Plans for £400m Public Health England Science Hub to go on display in Harlow (page 5)

A magazine about housing and your town

Active Harlow – get out and about this autumn
Things to do including junior parkrun (pages 13 and 14)

The Housing and Planning Act 2016
What tenants need to know (page 9)
Help for domestic abuse victims

Contact points to help victims of domestic abuse have been set up across the town.

Venues offering access to confidential help will display a J9 logo.

The J9 project is a national initiative named after Janine Mundy, who was killed in Cornwall by her estranged husband while he was on police bail.

Staff from organisations including Harlow Council and the Princess Alexandra Hospital have been trained as part of the initiative, which is backed by Safer Places.

If you are suffering from domestic abuse or you are concerned about someone you can find out what help is available by dropping into a J9 venue. More information can be found at www.harlow.gov.uk/j9

Registered to vote yet?

Work is underway to prepare the Electoral Register for 2016/2017.

So we know who is eligible to vote, we need to know who lives at your address. In August 2016, every household was sent a form showing the details we currently hold for that address.

A further reminder was sent to those who did not respond. By law a third reminder will go out followed by canvassers visiting homes in October 2016.

You can confirm or change your details online www.householdresponse.com/harlow. All you need is the two part security code from the form.

Please respond quickly as this helps keep the costs down for the Council and means your name is not removed from the register.

Find out more at: www.harlow.gov.uk/elections
Two Green Flag awards for Harlow

Harlow Town Park and Parndon Wood Nature Reserve are among the best kept green spaces in the UK – and that’s official.

Both green spaces have received prestigious Green Flag awards this year.

The Town Park is awarded its first ever accolade following its major regeneration project.

Parndon Wood Nature Reserve wins its eighth Green Flag in a row!

Both venues are maintained by Harlow Council and local volunteers with ECCO managing the Conservation Centre and running community activities at Parndon Wood.

For more information on both venues visit www.harlow.gov.uk

Battle of the Somme marked 100 years on

Those who gave their lives at the Battle of the Somme were remembered at a special ceremony on Friday 1 July 2016.

The service held in Market Square included a two-minute silence at 7.28am, which was the exact time the battle commenced 100 years ago. Videos of the service can be found on Harlow Council’s Facebook page.

Thirteen people from Harlow died in the battle and are remembered in an exhibition that is currently touring the town. The exhibition runs for 141 days until 18 November 2016, which is the length of time the battle lasted.

To find out where the exhibition is visit www.harlow.gov.uk/ww1

New company in town

HTS Group

HTS (Property & Environment) Limited
Proudly serving Harlow

This is the new company set up by Harlow Council to provide a range of environmental and property maintenance services next year.

Services currently delivered by Kier Harlow Limited like Council housing repairs, street cleaning, grass cutting and pest control will be provided by HTS (Property & Environment) Limited from 1 February 2017.

The move will help towards saving money while also giving the Council flexibility to meet its future financial challenges.

The company is headed up by Managing Director, John Phillips, and Non-Executive Chair of the Company Board, Michael Harrowven. Three Councillors – Bob Davis, Simon Carter and John Strachan - have also been appointed to serve on the Board of the company.

Information about the company will continue to feature in Harlow Times.
New homes on the way
Work begins on building new homes in Staple Tye

Construction is now under way on the first phase of creating modern new homes at The Briars, Copshall Close and Aylets Field (BCA) estate.

The £71 million scheme will provide 343 homes in total, including around 200 affordable homes, with a mix of apartments, terraced, semi-detached and detached homes. Of these, 103 homes will be built in the first phase, with 53 affordable homes for rent or shared ownership.

Affordable homes for rent will be offered to people on Harlow’s Housing Needs Register.

Green spaces, new landscaping, roads, parking, improved cycle and pedestrian routes and a new community centre, as well as training opportunities for local people, will be created as part of this project.

The development is a partnership between Harlow Council, Countryside and Home Group.

Affordable rental and shared ownership properties will be managed by Home Group. The new development will replace outdated bungalows on the BCA estates, which did not meet Decent Homes standards.

