

FLIP FLOPS OR WELLIES?

Welcome to your revamped community newsletter - take a look inside...



FLIP FLOPS OR WELLIES?

Stratton Festival 2018 - Saturday 7 July 2018

Will it rain again this year? If March was anything to go by it might even snow! Whatever the weather, we love how it never dampens your spirits.

If you're coming by car, please park safely, legally and avoid blocking paths, driveways and pavements.

We look forward to seeing you anytime from noon through to 22:30.

PS: If you have a relative that's been particularly badly behaved recently, we're looking for litter pickers for the festival. Let us know if you know anyone that can help.

JUST SOME OF WHAT'S INSIDE:

SEASONAL GARDEN TIPS

GARY'S GYM TIPS

WHAT'S ON LOCALLY

NEW FITNESS TIMETABLE



@SSMPCSwindon



info@strattonstmargaret.gov.uk



www

www.strattonstmargaret.gov.uk



RAF Spitfire Flypast

This year's Stratton Festival has something for everyone:

- Free children's entertainment
- Live music
- Beer and cider festival
- Food
- Dog show
- Breakdancing workshop
- Community stalls

As well as activities for the whole family we've also secured a flypast from an RAF Spitfire!

Join us on the back field any time from 12 noon.

Grange Bar Open to Everyone

We're always looking for fresh ideas to keep the guests at Grange Bar entertained, so if you know anyone who deserves some time in the spotlight we'd love to hear from them.

- Comedians
- Singers
- Entertainers
- Magicians

Email events@strattonstmargaret.gov.uk.



"My daughter had her wedding here and the food and the staff were brilliant. Would definitely recommend to other people."



Outside with Oliver

We managed to pin down Oliver, our Head of Open Spaces to get some tips and advice for the coming months ...

'June and July is a time when you're likely to see a lot of wildlife activity in your garden and hopefully lots of flowers. Birds will be foraging for caterpillars to feed their young and bees and butterflies should be seen seeking nectar rich flowers.

A great way to help bees and butterflies is to grow plants in your garden that provide lots of nectar for them to feed on. Some good examples include Buddleia, Lavender, Hebe, Ivy, Foxglove, Honeysuckle, Oregano, Caryopteris and Jasmin. Nearly all plants that are highly beneficial to pollinators require a lot of sunshine so make sure you plant them in the sunniest parts of your garden.

It is also a great idea to provide a bird bath and keep it topped up with water.'



The Stratton Open Spaces Management Team can be contacted on (01793) 833432 (Monday – Friday)

KIDS: How to make fat cakes for birds

You will need:

Lard or suet. String or twine. Old yoghurt pots

Any of the following ingredients:

Currants, Sultanas, Oats, Breadcrumbs, Cake crumbs

1. Mix all dry ingredients
2. Melt some lard add the dry mix. Stir until the mixture sticks together.
3. Make a small hole in the bottom of a yoghurt pot and thread through a length of twine or string, then pack the pot with your warm fat mixture.
4. Place in the fridge overnight to set, then cut through and peel away the pot. Tie a big knot at one end of the twine to secure the cake.
5. Hang the cake in a tree or shrub and wait for the birds to come and feast.

KIDS: Send your photos to social.media@strattonstmargaret.gov.uk



New Fitness Timetable

We've added dates, classes, sizes and equipment and we'll continue to meet demand wherever we can.

A new copy of the fitness timetable is available at Grange Leisure coffee shop and available to download from the website.

You'll also find a copy towards the back of the newsletter to cut out and keep.

If you have any questions please pop in, call or email:
info@strattonstmargaret.gov.uk

In association with
LES MILLS

New Online Booking System - NOW LIVE

It's one of the main things our gym and fitness class members have been asking for, so we've invested in a new system.

If you're a Grange Leisure gym user / member please could you let us know your email address when you're next in, or via info@strattonstmargaret.gov.uk so we can get you set up to use the system.

We will continue to take bookings in person and via the telephone.

