ISSUE 43

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Houghton Regis Town Council

Peel Street, Houghton Regis, Bedfordshire, LU5 5EY

Telephone: 01582 708540 Fax: 01582 861102

E-mail: info@houghtonregis.org.uk Web: www.houghtonregis.org.uk

Delivered to all properties in Houghton Regis

CLASSIC & VINTAGE MOTOR SHOW

EDITION

Classic Car Show

Sunday 15th September 2013

The second Houghton Regis Classic Car Show will be taking place on Sunday 15th September 2013 from 10am – 4pm on the Village Green.

The event features a display of pre-war vehicles to modern classics together with a large number of military vehicles. There will be refreshments served by the Houghton Regis W.I. in the Village Green Pavilion and a selection of food retailers. To entertain there are a selection of fairground rides for younger children and a number of side stalls and attractions.

There will be entertainment from 'Voice in a Million' Fiona Harrison who will be performing songs from the 1930s right up until the Rock and Roll era!

The Town Council would like to thank Houghton Regis North Development Consortium for sponsoring the event.



Houghton Regis Town Carnival

The Houghton Regis Carnival was very successful and on the hottest day of the year too!

There were over 90 of stalls on the Green, ranging from cupcakes and gourmet coffee to jewellery to charity fund raising stalls, and a tea room in the pavilion provided by the Houghton Regis W.I.

The Carnival included performances from The Shifting Sands
Theatre Company' (the Detectives and The Film Krew), the Just
Friends Jazz Band and the New Lavender Village Folk Band!









The winners of the procession competition were Houghton Regis Academy who won £300 plus the Yvonne Corkerton Memorial Trophy and the runners up were Donna's Dancing School who won £150 and a trophy cup. The 1st/3rd Houghton Regis Scout group won the 'Best Presented Stall' competition.

The date for the 2014 Carnival and the theme of the event will be revealed shortly so watch this space! To take part, please contact Sarah on:

01582 708523 or sarah.gelsthorp@houghtonregis.org.uk



Houghton Regis Town Council Contact Details

Houghton Regis Town Council Peel Street, Houghton Regis Bedfordshire LU5 5EY

Telephone: 01582 708540 Fax: 01582 861102 Email: info@houghtonregis.org.uk Website: www.houghtonregis.org.uk

Officers:

Clare Evans	
Town Clerk	01582 708542
Stuart Oliver	
Deputy Town Clerk	01582 708543
Sarah Gelsthorp	
Promotions & Communications Officer	01582 708523
Sonia Stennett	
Accounts & Administration Officer	01582 708541
Chantel England	
Administration Officer	01582 708540
Jan Cooper	
Community Organiser	01582 708544

Councillor contact details:

Cllr. Dr Rita Egan (Parkside Ward)

Cllr. David Jones (Houghton Hall)

Cllr. Peter Williams (Tithe Farm)

01582 515854
01582 655162
01582 759026
01582 868288
01582 522952
01582 537105
01582 866314
01582 758483
01582 532444
01582 514654
01582 519087
01582 526630
01582 865358
01582 866215



Cllr. Mrs Susan Goodchild (Houghton Hall) 0300 300 8525

0300 300 8518

0300 300 8535

0300 300 8567

The Mayor's Events

Councillor Peter Williams was inaugurated as Town Mayor at the Annual Meeting of the Council in May.

Since then, he has attended many events in the local community and hosted fund raising events for his nominated charities, Keech Hospice Care, Hospice at Home Volunteers, Houghton Regis Helpers and Dunstable and Houghton Regis Youth Counselling Services (SORTED).

