

# ourcity

Autumn 2021



## Pollinator fact file

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be kind**  
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### Bumblebees (*Bombus* sp.)

#### Size

The size of bumblebees varies between species. The queens are always larger than the workers and drones.

#### Appearance

Very hairy and stocky. They are normally black in colour but have white, red, brown and ginger variations.



There are 25 different species in the UK, living in urban areas and the countryside. The queens hibernate alone and establish the nest early in spring, with a maximum of 50 to 100 bees per nest.



York's Bee Population Thrive



# Thank you for staying safe

Summer is here. With many restrictions now lifted we can be more optimistic and look forward to getting back to doing the things we have all missed so much.

However, understandably, many of us are nervous. Coronavirus hasn't gone away, case rates are higher than we would like and this pandemic has been really hard and affected us all differently.

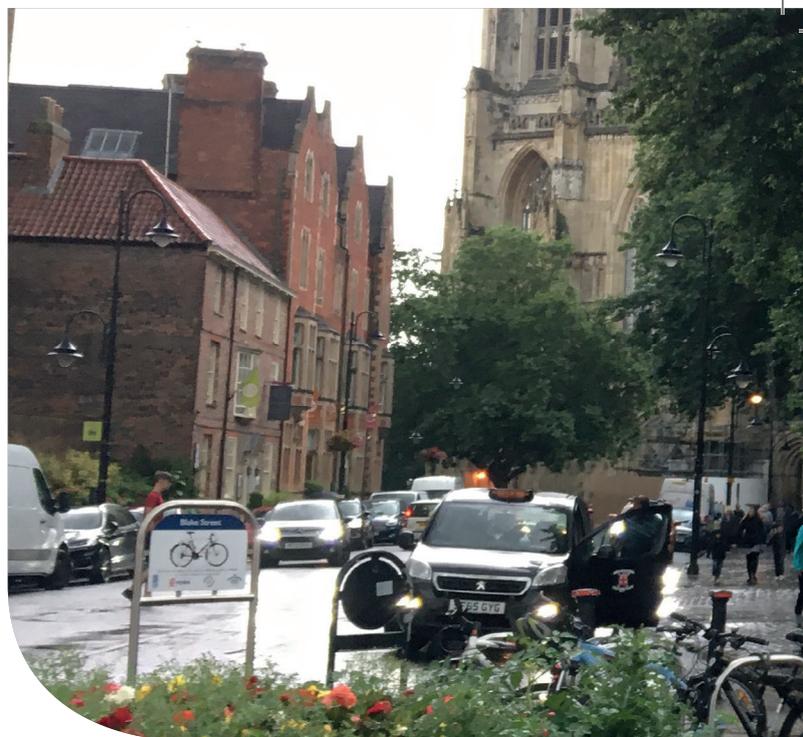
Businesses have closed, residents have been furloughed, many have shielded. We have also mourned the loss of loved ones without the chance to say goodbye.

A shining light in the darkness of the past 18 months has been the way the city has come together to protect each other. The way that businesses, people and communities have supported one another, has shone through time and time again, and we want to thank you for all you continue to do.

You have helped your community and neighbours, home-schooled, stayed at home, held zoom socials and checked in on friends and family to see if they are ok. We couldn't have got this far without everyone playing their part. Thank you.

*We know people may be anxious as restrictions lift. Our helpline is still there to offer support to those who need it.*

📞 01904 551550



## Let's Be York

Let's continue to harness this spirit to help York recover and build back better. To get back to doing some of the things we have missed, let's look after one another.

### Let's protect, respect and be kind by:

- Washing your hands regularly
- Wearing a face covering, if you can, in crowded spaces, especially indoors, on public transport and in healthcare settings
- Getting regular symptom-free tests (twice a week is best)
- Staying at home if you are feeling unwell and booking a PCR test
- Getting vaccinated with two doses of the vaccine
- Getting plenty of fresh air, so open those windows or meet outside



One of the new Protect, Respect, Be kind signs in the city centre

## Getting a symptom free test in York

### Symptom free testing sites:

- Acomb Explore Library
- Foxwood Community Centre
- Rawcliffe Recreation Association
- St William's College
- University of York
- York St John University

### Community symptom free testing

We're expanding our community offer, which has seen us hand out testing kits in communities across the city.

