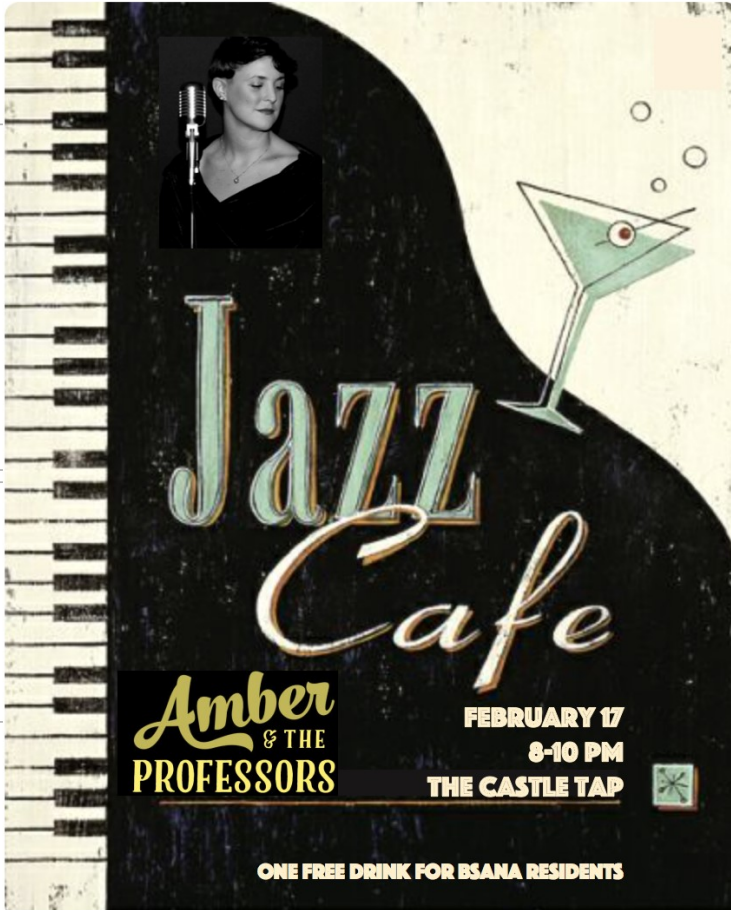




Baker Street Area Neighbourhood Association



We would like to warmly invite you to our Jazz café event, with Amber and the Professors at the Castle Tap in Castle Street, Friday evening from 8pm-10pm, 17th February 2017.

Amber is the lead soloist with her Professors as a great back up to her charms. Amber's first training was with the Berkshire Young Musicians' Trust where she studied singing and trumpet. She moved on to a scholarship with the renowned choir of King's College London, and has performed at several prestigious venues in Britain, as well as France, Russia, and Italy.

Amber & the Professors are fresh on the scene, performing classic swing/jazz and recent tunes with a vintage twist. We're thrilled to bring her and her merry gang to you for a winter's evening respite! Check them out at: <http://amberrunn.com/amber-the-professors/>

So, come on down, introduce yourself, take a turn on the floor with a neighbour and have a wonderful evening with us!

Bin rules changing on 13th February 2017

It's here. And the Council is serious. You and your housemates and neighbours may wake up to find your rubbish or your recycling not picked up after 13th February and struggling to deal with how to deal with it. Don't leave unsightly, unsanitary rubbish around for all of us attracting rats and degrading the appearance of the area. Now's the time to "get with the programme!"

If you've not received information from the Council—call the Council directly on 0118 9373 787. You can also get more information from www.reading.gov.uk/rubbish.

It's likely your rubbish bin dates have changed. And new tougher rules mean:

- Bin men will not be picking up waste left at the side of your bins.
- They will not be picking up bins with gaping or open lids.
- And there will be NO collection of any contaminated bins.

It's up to you to decontaminate the bins, dispose of extra rubbish, or they will not pick it up.

All the info you need can be found on the www.reading.gov.uk website.



COMING SOON

"Exploring Where We Live" is a book designed to be a tour of our area. It brings to life the places, history and area that we call home! To launch it, we will be hosting a neighbourhood walking tour followed by free food and drink. We will also be sharing it with schools and other organizations so they can get to know our neighbourhood too. If you are interested in helping us organise walking tours and related events please email explore@bsana.org



FREE FRONT GARDEN PLANTER/WINDOW BOX

We are in production on window boxes and planters this spring - so if you still want a FREE window box or planter— contact greenstreets@bsana.org to request one!

SAFE STREETS

Help Us Improve Your Neighbourhood

Your voice has been heard! Reading Borough Council working with Thames Valley Police are looking into placing a Cumulative Impact Policy (CIP) along the Oxford Road. What this essentially will do, is to limit the growth of licensed premises in the area. The CIP would help ensure that the sale of alcohol through licensed premises (bars, pubs, shops, late night refreshment premises) will not lead to increased levels of nuisance, crime, disorder or antisocial behaviour.

There is already a CIP in Reading Town Centre. Reading recently picked up an award of excellence for its town centre evening and night-time economy. The town achieved Purple Flag status for providing a vibrant and diverse mix of dining, entertainment and culture while promoting the safety and wellbeing of visitors. The CIP will have played an important role in achieving this.

