



pick me up

a tonic for the ills of the time

WELCOME TO THE AUTUMN EDITION OF PICK-ME-UP NEWSLETTER ISSUE 43

Unfortunately, our well loved summer has come to an end. After all the wonderful summer parties, barbeques and school holidays, your home is probably in need of a good clean. In preparation for the shorter days and dropping temperatures ahead, we are likely to be spending more time at home. This will mean rising energy use and higher energy bills. Visit our website www.planetsthelens.net to get some simple seasonal top-tips to help you cut your utility bills and make your home a little greener.

Books on Safari!

The Cooperative Community Members Group (TCCMG) with the support from St.Helens Council and The Cooperative have collected a lorry full of unwanted books, (mostly science) from different high schools in St. Helens, to be sent and used at underprivileged schools in Moshi, Kilimanjaro Region, Tanzania.

Books collected from St.Aelred's Secondary, now Hope Academy; St.Cuthberts; Haydock High and Rainford High, have started their long journey from St.Helens to Africa.

Paul Winstanley from the Cooperative said;

"Schools in St. Helens have formed partner links with deprived schools in Moshi. These schools do simply lack essential educational facilities such as books, where 10 pupils have to share a book between them. To help, hundreds of unwanted books have been donated by schools which will be great asset to pupils in Moshi."

A big 'THANK-YOU' to Merseyside Probation Trust Community Payback Team. They helped loading over 8 tonnes of books into the cooperative truck for the first part of their journey to Coventry, where the books will be boxed and sealed, ready for shipment to Tanzania.

Update on the Council's Core Strategy and Planning Consultation

Following submission to Government on 1st June 2011 the Core Strategy Examination has been suspended pending further evidence of work on the supply of employment land in the Borough. Several changes have been proposed to the Core Strategy to address these concerns, together with other issues that have arisen. The changes will be subject to consultation commencing in late November for a period of seven weeks.

The Statement of Community Involvement, which sets out the ways in which the Council consult on planning matters, has been revised. The draft revisions will be published alongside the Core Strategy for comments.

The Council will also invite the public's views on the implications for the Core Strategy of the Planning for Growth statement and the Draft National Planning Policy Framework, issued by Government.

For more details please ring planning policy on 01744 676190; or visit <http://ldf.sthelens.gov.uk>

The Cooperative Community Members Group (TCCMG)

The annual general meeting for TCCMG will be held on the 12th December 2011 from 6pm at St. Helens Town Hall, Victoria Square. Buffet and refreshments will be available from 5:30pm. For more up to date details visit www.planetsthelens.net



Photo: Pupils at Hope Academy with some donated books



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Action for a better Borough
and a better world



Super street trees for St. Helens

The Mersey Forest's mission is to make St. Helens a bright and healthy place to live and work. As a result we have seen 79 new street trees planted in the Four Acres area this year. Further trees will be planted in coming months in the Sutton Manor area and King George V Playing Fields.

Mersey Forest staff will be taking to the streets to discuss what species of trees local residents would like to see. Residents have also been encouraged to get involved in watering and caring for the street trees already planted.

Substantial additional funding has been provided by the Forestry Commission through the 'Setting the Scene for Growth' programme funded by the Northwest Regional Development Agency.

You can keep up to date with the latest news on the project by visiting the St.Helens Green Streets blog (www.sthelensgreenstreets.blogspot.com) or by taking part in the Access to Nature project in your local area (www.merseyforest.org.uk/nature or 01925 816217).



Love Food Hate waste – Halloween!

Halloween makes us all think of carving our pumpkins to make fun lanterns, but do we really think on what we do with the remaining pumpkin flesh?

Do you know you can make simple but delicious recipes from pumpkin flesh including pumpkin soup, lasagne, marmalade, chutney, tart, cake etc? Here is a simple recipe for a delicious **pumpkin pie** to start you off with:

Ingredients: 16 oz. pumpkin filling; 14 oz. sweetened condensed milk; 2 eggs; 1 tsp Cinnamon; 1/2 tsp. Salt; 1/2 tsp. Ginger; 1/2 tsp. Nutmeg; Unbaked 9" pie shell

Method: Combine and beat until smooth and well blended. Stir in spices. Pour into a pie shell. Bake in preheated 425-degree oven for 15 minutes; reduce heat to 350 degrees. Bake for 50-60 minutes or until knife inserted in centre comes out clean. Cool and serve with whipped cream.

And don't forget, once Halloween is over, you can compost your old pumpkins to ensure they have a new life, rather than ending up in the landfill.

Flashmob Show-Off at Carmel College

Carmel College continues to be dedicated to the promotion and use of FAIRTRADE whenever possible throughout the academic year. The college was awarded a winner for the most creative show-off during Fairtrade Fortnight at the Fairtrade Foundation Supporter Conference in Birmingham.

In line with this year's Fairtrade product theme, 'cotton', the students and staff took the flashmob idea to new heights in their canteen, with a highly coordinated and powerful performance that took Carmel College by storm.

The flashmob consisted of 30 dancers all wearing FAIRTRADE cotton t-shirts, showing off their label in a way which was cool and current, perfectly fitting with the target audience. Dancers mingled with fellow students in the refectory and then 1 dancer started to dance, then 2, then 5, then 10, then 20, and then 30. The audience was in a complete shock. There was a real 'buzz' in the air and other students even started to join in the dancing. The event left all involved excited and thrilled and shouting FAIRTRADE!

You can watch the Flashmob on Youtube, search for Fairtrade Carmel College. Or use link <http://www.youtube.com/watch?v=LqiXqGDxVOs>



URGENTLY NEEDED!

St. Helens Fairtrade Committee is looking for volunteers to help plan, organise and run activities to promote Fairtrade in the borough.

Do you have promotional ideas to share with us? Are you interested and available to help? We would love to hear from you.

Please email: sthelensft@sthelens.gov.uk