[www.york.gov.uk/SymptomFreeCOVIDTest](https://www.york.gov.uk/SymptomFreeCOVIDTest)

You can also get tests by:

Visiting chemists to collect kits

[maps.test-and-trace.nhs.uk/#!/location/York/](https://maps.test-and-trace.nhs.uk/#!/location/York/) map

Ordering kits for home delivery

[www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

## Make mental health an everyday topic with #FeelRealYork

The last 18 months has been tough for adults and young people alike.

Here are 10 simple things to help you feel OK.

1. Stay connected with people
2. Talk about your worries
3. Support and help others
4. Feel prepared
5. Look after your body
6. Stick to the facts
7. Stay on top of difficult feelings
8. Do things you enjoy
9. Focus on the present
10. Look after your sleep

Discover more support and advice online at

[www.livewellyork.com/FeelRealYork](https://www.livewellyork.com/FeelRealYork)

Children and young people can find support for their wellbeing at

[www.yor-ok.org.uk/young-people/wellbeing.htm](https://www.yor-ok.org.uk/young-people/wellbeing.htm)

## How's the vaccine rollout going?

The NHS vaccination programme has been a huge success, with more than 85% of adults in York having received at least one dose.

All adults have now been offered their first dose of the vaccine. To make sure as many people as possible can access a vaccination clinic, pop-up clinics have also been running in the city. Special clinics for the homeless, asylum seekers and vulnerable people have also been provided.



'Not just a vaccine' created by local artist Karen Winship for Nimbuscare

*The Askham Bar NHS Vaccination Centre, run by Nimbuscare on behalf of all York GP practices, is now open from 8am til 8pm for people to just walk-in, without an appointment.*



**We put your vaccine questions to  
Dr Daniel Kimberling, Medical  
Director at Nimbuscare**

**NHS**

**COVID-19  
Vaccination Centre**

### **What's happening with booster jabs?**

It is expected that the majority of the Covid booster vaccinations will be delivered from the Askham Bar Vaccination Centre from this Autumn. More details will be available on this very soon.

### **Is it too late for me to get my jab?**

No. It is never too late to come and get your vaccination.

### **Do I need an NHS number?**

No. You just have to walk in to any of our vaccination clinics and we will do the rest.

### **Do I need to be registered with a GP Practice?**

No. You just walk in to our vaccination centre or pop up clinic and we will help you.

### **I still have a few concerns, is there anyone I can speak to about them?**

Absolutely. Our clinicians are on hand at our vaccination clinics to discuss any concerns. We're here to help so just come and chat to us if you are worried about anything to do with having the vaccine.

### **What is happening with flu jabs this year?**

GP practices and other health providers will continue to deliver flu vaccinations this year. You will be notified of more details on this soon.

## **Common myths**

There is a lot of misinformation and myths about the vaccines. Here are a few answers to common misconceptions:

### **Does the vaccine affect fertility?**

Experts have assured us there is nothing in the vaccine that could affect the fertility of men or women.

### **Do you have to have two doses?**

Yes, it is really important that you have both your first and second dose of the vaccine to get maximum protection.

### **Can I choose the vaccine I have?**

We cannot offer vaccine choice and you will usually have both doses of the same vaccine. We are offering an alternative to the Astra Zeneca vaccine to people aged 18 to 40. For people over 40 they will be offered all three licensed vaccines, according to availability at the clinic.

### **Will having the vaccine definitely stop me getting covid?**

No. Having the vaccine reduces the risk of you contracting covid. It doesn't always stop you getting covid, but it reduces the risk of you becoming seriously ill and possibly dying from it.

### **Can you have the vaccine if you are pregnant?**

Yes. You will be offered the Pfizer or Moderna vaccine as these have been more widely used during pregnancy in other countries and no safety concerns have been identified.

[www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/pregnancy-breastfeeding-fertility-and-coronavirus-covid-19-vaccination/](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/pregnancy-breastfeeding-fertility-and-coronavirus-covid-19-vaccination/)

### **Can you have the vaccine whilst breastfeeding?**

Yes. You cannot catch covid from the vaccines and cannot pass it to your baby through your breast milk.

### **Helpful video to dispel some of the myths**

[www.youtube.com/watch?v=D4-S7xdnsec](https://www.youtube.com/watch?v=D4-S7xdnsec)

[www.valeofyorkccg.nhs.uk/grabajab/](https://www.valeofyorkccg.nhs.uk/grabajab/)

# Recycling update – what you need to know

Look up your collection online at [www.york.gov.uk/WasteAndRecycling](https://www.york.gov.uk/WasteAndRecycling)

## Check missed collections online

Crews have been working hard to collect all garden waste collections, but staff shortages (HGV drivers) are currently affecting some of our collections.

