

Letter from the Editor

Dear fellow residents of Tinkers Bridge,

Happy New Year and welcome to the first edition of The Bridge newsletter of 2017.

The feedback received so far after a full year of The Bridge publications, is that people like it and it brightens up community life. We are happy to continue to publish it but would like your thoughts. Do you like it? Do you want it to continue? Let us know by email at thebridge@tinkersbridge.org.uk or put your comments through Nicky's door at 36 Brent.

December was a busy time for your Association - we arranged the usual Father Christmas and Elves tour of the estate, a pantomime trip for 53 adults and children subsidised by TBRA and Kevin Wilson, and a free Christmas lunch was arranged in cooperation with the Jesus Army.

As a Residents' Association an important function for us is to monitor how the MK Council and Mears Group are taking forward the Regeneration programme.

This means attending meetings at the Council as observers sometimes, and sometimes to ask questions about our future. All these activities take time and people. If you would like to join us and form a strong voice for the people of Tinkers Bridge come to the January Celebration Day and speak to a committee member. There are only a few people who come to the Residents' Association monthly meetings and even fewer people who take up any volunteer role to run it and put on these events. Your estate needs more people to get involved. We are pretty desperate for volunteers. You live here. Can you make 2017 a year when you do a bit for the estate? You will meet new people, get to know how to affect local politics, make a stronger voice for Tinkers Bridge in the coming changes. You can help make your community stronger with your own ideas and you will know how to get help with your own issues inside the community.

Just let us know you are prepared to help out...like Deana and Cassandra who collected the money for and arranged the coach trip for the pantomime. Like Derek and Terry who have taken over looking after one of the flower boxes on Colne.

Or maybe you are a person who could join a committee? The committees usually meet only once a month and these apply for the grants, plan for activities and so on. We need both kinds of people - committee people and active people!

PLEASE come to the big Tinkers Bridge Celebration Event at the Meeting Place on 28th January and join in. Tell us there if you can offer any help, or call Nicky on 07736325073 or Kathy on 07523427073.

The Editor

Monthly Meeting of the Tinkers Bridge Residents' Association

Thursday 26th January 2017,

7:30 to 9.00 p.m.

Tinkers Bridge Meeting Place, Marshworth

Lorraine Essam (Woughton Community Council) will be talking about the Recycling and Reward scheme.

CELEBRATING TINKERS BRIDGE COMMUNITY

CHILDREN BRING YOUR PARENTS!

PARENTS BRING YOUR CHILDREN!



Not sure what to do about rising energy bills?

BIG ENERGY SAVING NETWORK

Help is at hand



Advice to help you take action and save money on your energy bills is provided by the Big Energy Saving Network. The Network is funded by the Department of Energy and Climate Change and delivered by specially trained advisors from Citizens Advice Milton Keynes.

Rising energy bills are one of the biggest concerns this winter – but what can you do to save money?

- ⇒ The Big Energy saving Network provides specially trained advisors who will be running community events throughout the winter
- ⇒ Come along and receive impartial advice and support on suitable tariffs or the cheapest way to pay bills.
- ⇒ Have help to take control over your tariff and supplier and get the best deal to suit you and your needs.
- ⇒ Hear about schemes offered by Government or the energy suppliers that could help with your energy costs.
- ⇒ The next big energy saving Network community event will be at:

Tinkers Bridge meeting place, 4 Marshworth MK6 3DD.

Saturday 28th January 2017 11.00pm-1.00 pm

Part of the TBRA Celebration Event



Don't forget to bring your latest bill along with you.

On Saturday 28th January there will be a Big Celebration Event for all residents, 11 a.m. to 4 p.m. in the Meeting Place. Come along, have a **free hot lunch** and join in the fun. There will be **activities for children and young people**; a chance to look at the new Tinkers Bridge website; questions answered about **energy saving from the Big Energy Saving Network**.

BRING YOUR LATEST BILLS to get immediate help!

Local photos. A display on information about **Regen** and our own **Community Action Plan**. It's a chance for you to meet people; join in; ask questions; share ideas to make Tinkers a better place to live in.



SOME QUESTIONS YOU MIGHT WANT TO ASK

What is the Neighbourhood Plan

What is happening on Regeneration?

Can I 'follow the money'?

Who is Your MK?

Who Owns the Properties on Tinkers Bridge?

Can We Trust Those Making Plans?

WINTER

Tinkers Bridge Association are running a photo competition for two age groups with prizes for the under 16 and adult categories so let your children know too. The theme is WINTER.



