

Do I need a Flu Jab?

MOST of us know by now that certain groups of people should visit the GP for a flu jab: the elderly, diabetics, asthmatics etc.

However, pharmacists will tell you that even if you don't fall into one of the categories above a flu jab is still a sensible precaution. But why would a healthy person request a flu vaccine?

Well, seasonal flu is a deeply unpleasant illness. It generally requires a week or so off work to recover and can trigger other conditions like bronchitis or pneumonia.

The average person with flu infects one or two other people through sneezing, coughing and touch. If you work with the general public, in a shop for

example, you are more at risk of being exposed to the virus so you might consider a flu jab a worthwhile investment. A business owner may consider the impact a week off sick would have on his business and opt to protect himself or herself for that reason.

Children are much more likely to pick up and pass on bugs as they are in such close proximity to each other all day. For this reason teachers and parents might think it wise to have a jab.

Unless you fall into one of the at-risk categories you will have to pay to be vaccinated, but it's inexpensive (generally under £15) and many pharmacists administer the vaccine on their premises so you don't have to book an appointment with your GP or take time off work.

Flu jabs are generally safe unless you have an allergy to eggs or have had a previous allergic reaction to a shot.

So discuss protecting yourself with your pharmacist today.



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PLANNING ASHBY'S FUTURE



ASHBY DE LA ZOUCH NEIGHBOURHOOD PLAN CONSULTATION ON THE DRAFT PLAN STARTS 13TH OCTOBER 2015

The consultation period for the draft Ashby de la Zouch Neighbourhood Plan will run from 13th October until 24th November 2015

The draft plan will be available to view on the Ashby de la Zouch Town Council website from 13th October 2015 - <http://www.ashbydelazouch.info/Emerging-Neighbourhood-Plan.aspx>

You can find out more about the Neighbourhood Plan at the following events which are all being held at Legion House, South Street, Ashby de la Zouch, LE65 1BQ:

Date	Time	Event
Tuesday 27 th October	From 6pm	Drop in session providing an overview of the Neighbourhood Plan.
Workshops on individual chapters		
Monday 2 nd November	6pm	Housing and the Built Environment Workshop
Saturday 14 th November	10am	Natural Environment and Open Spaces Workshop
Saturday 14 th November	11:30am	Economic Growth and Transport Workshop
Tuesday 17 th November	6pm	Town Centre and Conservation Area Workshop
Tuesday 17 th November	7:45pm	Workshop for those unable to attend previous sessions.

Email: info@ashbytowncouncil.org.uk with comments on the Neighbourhood Plan or for further information on the events listed above.

PLANNING ASHBY'S FUTURE



Ashby de la Zouch Town Council

HAVE YOUR SAY ON THE FUTURE OF OUR TOWN

CONSULTATION ON THE DRAFT "NEIGHBOURHOOD PLAN"
FOR ASHBY DE LA ZOUC

STARTED ON 13TH OCTOBER 2015 AND ENDS ON 24TH NOVEMBER

The draft plan will be available to view on the Ashby de la Zouch Town Council website --
<http://www.ashbydelazouch.info/Emerging-Neighbourhood-Plan.aspx>

Comments can be submitted by emailing info@ashbytowncouncil.org.uk or on the comment form which can be downloaded from the website.



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ASHBY DE LA ZOUCH TOWN COUNCIL

Jack Fargher, M.A., M.I.L.C.M.
Town Clerk

Tel. 01530 416961
Email: info@ashbytowncouncil.org.uk
www.ashbytowncouncil.org.uk



Legion House
South Street
Ashby de la Zouch
Leicestershire
LE65 1BQ

13 October 2015

Dear Colleague

Planning Ashby's Future – Consultation on the Draft Ashby de la Zouch Neighbourhood Plan

Do you want to get involved in helping to plan Ashby's future?

As you are a stakeholder who has an interest in Ashby I am writing to inform you that consultation on the draft Ashby de la Zouch Neighbourhood Plan started on Tuesday 13th October.

Copies of the plan are available to download on our website:
<http://www.ashbytowncouncil.org.uk/Draft-Neighbourhood-Plan.aspx>

Comments on the draft Neighbourhood Plan can be given through a comments form, a copy of which is attached. This can also be downloaded from the website. Alternatively an online survey can be completed on the website page 'Draft Neighbourhood Plan'.