The regeneration is part of Harlow Council’s Priority Estates Programme and local residents and the residents’ association were involved in the design and development work and in creating a vision for the estate.

Plans for regenerating Prentice Place unveiled

Plans have gone on display for the regeneration of Prentice Place in Potter Street.

The 1950s built neighbourhood shopping centre is to be transformed with new facades and pitched roofs for retail and residential use and new open public areas.

A consultation meeting was held in August where residents and traders met Council representatives and the design team behind the plans.

Feedback from the public on the redevelopment plans was also gathered.

Plans are expected to be submitted for planning permission later this year. This is another important project as part of Harlow Council’s plans to build a better Harlow.

The plans, which were unveiled at the consultation meeting can be viewed online at www.harlow.gov.uk
Last year the government gave the go-ahead for Public Health England (PHE) to create a £400 million Science Hub campus at the vacant GlaxoSmithKline (GSK) site in Harlow. This will involve the movement of all of the functions at PHE’s Colindale site and most of those at PHE Porton, as well as the national headquarters in London. PHE expects 2,750 staff to be based at the Harlow site initially.

What we’ve been up to
Prior to submitting a planning application next year, PHE has launched an extensive series of public engagement events designed to give the Harlow community the opportunity to comment on and help us shape our future plans. In May we held our first public exhibition at Harlow Leisurezone. Residents, political representatives, schools, businesses and community groups were among the 300-plus visitors with two thirds taking the time and trouble to complete feedback forms.

Since the exhibition the PHE Harlow team has been stepping up our engagement activity, including a stall at the Heart 4 Harlow Festival, a stand at Harlow Business Exhibition and another in the Harvey Centre.

We are really keen to talk to as many people as possible and gather feedback. If you have any comments on our plans please get in touch with us.

Jobs, education and apprenticeships
A large number of the people we’ve spoken to have been keen to know more about future job opportunities, particularly for young people in Harlow, and have asked when we will be able to provide more detail.

We will be holding our second exhibition at the Leisurezone in October 2016 and will dedicate a section to education, apprenticeships and employment, with more specific information about the roles required at the Science Hub. We are committed to working closely with local education providers to support young people with an interest in working for PHE. Since the exhibition we have met with Harlow College, Sir Charles Kao UTC and Anglia Ruskin University to discuss how we can work together.

October exhibition
Come along to hear how our plans have developed and provide us with your feedback. Our staff will be in attendance to answer any questions you have.

6 & 7 October: 3pm to 8pm
8 October: 10am to 2pm
Science Alive, Harlow Leisurezone, Second Avenue, Harlow CM20 3DT

Contact us: Freepost PHE HARLOW CONSULTATION | pheharlow@phe.gov.uk | 0800 228 9100

For detailed information on our proposals please visit: www.gov.uk/phe/harlow
Asbestos

Asbestos is a natural mineral that has been used commercially for over 150 years. There are various types of asbestos.

The use of asbestos has been banned in the UK since 1999, but many of the more dangerous types were banned years earlier.

Many of Harlow Council’s homes contain various low-risk forms of asbestos, which are managed to maintain safety for tenants and contractors.

If you suspect you have asbestos in your home, don’t disturb it. Further information can be found at www.harlow.gov.uk/housing-asbestos or can be obtained at the Civic Centre.

For further assistance, please call the Compliance Team on 01279 446378 or email compliance.inbox@harlow.gov.uk.

Annual gas safety inspection

leaseholder responsibilities

If you are a leaseholder you are responsible for the maintenance of all gas appliances and flues in your property.

If you sublet your property, as a landlord, you have a legal responsibility to your tenant under the Gas Safety (Installations and Use) Regulations 1998.

You must carry out an annual safety check on each appliance

and/or flue that you provide for your tenants’ use.

A gas safety check and the installation of gas appliances should be carried out by a Gas Safe Registered engineer.

For more information regarding gas safety and to check the eligibility of a Gas Safe engineer please telephone 0800 408 5500 or visit the Gas Safe website: www.gassaferegister.co.uk

Preparing your home for winter

After experiencing some severe winters in recent years, Kier Harlow Limited and Harlow Council are looking at ways to ensure we can manage the situation better for our customers.