Events that the Mayor has attended are as follows:



Organisation	Event
Aylesbury Town Council	Mayoral Inauguration
Dunstable Town Council	Mayor Making Ceremony
Luton and Dunstable Hospital	Unveiling of the Thank you Mural
Mayor of Luton	Welcome Charity Meal
Army Benevolent Fund	Reception
Mayor of Harpenden	Civic Service
Dunstable Sea Cadets	Royal Naval Parade
Central Bedfordshire Canine Trust	Dog Show
Dunstable and District Scouts	Annual General Meeting
Rhodesian Scouts	Military Open Day
High Sheriff of Bedfordshire	Garden Party
The Monday Club for the Blind	Norman's Day Lunch
Dunstable and District Disabled Sports	Visit to a Sport's Session
Citizens Advice Bureau	Annual General Meeting
Houghton Regis Town Council	Houghton Regis Carnival
Mayor of Dunstable	Charity Performance of Calendar Girls
Mayor of Sandy	Charity Dinner
Hospice at Home Volunteers	Meeting with the Volunteers
Mayor of Houghton Regis	Civic Reception
Friends of Red House Court	Afternoon Tea
Mayor of Leighton-Linslade	Fundraising Luncheon
St.Vincent's School	Afternoon Tea
Royal Air Force Association	Anniversary Party
London Luton Airport	75th Anniversary Celebrations
Children's Links	National Play Day
Mayor of Houghton Regis	Fundraising Quiz

Deputy Mayor's events

Councillor Peter Carrington attended the Central Bedfordshire Canine Trust Dog Show and the Rhodesian Scouts Military Open Day and accompanied the Mayor on four other events.

Organisation	Event
Aldwyck Housing	Community Barbeque
Mayor of Dunstable	Coffee Morning
Dunstable Sea Cadets	Annual General Meeting
Central Bedfordshire College	Awards Ceremony
Hospice at Home Volunteers	Annual General Meeting
University of Luton	Civic Degree Ceremony

Do you have an event that you would like to invite the Town Mayor to attend? If so, please contact Sarah Gelsthorp, Town Mayor's Secretary on **01582 708540** or email sarah.gelsthorp@houghtonregis.org.uk



Please find below the calendar of meetings for the Town Council from September 2013 to the end of November. All council meetings are open to the public and are held in the Council Offices on Peel Street at 7.30pm unless otherwise stated. The agendas for forthcoming meetings can be found on the notice boards outside the offices, Houghton Regis Library and on the Town Council website. Copies can also be obtained from the office.

Date	Day	Committee	Time
2 nd Sept.	Mon	Accounts Sub Committee Planning & Licensing Committee	6.30pm
9 th Sept.	Mon	Corporate Services Committee	
16 th Sept.	Mon	Community Services Committee	
23 rd Sept.	Mon	Accounts Sub Committee Planning & Licensing Committee	6.30pm
30 th Sept.	Mon	Environment & Leisure Committee	
7 th Oct.	Mon	Town Council	
14 th Oct.	Mon	Accounts Sub Committee Planning & Licensing Committee	6.30pm
28 th Oct.	Mon	Town Partnership	
4 th Nov.	Mon	Accounts Sub Committee Planning & Licensing Committee	6.30pm
I I th Nov.	Mon	Corporate Services	
18th Nov.	Mon	Community Services Committee	
25th Nov.	Mon	Accounts Sub Committee Planning & Licensing Committee	6.30pm



Grants

Houghton Regis Town Council operate a grants scheme, which is open to local organisations, clubs, societies and schools. There is no set limit on how much you can apply for, however Small Project Grants are up to a maximum of £500 and Large Project Grants are normally between £501 and £1,000. A maximum of 75% of the cost of the project can be applied for. The grants can be provided to help with projects or purchasing items of equipment and are decided at the council's Community Services Committee, the dates of which are included below.

For a grant application form, or for more details regarding the grants scheme, please check out our website **www.houghtonregis.org.uk** or telephone **01582 708540**.

Meetings	Deadline for Grants forms to be returned
Monday 16th September 2013	Monday 2nd September 2013
Monday 18th November 2013	Monday 4th November 2013
Monday 13th January 2014	Monday 30th December 2013
Monday 3rd March 2014	Monday 17th February 2014

Walk For Health

Houghton Hall Park area every other Thursday afternoon, starting at 2pm by the pavillion on the Village Green.

Walks last 30 - 45 minutes.

