for short journeys and sitting down for any reason – and are thought to increase your risk of many chronic diseases, as well as the prospect of weight gain and obesity.

“Previous generations were active more naturally through work and manual labour, but today we have to find ways of integrating activity into our daily lives,” said Dr Cavill.

Whether it is limiting the time babies spend strapped in their buggies, or encouraging adults to stand up and move frequently, people of all ages need to reduce their sedentary behaviour. “This means each of us needs to think about increasing the types of activities that suit our lifestyle and can easily be included in our day.”

Crucially, you can hit your weekly activity target but STILL be at risk of ill health if you spend the rest of the time sitting or lying down. For tips on building physical activity and exercise into your day, whatever your age, read *Get Active Your Way* ■

CPPC thanks NHS England for providing this article.



● CPPC’s Oldbrook Green trim trail – where even football club chairmen can benefit from healthy exercise

Use YOUR vote...and have a say on CMK!

Thursday May 7 is General Election day – with UK voters entitled to decide who forms the next government.

But for those registered in the Campbell Park Parish area, polling day will also have an important bearing on the future of Central Milton Keynes.

For – in common with electors right across the city – they will have the opportunity to vote in a referendum on the proposed Central Milton Keynes Business Neighbourhood Plan.

The purpose of the plan is to help local communities play a 'direct role' in how they want 'commercial' land to be used

and developed in the areas where they live, work and shop.

And given CMK's strategic importance to the whole city as a retail and employment centre, voting has been opened up to include all registered voters in the MK Council area.

Find out more at www.milton-keynes.gov.uk/planning-and-building/planning-policy/central-milton-keynes-neighbourhood-plan

...or call 01908 252358.

Would-be voters need to be registered by April 20, 2015 – details on 01908 254706 ■

Think it through if you're plotting on a plot

● Thanks to people finding they couldn't commit the time or effort needed to look after an allotment properly, CPPC now has vacancies on its two sites – whereas three years ago it had 15 people on its waiting list!

There are many good reasons for wanting an allotment, but many people find the responsibilities over-powering when they do get one, with the amount of time involved being a major factor.

If you're thinking of taking on a plot, it is worth considering why you want one: do you have the motivation to get you

through? Allotments are a big commitment.

Can you ease yourself in and take your time? It is OK to have empty beds in the first year – just growing a few things and going from there is much better than 'burning out'.

Do you have the time? Could you work the plot with a friend, or get help from your family?

Could you grow just as effectively in your garden, using a corner as an easy-to-get-to vegetable patch?

Don't worry about things you don't eat much of just because you now have the space. Treat yourself to the fruit and veg you really love.

Will your plot be miles away so that getting there quickly becomes a chore?

And remember, it is meant to be FUN. If you are not enjoying yourself give up – no shame in that – and find another way to grow.

CPPC only lets allotments to Parish residents because it has so few (for a large Parish) and charges a £25 deposit in the first year. That is returned if you leave your plot in a good state of cultivation when you surrender it.

Still interested? Contact John McLinton at the Parish Office ■

Could you help save a life?

● Your ambulance service needs you – as, potentially, do a host of people ranging from immediate family members to complete strangers...

South Central Ambulance Service is recruiting volunteer 'first responders'.

They will be people prepared to undergo sufficient training to enable them to provide basic life-support, care and reassurance to patients and their families until 999 crews arrive to take over.

And providing such immediate emergency care can mean doing a huge,

perhaps life-saving, favour to those in desperate need.

The ambulance service reckons that – in the case of sudden cardiac arrest – a patient's chances of survival can be reduced by 10 to 20 per cent with each minute that ticks by without help being given.

Equipment is provided along, in some cases, with an emergency vehicle.

Find out more on 0800 587 0207 or at www.southcentralambulance.nhs.uk.

You might just end up saving a life! ■

● Having a good spring clean? Please don't dump unwanted furniture and other rubbish on the streets or in green spaces.

There are three recycling centres where such stuff can be disposed of, open 8am to 8pm seven days a week through to September 30.

