

Autumn 2015 NEWSLETTER

Manor Park and Hempstead Fields Residents' Association



A message from Paul Sparks, our Chairman "I am very pleased to see that some of our pavements have been resurfaced and the kerbstones re-laid. This will help to improve their appearance and safety. However, I have also noticed while walking around that there are many weeds growing at the side of our paths and some of the hedges are overgrown.

East Sussex County Council can no longer afford to spray weeds as they did, due to the drastic cut in their budget, and also they are no longer able to use some toxic chemicals. You may like to weed outside your property and perhaps help a neighbour, with their permission, if they are not able to do so, to enhance our already attractive environment. Overhanging trees and overgrown hedges make life difficult for people pushing buggies and riders of mobility scooters, together with injuring people as they walk on the pavements and are hit by vegetation. Again, in a way that makes your neighbour feel comfortable, you may like to help them if you feel they may need some assistance. If I, or any member of the committee, can be of help or if you just want to discuss a local issue then please do get in touch".



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Dangers online - tips for parents and young people

*Extracts from an article by
PC Cook Neighbourhood Schools Officer.*

Smart Phone Apps and websites allow strangers to talk to each other. Sadly some take advantage of this and target vulnerable and young people. Here is a list of social media sites/Apps that students and young people should be cautious about using.

Facebook - large numbers of primary aged children have accounts despite the **age restriction of 13**; brothers or sisters, without the parent's knowledge, often set these up. The default setting is "public" and anything posted could be shared with over 1 billion people. Leaving a profile "open" or "public" allows anyone to look through the page/posts and photos and friends' lists.

Twitter - I have come across year 3 pupil that had a twitter account, way to young!

ASK. FM –allows complete strangers to ask questions – these can be highly sexualised. Online bullying has led to 5 vulnerable teenagers taking their own lives.

KIK - Popular with primary school children; complete strangers talking to each other with opportunities to groom vulnerable children.

OOVVOO - as above, often adults online talking to and pretending to be teenagers, asking very personal questions.

Instagram- take a picture or video with your phone, post it and people can then follow you. The image can then be shared on Facebook, where settings may not be secure.

Snap Chat - a selfie, maybe inappropriate, sent to a stranger at their request. 10 seconds later the image disappears off the recipient's phone. However the recipient can quickly take a screen shot of the image and then blackmail the sender into sending more.

There are websites that can help you protect your children whilst online. Some are listed below:

www.ceop.gov.uk - how to stay safe online and mobiles.

www.thinkuknow.co.uk - for parents and children

www.iwf.org.uk - to report illegal images on the net.

www.childnet-int.org/sorted - about protecting privacy.

Parents can also set 'parental controls' on the computer.

Uckfield Community Resilience

Earlier this year the Association become affiliated with 'Uckfield Community Resilience'; a new charity aiming to help families and businesses to recover from an incident. Their aim is to have a team of trained volunteers on standby to give practical support and advice whether the incident affects the whole town or just one family.

For instance, when a house in Manor Park suffered a major fire last year, Uckfield Community Resilience were able to help with the loan of a mobile phone and charger and also arranged for someone with a metal detector to search through the debris for a lost ring.

In another incident the charity arranged the loan of dehumidifiers and helped to make a flooded home habitable and safe for toddlers once again.

Recently, a team helped to clear up and re-open the High Street after a delivery lorry shed its load.

For more information, please see

www.uckfieldresilience.org

Folk and Blues at the Ringles

Tony Parry tells us about the Uckfield Folk & Blues club that he runs at The Ringles Pub.

He says:

'Don't get put off by the name most of the music played at our club is a long way from what most people think of as "folk". We've now been going for eight months and in that time we have played host to some fine performers, most of whom would not define themselves as "folk", even though they often play at folk clubs. But then, if you play acoustic music you're not going to play at blues clubs and larger venues.

For us, the term "folk" simply means music that is pretty simple and is played without amplification. This might include some rock n roll, skiffle, blue grass and American country music, but we've also enjoyed some Dylan, Orbison, Beatles and Smokey Robinson'.