Go at your own pace but enjoy friendly company.

Walks are free with no commitment

(We may go for a cup of tea in the cafe afterwards).

Dates:

September - 5th & 19th 2013 October - 3rd, 17th & 31st 2013 November - 14th & 28th 2013

Just come along and join us or phone:

Sue 01582 865966 or Ruth 01582 758483



Current Central Bedfordshire Council Consultations

Draft Equality & Diversity Strategy Duration: 9 July - 2 October 2013

The draft Equality and Diversity Strategy demonstrates CBC's commitment as community leaders, service providers and as an employer to ensure that equality and diversity is at the heart of all that CBC does, for local people, our employees, our partners, and the community at large.

The draft strategy can be read and responded to online at: www.centralbedfordshirecouncil.gov.uk





Superfast broadband could be winging its way to most of Central Bedfordshire and you can help by completing a survey to show just how much demand there is for the service.

Superfast broadband would mean people could download music, games and films more guickly, and websites would download faster too. And for businesses the service would boost opportunities to access global marketplaces and allow more companies to offer flexible working to employees.

For more information, please read the Joint Local Broadband Plan online at: www.centralbedfordshirecouncil.gov.uk





Want to have fun and make new friends?
Then come and join us!
Thornhill 8 Friends Majoretts
Thornhill 8 Friends Majoretts
Thornhill 10 over 5 Chool, Grove Road, Houghton Regis
Saturday 1,00 o 11.45 a.m.
Wednesday 6.30 – 8.00 p.m.
£2 per session (1child) plus £1 per session per sibling (2+ children)
first session freel
Boys of Standard over Wednesday or Come along on Saturday or Wednesday or call
Debbie 07546443752, Denise 07960180201 or Sandra 07787571589



Advocacy for Older People in Houghton Regis

Advocacy for Older People (AOP) is a local charity working throughout Bedfordshire.

The Service is available to any older person who has a problem which they cannot sort out on their

AOP's help is free of charge and confidential.

Trained and supported volunteer Advocates work with each older person, for as long as required, helping them to resolve specific problems and also enabling them to keep control of their lives and their independence.

AOP is now based in the Bedford Square Community Centre on alternate Tuesdays (office opposite the Library entrance). If you or someone you know needs our help, please contact us using the details below or call in to see us.

- Gail Shanahan on 0300 456 2362 (local rate charge)
- Email June Davies on juned.aop@pohwer.net

Advocacy for Older People 21-23 Mill Street, Bedford, MK40 3EU Office hours: Monday 9.00 am - Friday 5.00 pm

AOP runs volunteer training courses throughout the year.

Company Limited by Guarantee Company Registered in England and Wales 6855150 Charity Registration No. 1129184



YOU decide your session...morning, afternoon or all day"

Admission £3 per session Annual Membership £5

For more information please contact PAM GILL 07906891207

houghtonregiscraftandcoffee@hotmail.com



HRHS

You are invited to a meeting to discuss the exciting times that lie ahead for Houghton Regis with the proposed development of Houghton Hall Park including a new Heritage Centre.

 \mathcal{HRHS} is to have an important role in the project and we are holding a meeting to talk to people in Houghton Regis to get ideas and views of what the Heritage Centre should contain. We also want to hear from individuals of their memories of Houghton Regis.

The Meeting will be held in the St Vincents club on Monday 23rd September from 7.00pm to 9.00pm.

Everyone is welcome

Contact David Hill on 07514 243786 Email hrhs@gmx.com

HRHS is a voluntary organisation

DO YOU WANT TO PROTECT YOUR ELECTORAL REGISTRATION DETAILS?

DO YOU WANT TO STOP COMMERCIAL COMPANIES HAVING ACCESS TO YOUR DETAILS ON THE ELECTORAL REGISTER?

Important changes to your details on the electoral register

From October this year there will be changes to the way that you can protect your details on the electoral register should you not wish them to be sold to third parties.

