

VIEW



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Clackmannanshire Council
www.clacksweb.org.uk

Redwell Takes Shape

Children from Claremont and St John's primary schools have been looking round their new school as it takes shape before opening this summer.

The pupils have been making regular trips to the Redwell site from the very beginning of the construction to help them understand how the school is being built. The schools have been working with contractors Robertson to deliver educational opportunities around the planning, design and building work.

The children have been getting involved in hands-on building experience including practical demonstrations of the manufacture of timber kit panels, how brick is built around the panels and to see a visual cross section of a building from inside to outside. Pupils of all ages have been visiting the site regularly to see just how the building work is progressing.

Education Convener Ellen Forson said: "It's wonderful to see not only how this impressive new school is making progress, but also to see how the children are being included in the building process. I am pleased that the Council and the contractors have been able to work together to bring these opportunities to the pupils."

Redwell school and nursery will open in August to children in Alloa west and will replace Claremont and St John's primary schools. The latest update photos and information can be seen on ClacksWeb.



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Working together for nature

In Clackmannanshire we are blessed with a fantastically varied landscape from sea level to the tops of the Ochils. It is a backdrop to our life in the county which provides us with vital resources including water and the air that we breathe.

The Council has a legal duty to protect nature, and works with other organisations and volunteers in the Clackmannanshire Biodiversity Partnership throughout the county to ensure that the nature and wildlife that we currently enjoy can endure for generations to come.

Our diverse landscape supports an equally rich diversity of wildlife and nature. Occasional sightings of seals in the Forth and Devon can remind us that even this far inland, we are still connected to the sea. The Forth shoreline supports internationally important bird populations, while the thriving otters in our rivers indicate how unpolluted these waters are compared to previous decades.

Farms and woodlands, and even our parks and gardens provide homes for everything from frogs and newts to red squirrels and badgers, while further up in the Ochils we have the biggest concentration in the country of the rare and beautiful Sticky Catchfly.

Although even the most fragile looking plants and animals often cope better with our climate than we do with our warm clothes and central heating, this diversity of nature can be threatened by human activity.



The partners in the Clackmannanshire Biodiversity Partnership run a range of activities throughout the year, most of them free, in which you can get involved. For more information email biodiversity@clacks.gov.uk or search for biodiversity on ClacksWeb.

Budgets set for 2014/15

Council tax bills have been frozen for a seventh year and a total of over £14 million will be invested in Clackmannanshire's schools, public buildings and roads, as part of the Council's budget for the coming year.

The capital expenditure was agreed along with a revenue budget of £115.384m at a Special Council meeting in February.

The budget process included significant savings which had to be made, and the Council held a wide ranging consultation to get the views of local people and organisations as part of the budget process.

The investment agreed for the year ahead includes:

- An additional £1.5million earmarked for road improvements. This includes £250,000 for new street lights, £50,000 for anti-skid surfacing on the A907, £79,000 to complete the B9140 bends work and three new cycle routes: Tullibody to Cambus, Tullibody to Lornhill Academy and Helensfield at a cost of £255,000.
- A continuation of the £10,000 annual financial support to back local food banks for a second year.
- The establishment of a £800,000 Tenant and Community Improvement Fund over the next four years.

The Clackmannanshire Standard is progressing well and the replacement of kitchens within amenity housing will complete the overall kitchen programme. During 2013/14 over £3 million was spent on replacement bathrooms with a projected spend of a further £5 million to replace the remaining 2,600 bathrooms over the next three years. This means all Council properties will meet the Clackmannanshire Standard.

Once bathrooms are completed, the capital investment programme will focus on roof replacement, window replacement and energy efficient central heating systems.

Council Leader Gary Womersley said: "This has been a challenging process and we have had to make difficult decisions. Some of those decisions will change the way that services are delivered. We have focused on agreed priorities and planned for future increasing demand for our services, while trying to preserve performance levels and minimise the impact on local residents as much as possible."