How can you help? To make a case for a CIP much factual evidence is needed. We urge you to call 101 with genuine reports when street drinkers, or other related anti-social behaviour. This can be anti-social behaviour which keeps you up at night or causes you distress during the day. Please do not be a silent victim and help us make our neighbourhood a safe and friendly place to be.

We urge you to call and not be complacent, because now, more than ever, YOUR CALL to 101 really does matter (reports can be anonymous). As always, if you have other concerns or past stories about how this has affected you, please contact BSANA at safestreets@bsana.org and we will help you anonymously to get your message to the proper authorities to make a difference.



RAYS (Reading Adopt Your Street!) is coming!

A fabulous new programme is on its way from Reading Borough Council and funded by Tesco's Bags of Help initiative. BSANA hopes to be one of the first neighbourhood groups on board with an Adopt-a-Street day in the upcoming months! So start thinking who you'd like to buddy up with to get out and make a difference together.

The Clifton Street/Goldsmid Road area has been running a scheme similar to this for over five years already, getting together every other Friday to keep their streets tidy. One of our volunteers says "it's a great way of getting to know other friendly residents who care about the Neighbourhood and enjoy helping to make it better place to live."

The Council will be collecting the litter separately and will provide us with litter picking equipment, plastic bags, gloves and high-vis jackets. If you are interested please email cleanstreets@bsana.org

Top Tips to ensure

- A good night's sleep
- The ability to breathe without gasping for air
- A pleasant walk down the street

Be a nice neighbour and help prevent the following:

Dog Poo — We have been receiving multiple complaints in regards to excessive dog poo again in the area. Not picking up after your dog is a fineable offense. The offenses have become so repetitive that BSANA is likely to have to utilise our CCTV arsenal to try to catch the perps. If it's you: stop now. Children are having to be lead precariously around your dog's excrement, and more than once many of us have ourselves stepped in it. NOT NICE.



Spitting — Please think before you spit. Not only is the sight off-putting, it can be intimidating too. Please do not spit in public. Do it in private please!

Burning wood in your fireplaces — We have numerous neighbours here with severe asthma. Outside of it being illegal to burn wood, you are asked to use smokeless coal products. Let your neighbours breathe, please! It carries much further than you think, and you could be affecting someone many streets away. Learn to use smokeless burn products!



Loud noises in your home — Sound carries, especially in terraced housing. Please respect normally acceptable hours of 7am – to 10pm in keeping noise to a minimum in your flat. Let your neighbours get a good night's sleep – and keep the peace! Having a party? Just a note to your neighbours will more than likely be met with a "thanks for letting me know" than the police knocking at your door at midnight disbanding your fun!

GREEN STREETS



Calling all green fingers!

Do you want to see more plants and flowers in the neighbourhood?

We are looking for a volunteer to lead our "Green Streets" working group. Interested team members meet roughly once per month to agree activities to 'green up' our space. Successes have included the new trees in Baker Street, the planters on the IDR bridge, and the free window boxes and planters given away in our area. If you'd like to get involved and would be happy to lead the group

Contact: 0755 795 7462 or email greenstreets@bsana.org

GAMES & CHAT NIGHTS

Fridays 7pm at The Oasis, Baker Street

The Oasis has a games library with many of your favourites. The games are easy to learn, and there's always someone there to show you how to play. Free tea & coffee provided and there's a chance to chat about what's happening locally.

JOIN OUR MAILING LIST

We will keep you up to date about any upcoming events and opportunities to volunteer. Send your name and email address to contact@bsana.org



Email
contact@bsana.org

Web site
www.bsana.org

BSANA Health: Tai Chi

Part of BSANA's mission is to promote health and well-being into the community. We aim to do this by bringing in Class instructors from around the community and getting them to host their exercise to within reach of our BSANA community. The classes are normally £8, but are discounted to £3 for BSANA members.

Last year we had Zumba and Pure Stretch classes, however this year we thought we'd go a little bit more gentler into 2017, and are introducing a type of Tai Chi called Body & Brain training. The trainer is Ann-nim, who has been practising this technique for many years, and has set up a studio on 447 Oxford Road, RG30 1HD. The Website is packed full of information and can be accessed here:

<http://www.bodynbrain.co.uk/reading>

Alternatively you can read and excerpt below;

The main principle of Body & Brain holistic training integrates Korean Taoist philosophy and Korean Medicine tradition taken from 9,000-year-old sacred text called Chun Bu Kyon that teaches us about physical, mental and spiritual health. A deep understanding of life force energy or "Ki" is fundamental to this concept of health.

- Body & Brain focuses on the development of the body's core strength as the basis of physical, mental and spiritual health.
- People of all ages, body types and fitness levels may participate comfortably in a our classes.

Body & Brain includes a unique emphasis on the brain as the determiner of health and wellbeing. Thus, classes may include brain exercises that challenge and sharpen the mind.

Look out for more information in the future which will include the location and timetable of this amazing wellbeing class.

If you are interested please get in touch by emailing taichi@bsana.org

Post

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