Previously the entire country, including Harlow, has struggled in keeping up with the volume of gas breakdowns reported.

To help us prepare, we ask that you carry out the following steps to ensure that your heating is working efficiently after turning on the heating for at least one hour and turning up your thermostat.

• Check that the thermostat is turned up high enough (until you hear a click).

• Check that the gas is switched on.

• Check there is sufficient credit to your meter.

If your heating is still not working after following these steps please call the Repairs Call Centre on 01279 446666.

A Kier Harlow Limited Gas representative will contact you, where an appointment will be made if necessary for a gas engineer to visit.

Check your thermostat
Kier Harlow Ltd satisfaction surveys

Satisfaction surveys are a crucial way for us to collect performance information from our customers to assist in improving your services.

The table below shows the number of jobs completed for May and June 2016, surveys issued and surveys returned. Unfortunately only 15 per cent of surveys were completed and returned. We need to hear about your experience and the survey is an easy way for you to do this.

<table>
<thead>
<tr>
<th>Month</th>
<th>Jobs completed</th>
<th>Surveys issued</th>
<th>Surveys returned</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 2016</td>
<td>1,908</td>
<td>1,220</td>
<td>197</td>
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<tr>
<td>June 2016</td>
<td>1,665</td>
<td>1,235</td>
<td>159</td>
</tr>
</tbody>
</table>

Each survey takes approximately five minutes to complete, with a freepost return envelope. Please fill them out; feedback from you enables us to continue improving our services.

For further assistance, please contact the Kier Harlow Ltd Repairs Centre on 01279 446666 or email harlow.repairs@kier.co.uk

Join in with your estate inspections

Estate inspections are your opportunity to improve your area and take place twice a year. Anything from dumped rubbish, graffiti and damaged pavements and brick walls, to unkempt gardens and missing drain covers are picked up on these inspections.

We are encouraging more residents to get involved and attend inspections as you can help us identify issues. Inspections are carried out in estates where there is Council housing.

The latest programme of inspections for the autumn and winter has been published online at www.harlow.gov.uk/estate-inspections

Dates for meetings and events in 2016

Harlow Council Annual Tenant and Leaseholder Conference 2016


Autumn Leaseholder Forum 2016 - New Attendance Registration

The next Leaseholder Forum is on Wednesday 9 November 2016 at the Civic Centre. Registration and refreshments from 6.30pm with the Forum beginning at 7pm. Presentations will include a progress update from the Leasehold Standards Panel, Service Charge Actuals 2015/16 and an introduction from HTS (Property & Environment) Limited. After each presentation, attendees will have the opportunity to ask questions.

A market place will follow at the end of the forum. Meet with officers from Savills, HTS Group Ltd., Home Ownership, Housing Management, Contact Harlow and Kier Harlow Limited and speak to them on a one-to-one basis about any issues you may have.

Please note – we will no longer send out individual invites for this event.

Your next Statement of Account will give details on how to let the Home Ownership Team know you are attending the forum.

Summer 2016 Tenant Forum at the Great Parndon Community Association

Harlow Council would like to thank everyone who participated in an interesting and informative Forum on 26 July 2016.

We are always looking for your feedback on how we can improve the layout, format and attendance of forums throughout the year.

If you feel you can contribute or would like to become more involved in your Housing Services, please contact Zulfi Kiani on 01279 446330 or zulfi.kiani@harlow.gov.uk
Reducing energy bills and making homes warmer

Work is taking place to improve the energy efficiency in Council homes to help tenants meet the cost of their energy bills and reduce fuel poverty.

The five-year programme to replace the communal boilers in all 25 of the Council’s District Heating Schemes began in July 2016 at Tanys Dell, with the installation of more efficient and controllable heat interface units within each flat. This will be followed by replacing oil-fired communal boilers with modern condensing gas boilers.

Work has also started to ensure that we comply with new legal requirements within the Government’s Heat Network (Metering and Billing) Regulations. Individual heat meters that monitor the amount of energy used per household are being put in every flat as part of the programme.