There are two versions of the electoral register – the full register, which only certain organisations can access and the edited register, which anyone can buy. Your details will appear on the edited register unless you ask for them to be removed. Currently 117,000 people within Central Bedfordshire Council area have requested their name and address to be excluded from the edited version of the register.

In the past we carried over requests to be excluded from the edited register, but we will no longer be allowed to do this. If you want to have your details permanently excluded from the edited register you can write to us at:

> Priory House, Monks Walk, Chicksands SG17 5TQ or email us at electoral.registration@centralbedfordshire.gov.uk making a permanent opt-out request.

Please ensure that you state your full name and address and that you wish your details to be excluded from the edited register on a permanent basis or until further notice. A separate request is required for each member of the household if they also wish to be permanently omitted from the edited register.





Spotlight on...

Why did you set the group up?

Craft and Coffee "Pop in" has been started for a number of reasons...

- To encourage people to come out of their houses and socialise with other like minded folk who enjoy Crafting.
- To reach people who don't normally get the chance to socialise and therefore at times are somewhat lonely.
- To get help to people who would like to focus on a hobby of some sort but need a helping hand.
- Last but not least to put a cross section of ages in a room and see that we do have a Community that can work together as one.

Who runs the Craft and Coffee and who does the teaching?

I have found the most amazing team of people that are really committed to making this Pop In work and there is no way I could have made it happen without them. They are all gifted Crafters who are giving their time to others. I ask all our Members to share whatever skills they have at whatever level with others, even if it's just a smile :-)

What happens at the meetings?

The opportunity is there for people to bring along an existing Craft that they want to continue with, or perhaps expand on their chosen Craft with help from people that can give a hand if they're stuck, a chance to learn a new Craft or at least try their hand and if nothing else to share ideas, chat and network over a cup of tea/coffee and relax in a different environment other than home.

What have you have particularly enjoyed?

What I personally love to see is people coming in and trying new Crafts and going home with something small that they have managed to create... People that have NEVER done Craft before are doing Felting, Braiding, Pyrography, Beading and lots more...We are also in awe of some of the finished projects that the ladies are bringing from home to show us.

You have had three sessions so far, how do you think it is being received?

We are very excited after three sessions. We have a growing Membership, amazing feedback, happy Crafters, and people wanting to promote the club to their friends as they feel it's worth sharing.

When and where is the next meeting?

In September Craft and Coffee (Pop in) are going to two days a month! Woohooooo! Here are the dates for your Diaries; Wed 18th Sept, Friday 27th Sept, Wed 23rd Oct, Friday 25th Oct, Wed 20th Nov, Friday 29th Nov, and Wed 18th Dec, Friday 27th Dec. These will all be held at the Houghton Regis Community Centre, Tithe Farm Road, Houghton Regis... How exciting!

How can new members take part? And how do they get in touch?

New Members can just come along on the appointed date or get in touch with me, Pam on 07906891207 to find out anything else they want to know about the Craft and Coffee (Pop in).

The Annual Membership is £5.00 purchased on or before your first visit. Each session is £3.00. The session is how ever long YOU want to be there. It could be an hour or two in the morning or afternoon or all day if you'd prefer.





In partnership with local businesses the Town Council have set up a Houghton Regis Business Network Group. The first meeting was held on 8th July and had 17 businesses represented. The next meeting is on 14th October, 6pm for 6.30pm to include light buffet. To attend please contact info@houghtonregis.org.uk for more details.

In support of local businesses the Town Council are offering 2 free adverts to local businesses in each edition of the Town Crier. To advertise your business contact <code>info@houghtonregis.org.uk</code>, space is limited and adverts will be allocated on a first come first served basis.





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www.rogermarsh.co.uk

Did you know your 2 year old could be entitled to 15 hours of free childcare?

To find out more visit your local Children's Centre or the Central Bedfordshire Council website www.centralbedfordshire.gov.uk/childcare or call us on 0300 300 8119

A great place to live and work.



An interview... With Shane Staples from Shane's Quality Fruit & Veg

Shane Staples has been running a Fruit and Veg Stall in Bedford Square every Friday since October 2006. The stall offers a great range of seasonal fruit and vegetables, and orders can be taken for other items which are not in stock.