They are at: Chesney Wold, Bleak Hall MK6 1NE; Newport Road, New Bradwell MK13 0AH; North Crawley, Newport Pagnell MK16 9HG. **More details on 01908 252570** ■

Woolstone Party Venue

Picturesque 13th C Listed Building for Hire

Why not book this outstanding venue for your next event?

● This community centre/church can accommodate functions ranging from birthday and anniversary parties to wedding receptions and evening functions

● *The perfect setting for your event photos*

● Facilities include: seating for approx 80, car park, fully-equipped kitchen, beautiful maple floor, disabled access and toilet with wheelchair access

Call 07840 924532

or visit www.thewoolstones.co.uk

Live on Oldbrook and want to talk?

ANY PROBLEMS, NEED ADVICE, HAVE IDEAS? COME AND TALK TO YOUR LOCAL PARISH COUNCILLORS

NO APPOINTMENT NEEDED

Oldbrook Councillors hold surgeries to talk to residents, on the third Saturday of the month

1pm to 3pm @ Oldbrook Centre, Oldbrook Boulevard

If you wish to discuss problems, need advice, or have ideas to improve your Parish, we will be pleased to meet you for coffee and biscuits in a friendly and informal atmosphere

Dates for the next three meetings:

April 18 May 16 June 20

We look forward to seeing you

Something for younger residents of the Parish...

Kids' Corner

Time to get out and enjoy the fresh air!

Hi everyone! Cllr Penny here. And it is springtime at last – so I hope you can all get out to play in the green areas near where you live.

It really is time to get fit, after being cooped up inside all winter. Why not try out the play area on Fishermead by the Pirate Park? You don't have to live on Fishermead to use it, or you can ask a grownup to take you to Oldbrook Green if you don't live on Oldbrook. The play parks have lots of things to play on.

Plate competition winners...



Oldbrook First



Shepherdsweil



Jubilee Wood

● As you can see we are printing a few more poems this time. The winners are Jubilee Wood School, and we are also printing photos from the schools which took part in the Christmas plate competition. Well done everyone.

● There is also a small word search for you to do.

Please return your answer to the Parish Office by May 5 this year. There will be a £10 gift card for three winners.

● And please don't forget to say hello to Mitch or John if you see them when you are out playing.

You can tell them if you have problems in the play areas or green spaces near where you live.

● **By the way – if you would like to send in a poem or write a letter to Kid's Corner, we will give a £5 gift card to those whose work is published.**

Hope to hear from you soon, and to talk to you in the next issue of this magazine ■

Poems from Jubilee Wood School

1st prize to Aiyah, Year 6

Football is fun
The sound of the big bouncy ball bashing
the goal post. BANG!
It is a team game and you work together.
Football brings people together.
You work as a team, you win or you lose.
But you still had great fun.

2nd prize to Cyrus

Football, football, kids playing about
On the school pitch or in the park
Or at home. I like football, do you?
To the left, to the right, kicking about
Blowing the wind about
Everyone shouting another goal

3rd prize to Georgette, Year 3

Football makes me feel really happy.
Football is great fun.
When I score a goal it makes me feel
fantastic.
And I always have great fun.

Best of the Rest: Gryka, Year 6

Score! Pass! Dribble!
This is all about football
Crazy! Crazy! Pass the ball
Come and score
Goal!
O! O! O! ■

Word

PUZZLE

Find the missing word

HOME SPRING
HOUSE SNOW
DOG RAIN
CAT PARK
GRASS SKY
BIRD APRIL
TREE MAY
DAFFODIL

D	R	I	B	C	E	Y	A	M	L
L	O	Y	R	P	A	K	L	N	I
P	S	G	R	A	S	S	I	O	R
R	K	C	A	T	N	A	N	H	P
I	R	R	E	E	R	T	L	O	A
E	A	O	S	P	R	I	N	G	W
M	P	U	N	D	I	R	P	S	A
O	O	L	U	T	D	S	U	B	M
H	T	R	E	H	O	P	U	O	H