Unfortunately, this is a national issue.

We're sorry for any inconvenience caused.

🔗 Check daily updates:  
[www.york.gov.uk/WasteCollectionUpdates](https://www.york.gov.uk/WasteCollectionUpdates)



## What can I recycle?

Residents can now mix all glass, tins and cans and plastics (labelled either PET 1 or HDPE 2) together in one box.

Paper and cardboard must still be sorted separately.

We only collect materials that we know we're able to recycle. We're looking at options to expand the range of materials we collect.

## Why do the crews mix my recycling?

You might see our teams emptying recycling into large bins first, which is to help them carry it safely to the wagon. Card and paper is kept separate to the other materials and our vehicles have compartments to keep them separate.

## Where does my recycling go?

All recyclables are taken to Harewood Whin for sorting and baling. Then they're recycled around the UK and Europe, depending on market demands.

## E-Cycle Switch – try before you buy

Residents are invited to try out new 'E-Cycles' and consider buying one at a discounted price, thanks to a grant awarded to City of York Council of £133,040 from the Department for Transport.

### How does it work?

#### Apply

Sign up for your free e-cycle trial at on our website. Your chosen bike shop will then be in touch to make sure the e-cycle is just right for you and to arrange a collection date.

#### Try

Collect the e-cycle from your chosen bike shop and try it out for free for one week. You may be eligible for a longer trial, see website for details.



#### Buy

There is no obligation to buy an e-cycle. After your trial is complete you will be entitled to a £300 discount\* on any new e-cycle from our participating bike shops.

*\*Some residents may be eligible for a larger discount. See website for details.*

To find out more about the discounts available, a list of participating bike shops and to apply visit:

[www.itravel.york.info/e-cycle-switch](http://www.itravel.york.info/e-cycle-switch)

*E-cycle trials will be given on a first come, first served basis and some participants may experience a short waiting period before an e-cycle becomes available for their trial.*

No paper.

No cash.

No hassle parking.



COMING  
SOON

Resident and visitor permits are going digital from mid-September!

Find out more at [www.york.gov.uk/DigitalParkingPermits](http://www.york.gov.uk/DigitalParkingPermits)

Help to reduce  
your alcohol  
intake

# Feel Good

**FREE** personal,  
confidential advice  
and support

Healthy  
eating advice

Set goals to be  
more active



**Get in touch today**

Call: 01904 553377 Email: [cychalthtrainers@york.gov.uk](mailto:cychalthtrainers@york.gov.uk)

**Fill in the form online**

[york.gov.uk/CYCHHealthTrainers](http://york.gov.uk/CYCHHealthTrainers)

## Get fitter ready for life after lockdown

Do you want to build back the fitness you lost during lockdown, or simply want to get stronger and more active?

Health and activity experts from York and North Yorkshire have joined forces to launch, #WhatsMyNextStep. This gives advice, easy ideas and practical help for anyone who has been shielding or less active during lockdown. All your goals can be achieved at home, whether you're looking to build core strength or improve anything from balance to muscle tone.

Adults should be active every day and any type of physical activity is good.

The NHS recommends at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week.

#WhatsMyNextStep shares lots of advice about being more active at home and outdoors.

For simple starter ideas to help get you more active:

[www.livewellyork.co.uk/whatsmynextstep](http://www.livewellyork.co.uk/whatsmynextstep)

## Be extra vigilant to avoid accidental poisoning this summer

The Royal Society for the Prevention of Accidents (RoSPA) is encouraging families to 'Take Action Today, Put Them Away' to protect their children from the risks of everyday household cleaning products.

In York, accidental poisonings accounted for 55 emergency admissions for 0 - 4 year olds between 2017/18 - 2019/20.

A handy magnetic notepad featuring key safety advice is being given to families by health visitors.

