



### **Tips and Advice on clearing snow and ice:**

- Start early – it's much easier to clear fresh, loose snow compared to compacted ice
- Don't use hot water – this will melt the snow, but may replace it with black ice, increasing risk of injury.
- Be a good neighbour – Some people may be unable to clear snow and ice on their property.
- If shovelling snow, think where you are going to put it so that it doesn't block people's paths
- Make a pathway down the middle of the area to be cleared first, so you have a clear surface to walk on
- Spreading some salt on the area you have cleared will stop ice forming – table or dishwasher salt will work but avoid spreading on plants or grass. If there's no salt available, sand or ash are good alternatives
- Pay particular care and attention to steps and steep gradients

### **Tips and Advice on Driving in hazardous conditions**

- Avoid braking, sharp turns, or sudden speed increases, which could make your vehicles skid
- The best way to slow without skidding is to get into a lower gear earlier, let your speed reduce and then brake gently
  - If you start to skid, take your foot off the accelerator. Do not brake suddenly
  - When moving off on a slippery surface, use the highest gear that you can (for example, second gear rather than first). This will help avoid wheel spin that could make you lose control of your vehicle



### **The Royal British Legion Studley Branch 3615**

Did you Know there is a Branch of the Royal British Legion, In Studley, well there is,  
and we would love to WELCOME you as a NEW Member,  
We hold our meetings at the Studley Sports and Social Club\*, usually Bi-Monthly\*  
(unless otherwise informed\*) we also have social events to Help raise funds for the  
wellbeing of our Armed Forces Past and Present.

Also!! You do not need to have a military background to Join.  
Membership is £12.00 to join a National County or Local Branch and Members must be  
over the age of 18 due to licensing laws.

For more information contact  
Gordon Noke on 01527853664.

# Adrian Smith CIOB

## Heating - Gas - Plumbing - LPG

Est. 1978

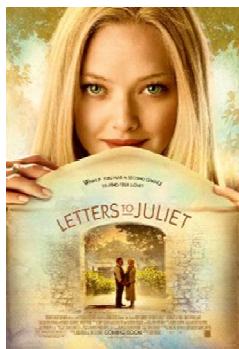
Tel Studley (01527) 854717



# "Studley Cinema"

## Film's from January 2012 to June 2012.

**JANUARY 14th 2012**



**Letters to Juliet**

(2012)

Run time 105 min

Saturday 14th Jan  
7pm for 7 30pm

**FEBRUARY 18th 2012**



**An American  
in Paris**

(1951)

Run time 113mins  
Saturday 18th Feb  
7pm for 7 30pm

**MARCH 17th 2012**



**Must Love**

**Dogs**

(2005)

Run time 98min  
Saturday 17th Mar  
7pm for 7 30pm

**APRIL 21st 2012**

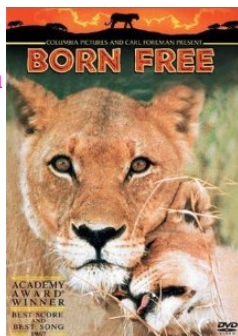


**"UP" 2009**

Run Time 96 min

Saturday  
21st April  
7pm for 7 30pm

**MAY 19th 2012**



**Born Free.**

(1966)

Run Time 95mins  
Saturday 19th May  
7pm for 7 30pm

**JUNE 16th 2012**



**Alice in  
Wonderland**

(2010)

Run Time 108 min  
Saturday 18th June.  
7pm for 7 30 pm.

**Studley Village Hall, High St Studley Tel 01527 854489.**

## **“Tell Us Once Service”**

The death of a loved one is incredibly traumatic, often made more difficult by a great deal of administration.

Warwickshire County Council has launched a new free service to help local people through the process.

When someone dies there are a lot of things that need to be done and one of these is contacting all the government organisations that need to be told of the death. ‘The Tell Us Once Service’ means a customer can tell the Registrar the information and all the other government organisations will be contacted on their behalf. In order to use this service on the day the death is registered the following information about the person who has died is required: Their National Insurance Number, date of birth, details of any benefits or services they were receiving, driving licence, passport or passport number and town/country of birth.

