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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.

GOODBYE 2020, HELLO 2021!

A new year is here - and so is a new lockdown!

Check out the latest Covid rules [here](#) and stay safe online with these [tips](#) from the National Cyber Security Centre.

We're delighted to announce that CAST is hosting a Universal Basic Income (UBI) event presented by the [UBI Lab Network](#) - a worldwide network of citizens, campaigners and researchers exploring the potential of UBI.

Join us on Saturday 6th February from 11am and ask the professionals your questions! Drop us an email [here](#) and we'll send you the meeting link.

WHAT'S IN THIS ISSUE?

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NEWS

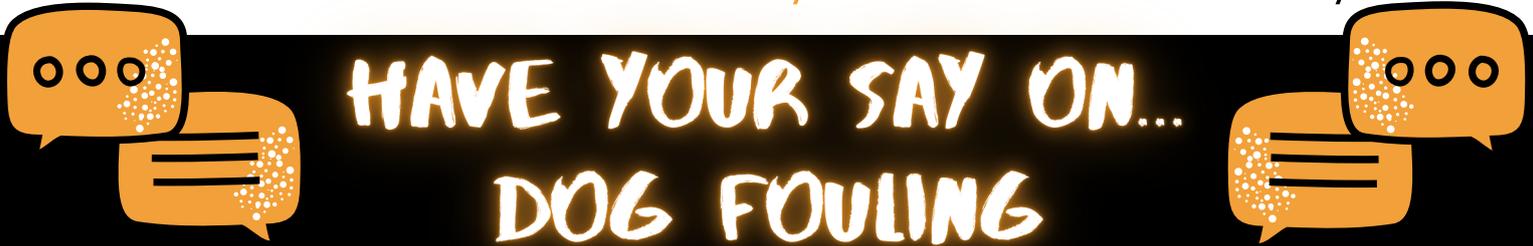
Tile sheds flyover

You may remember that in 2018 and 2019, the Environment Group made known their grave concerns regarding the planned flyover at Tilesheds. With the council promising to '[r]estore and create more species rich habitats across South Tyneside' destroying this area, plus many more green belt spaces, seems a strange way to achieve this!

We've previously published articles on this issue (access [here](#)) but a petition with over 4000 signatures, collected by the South Tyneside Environmental Protection group (STEP) has brought the issue to the attention of Jarrow MP Kate Osborne and with that, her opposition to the planned development. In her statement (access [here](#)) she states that 'Tilesheds, Benton Road, and New Road, must be preserved as they currently are.'

With environmental issues and the climate emergency on many people's minds, maybe this is one plan the council need to readdress?

Take a look at the council's [Sustainable South Tyneside 2020-2025](#) and see what you think...



HAVE YOUR SAY ON... DOG FOULING

Poo bags and the increased awareness of the health hazards of dog dirt have certainly improved our environment but unfortunately this is not the case across the whole of our borough.

We want to get everyone involved to combat this 'blot on our landscape' so we're looking to you to design waggish posters and flyers to keep the good work going. Why not get the kids involved - they've always got their own 'innovative' ways to get a point across!

Our aim is to get the posters/leaflets out in the areas most affected.

Get in touch [here](#) for more info.

Covid vaccination centres in South Tyneside

There are now three Covid vaccination centres in South Tyneside - Flagg Court, the clinic at Cleadon Park and The Glenn in Hebburn. The vaccination programme has already begun for people aged 80 and over and a scheme to offer the jab to housebound residents is scheduled to begin soon.

There are currently two approved vaccines both requiring two doses to provide longer-lasting protection. Those at the highest risk of catching the virus - the elderly, people who live or work in care homes and health and social care workers - are being offered the vaccine first. As more doses become available, the vaccines will be offered to other groups as soon as possible.

YOU MUST WAIT TO BE CONTACTED - THE NHS WILL LET YOU KNOW WHEN IT'S YOUR TURN TO HAVE THE VACCINE.

