

Who's in your garden?
BIG GARDEN BIRDWATCH
 28-29 JANUARY 2006
 Visit www.rspb.org.uk/birdwatch
 or call 0870 600 7108

for birds for people for ever
 RSPB
 Registering to RSPB

5 A DAY
 to help you play!
 Eat 5 portions of fruit and vegetables every day.
 This helps you keep fit to play.

Try Fresh
 Try Frozen
 Try Canned
 Try Cooked
 Try Dried
 Try 100% Juice

It all counts!
www.5aday.nhs.uk

LEICESTERSHIRE *together*

discover more about...

- Access Centres in Leicestershire
- How Leicestershire Together is supporting young people
- Our Funding Toolkit project

www.leicestershiretogether.org

Telephone: 0116 265 6977/8117

Working together to tackle the issues that matter to Leicestershire people.

45 Minute WARNING!
 8 people will be killed by tobacco in the next 45 mins.

The original weapon of mass destruction
 Warning from Halton Stop Smoking Service

Free for your wallet
 Stop the addiction!

HALTON STOP SMOKING SERVICE
 We can help in several ways:

- information & advice
- support & motivation
- how to cope with cravings
- how to stop and stay stopped
- nicotine patches/gum etc.

Call for an appointment today
01928 593043

Halton **NHS**
 Primary Care Trust

Hungry for Success

- 53 Primary Schools
- 4 Special Schools
- Over 700,000 school meals every year
- Nearly 4,000 pupils per day
- Nutritionally balanced meals
- Fresh ingredients
- Cooked from scratch
- Tasty results
- Sandwich option available (Pick'n'mix)

All this great variety & goodness for only **£1.50**

Property Services
 Catering & Cleaning

diabetes the risk factors

There are six risk factors which make a person more at risk of developing Type 2 diabetes.

You are at risk if you:

- are overweight (particularly if you are bigger round the middle rather than round the hips)
- have a family history of diabetes
- have had diabetes during pregnancy
- are 35 years of age or more (your risk increases as you get older)
- are of Asian, African or Caribbean descent
- do little physical activity

How to reduce your risk:

- Healthy eating
- Keep active
- Don't smoke
- Maintain normal body weight

Walsall Teaching PCT
 Walsall Hospitals NHS Trust **NHS**

Signs and symptoms of Diabetes
 You may be experiencing some of the following symptoms, but not necessarily all of them:

- Increased thirst
- Going to the loo all the time, especially at night
- Weight loss (despite eating a lot)
- Recurring infections e.g. thrush, urine infections
- Blurred vision

If you think you have the signs and symptoms of diabetes, a visit to your practice nurse may alleviate your concerns.

Give us a ring...

We can give you impartial information and advice about childcare and family support services in the Borough of Southend - also latest news on Southend Children's Centres.

☎ 01702 392468
www.southendchildcare.org

SureStart
 Southend Childcare

For impartial information and advice on childcare and family support services
 ☎ 01702 392468
www.southendchildcare.org

Thinking about stopping smoking?

We can help...

Highland Smoking Cessation Service.
 For information call us now
 ☎ 0845 757 3077

Free, confidential advice and support to stop smoking.

NHS
 Highland

Thinking about stopping smoking?
 We can help...
 For information call us now
 ☎ 0845 757 3077

Highland Smoking Cessation Service.
 Free, confidential advice and support to help you stop smoking.

BULLYING
 tell an adult

Speak to someone at school, at home or someone else you trust

the learning trust

If you need someone to talk to:
 Off Centre 020 8986 4016
 National Young People's Counselling Service
 Local: 01603 747344
 Child Line 0800 1111
 24 hour confidential helpline
 Kidzcape 020 7730 3300
 Available for parents

alcohol? drugs?

for confidential advice and information check:
FRANK
 National Advice & Information
 talktofrank.com
 0800 77 66 00

01603 747344
www.talktofrank.org.uk

Worried about alcohol? drugs? or anything else?
 For confidential local advice, information & support
 Young People's Drug Line
www.youngpeoplesdrugline.org
 Local: 01603 747344
 Local: 24 hr helpline
 01603 747344
 Young People's Treatment Service: 01603 877480

Welfare Rights Service

Are You Missing Out?