Max in the Middle



Across Clackmannanshire, the Council and NHS Forth Valley have been working together to deliver an innovative approach to support the health and wellbeing of our children and young people.

The Max in the Middle programme is a one week whole class experience for Primary 6 or 7 pupils which aims to empower and educate young people in relation to healthy eating, physical activity and positive choices.

Dance and drama specialists work in small teams with the class and teacher to deliver a memorable, exciting and fun experience promoting enthusiasm, parental engagement and increased knowledge and understanding of the importance of a healthy lifestyle.

The Max in the Middle and Max in the Class programmes complement ongoing work and the delivery of Curriculum for Excellence Health and Wellbeing experiences and outcomes

Pupils from Tillicoultry Primary School are pictured receiving a Max in the Middle Award for taking part in an innovative programme which gives pupils a healthier lifestyle and increased confidence.

and the NHS HEAT 3 Child Healthy Weight Intervention target.

All schools who have taken part in the programme have received a framed Max T-shirt in celebration of their contribution to health and well-being.

Did you know?

We remain 1st in Scotland with 92% of Council houses meeting all elements the Scottish Housing Quality Standard. There are five elements to the standard, one of which assesses whether houses are energy efficient, which 100% of our Council houses are (a result only achieved by us and 5 other Councils). The Clacks Housing Quality Standard, however, is more strict than the national framework and aims for even higher standards in our housing stock.

Get Advice on Welfare



A new advice service to help Clackmannanshire residents get accurate and accessible advice and assistance on welfare benefits has been launched.

The Making Advice Work project is delivered by Clackmannanshire Council's Money Advice Team.

The team provides impartial and confidential advice on how to resolve benefits problems. This can include a benefit check to ensure that you are receiving all the benefits you are entitled to and assistance when making a benefit claim. The team can also help review or appeal a negative benefit decision, and may be able to represent you at a benefit appeals tribunal.

Committee Convener Les Sharp said: "It is clear that the recent and ongoing changes to the welfare system have resulted in concern and confusion for people. I'd encourage anyone in Clackmannanshire with concerns about their benefits to get in touch. Don't delay, advice from our friendly and helpful team is on hand."

The service is free to all Clackmannanshire residents, and you can contact the team by phone on 01259 452512 or by email on moneyadvice@clacks.gov.uk

Scottish Welfare Fund

The Scottish Welfare Fund is a discretionary scheme administered by the Council to provide one-off grants to help people or to provide a safety net for those in an emergency situation.

It offers two types of grant for those who are in receipt of qualifying benefits and who are having difficulty meeting one-of expenses for exceptional needs or services.

Crisis Grants can provide people with assistance in the event of a disaster or emergency such as fire or flood, or being robbed.

Community Care Grants can help people leaving care to live on their own, prepare to stay in their own home or families facing exceptional pressure.

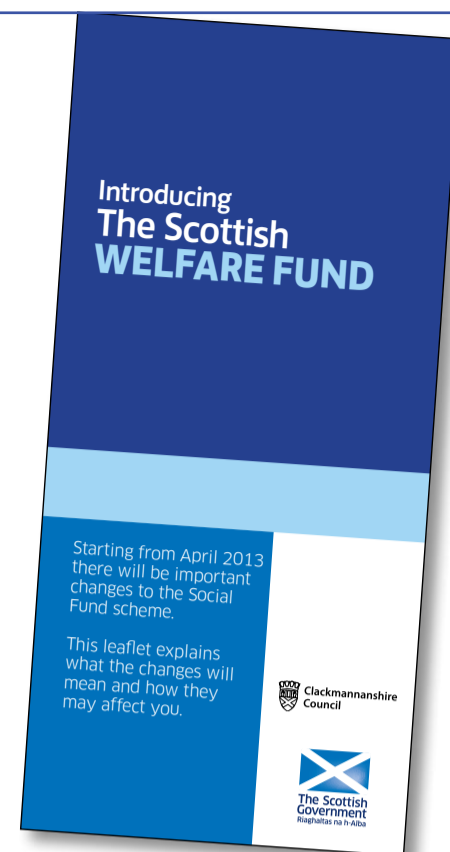
Applicants may receive vouchers or other forms of support for essential items such as fuel, food or clothing.