PLEASE DON'T CONTACT THE NHS FOR A VACCINATION BEFORE THEN.

Please remember: this guidance was correct at time of publish. Please check with [GOV.UK](#) for the most up to date information.

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

So, here we are again, home-schooling! For some, a chance to spend quality time with the kids, for others the recurring nightmare of trying to prise them away from their devices and get them interested in learning! It's no easy task but here at CAST we've pulled together ten tips to help get you through the day.

1. **Don't be so hard on yourself:** you don't need to do every subject every day! Schools do subjects once or twice a week – don't kill yourself trying to fit everything into one day!
2. **You're not a teacher!** There's no need to lecture and you'll probably find yourself learning something new with the kids – go with it!
3. **Get rid of distractions:** it's really hard to focus if the TV's blaring in the background or there's lots going on where you're trying to work, so try to get rid of the distractions.
4. **Have a place to study:** it doesn't have to be a whole room! A dining table, their bedroom, on the couch – what's important is that they are learning and getting their work done.
5. **Take breaks:** a child's attention span is 2-3minutes per year of their age, so experiment until you find something that works.
6. **Boring as it might sound, make a routine:** teachers will be creating daily and weekly lesson plans or giving guided classes, try to fit in with these schedules.
7. **Use TV/online learning:** each weekday, CBBC will provide primary school programming while BBC Two will cater for secondary students. Programmes will be available on the BBC Red Button and BBC iPlayer. More links to online learning resources below.
8. **Chill out (easier said than done!):** if the kids are struggling, try not to get too stressed – if it isn't working, move on. If they get upset, close the books and go back to them later.
9. **Have fun:** learning doesn't have to be a chore. This is YOUR school – build a camp, paint or draw, do crafts, try baking, do a scavenger hunt. Everything is a learning experience!
10. **Get active:** physical activity helps kids (and adults) let off steam but what if the weather's bad? Get the kids dancing – remember musical statues? What about hide & seek? Maybe an indoor obstacle course with each room having an activity – jogging on the spot in the sitting room, crawling through the 'duvet tunnel' in the bedroom, star jumps in the passage, anything you can think of to get the kids moving!

It's not easy but please try not to spend your time worrying about whether your kids are learning enough or if they're going to have gaps in their education – worrying about things you can't control just makes a difficult situation worse. Take a step back and try to enjoy learning alongside the kids.

'To those about to home-school, CAST salutes you!'

Some useful links:



UPCOMING CAST MEETINGS

Interested? Got an idea or just want to listen? Why not come along?
If you're not a member, drop us an **email** and we'll send you the link!

Sustain. Comm.s
Thu.4th Feb.@ 6pm

UBI event
Sat.6th Feb.@ 11am

CAST AGM
Date TBC

CAST are proud to support **SSTHC** – please don't forget their fortnightly meetings!

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

WHAT IS...COMMUNITY WEALTH BUILDING?

Each month, our section 'What is...?' will take an unbiased look at terms often used but never really explained. This month, Community Wealth Building.

Traditional economics are failing to address the economic challenges we now find ourselves facing. Following the global financial crisis in 2007/2008, local government budgets were among the first to bear the brunt of austerity measures. Declining social care provision, unemployment, rising poverty and the loss of community facilities are just a few of the very visible marks of austerity which have fuelled the growing search for ways out of the vicious cycle of disinvestment that government cuts have brought about. It is this situation which has led to the growing interest in the concept of 'community wealth building'.

Community Wealth Building (CWB) is a people-centred approach to local economic development, redirecting wealth back into the local economy and placing control and benefits into the hands of local people. Basically, the local council, in partnership with local residents, encourage 'anchor institutions', such as hospitals, universities, schools and other large-scale local employers, to spend more of their budgets locally, for example, by employing local contractors rather than outsourcing to large multinational companies. In turn, the local population and economy benefit as more of the wealth generated remains within the community.