The club meets every 2nd and 4th Thursday in each month and starts at about 8.30pm.



Easter Egg Hunt in progress at Hempstead playing Field
Punch & Judy were there too!



The Question Time panel



George Reid took the 250th journey with our valued Surgery Car Service

Dorothy's Autumn Gardening Tips

Tidy up - cut back perennials and cover with compost if deciduous, or around them if evergreen, to protect from frost and allow nutrients to percolate into soil. Bring tender plants under cover. Stop feeding others. Pot plants outside should be on feet to protect against frost and help drainage. Rake up leaves and compost, removing any diseased leaves.

Lawn – whilst still growing, cut fortnightly on the highest setting. Rake out moss, spike to improve drainage and use an autumn dressing to kill moss and weeds. Then top dress with soil, sand and compost.

Roses – remove old, diseased, spindly and unproductive stems. Tie new shoots to a support to avoid damage in the winter winds. Shrub roses can be cut down to a third their height now to stop wind rock, some leave until the Spring to prune.

Herbs – pot up mint, parsley and chives before they die down. Lift the clump, remove dead leaves and divide into smallish pots using multipurpose compost. Stand on a sunny windowsill, water well and you should have herbs all winter long.

Planting - plant container trees, shrubs, perennials whilst the soil is still warm, placing in a bucket of water prior to planting. Keep well watered during dry periods.

Bulbs and winter bedding - plant in the ground or in well-drained pots, 3 times their depth, bulb tip upwards. In heavy soil, add sand or grit with plenty of crocks.

Summer bedding - may be removed even if still flowering, planting winter pansies early to establish their roots. These do best in a sunny spot, kept well watered and deadheaded to keep them flowering.

Polyanthus and primroses thrive in most conditions and are not so bothered by slugs.

UCKFIELD FM - DID YOU KNOW?

- ✚ The very first Uckfield FM broadcast took place in the summer of 2003.
- ✚ It was during the 2002 Uckfield Festival that the founders Alan French, Mike Skinner, Gary King and Paddy Rea came up with the idea.
- ✚ It started life by borrowing some space above The Picture House Cinema
- ✚ Katie Connor, a student at Uckfield Community College, designed the logo.
- ✚ It took to the air for the first time at 8:00am on Monday 7th July 2003.
- ✚ Gary King was the very first voice on the station counting down an all time top 10 voted by local residents
- ✚ The first schedule included a number of names that have been with Uckfield FM since the beginning: Mike Ziolek, Tony Williams, Jon Royle & Martyn Grenfell. Founders Gary King and Mike Skinner are also board members as Business Development Manager and Chairman respectively.
- ✚ The station was not awarded a full time licence until July 2009
- ✚ You can listen to Uckfield FM on your radio, your computer or your mobile phone.



Uckfield FM - our very own community radio station!

The Christmas Quiz – 5th December

Keep Saturday 5th December free if you want to come along to the Association's Christmas Quiz.

Jerry Miller has kindly agreed to be our yuletide quizmaster again this year.

The Luxford Centre will be hosting the event and once again we will be holding a raffle to raise money for our chosen charity - Demelza Hospice Care for Children. Please contact us if you are able to donate a raffle prize.

In the last 12 months together we have raised a remarkable **£394** for Demelza!

How to Contact Us

Email: (Secretary) mphres@gmail.com

Telephone: (Chair) Paul Sparks 01825 764287

Post: MP&HF, 2 Woodlands Close TN221TS

Facebook: [ManorParkResAssoc](https://www.facebook.com/ManorParkResAssoc)

Twitter: @ManorHempResAss

Want to join the Association?

It costs just £5 per calendar year to become a member of the Residents' Association.

Contact Peter, our secretary, if you would like to join – email mphres@gmail.com or drop a note into 2 Woodlands Close TN22 1TS.

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Heidi Fox – at the Big Lunch, a winner in the 'Design a World Cup Rugby Shirt' competition - supported by URFC

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