If you would like more information about the Scottish Welfare Fund, please call the Revenues, Assessment and Billing Team on 01259 450000.

Discretionary Housing Payments

The Council has been given funding from the Department for Work and Pensions and the Scottish Government to top-up Housing Benefit if you are facing financial hardship. This may include when housing benefit has been reduced due to:

- The Under Occupation Charge
- The Benefit Cap
- Changes to Local Housing Allowance rules
- A non-dependent deduction being applied (e.g. for grown up sons or daughters living with you)



Starting from April 2013 there will be important changes to the Social Fund scheme.

This leaflet explains what the changes will mean and how they may affect you.

Clackmannanshire Council



Payments are made at the Council's discretion based on your individual circumstances. As funding is cash limited they are awarded on a first come, first served basis.

If you are affected by the under occupation charge this could help reduce rent arrears.

For more information on Discretionary Housing Payments, please contact the Revenues Recovery Team on 01259 450000.

Did you know?

We were 8th in Scotland for benefits administration costs in 2012/13, with a cost of £35 per case, which was better than our target and the Scottish average (both £42).

New ClacksWeb App Available

Clackmannanshire Council has launched a new Android and iOS mobile phone app called 'myClacksWeb'.

Using the app, residents can now access council services and make online payments.

The app is available free of charge from the Android Play Store and Apple App Store and can be found by searching for 'myClacksWeb' on a mobile device.

Also included is a reporting facility which allows residents to report a number of issues including abandoned vehicles, anti-social behaviour, dog fouling, fly tipping, missed bin collections and pot holes.

There are also a number of other features, including councillor information and a news and events feed giving users up-to-date information about what is happening in the local area, and hotlinks to information such as jobs at the council, school term dates and refuse and recycling collection times.

This app was developed in-house in response to the increased demand in web access via mobile devices such as smart phones and tablets. In the last year alone ClacksWeb has seen mobile access increase to around 35% of all site traffic and we expect this to grow to 50% by the end of 2014.



The Council's energy advice team can give tips on all kinds of energy efficiency improvements, and may be able to help you to find assistance to improve things like heating systems and insulation. You can contact the energy advice team on 01259 450000 or email fuelenergyadvice@clacks.gov.uk for a free energy health check.

Solar panels are an increasingly popular way to help generate the power you need to run your household.

Now View readers have the chance to win a fully installed 2kWp Solar PV system, courtesy of Edison Energy Ltd.

The prize is worth approximately £3,000 and will save energy at a cost of £120 per year for the recipient.

To enter the competition, answer the following question, based on the information contained in this article.

What is the contact email address for Clackmannanshire Council's energy advice team?

Send your entry on this pre-printed form to: Solar Panel Competition, Communications, Kilncraigs, Greenside Street, Alloa, FK10 1EB by 23 May 2014. The winner will be the first correct entry drawn at random.

Full terms and conditions are available on ClacksWeb.

Name: _____

Address: _____

Telephone no: _____

Email address: _____

Clackmannanshire



Citizens of the Year Marion Levett and Gary Richardson were named the first joint winners of the Clackmannanshire Citizen of the Year at the annual awards ceremony.

Marion (pictured above) received the accolade for dedicating herself to community projects, including the Women4Women group, providing confidential support for women dealing with issues such as addiction and abuse.

Marion said: "I'm absolutely overwhelmed. I was surprised to even be nominated, so can't believe I've won. I just do what I do every day without thinking about recognition."

Gary Richardson (pictured above) was honoured for the hard work and purpose he has demonstrated to maintain and improve the environment of his local area, including organising and taking part in many litter picks.