Heat meters will also be installed to those schemes where the district boilers have already been replaced at Hintons, Sewell Harris Close and Katherine’s House. Heat meters have already been installed at Netteswellbury Farm, Tilegate House and St. Michaels Close.

Consultation with all residents on the new billing process will take place by December 2017. We are considering introducing billing on a phased basis approximately 12 months following installation of the heat meter in your home. This is subject to the outcome of the consultation.

This year the coldest and most energy inefficient homes will also receive improvement works like external wall, cavity wall and loft insulation.

Similar programmes will continue to take place in the coming years as part of the Council’s commitment to reducing cost for tenants and tackling fuel poverty.

Pay your Council bills by Direct Debit

We offer three choices of dates within the month for Direct Debits which are: 1, 15 and 25 for rent and 5, 15 and 25 for leaseholder service charges.

Your payments are spread evenly throughout the year and once it is set up you no longer have to worry about missing a payment. It also helps us to keep our costs down and that means lower charges for you.

It costs the Council around 4p to process a Direct Debit and around 39p to process a cheque.

You are protected by three important safeguards:

1. An immediate money-back guarantee from your bank in the event of an error.
2. Advance notice if the date or amount changes.
3. The right to cancel at any time.

And there is no queuing up to pay your bills! To set up a direct debit call Contact Harlow 01279 446655 or visit www.harlow.gov.uk/direct-debit

You are invited to Harlow Council’s Annual Conference (For Harlow Council Tenants and Leaseholders only)

Saturday 15 October 2016 from 10am in the Harlow Resource Centre
(First floor, Harlow Leisurezone, Second Avenue, Harlow, Essex CM20 3DT)

An annual service update on Housing Services performance including the Housing and Planning Act followed by these presentations:

1. HTS (Property and Environment) Ltd
2. Market rents for high income social tenants
3. The introduction of fixed term tenancies
4. Modern Homes update including communal heating and energy charging

There will be a “market place” where you have the opportunity to meet other organisations, contractors and teams from Harlow Council on a one-to-one basis and learn about their services.

Free raffle with prizes donated by the contractors including shopping vouchers for £50. All Tenants and Leaseholders attending are automatically entered. Winners are drawn at the end of the conference.

Light refreshments, transport and free parking available.

For further information, or if you require transport, please contact Zulfi Kiani, Tenant Initiatives Officer on 01279 446330 or email tenant.relations@harlow.gov.uk

Harlow Council, Civic Centre, The Water Gardens
Harlow, Essex CM20 1WG
The Housing and Planning Act 2016: What you need to know

In May 2016, the Government introduced the Housing and Planning Act 2016 which proposes to introduce major changes.

The Act introduces a number of measures, which include changes to the type of housing tenancy we can offer and to the amount of rent you pay if you are considered to be a high earner.

**Fixed-term tenancies**

Under the new Act most new Council tenancies will be granted for fixed terms of between 2 and 10 years. However, we will be able to grant households containing a child under the age of nine a longer tenancy, which will last until that child reaches the age of 19. There will be other circumstances in which we can grant a secure tenancy; these will be set out at a later date.

At the end of the fixed term, a review will be carried out to decide whether to offer a new tenancy. The Act also requires that future successions to secure tenancies, other than when a spouse or civil partner is succeeding, are carried out under a fixed-term (rather than a secure) tenancy.

Current tenants with secure tenancies will not be affected by these changes.

We have not yet made a decision on what length of tenancy to offer. No date has been set for bringing this change into effect but it is presumed changes will start in April 2017.

**High-income social tenants (‘pay to stay’)**

The Act requires Council tenants with a higher income to pay a higher rent. It is expected that this scheme will become compulsory from April 2017 onwards.

Initially in areas outside of London, a ‘higher income’ is likely to be defined as a household earning more than £31,000 per year. Only the incomes of tenants, joint tenants and their partners are taken into account.

Tenants will need to declare their income and increased rents will be calculated on a basis of an additional 15p rent for every extra pound earned above the income threshold.

Tenants in receipt of Universal Credit or Housing Benefit (or who would be eligible to receive it if their rent were increased) will not be affected.