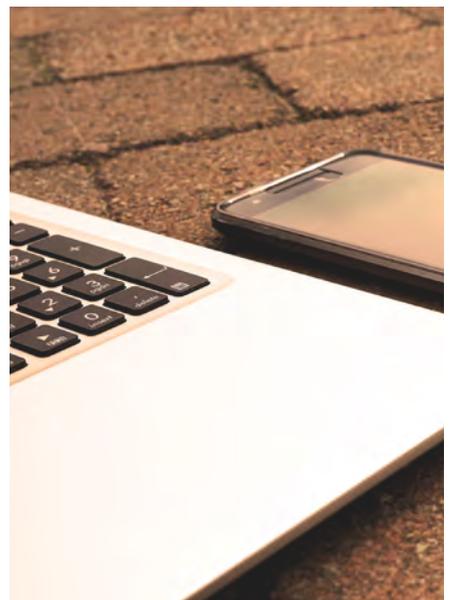
Visit the website for the link to the new system.

www.strattonstmargaret.gov.uk/fitness-classes



Gym memberships start from just
£20.99 a month.

Call or pop in to Grange Leisure
join.



Gary's Top Tip (weight loss)

We all struggle from time to time with weight and / or the way we look.

Try not to get obsessive with the scales, or be disheartened if the weight doesn't fly off.

Remember a healthy amount of weight to lose per week is 1-2lbs. Also with a training routine you may be toning and changing your body shape, meaning the weight may not change or even go up slightly. Try taking pictures of yourself at the start of your journey, front and side view, so you can see the areas you want to work on. Then a month later take new pictures and look at them against the old ones, side by side.

Think of it like this, how often have you said or been told "you look like you've lost weight" we don't always see it ourselves. But when you have the comparison it will make it easier for you to see your progress, therefore a great encouragement that you are getting somewhere.

Keep going!
Gary Turland

Under Gary and Anne's wing the Grange Leisure gym team work hard to make it one of the most inclusive gyms around, and we are always looking for new ways to train.

If you are looking for a gym with a friendly atmosphere, with all shapes, sizes and abilities then please come check us out.

We have recently installed our "new" Squat Rack for those of you who are looking to push that little bit harder, we listened to our clients and brought it in.

On top of our fantastic gym, within your membership are the fitness classes. Offering you a huge Range of sessions from high impact Les Mills Body Attack & Pump, through to pilates and Body Balance. We even have a "NEW" kids Breakdancing class every Saturday Ham run by the Swindon Legend BANXY, for ages 7+.
Book on now: call (01793) 825525.



Keep up-to-date with everything happening at Grange Leisure Gym over on Facebook:
[@GrangeLeisure](https://www.facebook.com/GrangeLeisure)



Children's Craft Items and Much More...



You've probably heard of The Swindon Children's Scrapstore, it was started way back when in 1985!

As a low-cost community resource centre where customers can purchase a wide range of items (new and used): paper, card, plastics, children's toys and games, fabric, wooden reels and many more items.

We caught up with them to find out more about what they do...

Can anyone come along to browse and buy?

Yes, and there's absolutely no obligation to buy. Anyone can access the Scrapstore, we are open to the public and also support local charities, community groups, nurseries, schools, childminders, guides, scouts, brownies and local businesses with much-needed resources.

Customers can fill a basket of non-priced scrap resources for £6 or a trolley full for £15!

How is The Swindon Children's Scrapstore making a difference in the community?

We directly benefit over 50,000 people each year, we divert over 250 tonnes of reusable materials from landfill back into reuse every year and we provide volunteering opportunities for 90 people each year to help them gain new skills and increase their confidence and self-esteem.

We heard you're looking for a new home? Why?

We have been forced to relocate premises 5 times in the past 10 years through no fault of our own so we want to purchase a building to provide a forever home for The Swindon Children's Scrapstore and the community projects it operates to ensure sustainability.