Gary said: "I am pleased to accept this award on behalf of my fellow committee members in Alloa Park Residents' Association. I think community groups have to work closely with the Council, businesses, the Third Sector and others to help to make Clackmannanshire better. And I'm looking forward to continuing that work."

On the same evening, Kristy McQuater (pictured right) from Tullibody was named Young Citizen of the Year. Kristy said: "I'm pleased, but speechless! I'm very surprised and didn't expect to win."

Kristy combines school, family responsibilities and working with volunteering her time for a number of local organisations, including Brownies, foodbank and children's groups.



Other young citizen finalists

Lisa Hertwig, from Alloa, is campaigning to make people aware of becoming an organ donor, using her own situation to highlight the donor scheme.

Lisa (pictured above) has Cystic Fibrosis and is waiting for a lung transplant, but despite having been seriously ill many times she continues to campaign and carry on with her life.

Kirsty McCormack (pictured above) from Tullibody helps many organisations in her local community.

She has helped to raise significant amounts for local and national good causes, and volunteers her time to groups including the Hawkhill Community Centre and The Gate.

Our Best Celebrated at Annual Awards Evening

Other citizen of the year finalists were:

David Henderson from Alloa has been actively involved in encouraging people to play cricket as part of Clackmannan County Cricket Club for over 50 years, including time as player, captain, groundsman and president.



He has also had a long career as a teacher at Alloa Academy.



Flo MacKenzie from Sauchie has shown commitment to improving the lives of local older people, through the Sauchie Pensioners of which she is treasurer, interim secretary and fundraiser.

She is also active in many other community groups, giving her time in a variety of ways to help others.

Elma O'Neill from Alloa has been actively involved in Hawkhill Community Association both as a committee member and chairperson.



She has also been involved in other local groups for over 30 years, taking time to help others in a number of practical ways.



Evelyn Paterson from Alloa has committed herself to supporting local people experiencing hardship, and has been instrumental in setting up a local foodbank, soup kitchen and community space.

Evelyn also helps to support local volunteer groups through her role as a director of the Clackmannanshire Third Sector Interface.

Evelyn Sillars from Alloa has been an active part of the St Serf's school community for around 30 years.



She has taken part in the school board, parent teacher association and now the parent council. Evelyn has dedicated time and effort to the community, organising popular events, fund raising and taking part in school trips.



Keith Turner from Sauchie is dedicated to his local village, and is the secretary of the Sauchie Community Group which he helped to found.

He is involved in organising a number of groups for local people, including an art group, movie nights, and camping trips. He is also involved with organising the Sauchie remembrance service.



The Sports Council Awards recognise outstanding ability, dedication and achievement in sport.

The winner of the Junior Sports Award sponsored by Munro Greenhouses was swimmer Duncan Scott. He won gold for Team GB in the 200m Individual Medley and silver in the 400m at the European Youth Olympic festival and won six golds at the British Youth Swimming Championships.

Rugby player Grant Gilchrist won the Senior Sports Award, sponsored by the Alloa Advertiser. He started playing rugby at Alloa before moving to Stirling County and now plays professionally for Edinburgh. He made his first senior start for Scotland against France and has now been capped as an international player four times.

Swimmer Gavin Miller won the Disability Sports Award, sponsored by Machin Associates. He won three golds at the 2013 Special Olympics and has won numerous other medals in regional and national events. Gavin is also involved in a number of other sports.

Winner of the Enid Barton Coach of the Year Award was Diane Donaldson. She was involved in setting up the Right on Target Boccia Club and supports the athletes to develop skills and techniques and raise confidence by supporting them in competition. Diane also assisted the head coach at the Special Olympics in 2013.

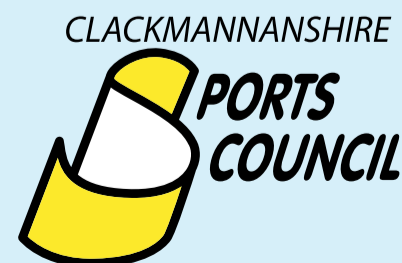
Strathdevon P6 Girls Sports Team won the Judy Collier Trophy for School Team of the Year. They won the Clackmannanshire schools cross country leagues and the schools championship, and the relay team won gold at the schools swimming gala.

