

Tamworth Borough Council

Helping You Through The Credit Crunch

Great offers on low cost leisure in Tamworth

Tamworth has a host of parks, open spaces and nature reserves that are run or supported by the Council and all of which are free to enjoy. We also have the following offers available in 2009.

- Half price admission to Tamworth Castle during half term.

- Discounted admission to Tamworth Castle at Bank Holidays - £2 per Adult and £1 per child

- Outdoor events - We have a programme of free outdoor events running throughout the year including St Georges Day, the Summer Festival and Bonfire night.

For details of forthcoming events, see the Tamworth What's On guide, or check www.whatsontamworth.com

- Our Sports development Team are out and about providing free sports coaching for young people, for more information check out www.tamworth.gov.uk



HealthMatters

Imagine one of the best things you could do in these uncertain times - take a break from health worries. A healthy lifestyle is important to you and your family so that you can prevent ill health.

Go Smoke Free

Thinking about the reasons to give up smoking is a brilliant way to motivate yourself - imagine yourself feeling great and having extra money in your pocket!



When you go smokefree you don't have to do it alone. The NHS offers free local support that really works. One in two people who use their local NHS Stop Smoking Service are not smoking four weeks later. In South Staffordshire your local NHS stop smoking service is called Time to Quit. For more information:

Freephone 0800 0434 304

Text: 'QUIT' to 60777

Website: www.itstimetoquit.co.uk

Other FREE and low cost things to see and do in and around Tamworth...

Join your local library

With access to over a million books, CDs, DVDs and free internet access, there is sure to be something to interest and inspire minds of all ages and it's FREE to join.

Get on your bike

Tamworth has an extensive network of cycle routes through all areas of the town. Two wheels is a great way to get around - good exercise, good for the environment.



Explore the outdoors

Walking is the best way to explore the great outdoors, and good exercise too.

Kingsbury Water Park

15 lakes set in 620 acres of natural countryside, the park's landscaped nature reserve is free to explore on foot or cycle.

Connect with History

The Tamworth Heritage Trail is a self-guided route encompassing 26 of the town's most important and significant historic buildings in the town centre, from the Town Hall where Sir Robert Peel delivered his famous 'Tamworth Manifesto' in 1829 and the old Peel School House, to Thomas Guy's Almshouses and the Moat House.

St. Edith's Church

One of the largest and oldest churches in the Midlands. Dating back to Saxon times, it features grand arcades, Norman arches, glorious stained glass windows and an impressive double spiral staircase - one of only two in all of Europe.



Things to do further afield...

Some of the FREE events and attractions just a short journey away.

Don't forget - Over 60's are entitled to a pass for free local bus travel. Application forms are available from the Tourist Information Centre, Marmion House and the Phillip Dix Centre.

National Memorial Aboretum

Over 150 sculptures and memorials set within 60 hectares of grounds and gardens, including the national Armed Forces Memorial.

Rosliston Forestry Centre

Set in within the National Forest, Rosliston Forestry Centre in Swadlincote.

Birmingham Museums & Art Gallery

The Gallery's vast collections span centuries of history, and the country's largest Pre-Raphaelite collection. In addition, an extended family of six more FREE inspiring museums across the city bring the history of Midlands to life.

Sutton Park

One of English Heritage's historic parks and gardens, covering 2,400 acres with a mix of open heathland, wetlands and marshes, woodland and lakes. The visitor centre has displays and exhibitions on a nature and conservation theme, with children's playgrounds and large areas of open space for all the family.

Treat yourself

It's important to treat yourself now and then - why not take in a show or visit a local attraction?

Tamworth Assembly Rooms

The Assembly Rooms hosts a wide variety range of shows and events, including music, comedy and concerts from professional acts and artists, local community groups and amateur dramatics, as well as the hugely popular annual Battle of the Bands contest and afternoon tea dances.

Discounted Attractions

Discounted admission tickets for Drayton Manor Theme Park and the West Midlands Safari Park are available from Tamworth Information Centre. Also available are Thrill Hopper tickets - a single ticket that allows you to visit four of Staffordshire's most popular attractions: Drayton Manor, Tamworth Snowdome, Waterworld and Alton Towers at a combined discounted rate. Family tickets also available.



For more information on what's on in and around Tamworth contact; Tamworth Information Centre, 29 Market Street, Tamworth. Box Office: 01827 709618 Information: 01827 709581 Email: tic@tamworth.gov.uk

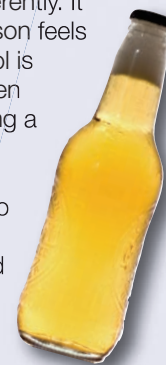
Health Matters: Out of hours services

For all health related inquiries please contact NHS Direct on 0845 4647

- For dental enquiries or emergencies, contact your own dentist or NHS Direct OUT-OF-HOURS SERVICE.
- If you need urgent medical advice or assistance Out-of-Hours that cannot wait until your GP surgery re-opens, call 0300 1 30 30 30.
- Out-of-Hours is the time between 6.30pm and 8.00am, Monday to Friday, all day Saturday, Sunday and Bank Holidays.

Know your Limits

Alcohol affects people differently. It can depend on how a person feels and behaves before alcohol is consumed. Alcohol will often exaggerate moods - making a person feel more sociable, relaxed and reducing inhibitions. Alcohol can also exaggerate feelings of sadness or depression and increases the risk of injury or death from accidents or alcohol-related violence.



Young people's drinking is a concern for many parents due to the nature of alcohol-related harm and the increase of binge drinking.

How to drink safely

It is important for you to be aware and safe when consuming alcohol. To enjoy alcohol without the risks try and stick to the recommended safe amounts.

- Eat before you start drinking
- Don't drink and drive
- Pace yourself - drink plenty of water in between drinking alcohol
- Don't feel under pressure to drink
- Take care walking home, try walking with groups of friends rather than on your own

Where can you get advice and support?

There are many services that can help if you have concerns about alcohol or if you are concerned about a person's drinking, here are some of the main ones:

www.drinkaware.co.uk

www.talktofrank.com

www.knowyourlimits.gov.uk