We are working hard to raise £80,000 to secure a deposit for a mortgage on a property worth £300,000 which will be permanent premises for the charity and so far we have raised £25,000 towards our target of £80,000. We have recently set up a Go Fund Me Campaign to try and raise £10,000 to help us meet our target. (Visit the Scrapstore's website or Facebook page for more information).



What's On Locally?



Beechcroft Library - Your Community Hub

The library and community hub continues to go from strength to strength thanks to your support and attendance.

As well as the coffee shop, which is open all the time, the library also has regular activities for every member of the community, including:

- **Lego Club: Saturdays from 10:30 (term-time)**
- **Chess Club: Saturdays from 10:30**
- **Friendship Club (reducing loneliness and isolation): Wednesdays from 10:00**
- **Toddler Story Time: Thursdays 10:30**
- **Beechcroft Brush Strokes Wednesdays 12:30**

Plus much more. Check our Facebook page for all events - @SSMPCSwindon



Stratton St Margaret Baby and Toddler Group

A very friendly parent-led group

They meet every Wednesday & Friday
10am – 11:30am at St Margaret's Centre

Lots of toys, games & craft, with song & rhyme time.
For bumps to 5-year-olds.



Stratton Stroll

Saturday 23 June 2018 from 11:00

Back for another year!

Here's the route - we'll be confirming bands soon. Keep an eye on the website and Facebook for updates.

Please drink responsibly to make sure you, and everyone else, enjoys the day.

- Baker's Arms: 11am to 3pm**
- Kingsdown: 12pm to 4pm**
- The Crown: 1pm to 5pm**
- The New Inn: 2pm to 6pm**
- Grange Bar: 3pm to 7pm**
- The Wheatsheaf: 4pm to 8pm**
- The Rat Trap: 7pm to 11pm**



Follow us on Facebook for details of all our community events.

Former Chairman's Annual Report – Cllr J Tray

As read at the Annual General Meeting on April 24 2018

Again it's been a very busy year for the Council. We took over Street Smart services from SBC last April which was not without its teething problems as a number of areas were unidentified, however, I hope you agree that our open spaces and highway verges are beginning to improve dramatically and we have received many compliments.

In September we took over the running of the library service at Beechcroft, Upper Stratton, this would not have been possible without the dedication of volunteers and the 'Friends of Stratton Library'. The last 6 months have seen over 2,000 hours of volunteer work which is a huge achievement and should be congratulated. For those that have been following us on social media you will see that we have introduced a very popular Lego club, knitting group, children's story time and lots more. There's also a coffee shop and plans are in place for the installation of a disability lift and new frontage to make the library more user-friendly. A huge thanks also goes to those local businesses that have helped us with this project.

The Council continues to serve the community first and foremost and is often, through consultation, improving the areas that it owns or manages. Recently we saw the planting of trees at Kilby Field and at present, we are improving some of our play areas and we welcome a 'Pirates Ship' at the Play Park at Winton Road very soon.

Our annual fundraising Zumbathon, took place on Saturday 28 April raising money for our former chairman's charity – Alzheimer's. The Stratton Festival takes place on the 7 July and the Stratton Stroll on the 23 June both now a popular diary event bringing the community together. We hope you're free to come

This year we embrace the 100th anniversary of World ^{along?} War 1 on Sunday 11 November and are working

alongside the Royal British Legion to organise a fitting parade of armed forces veterans and current uniformed organisations such as the Guides, Scouts, Boys Brigade etc. We are also working with the Churches to organise bell ringing across each town and a beacon will be lit in the evening.

The Council has commissioned a consultant to look at ways in which we operate the leisure centre as a business to ensure efficiencies in all areas of our work. We will keep residents informed as this project work commences.

We have also been announced as a 'Super Council' by NALC in recognition for the size and activities that our Council achieves.



Stratton St Margaret has been a Parish Council for many years and this year we congratulate Cllr John Foley who has served this Council for 50 years.