Alloa & District Rifle Club were awarded the Team of the Year, sponsored by Russel + Aitken. At the Scottish NSRA meeting they won all five of the major trophies shooting against teams from all over GB, which has never been achieved by any other team in Great Britain.

The Young Leader/Volunteer Award sponsored by Steven Campbell was won by Meg Bannerman. She is a young ambassador at Alva Academy and promotes and inspires her peers to take part in sports and physical activity.

For his services to cricket, David Henderson was awarded the Services to Sport Award sponsored by the Scottish Association of Local Sports Councils. He has been a junior player, first XI captain, President and groundsman of Clackmannanshire County Cricket Club over the last 50 years.

Colin McLaren and Alan Harper were joint winners of the Lifetime Contribution to Sport Award, sponsored by Provost Tina Murphy. Both Colin and Alan have represented Tullibody Wrestling Club for over 35 years as competitors, coaches and trainers and running the club. They have produced international wrestlers and provide guidance, support, encouragement and discipline in a safe and friendly environment.



Home@Clacks

a new way to find a home

If you're looking for a new home in Clackmannanshire, the Council's new Home@Clacks service could be able to help.

Based at the Council's new offices at Kilncraigs, the Home@Clacks staff can meet with you to find out your individual housing needs, giving you a Personal Housing Plan setting out all the options available to you with advice on how you can get moving.

For example, if renting from a private landlord could meet your needs, you will be directed to Clacks Home Finder, a website where landlords can advertise their vacant properties in Clackmannanshire. Every landlord registered with us and working towards accreditation can advertise their properties on the website free of charge. www.clackshomefinder.co.uk

If you are a tenant of a social rented landlord but your current home is no longer suitable, you can register on Homeswapper

www.homeswapper.co.uk to swop your home with someone who also wants to move. This system will find possible matches for you.

Staff at Home@Clacks can also guide you through the possibilities of home ownership, and point you in the direction of schemes that could make home ownership more affordable.

If you are unfortunate enough to be asked to leave your current home and think you may become homeless, visiting the office as soon as possible will give you the best options for re-housing options. We may even be able help you continue to stay in your home.

There will be Council staff available at Home@Clacks who can guide you through all the options and processes. Please drop into the office at Kilncraigs or phone 01259 450000 for more information.

Meet the Housing Team

Council staff have begun a programme of tenancy visits this year, as part of our ongoing commitment to improving the service we provide to our customers.

In January we visited 100 tenants in Menstrie, in February and March we visited over 400 homes in Clackmannan and in April we may be coming to visit you.

These chats are a great opportunity for us to meet those tenants we would not normally see, and can cover a number of subjects such as:

- Helping us to tailor our services to meet our tenant's individual needs;
- Advising tenants about other services we offer such as money advice, home contents insurance and fuel energy advice;
- Allowing us to find out if tenants would be interested in taking part in future consultations or walkabouts in the area they live;
- Identifying if tenants have any support needs;
- Checking that the tenancy is being maintained in line with the tenancy agreement;
- Addressing any tenancy issues.

Many of the tenants we have visited have found these visits helpful, as we have been able to provide information about where to get advice about issues such as fire safety and fuel energy. The program of visits will be set over the next few years so that we get to visit all our tenants.

If you would like more information about these visits please call the Tenancy Management Team on 01259 450000.

Did you know?

Both rent loss due to empty properties and rent arrears declined slightly in 2012/13 though we still met our targets and performed above the Scottish average in both. We were also above the Scottish average and met targets for Council buildings that are 'in a satisfactory condition' (92%) and 'suitable for their current use' (84%).

New homes available for rent

Work is progressing well on 28 new family homes in Coalsnaughton, as part of a partnership between Clackmannanshire Council, Hadden Construction and the Scottish Futures Trust. The first phase of the new homes are scheduled to be complete and available for rent from April.