Any additional rental income generated by the policy (minus administrative costs) must be returned to the Government.

We will keep tenants updated on these changes. Presentations on these subjects will be made at the Annual Tenant & Leaseholder Conference on 15 October 2016. Please attend if you would like to find out more (see page 8).
It is estimated that Councils across Essex are losing £10 million or more through Council tax fraud or error.

This figure has been announced as Councils across the county embark on a new partnership to prioritise the issue.

This has seen districts, borough, county and city Councils join forces for the first time to launch a pan-Essex campaign urging people to check they are paying the right amount, before new cutting edge data-checking software comes into force.

All households are required to pay Council Tax, and there are a number of discounts and exemptions available to support residents, such as for example Single Resident Discount, with recipients able to claim a 25 per cent discount on their Council Tax bill.

These exemptions are however open to abuse or error, and while this is a national issue, the estimated cost across Essex is £10 million; money that should be spent directly on services.

Launching in October the software system will allow Essex Councils to share and match data records which will highlight potential errors for investigation.

Are you paying the right amount? If you claim a discount and could be paying the wrong amount, now is the time to come forward. Don’t wait to be caught out!

For more information and to find out about who to speak to about your Council Tax visit www.essexcounciltax.co.uk or www.harlow.gov.uk/council-tax

Tell us what you think about the Council Tax Support Scheme

Harlow Council is asking all residents to have their say on how the Local Council Tax Support (LCTS) scheme should be funded.

The scheme provides help to low-income households with their Council Tax bill and provides support to around 8,400 households.

Around 5,000 of these are working-age households.

Decisions about how to fund the LCTS scheme include varying the maximum level of help given under the scheme, as well as considering alternative funding options such as reducing the spending on other services, or increasing Council Tax overall.

The consultation runs until 5 October 2016. To have your say visit: www.harlow.gov.uk/lcts-consultation.

Paper copies of the survey are available from the Revenues & Benefits Service via Reception at the Civic Centre.
Time is running out to correct your council tax

If your living circumstances or income have changed and you haven’t declared it, you could be committing fraud without even knowing it. New technology will show us exactly who’s responsible, so act now before you’re caught out.

Delivered in partnership across all Essex Local Authorities

Update your details at www.EssexCouncilTax.org.uk
The Frederick Gibberd Collection of Modern British Watercolours and Drawings

This collection is the gift of its Master Planner, Sir Frederick Gibberd, to the people of Harlow and was first displayed in a gallery created in the original town hall. It started in 1977 with ten pictures from Gibberd’s personal collection – which he had begun in 1935 with watercolours, drawings and prints by living British artists – and was then added to by further gifts. This is in addition to annual purchases made by Gibberd and Council representatives at Royal Academy summer exhibitions and from the London art market.

Gibberd said of it: ‘The collection includes works by Bawden, Frink, Nash, Roberts, Sutherland and other artists of international repute. If, one day the Council can provide the wall space, the collection should be as important as the sculpture collection built up for the town by the Art Trust.’

When it was proposed to redevelop the south of the town centre with additional shopping and a new Civic Centre, the Harlow Civic Society, in consultation with the Council, ensured that the new Civic Centre would contain not only Henry Moore’s Family Group and the Gibberd Collection, but also a larger space which would make possible a programme of changing exhibitions.

This is now the Gibberd Gallery at mezzanine level above the entrance foyer of the Civic Centre, which can be reached by a single flight of stairs beside the Family Group sculpture, or by lift. It is a generous space equipped to the highest standards, the equal of anything in London, and houses throughout the year a sequence of varied exhibitions arranged for the Council by the Art Trust.

The Gibberd Collection has been freshly mounted and re-glazed to museum standards, under the direction of Harlow Art Trust trustee, David Mitchinson, assisted by the Trust’s administrator Sue McDonald. The collection has emerged with a new brilliance, arousing comment from visiting art lecturers and the specialist restorers carrying out the work.

The Collection is owned by the Council on behalf of the citizens of Harlow and the Harlow Art Trust acts as its curator. The Friends of Harlow Sculpture and the Gibberd Gallery have contributed to the restoration and rehanging costs of the collection.