The following organisations will be contacted: Dept for Work and Pensions, HM Revenue & Customs, Identity & Passport Service, DVLA, Warwickshire County Council – including Blue Badge services, libraries, adults services and children services, the District or Borough Council.

Anyone with a Registrar appointment to register a death can now ask to extend this appointment and take up the ‘Tell Us Once Service’. The contact number is 0300 555 0255, lines are open 8am to 8pm Monday to Friday and 9am to 4pm on Saturday.

## **Keep Warm, Keep Well this winter**

As part of Warwickshire’s warm and well campaign, a free phone line – 0800 988 2881 provided by Act on Energy, will be open Monday to Friday between 9am and 5pm to offer information on reducing fuel bills, affordable warmth, what to do if heating systems break down and debt advice.

Around 273 people in Warwickshire die each winter as a direct result of not keeping warm during cold weather. Staying warm can save lives. There are simple things people can do to help themselves keep warm.

- Keep internal doors closed to trap heat in each room
- Have at least one hot meal a day and wear layers of clothing.

People should also contact their energy supplier to find out about any social schemes they may be offering to help financially.

It is also very important for people to check on elderly or vulnerable relatives or neighbours over the winter to see that their homes are warm enough, they are wearing appropriate clothing and they are getting a hot meal.

For further information visit [www.warwickshire.gov.uk/keepwarm](http://www.warwickshire.gov.uk/keepwarm)

*What would you like to change?*

Hypnotherapy, CBT,  
NLP, EFT, Life Coaching  
Building Belief Therapy Studley  
Brenda Bentley, DipCHyp, HPD,  
MNCH Senior Clinician  
Master Practitioner NLP

01527 853424 | 0794 880 1229  
[www.buildingbelief.com](http://www.buildingbelief.com)



January is all about the good old New Year Resolution. Exercise, new job, quit smoking, save money, stop drinking, lose weight. We literally take on the world in January, but in doing so, invariably we set ourselves up to fail. By February we're left feeling deflated, miserable and frustrated at our inability to instigate lasting change.

But how about taking a slightly different approach this year? By simply taking each month as it comes and applying positive changes, you're not trying to conquer the world in one fowl swoop, but taking small baby steps towards long-standing change that will last for years to come.

If you'd like help with breaking unwanted habits or gaining the confidence you need to stay on track towards your goals, then please contact: Brenda Bentley DipCHyp HPD MNCH Reg. Senior Clinician MNLP | 01527 853 424 or 0794 880 1229

## **WALKING FOR HEALTH IN STUDLEY GET FIT FOR 2012**

Walks take place every Wednesday at 2pm on footpaths surrounding Studley and last for 1-2 hours. Walks suit all abilities and you can walk at your own pace.

Meet at the Pool Road Car Park outside the gate to the Millenium Green and Recreation Ground.

Sturdy footwear is advisable

## Studley resident rewarded for reaching blood donation milestone



Lynne Beardmore from Studley was among those honoured for rolling up their sleeves to help save lives at a recent awards ceremony held by NHS Blood and Transplant (NHSBT).

Mrs Beardmore was presented with a commemorative crystal plate for making more than 75 blood donations. To date Mrs Beardmore has donated 77 times over a period of 35 years and as each donation can potentially save the lives of 3 people, Mrs Beardmore has helped to save and improve the lives of approximately 231 patients.

Mrs Beardmore was presented with her award at Birmingham's Botanical Gardens. Lynne was thanked for her dedication by grateful Stourbridge couple Joanne and Nick Weston whose son Huw was born 14 weeks early, weighing 2lb 2oz and suffered a catalogue of health problems, including a collapsed lung and brain haemorrhage. Thanks to expert treatment and countless blood transfusions, he is now a healthy 5 year old. Joanne said "transfusions often brought Huw back from the brink and saved him from the very dangerous effects of the many infections he contracted due to having no immune system. Joanne is now a blood donor herself.