**Cllr Tray was succeeded as Chairman at our annual meeting on 8 May by Cllr S Leach.
Vice Chair is now Cllr Mrs A Brooker.**

Stratton St. Margaret Parish Council Planning and Highways Committee

Question: Do you know how many conservation areas and listed buildings are in our Parish?

Your committee has frequent meetings during the year to consider applications to extend, build, develop and improve buildings and sites in the Parish. Parishioners and the media are welcome to attend every meeting to observe our deliberations on your behalf. We are a consulting body and can only make comments and suggestions to Swindon Borough Council, who make all final decisions. Plans called to the full Borough Council are supported by a representative from this Parish committee.

During the past year, we have also commented, on your behalf, on plans to extend the G Park Triangle industrial distribution complex, an electricity battery storage unit near the crematorium, large developments of houses, a retirement village and associated works at Kingsdown and the New Eastern Villages. We have heard deputations regarding industrial wood burners and proposals around developments at the White Hart roundabout and its impact on access across the Ermin Street roman bridge. We have undertaken site visits to similar units to the Keypoint electricity from waste development to better inform our comments on your behalf. Members have attended several rallies arranged by others regarding some of these emotive developments.

Your committee is proud to say each proposal receives a site visit from a member to help us fully appreciate the plans we consult on the committee meeting evening. We have also contributed to a Parish Neighbourhood plan, which, near completion, will assist current and future committee members to protect preserve and enhance the Parish environs.

Answer: 2 conservation areas and 15 listed buildings... can you place them? We'll list them in the next newsletter.

Chairman Cllr Stuart Leach
Chair of the Planning and Highways Committee

Kids: What is a listed building?

A listed building, or listed structure, is one that has been placed on one of the four statutory lists maintained by Historic England in England.

Can you find the 15 in the Parish?

Finance Report

Our Finance and General Purposes Committee meet every other month and we work closely alongside our Finance Team to ensure that public money is being spent wisely.

The Parish Council owns and manages Grange Leisure, the thriving community/leisure centre in Stratton St Margaret. This community hub on Grange Drive welcomes residents from across the parish and the wider community inviting visitors with its modern facilities.

The centre boasts well maintained 3G Artificial Grass Pitches, a 40-station gym, fitness suites and multi-purpose sports rooms which offer venue hire for weddings, parties and conferences. The centre regularly brings the community together at senior lunches, art clubs, meat draws, tribute band nights and more, all held in the Coffee Shop, Grange Bar and Community Library. The Parish Council continues to serve the community through high levels of maintenance on all of the parks and open spaces in the Parish of Stratton St Margaret including its 11 play parks, two allotment sites, sports pitches and burial grounds. It also organises the hugely popular annual Stratton Festival and Stratton Stroll, Christmas Extravaganza and Community Carol Service – making a commitment to find grants and other funding sources to help pay towards the running of these events. The Parish Council also owns the Meadowcroft Community Centre in Upper Stratton which is currently managed by Swindon Youth for Christ.

The annual running of all these facilities requires a budget of over £2m. We have worked very hard to reduce our revenue and capital budget and have made significant cut backs in both staffing and non-essential costs. During the last 2 years we have had quite high expenditure in keeping our buildings up to the high standard that is required in both health and safety requirements and the expectations of our users.

We have assisted the Borough Council by taking over devolved services for Street Smart which costs us in the region of £100,000 each year.

In addition, we took over the running of Beechcroft Library in September 2017. Whilst Stratton St Margaret Parish Council is running the library, the running costs are estimated to be in the region of £74,018 in the first year as the Parish Council need to purchase library stock, IT Equipment and pay for staff.

The precept is set at £1,330,062 based on the tax base of 7,001.8 Band D households. The charge of £189.96 per annum represents an increase of 13% which is an additional £21.85 per annum or £1.82 per month - £0.06 daily increase per household.



Fitness Classes Timetable

Spend time relaxing in Grange Leisure coffee shop for lunch, snacks and drinks

Monday

Rehab Circuits

9:00am – 10:00am

This class is suited to anyone recovering from injury, illness or just wanting low impact. There is a mixture of different exercises including skipping, jumping on the trampette, step ups and much more.