Entrance to the Gibberd Gallery is free and it is open Monday to Friday 9am to 4.45pm, closed on Bank Holidays.

For programme details visit www.gibberdgallery.co.uk
What’s on in Harlow this Autumn

A selection of the many events and activities taking place in Harlow. For more information please visit www.harlow.gov.uk/events

Gibberd Gallery
01279 446404
gallery@harlowlartontrust.org.uk
www.gibberdgallery.co.uk

The Gibberd Gallery is based at Harlow Civic Centre and is open to the public Monday to Friday 9am-4.45pm. Closed Bank Holidays.

Arts Means Business
6 October-17 December
It will be 50 years since Sir Charles Kao and George Hockham (Nobel prize winners) invented fibre optics here in Harlow. We want to celebrate this life changing innovation with an exhibition that captures the essence of past, present and future capabilities of business including leading major companies as well as smaller independents.

Harlow Town Park events
Harlow’s 164-acre public park has a number of attractions for all the family and is the ideal place for adults and children to take leisurely strolls, experience the natural wildlife and relax and enjoy the beautiful surroundings. The park features a skate park, adventure playground, an outdoor gym and is a venue for many local events. It is also the home of Pets’ Corner. Visit www.harlow.gov.uk/parkrun

Every Saturday 9am
Meet at School Lane car park.
Before your first run, register at www.parkrun.org.uk/harlow/junior

Every Sunday 9am

Friday 16 and 30 September
Social Strollers 10am-11am
Meet at School Lane car park.

Thursday: 15, 22 and 29 Sep
Town Park volunteers
10am-2pm
Meet at the entrance to the Walled Garden (by Pets’ Corner).

Walkers are welcome to join in these community walks for all ages and abilities. Meet at the entrance to the park.

Contact Mike Levett 01279 446834 for this and other volunteer events or email mike.levett@harlow.gov.uk

Saturday 29 October
Spooky Halloween Event
3pm-7pm Tickets £3. Booking essential. Brave enough to walk in the woods this Halloween?

To book, please call 01279 430005 or 01279 444244.

Sunday 6 November
Harlow Council’s Annual Bonfire & Fireworks night
Harlow Town Park
See www.harlow.gov.uk nearer the time for full details.

Pets’ Corner
01279 422790
www.harlow.gov.uk/pets-corner

Sunday 25 Sep 12noon-4pm
Annual fun dog show
Organised by the Friends of Pets’ Corner.

Parndon Wood Nature Reserve
01279 430005
www.ecco.org.uk

Sat 17, Sun 18 Sep
Sat 12 Nov, Sun 13 Nov
Arts in Nature 11am-4pm

Fr Friday 23 September
Afternoon Tea in the Woods
1pm-4pm
£10 per person. Please book.

Sat 24 and Sun 25 September
Mammal Weekend
11am-4pm

Sat 15 and Sun 16 October
Fungi Foray! £2 per person
Walk starts at 2pm on each day.

Saturday 29 October
Mammal Weekend
3pm-7pm Tickets £3. Booking essential. Brave enough to walk in the woods this Halloween?

3pm-7pm £1 per feeder.

2016 Harlow Black History Multicultural Festival
Saturday 1 October 2016
The Market Square, Harlow
10am-4.30pm

Fancy a game of tennis or basketball?
The Council provides free open access tennis courts and multi-use games areas at Blackbush Springs, Bush Fair, Foldcroft, The Dashes, Northbrooks and Staple Ty.

Buggy Fitness
Paringdon Sports and Social Club, Paringdon Road
Every Monday, 1.30pm-2.30pm
Mothers, fathers, grandparents and carers are all welcome to join in the fun and friendly sessions. For more information contact 01279 418411 or email liz@paringdonsports.com

Women and Girls Tag Rugby Taster Sessions
Every Thursday, 7pm-8.30pm
Harlow Rugby Club
Open to all women and girls (over the age of 11).