Shane tells me that he has been running this type of stall now for about eight years, but was a market trader before this when a vacancy came up for a fruit and veg retailer. Shane has also worked in the Pub trade and as a chef! However broad beans recipes are definitely off the menu as this is one type of vegetables that Shane is not keen on!

At this time of the year, the best-selling lines are fruit with cherries and raspberries being top of the bill. Shane often has some unusual requests for items, and as well as sourcing 125 coconuts for the Mayor's Coconut Shy in July, he used to reserve some of the perished items for a customer who looked after pigs!





I asked Shane some probing questions about his own preferences for fruit and veg and he tells me that he prefers nectarines over peaches, strawberries over raspberries and cucumbers over courgettes!

I asked Shane about his hopes for the future with trading in Houghton Regis and he says that he hopes that trade continues to build up again for all the retailers now that the road works are finished.

Town Updates

Housing Development

The planning application for HRN1, M1 to Bedford Road, is due to be determined at CBC's Development Management Committee on 28th August 2013. Check out the CBC website for the outcome.

The planning application for HRN2, Bedford Road to A5 is expected to be submitted early part of 2014.

Dunstable Northern Bypass - A5-M1 Link Road

The A5-M1 has received conditional approval by the Secretary of State subject to a developer contribution of £45 million being made available from the developers of HRN1. Assuming that this is forthcoming, the scheme is planned to start in 2014 with completion in 2016/17.

Woodside Connection

An application for development consent has now been accepted by the Planning Inspectorate and it is hoped that an enquiry will start this Autumn. The plan is to start work on the link in late 2014, with completion in 2016/17, when it will join up with the new junction IIA of the MI, but this is dependent upon the timescale set by the Planning Inspector.

The Co-op Site

CBC are continuing to try and negotiate, using the legal system if necessary, with the Co-op for the redevelopment of this site.

Houghton Quarry

The Wildlife Trust have completed some improvements notably in relation to access to the site. In the longer term CBC are negotiating with developers to secure funding for that site and other green infrastructure in the vicinity.

Former Netto premises / site

A planning application was submitted for the demolition of the existing supermarket building and the erection of a new petrol filling station with sales kiosk, car wash facilities and ancillary car parking. The application was subsequently withdrawn in September 2012. There is not further action or detail to advise.

Houghton Hall Park - Lottery Bid

CBC has recently received development grant funding from the Heritage Lottery Fund through the Parks for People Programme for the Houghton Hall Renaissance Renewal Project. The £215,100 will be used to fund the development of comprehensive restoration and improvement plans for the park. This also provides the CBC with a 'pass' to apply for a much larger grant in 2014to fund the improvement plans.

This project aims to dramatically improve this important local park through the restoration and interpretation of key heritage and landscape features and will provide improved facilities and means of access to encourage greater use and increase community pride in the park.

Committee Reports

Town Council

At the meeting in June the Town Council approved the Accounts for the year 2012/13 and received the related Internal Auditors report. As a result of this report update the Council have requested a detailed report on early be presented to Corporate Services Committee. In addition the following policy documents were reviewed and approved:

- Review of Internal Controls
- Review of 4 year programme of Policy Review
- Standing Orders
- Financial Regulations
- Health and Safety Policy
- Equality & Diversity Policy
- Annual Report for 2012-13

Environment & Leisure

At this meeting the Functions and Terms of Reference specific to the committee were circulated to the Members for their information. Formal approval was also given for the Children's Links Family Fun Day to take place on the Village Green on the 7th August 2013.