PHOTOGRAPHIC COMPETITION

The photo images must be your own not third party. Closing date is 26th of January and will be judged on the 28th. Simply submit your entry by sending by email to thebridge@tinkersbridge.org.uk including your name address and age group you are entering. **Good Luck all.**

THE REGENERATION PROCESS

PENNINGTON CHOICES SURVEYOR

2016/17 YourMK Stock Condition Survey Timetable				PENNINGTON CHOICES	
This is an indicative programme to give an approximate time when surveyors will be coming to areas. Letters confirming when surveyors will be in an area will be sent a week or so before the dates listed below. Please note, this is subject to change and will be updated as and when required.					
Phase 1		Phase 2		Phase 3	
Approximate time period 24th Oct to 23rd December		Approximate time period 9th Jan to 12th Mar		Approximate time period 13th Mar to 30th Apr	
Estate	Estimated Programme Week	Estate	Estimated Programme Week	Estate	Estimated Programme Week
Beanhill	24th Oct to 5th Nov	Astwood	9th Jan - 22nd Jan	Downs Barn	13th Mar - 26th Mar
Fullers Slade	24th Oct to 5th Nov	Bancroft	9th Jan - 22nd Jan	Newport Pagnell	13th Mar - 26th Mar
Netherfield	7th Nov to 19th Nov	Filgrave	9th Jan - 22nd Jan	Eaglestone	13th Mar - 26th Mar
Conniburrow	21st Nov to 3rd Dec	Ravenstone	9th Jan - 22nd Jan	Stacey Bushes	13th Mar - 26th Mar
Fishmead	21st Nov to 3rd Dec	Blakelands	9th Jan - 22nd Jan	Hodge Lea	13th Mar - 26th Mar
Heelands	21st Nov to 3rd Dec	Old Wolverton	9th Jan - 22nd Jan	Bletchley	27th Mar - 23rd Apr
Oldbrook	5th Dec to 17th Dec	Hardmead	9th Jan - 22nd Jan	Fenny Stratford	27th Mar - 23rd Apr
Bradwell	5th Dec to 17th Dec	Little Woolstone	9th Jan - 22nd Jan	Simpson	27th Mar - 23rd Apr
Bradwell Common	5th Dec to 17th Dec	Giffard Park	9th Jan - 22nd Jan	Granby	27th Mar - 23rd Apr
Old Bradwell	5th Dec to 17th Dec	Haversham	9th Jan - 22nd Jan	Newton Blossomville	24th Apr - 30th Apr
Springfield	5th Dec to 17th Dec	Moulsoe	9th Jan - 22nd Jan	Wavendon	24th Apr - 30th Apr
Stantbury	5th Dec to 17th Dec	Stoke Goldington	9th Jan - 22nd Jan	Westcroft	24th Apr - 30th Apr
Stantbury Fields	19th Dec to 23rd Dec	Chicheley	9th Jan - 22nd Jan	Woburn Sands	24th Apr - 30th Apr
		Lawendon	9th Jan - 22nd Jan	Emmerson Valley	24th Apr - 30th Apr
		North Crawley	9th Jan - 22nd Jan	Furzon	24th Apr - 30th Apr
		Milton Keynes Village	9th Jan - 22nd Jan	Great Holm	24th Apr - 30th Apr
		Castlethorpe	9th Jan - 22nd Jan	Shenley Brook End	24th Apr - 30th Apr
		Emberton	9th Jan - 22nd Jan	Shenley Church End	24th Apr - 30th Apr
		Galley Hill	9th Jan - 22nd Jan	Shenley Lodge	24th Apr - 30th Apr
		Sherington	9th Jan - 22nd Jan	Crownhill	24th Apr - 30th Apr
		Downhead Park	9th Jan - 22nd Jan	Peartree Bridge	24th Apr - 30th Apr
		Coffee Hall	9th Jan - 22nd Jan	Woughton	24th Apr - 30th Apr
		Hardlope	9th Jan - 22nd Jan	Loughton	24th Apr - 30th Apr
		Pennyland	9th Jan - 22nd Jan	Bow Brickhill	24th Apr - 30th Apr
		Tinkers Bridge	9th Jan - 22nd Jan	Little Brickhill	24th Apr - 30th Apr
		Lakes Estate (Serpentine Court)	23rd Jan - 5th Feb	Two Mile Ash	24th Apr - 30th Apr
		Bradville	23rd Jan - 5th Feb		
		Greenleys	23rd Jan - 5th Feb		
		Stony Stratford	6th Feb - 19th Feb		
		Lakes Estate (Remaining)	6th Feb - 19th Feb		
		Olney	6th Feb - 19th Feb		
		Bolbeck Park	6th Feb - 19th Feb		
		Neath Hill	20th Feb - 5th Mar		
		Central Milton Keynes	20th Feb - 5th Mar		
		New Bradwell	20th Feb - 5th Mar		
		Wolverton	20th Feb - 5th Mar		
		Willen	20th Feb - 5th Mar		
		Willen Park	6th Mar - 12th Mar		
		Great Linford	6th Mar - 12th Mar		

Though this phase has completed, Surveyors may still be in these areas to carry out appointments made direct with tenants

As you know YourMK have hired a company called Pennington Choices to carry out a survey of MK Council houses. The timetable for this is shown here. Tinkers Bridge dates are for this month. Some information about the survey from YourMK:

The survey is a technical based assessment lasting around 40 minutes. Access inside and outside of council homes will be needed. There will be flexible appointment times available.