### Take action today:

- Store household cleaning products out of reach of children, preferably in a locked cupboard
- Always store chemicals in their original containers
- Never pierce or break laundry capsules or tablets
- Always close the lid of any product
- In the event of an incident, follow advice on the product pack and seek medical

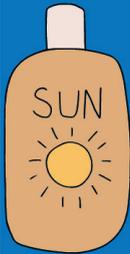
Find out more about the Take Action Today campaign at [www.rosipa.com](https://www.rosipa.com)



## Stay summer safe

**Make the most of the summer with our top tips:**

- Make sure you're drinking plenty of water
- York's rivers may look tempting but dangers lie under the surface: don't go in!
- Check in on friends family and neighbours during hot spells
- If you're enjoying the sun don't forget the sun cream, the more the better!
- Don't forget your furry friends. Parked cars are too hot for dogs



World-class infrastructure:

## Guildhall

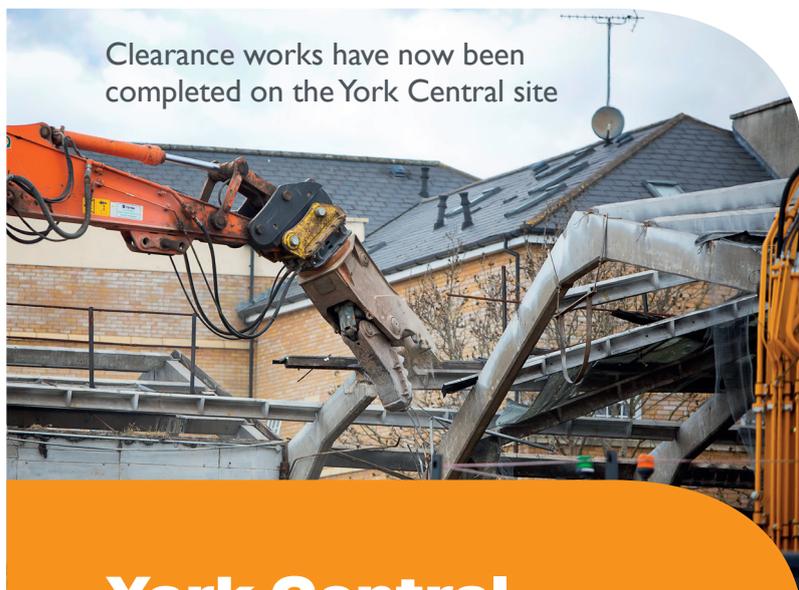
The University of York has signed a 15 year lease of the Guildhall, which will bring the historic building back to the forefront of the city's social, business and civic life.

Restoration and redevelopment began in September 2019 and is scheduled to be completed in October, despite the challenges and disruption caused by covid. Once complete, Guildhall will become a city centre hub for business, enterprise and events.



The tower crane being removed

Clearance works have now been completed on the York Central site



## York Central

A new generation of jobs, housing, leisure and cultural facilities for York are a step closer.

City of York Council and contractors, John Sisk and Son, have carried out early work to help unlock the York Central site, which will provide up to 2500 new homes and around 6500 new jobs.

Homes England and Network Rail will take on the next phase of the work, which will include a new bridge over the East Coast mainline and transport routes through the 42 hectare site.

## Housing Update

The new Shape Homes York homes at Lowfield Green have secured the highest-rated energy performance certificates (EPC).

An independent assessment of homes fitted with photovoltaic panels have been given an 'A' rating. Good for the environment and residents' wallets with expected running costs about £350 per year per house.

[www.shapehomesyork.com](http://www.shapehomesyork.com)

