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CITIZENSASSEMBLYST



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YOUR CAST NEWSLETTER

Keeping you up to date with our work, what we're planning and how you can get involved, direct to your inbox!

Now is the time for community-driven, people-powered change in South Tyneside.

JOIN US FOR OUR BYO* CHRISTMAS PIZZLE**!

If you're up for a bit of Joyeux noel jollity and nativity nonsense, why not join us for our Covid-secure, BYO Christmas pizzle?

Do you know your Tió de Nadal from your Tannenbaum? Or your Magi from your myrrh?

Test your festive facts and advent awareness!

Fantastic WYO*** prizes for high scores!

Wear what you want, sit where you want, eat what you want, drink what you want! What more could you want?

Join us [here](#) from 6pm on Sunday 20th December or email us for the link and passcode

*Bring your own

**puzzle/quiz combo

***Win your own

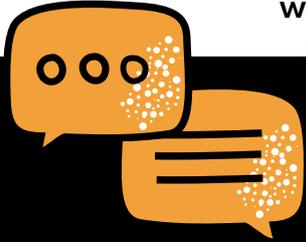
Get in touch with us: [here](#) Join us: [here](#)

NEWS

Temple park

Temple Park is an amazing community space but do you think it's fully utilised? CAST has put a proposal forward to create a 'Community Wood'. Working with South Tyneside Council and experts such as The Woodland Trust, this is a project which will help towards fulfilling the future goals and targets that the council currently have in their **Sustainable South Tyneside Plan 2020-2025** aiming for us to become carbon neutral by 2030.

We'll be opening our consultation in the new year but in the meantime, what do you think? What would you like to see in the park? Let us know your ideas [here](#)



HAVE YOUR SAY ON... SHOPPING TROLLEYS



Supermarket trolleys are an integral part of our regular shop however they are a problem in some areas around our borough.

We've been discussing possible solutions in our Sustainable Communities group but we want your thoughts on the issue - do you use a trolley to get your shopping home? What are your alternative options? If you have an abandoned trolley problem in your area, what could be done?

Let us know [here](#) - ALL RESPONSES ARE COMPLETELY CONFIDENTIAL

Christmas Covid bubbles made simple!

From December 23rd to 27th, families will be able to form a temporary bubble in order to gather for Christmas but what are the rules? Here's a simple guide for you.

PLEASE REMEMBER: THIS GUIDANCE WAS CORRECT AT TIME OF PUBLISH - FOR THE MOST UP-TO-DATE INFORMATION PLEASE GO TO [GOV.UK](#)

- Three households can form a temporary Christmas bubble from 23rd-27th December
- You can mix indoors in PRIVATE HOMES and stay overnight.
- You CANNOT go to a pub or restaurant with your bubble.
- There are NO travel restrictions during this period.
- You can still meet people not in your bubble OUTDOORS (6 people maximum)
- IF YOU HAVE CORONAVIRUS SYMPTOMS OR YOU ARE SELF-ISOLATING, YOU CANNOT JOIN A BUBBLE.

Click [here](#) for a video for people with learning disabilities to help them understand the rules on Christmas bubbles.

A couple of simple ways to stay as safe as possible:

- Ensure rooms are well ventilated and try to reduce the amount of time you spend indoors.
- Wash your hands regularly and wipe surfaces and contact points often.
- Try to keep close contact down to a minimum and stick to the two meter rule.
- Wear a mask if/when you can.

Get in touch with us: [here](#) Join us: [here](#)

Here at CAST, we're always banging on about keeping yourself safe online. To protect yourself from falling victim to online shopping fraud this Christmas, try to remember these 4 things when you're shopping online:

If you're buying from a website/person you don't know, do a little research - look at the reviews of the website/person you're buying from. If you're buying from an online marketplace such as eBay, Amazon or Etsy for example, you can view the seller's feedback history before making your purchase.

If you use a credit card to buy something between £100-£30,000, you're covered by Section 75 of the Consumer Credit Act. This means the credit card company has a responsibility if there's a problem with the things you've bought or the company. If you use a debit card, you may get some protection under a voluntary scheme called 'Chargeback'. This isn't legal protection but an agreement Visa, Mastercard, Maestro and American Express have signed up to enable you to claim a refund if a purchase doesn't arrive/is faulty. You can find more information [here](#)

Use a strong, separate password for your email account - criminals can use your email to access your other online accounts like those you use for online shopping.

Look out for phishing emails/texts. The emails or texts you receive about amazing offers may contain links to fake websites - if you're unsure, don't use the link! Check out the website directly instead. You can forward suspicious emails to report@phishing.gov.uk. You can also report suspicious texts - simply forward the original message to 7726, which spells SPAM on your keypad.

Anyone can fall victim to fraud. If you think you've been a victim of fraud, contact your bank immediately and report it online at [Action Fraud](#) or on 0300 123 2040.

Further resources: [Internet safety guide for seniors](#) (not just for seniors!)

UPCOMING CAST MEETINGS

Interested? Got an idea or just want to listen? Why not come along?