Planning & Licensing

3 meetings have taken place in the last 2 months. 8 planning applications have been considered, with 7 being recommended for approval. Central Bedfordshire Council's proposals for 20mph speed limits in the Cemetery Road Dunstable Road and Orchard Close areas of the town and also their proposals for waiting restrictions at various locations throughout the town have also been discussed and comments forwarded to CBC

Community Services

This is a new committee within the Town Council and its first meeting was particularly busy with a total of £2,112 awarded to local voluntary groups, including Parkside 50 Plus Club, Recycled Teenagers, 4YPUK, ASB Team, repayment of the Councils loans to and HR Heritage Society, an interesting presentation from 4YP on the youth services they are currently delivering across Houghton Regis, a report from the Community Organiser which included details of support provided to the Leisure Centre Action Group, the Heritage Society, the Network Group, and the Business Network Group. It was also advised that positive community initiatives had recently included increased membership of StreetWatch, the May Fayre, the development of business network meetings, a new start up group of Craft Club, 4YP looking to deliver early intervention intensive work with young people, the possibility of working with The National Trust, beginnings of dog mess campaign, integrating new group of CICStart, lobbying for signage for the community centre, funding allocated through the community challenge, the possible development of Play Day in August, and free coach trip for families in June. A report was also presented on the take up of garages and occupancy levels across the town. It was agreed that this matter would be referred onto the Town Partnership Committee for further detailed consideration.

Annual Report

The Town Councils Annual Report was approved on 24th June 2013. The report contains the Chairman's Foreword, Chairman's Overview, Review of Town Council meetings, the Policy & Resources Committee, the Environment Committee and the Planning & Licensing Committee, a look forward to 2013 / 2014, a Summary of Accounts (as detailed below), contact details for Houghton Regis Town Council including office contact details, town councillor contact details and areas of responsibility and contact details for Central Bedfordshire Council including office contact details, Central Bedfordshire Councillor contact details and areas of responsibility. A full copy of the Annual Report can be found on the Town Councils website, www.houghtonregis.org.uk or from the council offices.

The Summary of Accounts in the Annual Report provides the following information:

INCOME 2012/13		£
Precept on District Council		730,000
Agency Services		9,093
Capital Receipts, Grants and Loan Proceeds		4,841
Interest and Investment Income		18,282
Leisure and Recreation inc. Pavilions		15,671
Cemetery & Churchyard		18,810
Miscellaneous		581
Community Development		7,218
	Total	804,496

	,
INCOME 2012/13	£
Establishment/General Administration	358,422
Agency Services	4,335
Election Expenses	-
S.137 Expenditure	14,098
Capital Expenditure inc Capital Grants	44,868
Loan Interest and Capital Repayments	37,592
Operational Expenditure:	
Leisure and Recreation inc. Pavilions	97,789
Cemetery & Churchyard	9,469
Tourism	8,542
Highways - Footpaths and Lighting	540
Democratic Representation and Management	17,841
Town Security	32,226
Community Development	51,104
Grants Under Specific Powers	6,532
To	tal 683,358

Crime & Antisocial Behaviour

Houghton Regis - All Recorded Crime

The following figures from Bedfordshire Police show levels of recorded crime for May and June in 2012 and 2013.

Recorded Crime

Crime Type	1/5/12 to 30/6/12	1/5/13 to 30/6/13	% Change
Violence Against a Person	41	36	-12.2%
Sexual Offences	0	3	N/A
Robbery	5	3	-40%
Domestic Burglary	10	20	+100%
Burglary Other	11	25	+127.3%
Vehicle Crime	18	33	+83.3%
Other Theft	37	44	+18.9%
Fraud and Forgery	8	0	-100%
Criminal Damage	64	60	-6.3%
Drugs	6	4	-33.3%
Other Notifiable Offences	I	3	+200%
Total	201	231	+14.9%

The Town Council fund additional policing in Houghton Regis, known as Operation Hana. The following table summarises patrols undertaken under this Operation:

Month	Hours Worked	Vehicle Patrols (Hours)	Foot Beat (Hours)		Incidents Attended
May	100	72	28	5	42
June	95	59	36	8	49
Totals:	195	131	64	13	91

Each edition we'll bring you summary information on different aspects of crime and antisocial behaviour. For detailed information and advise contact Bedfordshire Police (call 101) or visit their website www.bedfordshire.police.uk