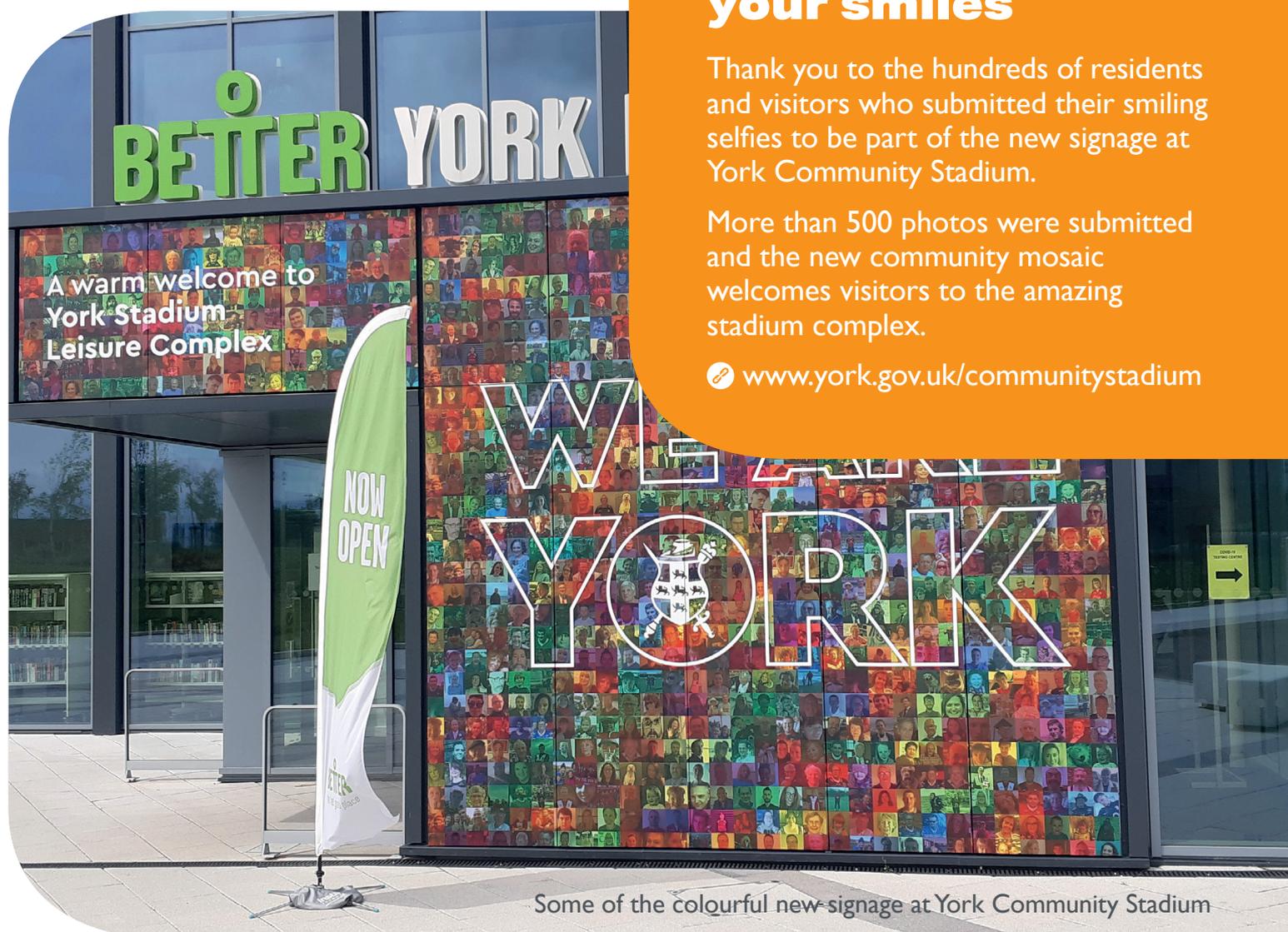
## York signs up to Good Business Charter

In June 2021 York became the first city in the UK to sign up to the Good Business Charter, a pioneering initiative spearheaded by entrepreneur Julian Richer.

The Charter promotes responsible behaviour in ten key areas, including employee well-being, diversity and inclusion and environmental responsibility.

[www.goodbusinesscharter.com](http://www.goodbusinesscharter.com)

World-class infrastructure:



Some of the colourful new signage at York Community Stadium

## Thank you for your smiles

Thank you to the hundreds of residents and visitors who submitted their smiling selfies to be part of the new signage at York Community Stadium.

More than 500 photos were submitted and the new community mosaic welcomes visitors to the amazing stadium complex.

[www.york.gov.uk/communitystadium](http://www.york.gov.uk/communitystadium)

## Thank you for backing York

The Government has announced the results of The Local Government Restructure consultation, with City of York Council remaining a unitary authority in its own right, working alongside a new North Yorkshire unitary authority.

In October 2020 the city's councillors voted overwhelmingly to Back York, rejecting the notion of a merger and supporting City of York's continuation as a council in its own right.

## Huge vote of confidence

On behalf of everyone involved in the campaign, we want to say thank you to everyone who came together, had their say and helped keep local decision-making at the heart of York's future.

This decision will pave the way for further discussion and progress on devolution, recognising York and North Yorkshire's importance in achieving levelling up for our region and bringing new investment to our city, which is a huge vote of confidence from government.