Walking football
Every Thursday
Paringdon Sports and Social Club, Paringdon Road
10.30am-12noon
For more information contact: 01279 418411 or email: liz@paringdonsports.com

Event information correct at time of going to press. Please check times, dates and prices by calling the relevant contact number. Children must be accompanied by an adult at all events.

www.harlow.gov.uk/events
Harlow junior parkrun is a hit with kids!

Children and young people in Harlow are getting out of their beds on a Sunday morning to keep fit, have fun and run around Harlow Town Park!

The parkrun craze continues in Harlow with free 2k parkrun sessions specifically for juniors, now held every Sunday morning.

Harlow junior parkrun follows much the same format as the Saturday adult parkrun, the main difference being that children aged 10 and under running in the main parkrun have to run with an adult. At junior parkrun they can run the course on their own.

It’s not just the young people who get up early, an army of local residents get up early too to help volunteer and run parkrun on both Saturday and Sunday mornings!

Harlow junior parkrun is a great way for children to keep fit while enjoying the outdoors in Harlow’s fantastic town park. Harlow junior parkrun is for 4 to 14-year-olds. It is held every Sunday at 9am on Harlow Showground in the Town Park.

It’s free to take part but all participants must register online before their first run.

For more details and to register visit www.parkrun.org.uk/harlow-juniors

If you are not a junior please try one of the weekly Saturday parkrun events instead - see www.parkrun.org.uk/harlow for details

Here is what some of regular junior parkrunners have to say:

“I like doing parkrun because I like running and it keeps me fit. I like trying to beat my own PB!” Liam (7)

“It keeps me fit and I like to run with my friends. I like to see my time improving each week.” Joe (10)
Recycling at home

Recycle more, waste less

Are you recycling all that you can? What about ‘The Unusual Suspects’?

This year’s Recycle Week (12-18 September) aims to encourage people to think about those items that are often forgotten about when recycling at home.

We know residents of Harlow recycle clean and empty plastic drinks bottles, food and drink cans, jam jars, cardboard boxes and newspapers but ‘The Unusual Suspects’ such as aerosol cans, foil trays, beauty cream jars and toilet roll tubes can often be missed.

There are lots of places around the home that ‘The Unusual Suspects’ can be found. Take toothpaste boxes for example; if everyone in the UK recycled one toothpaste box, it would save enough energy to run a fridge in over 2,000 homes for a year.

Don’t forget perfume or aftershave bottles; the glass is recyclable. Keep an eye out for aluminium deodorant and air freshener aerosol cans. If everyone in the UK recycled one air freshener aerosol can, enough energy could be saved to run a fridge for over 91,000 homes for a year!

Plastic shampoo, shower gel and moisturiser bottles can be recycled too. Washing up liquid bottles, soap dispensers, bleach bottles and spray cleaners can all be recycled; just remember to remove the trigger spray and pump dispenser tops as these aren’t currently recycled.

Next up is Waste less, Live more Week (19-25 September). This brings together organisations and people from all over the country to take part in activities which are good for us and good for the environment. Waste less, Live more is about rethinking how we live and making changes to reduce our environmental impact whilst improving the health and happiness of ourselves and each other.

More information on Waste less, Live more is at: www.wastelesslivemore.com

Steggy comes to Harlow

Steggy, a dinosaur sculpture created from recycled electricals, will be paying a visit to the Civic Centre from 20 September to 10 October to help promote waste electrical & electronic equipment (WEEE) recycling. Steggy will be found at the entrance to the Civic Centre – pop past and take a look!

More information on recycling in Harlow is at: www.harlow.gov.uk/recycling
Heart 4 Harlow

Showcasing the very best of Harlow

Two hundred children from six primary schools sang as a mass choir in the Water Gardens at the start of the annual Heart 4 Harlow festival from 27 May to 30 May 2016. The aim of the festival was to promote healthy living and build the community of the future.

Jazz night was popular as people gathered on the grass to enjoy food and drink with a wonderful selection of music from both the Nick Newton Jazz trio and Adam Amor.

The festival continued to draw in the crowds with 23 charity and community projects able to raise awareness of their work. The fine arts exhibition in the Gibberd Gallery had contributions on display from school children and local arts groups.