Young at Heart

9:00am – 3:00pm

Gym

BodyATTACK™**

1:00pm – 11:00pm

A whole body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility.

BodyBalance™**

11:00am – 12:00pm

A motivating blend of Yoga with Tai Chi and Pilates. Improve your flexibility and increase core strength while you reduce your stress levels.

Children Age 14+

Junior Gym

4:00pm – 5:00pm

A supervised gym session for 10–15 yr olds, to improve fitness and strength.

HIT™** Strength

6:00pm – 6:30pm

BodyATTACK™**

6:30pm – 7:30pm

Tuesday

Yoga

8:30am – 9:30am

Find your inner peace with our yoga sessions. Helping you to improve your health, relieve stress, improve your posture, lose weight and increase your energy.

Body Box

9:30am – 10:30am

An all over body workout, using both high impact moves, to tone and strengthen muscles, to core and strengthen your core and cardiovascular workouts.

Young at Heart

9:00am – 3:00pm

Gym and Badminton

Low Impact Fitness

11:00am – 12:00pm

A great class for those easing back into exercise or after an injury at a reasonable fat burn pace.

Walking Football

2:00pm – 3:00pm

Walking football for over 50s is a great session for anyone who still loves to play, but at a slower yet challenging rate.

Body Blitz

6:00pm – 6:45pm

A fun all over body workout, focusing on strength, endurance and fitness conditioning to help develop a strong toned physique.

Intensity Chart:

■ High
 ■ Medium
 ■ Low

** excluding student membership holders

*The perfect programme for your fitness goals run in association with



Sometimes an instructor may be poorly or there may be unavoidable circumstances which mean when this happens we will do our very best to let you know with as much notice as possible.

To book a class or join call: (01793) 825525

www.strattonstmargaret.gov.uk

Fitness classes are FREE to gym passholders**

Gym Opening Times:

Monday – Friday: 7.30am – 10.00pm

Saturday & Sunday: 8.30am – 10.00pm

Prices start from £3 please see the website for up to date information.

Wednesday

Young at Heart

9:00am – 3:00pm

Gym

Zumba
Party yourself into shape. An exhilarating, effective, easy-to-follow, Latin – inspired, cardio – burning dance workout.

Walking Club

11.4.5am – 1.30pm

Walking your way to fitness at your own pace around some of the most scenic routes in the Cotswolds Area. The times you have finished your walk its back to the centre for tea and biscuits.

Junior Gym

4:00pm – 5:00pm

As Monday

Metafit

6:00pm – 6:30pm

Metafit is a high intensity workout including a series of body weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete. Designed by a former marine, this is a class you can be sure to push your limits in. Age 14+

Pilates

6:35pm – 7:15pm

Strengthen your core and improve your posture and flexibility.

The Pilates technique focuses on strengthening the core body and recruiting core muscles. Basic Pilates involves finding and maintaining the neutral position during the exercise, prone and supine positions. Increase muscular balance and strength, improve clients posture and improve core and back strength.

Zumba

7:30pm – 8:15pm

As 9.15 but 45mins long

Friday

Young at Heart

9:00am – 3:00pm

Gym – As Monday

BodyBalance™**

9:30am – 10:30am

Gym Age 14+

Walking Netball

11:00am – 12:00pm

Walking Netball is a slowed down version of the game, designed for all shapes and abilities in a fun, relaxed supportive and friendly environment.

Soccer Skills with Aaron Webb

3:15pm – 4:00pm

Get football fit and learn new skills with our fully qualified FA football coaches.

Saturday

Powerhoop

9:00am – 9:45am

Lifts the spirits, improves posture, eats up calories, helps to trim the waist and firm the thighs.

Les Mills Body Pump*

9:15am – 10:00am

This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. This program is based on THE REP EFFECT, a proven formula that exhausts muscles using light weights, while performing high repetitions – this is the secret to developing lean, athletic muscle.