Are you missing out on Welfare Benefits such as Disability Benefits, Pension Credit, Housing & Council Tax Benefits?

01922 627247

The Welfare Rights Service offers a confidential service with home visits to help with all types of complicated benefit claim forms.

Walsall Council

ALG
 ADULT LEARNING GRANT

NEED TIME AND MONEY TO LEARN?

The Adult Learning Grant (ALG) can pay up to £30 a week to help you do the course you want!

What courses can I do?
 Vocational and academic courses at Level 2 (equivalent to 5 GCSEs or an NVQ 2) or Level 3 (equivalent to 2 'A' levels or an NVQ 3) - if you don't already have qualifications at this level.

How do I find out more and apply?
 Contact student support at your local college or call learnirect FREE on 0800 100 900

Walsall Council

Real Nappies

Claim £25 cash back when you spend £50 on real nappies
 For details Call Derbyshire 08 456 058 058
www.derbyshire.gov.uk

DERBYSHIRE
 County Council
 Improving life for local people

HOME COMPOSTING
 Buy your discounted compost bin from as little as £5 call 0845 073 2001

NHS
 Suffolk Stop Smoking Service

No butts...

For help to **stop**

Call 0800 085 6037

Don't give up giving up.

Department of Area Management Recycling

Join the fun!
 Come and be one of Monti's mates & join his amazing **Recycling FAN CLUB**

Logon to:
www.redcar-cleveland.gov.uk/monti

or send your name, address and date of birth to:
Monti's FAN CLUB
 Fairway House
 Limerick Road
 Dormanstown
 Redcar TS10 5JU
 or call 0845 612 6126

Join the fun today!

Recycling - R U doing your bit?

Streetscene Services

Need to get in touch about:

- Fly tipping
- Graffiti
- Highway Repairs
- Fly posting
- Grass, Trees and Shrub beds
- Refuse Collection
- Parks & Open Spaces
- Winter Gritting
- Street Cleaning

Then call us on
 01642 726001
 Outside office hours call 01642 726650

Keeping the roads of Middlesbrough clear of snow & ice

Clearing the streets of litter and removing household waste

Grass-cutting, weed-spraying and maintenance of shrub and flower beds

Middlesbrough

Bothered by noise?
 Call the Noise Hotline
 028 9037 3006

Committed to dealing with your noise problem

The effect of speed when accidents involve pedestrians:

40
 At 40mph 90% of pedestrians die

30
 At 30mph 50% of pedestrians die

20
 At 20mph one pedestrian in 10 dies

THANK SLOW DOWN
www.roadlincs.com

Staying Alive!
Lincolnshire Road Safety Partnership

"Working Together to Make the Roads of Lincolnshire Safer for All"

Walsall House, The Priory Centre,
 Canwell Road, Loughborough, Leicestershire
 LE11 1JG
 Tel: 01509 205800 Fax: 01509 205800

CHILD PROTECTION
 Everybody's Business

If you have concerns about a child contact your local social services office
 0116 253 1191

or Police CPU
 0116 222 2222

Leicester City ACPC
 Leicestershire & Rutland ACPC
www.acpc-llr.org.uk

Get **On Course**
 for skills, leisure and fun

with Derbyshire Adult Community Education Service.

- Rated one of the best Adult Education Services in the Country.
- Over 3500 evening and day-time courses to choose from.
- With over 250 venues countywide there's bound to be a course near to where you live.

For your FREE brochure contact
 08 456 058 058

or visit
www.derbyshire.gov.uk/adulteducation

DERBYSHIRE
 County Council
 Improving life for local people

The above is just a quick selection of Library Bookmark Promotions that have been produced in the last few months. They give an idea of what others have achieved with their Library Bookmark Promotions across the country.

Click the website for more design examples

the bookmark people
Central Community Press Ltd.
 Vulcan House, Vulcan Road, Leicester LE5 3EF
 Tel: 0116 210 1441 Fax: 0116 210 0424
 click the website
www.bookmarkpeople.com