Eight two bedroom flats, eight three bedroom and 12 four bedroom houses will be available at The Glen in Coalsnaughton, overlooking the Ochil Hills.

The development is part of the Scottish Government's National Housing Trust initiative. The rents are set at a level between market rent and those charged by councils and housing associations, with an opportunity to purchase the properties after five years.

Clackmannanshire Tenants & Residents Federation

Your views are important, and we are working to ensure that your concerns are communicated to help influence the decision making of Clackmannanshire Council and Registered Social Landlords in the area like Paragon and Ochil View Housing Associations.

Keeping in touch with the people we represent is essential to the work we carry out, and your opinions determine the work and scrutiny we carry out throughout the year.

Recently, we have been hearing your views on issues including dog fouling, roads and gritting of pavements, and we are taking these issues forward on your behalf. We have recently carried out scrutiny activity, looking at the tenants appointment system being introduced.

If you are interested in finding out more about our work, or are interested in getting involved, then why not drop in to our offices at Alloa Business Centre, Whins Road Alloa, call us on 01259 725757, email clackstf@btinternet.com or visit our website www.clacksfed.btck.co.uk

Here are some dates for your diary. Everyone is welcome, please register your interest in attending.

Federation AGM

Tuesday 27th May
from 2pm till 4pm
Alloa Business Centre

Federation Open Day

Thursday 19th June
from 11am till 2pm
Alloa Business Centre

New system for Council house repairs

A new more customer friendly appointments system for Council house internal repairs has been introduced.

The new system will offer more choice to customers, who can pick a suitable day as well as three time categories - AM (between 8am and 12.30pm) PM (between 12.30pm and 4.15pm) and school run (between 10am and 2pm).

Customers can also choose to receive text reminders of their repair appointment time, helping to ensure you don't forget when your repair will take place.

The new system has been designed to better match the needs of customers with the available Council staff. Appointments are defined into various categories, depending on the nature of the work that is required. If your repair is considered urgent, then the Council will respond within four hours or the next day, depending on whether there is a need to remove any immediate danger or prevent major damage.

Council staff who come to repair your property will now have details of the job on a mobile device, which will also be used to sign off the repair when it is completed.

You can contact the repair centre on 0845 055 7070.

Need a Council house repair?

Our tenants can now make an appointment for most types of repairs. When you report a repair you will now be offered either a morning, afternoon or 'school run' appointment. There is also a text reminder service.

0845 055 7070
Choose option 1 to be connected

Clackmannanshire Council



Applications will be prioritised from current council tenants and from households currently on the council or registered social landlord waiting list.

For further details visit The Glen website at www.hadden.co.uk and you can also keep up

to date on the development on Facebook.

To find out more and note your interest, contact the managing agent; Ochil View Housing Association on 01259 722899 or email customerservices@ochilviewha.co.uk

The Council's Economic Development Team is working on a number of projects to help support the local economy. We're featuring two businesses which have benefitted from the support of Clackmannanshire Works

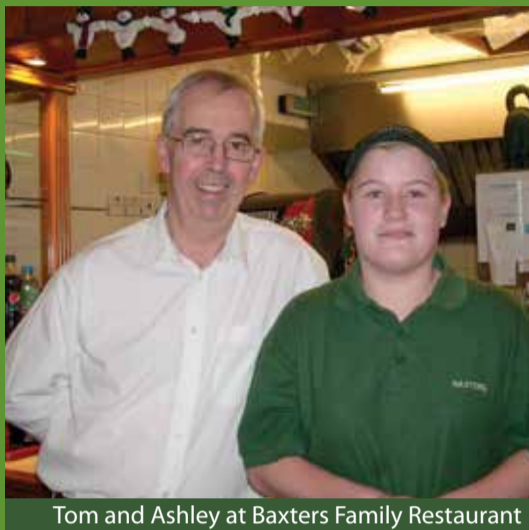
Help to get your business started

Financial Help to Take on Young People

Like many employers, Tom & Joanne Baxter of local eatery Baxter's Family Restaurant in Alloa, enjoy giving opportunities to local young people. Over the years they've had some real successes with young people on a range of training programmes.