Zumba

10:00am – 11:00am

As Wednesday

Junior Gym

10:00am – 11:00am

As Monday

HIPHOP ALL STYLEZ with Banksy

11:00am – 12:00pm

Breakdance & Street Dance sessions Ages 7+. Term time only.

Sunday

Metafit

9:30am – 10:00am

Back to Netball

10:00am – 11:00am

Taking part in Back to Netball is great for you in so many ways. The benefits include losing weight, developing the body's cardiovascular system and improving muscle tone. Sessions cover the basics including passing, footwork and shooting.

Useful Contact Information

Coleview

Cllr Matthew Davis
97 Sandgate, Stratton St Margaret SN3 4HJ
T: Contact via office
E: Matthew4Stratton@gmail.com

Cllr Tim Page

13 Haig Close, Upper Stratton, Swindon SN2 7QN
T: 01793 932095
E: pagetmemail@yahoo.com

Lower Coleview

Cllr Steve Benson
18 Juniper Close, Stratton St Margaret, SN3 4DZ
T: 01793 825530
E: bensoncoleview@gmail.com

Cllr Barrie Jennings

113 Oxford Road, Stratton St Margaret, SN3 4JA
T: 01793 826339
E: lstrattonjennings@gmail.com

Merton

Cllr Mrs Claire Crilly (Borough Councillor)
8 Wise Close, Upper Stratton SN2 7LT
T: 01793 820284
E: claire_hollyberry@msn.com

Lower Stratton

Cllr Roger Smith (Borough Councillor)
39 Watermead, Stratton St Margaret SN3 4WE
T: 07510 273143
E: roger@stratone.demon.co.uk

Cllr Mrs Brenda Archer

15 Bourton Avenue, Stratton St Margaret SN3 4LY
T: 01793 822263

Cllr Miss Alison Bridges

59 Winton Road, Lower Stratton SN3 4XL
T: Contact via office

Cllr Mrs Anne Brooker (Vice-Chair)

73 Swindon Road, Stratton St Margaret SN3 4PU
T: 01793 825343
E: anne.38@btinternet.com

Cllr Mrs Carol Ennis

Seagulls, 6 Crispin Close, Stratone Village SN3 4XH
T: 01793 831335
E: carolennis2@yahoo.co.uk

Lower Stratton Continued

Cllr John C Foley
59 Winton Road, Lower Stratton SN3 4XL
T: Contact via Office

Chairman Cllr Stuart Leach

24 Ermin Street, Swindon SN3 4RQ
T: 01793 828038
E: stuartleach24@hotmail.com

Upper Stratton

Cllr Joe Tray
3 Cairndow Way, Stratton St Margaret SN2 7TQ
T: 07813 170202
E: j.tray@ntlworld.com

Cllr Mrs Eileen Foley

7 Dockle Way, Upper Stratton SN2 7LQ
T: 01793 822110
E: cllrjohn@ntlworld.com

Cllr John Foley

7 Dockle Way, Upper Stratton SN2 7LQ
T: 01793 822110
E: cllrjohn@ntlworld.com

Cllr Mrs Andree Murphy

2 Orchard Grove, Upper Stratton SN2 7QR
T: 01793 337144
E: andreemurphy57@hotmail.com

Cllr Miss Tara Page

9 Hatch Road, Stratton, Swindon SN3 4XY
T: Contact via office
E: tarpaguk@yahoo.co.uk

Cllr Mrs Teresa Page

13 Haig Close, Upper Stratton, Swindon SN2 7QN
T: 01793 932095
E: teresapageswindon@yahoo.co.uk

Cllr Robert Jandy

31 Hatherall Close, Stratton St. Margaret, SN3 4IQ
T: 07775602989
E: rpjandy@gmail.com

**To report anything to the Open Spaces Management team
please call, email or use the online booking form on the
website.**

sosquery@strattonstmargaret.gov.uk / Tel: (01793) 833432