Hate Incidents and Crime

It is a human right to be safe and secure and to live free from fear or harassment. Hate incidents / crime are based on ignorance, prejudice, discrimination and hate and have no place in our society. Hate incident / crime victims are often amongst the most vulnerable of our society and the effects can have:

- A marked and detrimental impact on the victim
- An impact on the feelings of safety in a community or section of a community
- An effect on cohesion

Hate incidents / crimes are taken to mean any incident or crime where the perpetrators prejudice against an identifiable group of people is a factor in determining WHO is victimised. This is a broad and inclusive definition. A victim does not have to be a member of the group, in fact anyone can be a victim of hate crime or incidents. To report any incident you can call 101 or report it confidentially online. This form can be used if you have been a victim, if you have witnessed an incident, or if you are reporting abuse on behalf of someone else. If you're in immediate danger and need urgent assistance always dial 999.





Substance Missuse Support

Alcohol: In small doses it can make you relaxed and happy. In large doses it can make you feel down. Alcohol affects different people in different ways, so it's hard to know how much you can handle. It can make you lose control so you don't always know what you're doing - this may cause accidents. Large doses can you feel sleepy and feel sick. Long-term heavy use of alcohol can cause heart and liver problems and stomach conditions, It is illegal:

- For under 18's to buy alcohol
- For people to sell alcohol to under 18's
- To buy alcohol for someone under 18's

Drugs: Different people react to different drugs in different ways. There is no way to know exactly what is in a drug before you take it. This means that there is always a risk when you take any drug. Drugs react with each other, so mixing different types of drugs and mixing drugs with alcohol can increase the risks.

Driving under the influence of drugs is illegal and can result in a fine of £5,000, 12 months disqualification from driving, and up to 6 months in prison. Drug driving can be very dangerous for the driver, passengers and other road users.

For a quick introduction to common drugs - and drugs that cause the most worry, you can visit the **FRANK** website, **www.talktofrank.com**. It has an A-Z list of drugs, outlining the risks of taking them and their legal status. The list describes the appearance of different drugs, the way they are used, their effects, the chances of getting hooked, health risks and UK law. FRANK also has a free helpline **0800 77 66 00**.

Who can help you?

Bedfordshire's Drug & Alcohol Line: whether you are a young person, a parent, a user or just someone who wants to find out more, Bedfordshire's Drug & Alcohol Line can offer drug and alcohol information or put you in touch with a local service that's appropriate for your needs.

Telephone: 01234 332901

FRANK: A national, confidential drugs helpline available 24/7, for general information, facts and advice for everyone.

Telephone: 0800 77 66 00

Drinkline: A national helpline offering advice and information for people with alcohol problems or anyone concerned about alcohol misuse.

Addaction in Bedford and Dunstable: a service for those with drug misuse issues who reside in the Bedfordshire area. Addaction offers a range of services including one to one support, information and advice about drugs, referrals to other agencies, free condoms, needle exchange, safer injecting advice, black box therapy (Dunstable) and acupuncture. Addaction can also give information about local pharmacy services across Bedfordshire including needle exchange. Telephone: Addaction Dunstable: (01582) 501780

Bedfordshire Drug and Alcohol Action Team (B:DAAT) is responsible for developing appropriate treatment services in Bedfordshire. There are a number of treatment services available locally offering a range of interventions from advice and information through to inpatient detoxification and residential rehabilitation.

Bedfordshire Drug and Alcohol Action Team (B:DAAT) is working hard with local services to ensure that the different levels of treatment are linked up in order to provide clients with different options because what works for one person may not work for everybody. B:DAAT is also working to ensure that people who have complex needs get the support they need, for example, drug use is often linked to other issues such as mental health, homelessness and B:DAAT works with all the relevant local agencies to ensure integrated treatment and support across Bedfordshire for the people who need it.

Whoever you are and whatever drug and alcohol issues you may have, B:DAAT is working in partnership to provide the support that's right for you. Telephone: 0300 300 4149 or visit www.bdat.org.uk