All meeting links will be posted on our [Facebook](#) page

| | | | |
|--------------------------------------|---------------------------------|------------------------------|--------------------------|
| Sustain. Comm.s Thu.7th Jan.@ 6pm | Education Wed.13th Jan.@ 6pm | Environment January - TBC | Health February - TBC |
|--------------------------------------|---------------------------------|------------------------------|--------------------------|

CAST are proud to support [SSTHC](#) - please don't forget their fortnightly meetings!
Do you have meetings you'd like more community involvement in? Let us [know](#)

Get in touch with us: [here](#) Join us: [here](#)

WHAT IS...PUNCTUATION?

Each month, our section 'What is...?' will take an unbiased look at terms often used but never really explained. This month, 'Punctuation' and could it work for South Tyneside?

This is a light-hearted observation to end what has been an 'interesting' year. It is in no way intended to upset or offend anyone who posts on social media.

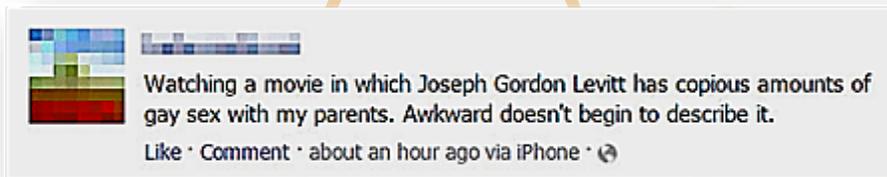
I struggle with social media in general and with Facebook in particular. Not only can I never find anything on it, seem to be able to work out how to access the online events or understand that when you press the 'back' button after reading an article or conversation, you don't actually go back to the place where you start - no, my main difficulty is reading the actual posts.

Don't get me wrong, I get it - social media is for quick, throw-away chat so it doesn't need to be perfectly grammatically correct but without it, some posts are almost impossible to decipher!

When we talk, we use pauses to make what we say clear - punctuation is supposed to be like that in writing, making it easier to read.

Commas: 'We use commas to separate words or phrases that mark where the voice would pause slightly.' Cambridge Dictionary

Just consider these two examples:



This is why commas are a huge benefit to the English language!

Full stops: 'We use capital letters to mark the beginning of a sentence and we use full stops to mark the end of a sentence.' Cambridge Dictionary



No wonder people are so afraid of each other nowadays - you can't tell if someone is a Hannibal Lector enthusiast or just oblivious to the use of punctuation!

I'm sure you're now checking this for grammatical mistakes and I'm sure there'll be some but it's mostly coherent! Now, I may be pedantic or an old f*rt, or indeed, a pedantic old f*rt (it has been suggested...) but I just ask you to spare a thought for your readers when you're posting!

Merry Christmas and all the best for the New Year!

On a serious note, do you have any terms you're unsure of? Let us know [here](#) and we'll take an impartial, honest look into them for you.

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COMMUNITY NOTICEBOARD

'Knock Knock': A Covid-19 health and well-being support project for Bangladeshi women.

Sessions are held in Bengali with a Srijoni group and are all held online and include direct group work – eg. learning Arabic calligraphy and various crafts – and 1:1 support around mental health and digital skills to build confidence and integration. (Resources, such as craft packs, information sheets in community languages are provided).

Workshops are held on Mondays (7–8:30pm) and Thursdays (9:30am–12). For more information, contact Asma Begum on 07949 543901 or via email: asma@sangini.co.uk

Tailored Leisure (TL) release dates for their New Year 'Sit to be Fit' and 'Boxercise' fitness programmes!

Following their successful 12 week adult fitness programme, TL have now secured funding to deliver a further 12 week 'Sit to be Fit' course starting in January 2021.

In addition, they are also offering an 8 week online boxercise course for young people (aged 12-16) with SEND needs and physical disabilities.

Places will go quickly so please don't hesitate! Check out their [website](#) or give them a ring on 07861 247658

Links for upcoming (online) **Community Area Forum (CAF)** meetings

Think CO: free introductory online workshop to carbon monoxide risks in the home. See more details [here](#)

Check out the Women's Health in South Tyneside (WHiST) [website](#) for the 'women only' sessions they offer

Read the MOTW Nov./Dec. Newsletter [here](#)



DID YOU KNOW...

University of Sunderland hold regular public lectures which you can access. Focusing on social issues affecting our region and beyond, the aim is to improve living conditions, address inequalities, social exclusion and promote social justice.

A third of the research activities have been judged as world-leading and internationally excellent.

Currently, their work falls into the following topics:

- Children, Young People and Families
- Communities, Health and Social Exclusion
- Crime Victims and Social Justice
- Social Histories
- Vulnerability & Criminal Justice Research Network

You can find more information about the lecture series and more information [here](#). The sessions are held on Microsoft Teams (similar to the zoom platform) – click [here](#) more information and how to download the free Teams app.

IN THE CAST PIPELINE...



Here's what we're working on at the minute...Health Group

We're re-jigging our Health Group set-up in order to highlight some of the issues currently facing our borough. These new sessions will give YOU access to reliable information and a supportive, inclusive environment to discuss your ideas and put your questions to the experts.

We've already hosted Professor Allyson Pollock from Newcastle University but we're aiming to make them a regular CAST feature.

The first of these sessions will cover Universal Basic Income (UBI), a term we've previously touched on. The [UBI Lab Network](#) have accepted our invitation and we look forward to welcoming them in February. More information to follow.

Get in touch with us: [here](#) Join us: [here](#)