A photographic exhibition celebrating beautiful Harlow and places with potential was very popular and 80 pictures chosen from those submitted filled the display windows in the Civic Centre.

Leading up to and after the festival, 17 local community meals and events brought together different areas of the town, thanking people for what they have done to strengthen local life. Events included a street party in Old Harlow, an evening dinner in Church Langley, A Big Lunch at St Paul’s in the town centre and an International Day at the Light House in Kingsmoor.

More information on Heart 4 Harlow and the work it does is at www.heart4harlow.org.uk or email admin@heart4harlow.org.uk
With your permission, My Care Record will provide health and care professionals directly involved in your care, access to the most up-to-date information about you.

Providing you with

- Better co-ordinated and seamless care
- Quicker diagnosis and treatment
- More time to spend on clinical care
- Less paperwork and less repetition
- Fewer unnecessary clinical tests
- More accurate prescriptions
- Safe and secure decision-making

To find out more visit: www.mycarerecord.org.uk
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Harlow Council has this rare opportunity of an office unit becoming available in Wych Elm.

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The unit offers a spacious Bathroom/WC, Kitchen with cupboards. Good sized office space.

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Councillor Emma Toal - Deputy Leader & Portfolio Holder for Youth & Community

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Councillor Tony Durcan - Portfolio Holder for Regeneration & Enterprise

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Councillor Jon Clempner - Leader of Harlow Council

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£19 Seats
Labour

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Useful numbers and websites

Adult Social Services
0345 603 7630
www.essex.gov.uk

Affinity Water
0345 357 2407
www.affinitywater.co.uk

Arriva Buses
0344 800 4411
www.arriva.co.uk

Blue Badge Enquiries
0345 603 7630
www.essexhighways.org

Bus Pass Helpline
0345 200 0388
www.essexhighways.org

Children’s Social Services
0345 603 7627
www.essex.gov.uk

Essex County Council
Contact Essex
0345 743 0430
www.essex.gov.uk

Essex Highways
For traffic updates and to report potholes and faulty street lights
0345 603 7631
www.essexhighways.org

Essex Police
101
www.essex.police.uk

Gas Leak Emergency Number
0800 111 999

Harlow Bus Station
01279 426349
www.harlow.gov.uk/bus-station

Harlow Citizens’ Advice Bureau
0344 477 0808
www.harlowcitizensadvice.org.uk

Harlow College
01279 868000
www.harlow-college.ac.uk

Harlow Council
Contact Harlow
01279 446655
www.harlow.gov.uk

Harlow Leisurezone
01279 621500
www.harlowleisurezone.co.uk

Harlow Registry Office
0345 603 7632
www.essex.gov.uk

Job Centre Plus
0345 606 0234
www.gov.uk/contact-jobcentre-plus

Kier Harlow Ltd Repairs Centre
01279 446666
www.harlow.gov.uk/housing-repairs

National Rail Enquiries
0345 7484 950
www.nationalrail.co.uk

NHS Choices
111
www.nhs.uk

Parndon Wood Cemetery & Crematorium
01279 620620
www.parndonwoodcrem.co.uk

Post Office Customer Helpline
0345 722 3344
www.postoffice.co.uk

Princess Alexandra Hospital
01279 444455
www.pah.nhs.uk

Samaritans
116 123 (free)
www.samaritans.org

Schools Admissions
0345 603 2200
www.essex.gov.uk/admissions

UK Power Networks (power cuts)
105
www.ukpowernetworks.co.uk

Take the first step
There is never an excuse for domestic abuse and it is never your fault

If you are a man or a woman who is being
Hurt • Threatened • Controlled
You can get help

Venues displaying a ‘J9’ logo can help you find support if you are suffering from domestic abuse.

Harlow Times can also be read online at www.harlow.gov.uk/harlow-times

The online edition is compatible with a variety of screen reading software.

In an emergency ring 999
Safer Places support for adults and children
0845 0177 668

National Domestic Violence Helpline
(for women)
0808 2000 247

Men’s Advice Line: 0808 801 0327
Victim Support: 08 08 16 89 111

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