To maintain blood stocks NHSBT need a staggering 230,000 new donors every year so NHSBT is encouraging local residents to make a new years resolution to roll their sleeves up and become the life savers of the future. The next session in Studley will take place on :

**Thursday 26<sup>th</sup> January 2012 at the Village Hall from 1.30 -3.30 & 4.30-7.30.**

To make an appointment or for details of other sessions call 0300 123 23 or visit [www.blood.co.uk](http://www.blood.co.uk)

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### Have you heard about Community Forums?

Community Forums are public meetings led by the County Council and Stratford-on-Avon District Council to engage the public in council business. Warwickshire Police promote 'Safer Neighbourhoods' through the Community Forums. Additionally the Safer Neighbourhood Teams hold a surgery prior to the forum during which time tea/coffee is available

Your Community Forum's next meeting is scheduled to take place on **Thursday 23<sup>rd</sup> March, at Studley Village Hall, High Street B80 7HJ** you will be able to **Influence Your Local Policing Priorities.**

If you have a specific concern or problem, then drop in to the local surgery from 7.00pm – 7.30pm where you will be able to speak to your Safer Neighbourhoods Policing Team, Councillors and Officers from Warwickshire County and Stratford-on-Avon District Councils.

**If you would like to suggest an issue for a future Community Forum meeting, or find out more, please contact Lizzie Price on 01789 260133 or email: [elizabethprice@warwickshire.gov.uk](mailto:elizabethprice@warwickshire.gov.uk)**



### **Studley High Aims Higher and is awarded 'Outstanding' by Ofsted.**

Teachers and pupils of Studley High School are celebrating their recent Ofsted inspection which awarded it an 'Outstanding' grade. The school was inspected in several areas, mainly focusing on teaching and learning in the classroom. The Inspectors were delighted to see exemplary behaviour and highly successful learning. The exam results for Studley High (now an Academy) have risen over the years and the Inspectors were very impressed to see the number of pupils gaining A\*-C (including English and Maths) to be significantly higher than the national average, which they said was due to the outstanding teaching and learning at the school. The report recognised that the pupils enjoyed going to school and the Inspectors were pleased to see such a harmonious community atmosphere. Matt Trevis Smith, the Head Boy at the school, commented that, 'It was great to have the opportunity to tell the Inspectors all about Studley High including the school council and to let them know about the wide range of trips and extra-curricular opportunities that are available. When I leave at the end of the year, I will really miss the school.' The Headteacher Mrs Elaine Young echoed this, 'The School has been recognised as Outstanding in every main category on the report and this is due to the excellent teaching that goes on every day as a matter of course. The staff, pupils, parents and governors deserve this recognition, as so few schools manage to attain such an outstanding report'. The report is available to view online at [www.ofsted.gov.uk](http://www.ofsted.gov.uk) or on the school website at [www.studleyhighschool.org.uk](http://www.studleyhighschool.org.uk).



**receiving the report from left to right  
Rachel Vincent, Matt Trevis-Smith, Ryah Westwood and Kayah Hodgkins**

## Do you know someone who needs care?

Our Studley team provides specialist Live-in Care – to enable your loved one to remain within the comfort and familiarity of their own home, whilst receiving full-time care.



Working with people of all ages, our Live-in Carers provide one-to-one support, balancing independent living with bespoke care needs. We can assist with:

- personal care
- companionship
- housekeeping

Offering a flexible approach to suit you, from half an hour a week to 24 hours a day

Our award-winning service is rated Excellent by the Care Quality Commission.

Find out how we can help you, please call 0808 180 1019 or visit [www.helpinghands.co.uk](http://www.helpinghands.co.uk)



  
**Helping Hands**

Established since 1989

## FIND YOUR VOICE



**Studley based individual singing coaching and fun community singing group to improve your confidence to sing.**

**For further details contact Claire on 07944 100 189**



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