A surveyor from Pennington Choices will show identification. Someone will need to be present in the property during the survey but there will be no requirement for tenants to answer any questions. Those homes that need a survey will receive a letter about a week or so beforehand, detailing when Pennington's Choices' surveyors will be coming to the area. The letter will contain several contact options for making an appointment if needed.

Come to our TB Celebration Day on the 28th and share your experiences of the survey.

THE ENVIRONMENTAL TEAM

The team on the estate, lead by Ron Ellis, has been busy keeping the estate looking decent and tidy. We want to thank SERCO for being extra helpful and cooperative in assisting our team. Lorraine Essam is our Woughton Community Council Environment Officer and has been very helpful in our efforts to keep the estate in good shape. We want to thank them specially and look forward to another year of close cooperation.

Can you join in? Why don't you look after your own bit of Tinkers? Maybe pick up the litter on the pavements and the



bit of road in front of your own house? Call Ron for advice if you have to get rid of something big and you don't know how. If we all do a tiny bit each it means the volunteers don't have such a big job cleaning up other people's rubbish.



PHOTO: DAVID HUMPHRIES

ACTIVITIES AND EVENTS

TBRA WORKING GROUP MEETING for committee members only: 8th Feb 2017 7:30–9 p.m. at The Link, Charles Warren Academy.

TBRA MONTHLY MEETING at the Meeting Place:

The January meeting is on Thursday 26th January 2017. Our community police officer, PCSO Lauren Wainwright will attend this meeting and will be available to answer questions.

THE AGM will be on 23rd February

REGULAR ACTIVITIES

WCC DROP IN ADVICE SESSIONS first Tues of every month until further notice 11 a.m.–1 p.m. No appointment necessary. **NB:** Woughton Community Council Offices are now open at their **brand new offices at 44 Garraways, Coffee Hall** in the local centre next door to the Vine Church.

RAINBOWS, BROWNIES AND GUIDES GROUPS meet in the TB Meeting Place every Tuesday during term time only.

Rainbows 5–6 p.m.

Brownies 6 p.m.–7:30 p.m.

Guides 7:30–9 p.m.

GENTLE YOGA FOR BEGINNERS

Monday evenings, 7–8 p.m. at the Meeting Place

(Ring 07523427073 to check if the session is taking place).

Free to residents of Tinkers Bridge.

HEDGEROWS FAMILY CENTRE

01908 239000

CAFE AND CHILDREN'S ACTIVITIES Mondays, 9–10 a.m. & 11:30 a.m.–3 p.m.

CAFE Tues, 10–11:30 a.m. Baby Clinic; 10:30–3 p.m.

MUCKY PUPS FOR BABIES & CHILDREN Weds 10–11 a.m.

AEROBICS Thursdays, 12:15–1:30 p.m. £1 a session. (No crèche) 12:30 to 2:30.

ART COURSE for those with mild to moderate depression: Thurs 12:30–2:30

CAFE Fridays, 9–10 a.m. & 11–1 p.m.

COOKS CORNER

CHICKEN OR TURKEY BREAST FILLETS WITH MUSTARD AND CHEESE COATING

INGREDIENTS

1 filleted and skinned uncooked chicken or turkey breast per person

1 jar whole grain mustard

Enough grated medium cheddar cheese to cover each fillet twice

A tablespoonful of tomato ketchup for each fillet

Tomatoes to garnish

METHOD

Heat oven at 200 degrees (180 degree fan oven).

Place the chicken or turkey breasts (deboned) in a non-stick oven-proof dish.

Cover the breasts with a layer of whole grain mustard.

Sprinkle the breasts with a layer of grated cheese to cover.

Place in the centre of the hot oven for 20 minutes.

Remove from the oven and add 1 tablespoonful of tomato ketchup on top of each breast.

Scatter a layer of grated cheese on top of each breast.

Add whole cherry or sliced cooking tomatoes to the pan.

Place in the oven for a further 10 minutes to cook.

These make a quick and delicious evening meal with accompanying green vegetables and rice, pasta or potatoes.

Free Healthy Cooking Workshops

For young people aged 13 - 19 yrs.



Want to improve your cooking skills? Come and join our hands-on cooking workshops to create some awesome healthy food. Courses are completely free. We supply the ingredients and equipment.

When: The course starts on 18 January 2017, 4 – 6pm

Where: Hedgerows Family Centre, Langland Road, Netherfield MK6 4NP

For more information please call: 07958 087593 or email: Riffat.rehman@milton-keynes.gov.uk

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milton keynes council

Tip: Raw chicken or other poultry is a common cause of tummy upsets. To avoid this follow these simple measures: Throw any wrapping in the bin immediately after removal.

Always wash your hands thoroughly after handling raw chicken or turkey or the wrapping it came in. Always wash thoroughly in very hot water and washing up liquid any chopping boards, kitchen surfaces, pans, cutlery, and plates you used for the raw poultry BEFORE reusing them for any other purpose.