Hard copies of the plan are available at the Town Council offices, Legion House, South Street, Ashby de la Zouch.

Stakeholders and members of the local community can find out more about the Neighbourhood Plan at a series of workshops which are being held at Legion House, South Street, Ashby de la Zouch, LE65 1BQ. For your information I attach a copy of the poster advertising the sessions.

The consultation **ends on 24th November 2015**. The responses will then be analysed and an examination version of the Neighbourhood Plan will be produced in the New Year.

Please note this is different from North West Leicestershire District Council's current consultation on the draft Local Plan, which is the strategic planning document for the district as a whole.

Should you require any further help or clarification, please contact myself at the above address or email: info@ashbytowncouncil.org.uk.

Yours faithfully

A handwritten signature in black ink that reads "K. Edwards". The signature is written in a cursive style with a large, sweeping flourish at the end of the word "Edwards".

Karen Edwards
Deputy Town Clerk

police that there were a lot of people in the area and I would like to hear from anyone who saw anything suspicious or the incident itself.

Charity quiz night at Whitwick club

A CHARITY quiz night and raffle is taking place at a Whitwick club next month.

The event in aid of the 'Our Space' Appeal (Children's cancer unit) at the Leicester Royal Infirmary is being hosted by North Street Club, Whitwick on Friday, November 20.

The event starts at 8pm and teams of four are required. Entry is £5 per person with all proceeds going to charity.

A cash prize is available for the winning team and there will be raffle tickets available on the night.

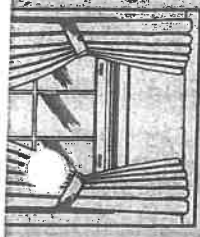
youngsters not to use the facility after dark and respect the neighbours," he said of the problem. "It's not just a noise nuisance but a health and safety risk as well."

"At the end of the day though, it's a recreation

try and mitigate the noise nuisance. Generally though, feedback has been positive and most agree that the skatepark is a great asset to the community."



try and mitigate the noise nuisance. Generally though, feedback has been positive and most agree that the skatepark is a great asset to the community."



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RESIDENTS INVITED TO HELP ASHBY'S FUTURE WITH DRAFT OF NEIGHBOURHOOD PLAN

RESIDENTS are invited to get involved in helping to plan Ashby's future now that consultation has begun on a draft Neighbourhood Plan for the town.

The consultation period for Ashby Neighbourhood Plan will run until November 24 and gives people the opportunity to comment on plans put together by the town council.

Key issues the plan will address, include traffic management and road infrastructure, town centre sustainability and housing site allocations

and housing mix.

It also covers the need for a new community centre in Ashby, development limits in the town and business growth until 2031.

Councillor John Coxon, leader of Ashby Town Council, said: "The Ashby Neighbourhood Plan has moved in to an exciting phase as the Town Council starts consultation on the draft Plan."

"The Town Council wants to find out what people think about the draft Neighbourhood Plan and so

help to shape the future of the town.

"This is not to be confused with North West Leicestershire District Council's current consultation on the Local Plan. The Neighbourhood Plan is a completely separate document specific to the needs of Ashby."

Copies of the Neighbourhood Plan can be collected from the town council offices, Legion House, South Street, or downloaded from the town council's website: www.ashbytowncouncil.org.uk/Draft-Neighbourhood-Plan.aspx.



BACK IN TIME

Have you got any old photographs you'd like to share with readers of the

Ashby, Coalville and Swadincote Times?

Have you got a mystery photo, need help identifying people, places or dates?

Then dust off your pictures and send them to:
Back in Time, Times Office, Bridge Road, Coalville, Leicestershire LE67 3QP

Photos will be looked after and returned.



Ashby Times 23.10.15

GOT A STORY? TELL THE TIMES ON 01530 813101

ASHBY DE LA ZOUCH TOWN COUNCIL

Jack Fargher, M.A., M.I.L.C.M.
Town Clerk

Tel. 01530 416961
Email: info@ashbytowncouncil.org.uk
www.ashbytowncouncil.org.uk



Legion House
South Street
Ashby de la Zouch
Leicestershire
LE65 1BQ

8th October 2015

Dear Headteacher

Planning Ashby's Future – Consultation on the Draft Ashby de la Zouch Neighbourhood Plan

Please find enclosed copies of flyers promoting consultation on the draft Ashby de la Zouch Neighbourhood Plan. As a Town Council we would like to make as many Ashby residents as possible aware of the consultation as this is their opportunity to be involved in planning Ashby's future.