## Give your home a HUG to protect your loved ones

The council has bid for an extra £4.6m to improve energy efficiency in fuel-poor homes across the region - including 200 homes in York. If successful, this will fund a wide range of energy saving measures including external wall and underfloor insulation.

Currently available, the HUG grant can help fund insulation improvements including in cavity walls, lofts and attic rooms.

You could be eligible for a grant if:

- you own or rent your home from a private landlord and
- your household income is below £30,000 and
- your property has a low EPC rating.

☎ 0800 597 1500

☎ 01904 552300

@ betterhomes@york.gov.uk

🌐 www.york.gov.uk/HUG

Cavity wall insulation improvements can be funded by the HUG grant

## Get your little ones ready to start school this September

Childcare, health and education professionals from across the city have put together five top tips to help children, and their parents and carers, get ready for starting school for the first time in September.

### Five top tips:

1. Get your child used to dressing and undressing themselves
2. Teach your child how to go to the toilet on their own, including sorting out their clothing, wiping and handwashing afterwards
3. Encourage your child to use a knife and fork at mealtimes
4. Encourage your child to sit and listen to a story and talk about the book for a few minutes at a time.
5. Help your child learn to take turns and follow simple instructions

Please don't worry if your child can't do all the things on the list yet - there's time and plenty of help at hand.

☎ 01904 555475

@ HCS-Secure@york.gov.uk

🌐 www.york.gov.uk/StartingSchool



## Children supported with special summer holiday activity programme

Families across York are benefitting from an expanded, holiday activity programme for children and young people eligible for free school meals.

The summer sessions, which all include a daily nutritious meal, include schemes run by York City Football Club, York Theatre Royal, local charities and schools.

This is the latest scheme funded through the government's Holiday Activities and Food programme (HAF). It follows successful pilot activities run in two York schools at Easter. The Government is scheduled to fund similar activities again at Christmas.

Eligible families will be contacted by their school for future programmes.

[www.york.gov.uk/HAF](http://www.york.gov.uk/HAF)

## Who is your councillor?

### Acomb Ward



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## Who is your councillor?

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### Guildhall Ward



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### Wheldrake Ward



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**For more information  
please call:  
01904 551550**

Your councillors will be working for you in their communities and are here to help. Follow us on Twitter @CityofYork where we post breaking news and latest road closures. Send us your views on what's happening in the city via Facebook at facebook.com/cityofyork. Report neighbourhood issues on our simple-to-use online form at:

 [York.gov.uk/reportproblems](https://york.gov.uk/reportproblems)

# What's on in York



## Buzz about York AR quest

Summer 2021

Download the free York Quest app to find the magical, beautiful creatures that have taken up residence in York city centre this summer. Don't forget to tag #YorkQuest if you share your snaps on social media!

[www.theyorkbid.com](http://www.theyorkbid.com)

## Richard III Coming Home at the Yorkshire Museum

9 July – 31 October 2021

The world-famous late 16th century portrait of Richard III is on display at the Yorkshire Museum as part of a new display which includes other outstanding objects associated with the king.

[www.yorkshiremuseum.org.uk](http://www.yorkshiremuseum.org.uk)

## Light, Glass & Stone: Conserving the St Cuthbert Window at York Minster

25 June 2021 – 1 Jan 2024

Explore the medieval St Cuthbert Window through an exhibition which tells the story of the life and miracles of one of Northern England's most significant saints. Take the rare opportunity to see at close range original stained glass panels removed from the window as part of the conservation and restoration project.

[www.yorkminster.org](http://www.yorkminster.org)

For more information about what's on in York go to:

- [www.visitcityofyork.org/whats-on](http://www.visitcityofyork.org/whats-on)
- [www.livewellyork.co.uk](http://www.livewellyork.co.uk)
- [www.yorkmix.com/things-to-do](http://www.yorkmix.com/things-to-do)

If you would like this document in an alternative format, please contact:

- (01904) 551550
- [ycc@york.gov.uk](mailto:ycc@york.gov.uk)
- @CityofYork
- @cityofyork

It is available in the following languages:

我們也用您們的語言提供這個信息 (Cantonese)

এই তথ্য আপনার নিজের ভাষায় দেয়া যেতে পারে। (Bengali)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

یہ معلومات آپ کی اپنی زبان (بولی) میں بھی میا کی جاسکتی ہیں۔ (Urdu)

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