Local girl Ashley Syme had worked for Baxter's previously after leaving school. She impressed Tom & Joanne and was kept on for some time after her training. Having worked elsewhere for a time, Ashley approached Tom to see if she could come back. Tom was willing to take her but was very clear it had to be of benefit to the business.

The financial support Baxters received from the Clackmannanshire Apprenticeship Initiative run by the Council in partnership with Skills Development Scotland helped to make it viable for Ashley to return. Tom says "We'd already agreed it would be a good idea for Ashley to do a Modern Apprenticeship in Hospitality Supervision & Leadership to help her develop the skills she needed and getting the financial help to support this made a huge difference."



Tom and Ashley at Baxters Family Restaurant

Ashley completed her apprenticeship in October 2013 and she and Tom have both been delighted with the support they've received and Ashley is happy to recommend Modern Apprenticeships.

For more information about financial support to employ young people contact Clackmannanshire Works 01259 226699, Skills Development Scotland 0800 783 6000 or Jobcentre Plus on 0845 604 3719.



Susan and Angie at the Ochil Fudge Pantry

The Council's Clackmannanshire Works service helps businesses throughout the area to get started and develop.

Susan Fleming and Angie Craven had started The Ochil Fudge Pantry from a kitchen base at home. The business was growing and they were ready to move to larger, industrial premises.

Clackmannanshire Works staff met with Susan and Angie, listened to their plans, hopes, fears and aspirations and helped them develop a targeted business plan of action for growth for the business. Support was delivered in partnership with Business Gateway who helped identify suitable industrial property at the Trade Centre in Bruce Street, Alloa giving them the extra space to produce and store more products to meet the demands of increasing orders. Clackmannanshire Works were able to help with the costs of fitting the unit out.

During this period Council staff were able to co-ordinate between various council services, ensuring the business met all local regulations. The staff helped promote products at trade shows, advise on other marketing and networking opportunities as well as offering ongoing, unbiased support when they needed it.

Clackmannanshire Works have been able to help out further with equipment costs and Business Gateway have matched the business up with the Scottish Manufacturing Advisory Service to provide valuable insight into productive equipment investment. The Ochil Fudge Pantry continue to grow and act as a positive business advocate for the county at trade shows, farmers markets and retail outlets nationwide.

Help to keep your garden tidy



If you or someone you know is an elderly or disabled Council tenant who needs help maintaining the garden, then the Council's Garden Aid scheme may be able to help.

The service is available for residents who do not live with an able bodied person who could maintain the garden, and is a tidy up scheme where your grass and hedges are cut and weed killer applied where required. It is not a landscaping service and will not include digging, cutting down trees, pruning

shrubs or planting plants or vegetables.

The maintenance will be carried out from April to September, and will involve grass being cut every month and weed killer being applied a minimum of twice during the period.

To see if you are eligible for the scheme or to find out more information, call the Council on 01259 450000 or see ClacksWeb.

Did you know?

Though there was an increase in carbon dioxide emissions from gas consumption in Council buildings in 2012/13, we improved for both electricity and water and met our targets for all three.

To get in touch with Clackmannanshire Works contact them by phone on 01259 226699 or e-mail them at cworks@clacks.gov.uk

Clackmannanshire Works is part of Clackmannanshire Council's Economic Development Team and is supported by European Structural Funds.



What's on

Active Easter

The Council is running the annual Active Easter Programme, offering a range of sport and activities for children and young people during the two week break from 7th to 18th April.

Activities include a Commonwealth Games inspired Flames Festival, where primary aged children can take part in a variety of sports sessions along with baton and opening and closing ceremonies.