There is no 'one-size-fits-all' model, meaning that each local experience of CWB may be different but what all the proposals have in common is their aim to improve the ability of communities to increase local asset ownership, safeguard jobs, create local prosperity and ensure local democratic control. It's about moving in the direction of a different political-economic system to create an economy where we can all thrive.

Sounds good but there must be some drawbacks, right? For opponents, there are three main arguments:

- It's protectionist and therefore inefficient - every council in the UK employing this strategy will make the UK poorer by not taking advantage of cheaper prices elsewhere.

A classic economists' argument! In reality, local people do benefit from CWB. Admittedly, services may become a little more expensive but this is offset by residents earning more and experiencing a better quality of life. Another thing to consider is that shorter supply chains mean less environmental damage...

- It could end up in cronyism when criteria other than just price are taken into account.

It's impossible to compare a potential democratic economy against the idea of the current 'squeaky clean' system - you must at least compare 'like for like'.

- Too many meetings, most people don't want to be involved in economic decision-making.

At the very least residents would have the opportunity to get involved - join the decision-making groups if you want to and not if you don't.

The actions of our community throughout the Covid-19 pandemic has shown that a new world is not a distant pipe dream but realisable now and communities which come together can shape a better future.



February: Local water quality special edition

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.

COMMUNITY NOTICEBOARD

BLISS=Ability are offering their self-care services virtually

The **self-care course**, covering topics such as how to change unhealthy behaviours, confidence building, managing stress and anxiety and healthy eating, is a flexible nine hour course, delivered by a qualified trainer. Sessions are learner-focused and free to anyone living or working in South Tyneside. For more details, contact Angela Dunn on 0191 4271666 or check out the **website**

Clinically Extremely Vulnerable residents are being asked to shield again

Clinically Extremely Vulnerable (CEV) residents should receive a letter and **booklet** on what additional support they can receive and useful contact numbers.

If you or anyone you know is CEV, you are encouraged to register with the **National Shielding Support System (NSSS)** - by registering, you or they can access additional support such as priority supermarket slots.

Assistive technology toolbar added to website

If you have a visual impairment, learning disability, are neuro-divergent or don't speak English as your first language, a new assistive technology toolbar has been added to Healthwatch South Tyneside's website to help you access all of their online content. Check it out **here**

Links for **Community Area Forum (CAF)** meetings are not yet available.

Stay alert:
bogus texts saying you are eligible for the Covid-19 vaccine link to a fake NHS website asking for your personal details.
THE NHS NEVER ASK FOR BANK DETAILS.

On Jan.18th Public Health England launches the Better Health - Every Mind Matters campaign.
Create your mind plan **here**

Healthwatch ST have pulled together a list of useful contacts for parents/carers and young residents.
Check it out

here



DID YOU KNOW...

In October 2013, 'The Sustainable Hour' started broadcasting its weekly radio show on Australian Geelong-based community radio. Streaming it live on the internet to the rest of Australia and the world!

300 hours of podcasting later, it has become one of Australia's leading programmes in its field, focusing on the climate emergency and solutions. The broadcasts are now hosted on Centre for Climate Safety website

In 2019, Geelong residents and members of the group Colin and Sheryll Mockett, on a tour of the UK, found themselves in South Shields for the music festival and joined us on the day CAST launched. Speaking to Colin following the CAST Christmas pizzle in December, he said that our event had spurred the group on with their efforts in Australia! Click **here** to go to their website.

Trying to go plastic free?
Check out our new article **here**

IN THE CAST PIPELINE...



Here's what we're working on at the minute...Sustainable Communities

Recycling hub:

There are so many things that we can't put in our recycling bins which can be reprocessed. Here at CAST we're looking into the feasibility of establishing a hub to collect these items.

There are already stations in the borough for crisp packet collection but what about pet food pouches, Pringles tubes or chocolate bar wrappers?

Once we have developed a practical and realistic plan, we will be presenting it to **Terracycle** and **STC** in the hope that we can all work together to make South Tyneside a sustainable community.

Interested? Why not get involved?

Get in touch with us: **here** Join us: **here**