I would be grateful if you could distribute the flyers to children's homes via their book bags. There should be enough copies for one flyer per child.

As a key stakeholder in the town I will be writing to you with information about the consultation on the draft Neighbourhood Plan, details about how you can find out more about the contents of the plan and how to submit any comments you may have.

Yours faithfully

A handwritten signature in black ink that reads "K. Edwards".

Karen Edwards
Deputy Town Clerk

Karen Edwards

Sent to 55 people

Open rate -

From: Ashby de la Zouch Town Council <karenedwards@ashbytowncouncil.org.uk>
Sent: 13 October 2015 11:08
To: karenedwards@ashbytowncouncil.org.uk *Clided*
Subject: [SPAM] Planning Ashby's Future the next stage - Preview


Ashby de la Zouch

13 October 2015

Planning Ashby's Future the next stage

Public Consultation on the draft Ashby's Neighbourhood Plan



Thank you for your involvement in helping to prepare the draft Ashby de la Zouch Neighbourhood Plan. Following on from the work of the Focus Groups a draft Neighbourhood Plan has been prepared.

As you may have heard Ashby de la Zouch Town Council has started consultation on the draft Neighbourhood Plan and this consultation will run until 24th November 2015.

As someone who was involved in the Focus Group stage of the Neighbourhood Planning process I would welcome your views on this draft plan.

A copy of the draft Neighbourhood Plan can be downloaded from the Town Council's website and hard copies are available at the Town Council offices, Legion House, South Street, Ashby de la Zouch. The website also contains details about how you can give your views on the draft plan.

Here is a link to download the draft plan: [Ashby de la Zouch Neighbourhood Plan](#).

I would like to invite you to attend one of the workshops we are holding to discuss individual themes within the plan, these are all being held at Legion House, South Street, Ashby de la Zouch and are on:

Tuesday 27th October from 6pm - A drop in session providing an overview of the plan

Monday 2nd November at 6pm - Housing and the Built Environment Workshop

Saturday 14th November at 10am - Natural Environment and Open Spaces Workshop

Saturday 14th November at 11:30am - Economic Growth and Transport Workshop

Tuesday 17th November at 6pm - Town Centre and Conservation Area Workshop

Tuesday 17th November at 7:45pm - Workshop for those unable to attend previous sessions.

I will be on Market Street this Saturday, 17th October between 10am and 12 noon distributing flyers to promote the consultation. If any one has time to help with this or has any questions about the consultation process then please come and find me on Saturday morning.

If you need any further information please email me or ring me on 01530 416961.

Kind Regards

Karen Edwards

Deputy Town Clerk

Ashby de la Zouch, Legion House, South Street, Ashby de la Zouch, LE65 1BQ

Tel: 01530 416 961 | Email: info@ashbytowncouncil.org.uk

To unsubscribe from this email please [unsubscribe here](#)

From: Ashby de la Zouch Town Council <info@ashbytowncouncil.org.uk>
Sent: 13 October 2015 10:30
To: karenedwards@ashbytowncouncil.org.uk
Subject: Planning Ashby's Future - Preview

Ashby de la Zouch

October 2015

Planning Ashby's Future

Public Consultation on the draft Ashby de la Zouch Neighbourhood Plan.



Do you want to get involved in helping to plan Ashby's future?

Ashby de la Zouch Town Council are consulting on the draft Ashby de la Zouch Neighbourhood Plan. The consultation period will run from 13th October to 24th November 2015.

Copies of the Neighbourhood Plan can be downloaded from the Town Council's website and hard copies are available at the Town Council offices, Legion House, South Street, Ashby de la Zouch.

Here is a link to [download the draft Ashby de la Zouch Neighbourhood Plan](#).

You can give us your views on the draft Neighbourhood Plan by using our survey facility.

Here is a [link to the survey](#).

Please Note: this is different than North West Leicestershire District Council's current consultation on the draft Local Plan, which is the strategic planning document for the district as a

whole. Details of this can be found on the North West Leicestershire District Council website by following [this link](#).

Regards

Karen Edwards

Deputy Town Clerk

Ashby de la Zouch, Legion House, South Street, Ashby de la Zouch, LE65 1BQ

Tel: 01530 416 961 | Email: info@ashbytowncouncil.org.uk

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