There are multi-sport activities available for primary and secondary aged pupils with additional support needs, and secondary school aged young people can take part in sports leadership courses and dance qualifications. Pre-school gymnastics will also be one of the activities offered.

An Easter rugby camp will take place at Hillfoots RFC, and free swimming will be available every afternoon on Monday to Fridays at Alloa Leisure Bowl.

Further information available on ClacksWeb.



Maggie's moves a step closer

Plans to build a new Maggie's Centre in Forth Valley have moved a step closer following the successful planning application to Falkirk Council to build the new Centre in the grounds of Forth Valley Royal Hospital. The Centre, which provides support for people with cancer, their family and friends, could be open as early as Spring 2015.

The plans, which have been drawn up by award-winning Nord Architecture from Glasgow, include computer-generated images of a design which has been inspired by

wrought iron Victorian pavilions and makes references to the area's strong links with the iron industry. Situated within 70 acres of mature woodlands it will also be the first Maggie's Centre to be built by the side of a lochan and will feature stunning views of the Ochil Hills.

The £3 million Forth Valley Maggie's Centre is being built thanks to the grant-making charity Walk the Walk. This will be the second time Walk the Walk have funded a new Maggie's Centre.



Maggie's Forth Valley will provide a light, comfortable, friendly and welcoming environment to support the many hundreds of people from across Forth Valley who are treated for cancer every year. It will offer a wide range of services and support including drop-in sessions with cancer support specialists, nutrition workshops and relaxation classes.

We're on the move...



Clackmannanshire
Council
www.clacksweb.org.uk

Over the coming weeks Council services are moving from Greenfield and Lime Tree House to Kilncraigs.

- **Housing, Customer Service and Revenues staff are now at Kilncraigs.**
- **Councillors, council and committee meetings will soon be at Kilncraigs.**
- **See ClacksWeb for more information.**



Helping you to Live Well

The Integrated Mental Health Team provide a number of courses that might be for you, to help with your own mental health or learn how to support others.

Stress Control

Our Stress control courses are proving as popular as ever and are now being delivered in Stirling as well as in Clackmannanshire.

Learn to understand and manage stress, to control your body, your thoughts, your actions and your panic. Just turn up, sit back and learn some great ways to control stress and regain control of your life.

Stress control is a six week course run all year round and available to anyone living or working in Clackmannanshire or Stirling.

For further information or registration, contact Carsebridge House on 01259 215048

Fancy becoming a Mental Health First Aider?

Scottish Mental Health First Aid (SMHFA) is based on the concept of general first aid training and aims to improve the general public's awareness and understanding of mental health.

The course teaches you to:

- Give initial help to someone experiencing a mental health problem
- Deal with a crisis situation or the first signs of someone developing mental ill health
- Guide people towards appropriate professional help

SMHFA is a FREE 12 hour course that can be delivered in a variety of ways, to fit in with people's busy lives. Upcoming course details:

20th and 21st May in Alloa

17th and 18th June in Stirling

26th and 27th June in Stirling

23rd and 24th September in Falkirk

To register for the courses, please call 01786 431132 or email jewen@nhs.net

For relatives, partners and friends

Do you live with, support, or are friends with someone who is experiencing mental health problems?

If yes, then a short course is available, starting at the end of April.

It will help you to:

- Raise your awareness and understanding of mental health issues
- Help you to recognise and manage stress better
- Address and support feelings you may have
- Help you to understand and deal with someone in distress
- Meet others in similar situations, share experiences and gain support
- Find out about resources, information and other support you can access

If you think this course is for you, please contact Integrated Mental Health on 01259 215048 or email integratedmentalhealth@clacks.gov.uk

Community Groups

Are you part of a community group? Are you sometimes stuck for speakers?

We can deliver free Mental Health Awareness sessions to community groups, lasting approximately 2-3 hours. These sessions are informative, interactive and always get people wanting to know more.

If you'd like us to visit your group, please contact Integrated Mental Health on 01259 215048 or email integratedmentalhealth@clacks.gov.uk