

Safety first for children, young people and teenagers

All children and teenagers need to learn to become confident and independent young people. Parents and guardians are faced with difficult choices and decisions about personal safety for children, young people and teenagers; it's easy to overreact when you think of that "dangerous" world out there.

Providing young children and teenagers with information about personal safety is an important way to equip them with necessary life skills. Awareness needn't make children anxious; it will give the child the extra confidence of learning something new and valuable for their safety.

The Safer Colchester Partnership has produced an important Personal Safety document that concentrates on providing parents, grandparents or guardians, with an overview of personal safety issues for children, young people and teenagers. The guide offers top tips for teaching children safety awareness: how to prepare for their independence as they go out and about alone; how to set and communicate limits to teenagers and discusses issues such as inappropriate behaviour; avoiding unnecessary risks and self defence.

You can access the document by [clicking on this link](#). More detailed advice is available from Peter Carrington, Community Safety Co-ordinator, Colchester Borough Council, who can provide in-depth information linked to personal safety, drug and alcohol misuse with children and young people, self harm, bullying, Internet safety, road water and rail safety. Contact peter.carrington@colchester.gov.uk



Infopoint@Colchester

Colchester Borough Council is working with Essex County Council, other public services and local voluntary agencies to help support young people by delivering details about services, events and activities available locally.



Throughout August at InfoPoint@Colchester (in the Council's High street office) young people and their families can access information and find advice on areas such as healthy lifestyles, activity centres, schools and further education, safety in the home and welfare rights.

This is just one of many initiatives organised locally to help support our customers. Over the next few months activities and events featured in InfoPoint@Colchester will continue to focus on a particular theme. Congestion Busting will be the focus of activities held throughout September.

Customers can access all the usual Council services at Infopoint@Colchester, as well as taking the opportunity to learn more about locally delivered services.

Discos with a difference

A brand new event for young people aged eight to 14 has recently been launched at Leisure World Colchester.

The new H2O Aquadisco takes place every fortnight from 6.30pm to 8.30pm and is hosted by the Leisure World entertainment team. The disco features the latest chart topping music, flashing lights, exciting games, fun competitions and great giveaways and takes place in the leisure pool.

The H2O Aquadisco is staffed by lifeguards and the poolside Juice Bar is open throughout so that young people can purchase cold drinks and snacks. appropriate swimwear must be worn to the event.

Places for the H2O Aquadisco need to be booked in advance by calling 01206 282000. It costs 4.00 per person and a special offer also means that if a young person brings five paying friends they will get in for free.

Later in the year special sessions will be taking place including some at Halloween and Christmas so keep a look out!

Summer fete fun

The Myland Fete will take place on 30 August 2010, 12.30-4.30pm at Mile End Recreation Ground. There will be various stalls: books, jewellery, craft, plants, face painting, bouncy castle and traditional fete games. Refreshments will include BBQ, Hog Roast, beer tent, WI cakes and refreshments.

CUFCs Eddie the Eagle will make an appearance, as will Essex Fire and Rescue. Cllrs Martin Goss and Scott Greenhill will also spend a stint in the stocks for your pleasure!

Pinpoint your recycling collection point

The UK throws away 600 million household batteries every year from watches, phones, torches, toys and many other items. At present only 3% are collected and recycled, with the remaining batteries being sent to landfill.

By recycling batteries the materials held within them can be recovered and reused. This will also reduce demand for raw materials required each year and help preserve resources.

To help make it easier for you to recycle batteries from unwanted electrical items, more battery collection points have been made available throughout the Borough. You will find recycling points at shops such as Sainsbury, One Stop and Comet, libraries and town council offices. You can key in your postcode on www.recyclenow.com to find your nearest collection point.

Are you up to the Ahead of the Game 5 Walk Challenge?

The Olympic inspired walks take place once a month across the Borough on Saturdays. Each of the walks is linked to an Olympic colour and vary in distance from two to 10 miles. Anyone who participates in one of the walks will receive a free souvenir pin badge in the colour the walk represents.

The new walks are in addition to Colchesters existing programme of Health Walks. There are currently six regular Health Walks available, led by a trained walk leader, as well as Extended Walks and Buggy Walks.

The remaining Ahead of the Game 5 Walk Challenge walks are:

- Black Walk, 10 Miles**, 21 August 2010 Lt. Horkeley Park at The Beehive, Meet at 10am.
- Blue Walk, 8 Miles**, 18 September 2010 Copford Park at The Alma, Meet at 10am.
- Yellow Walk, 6 Miles**, 16 October 2010 Gt. Tey Park at Greenfield Rd Play Park, Meet at 10am.
- Green Walk, 4 Miles**, 13 November 2010 West Bergholt Park at White Hart, Meet at 10am.

To find out more visit www.colchester.gov.uk/walking