



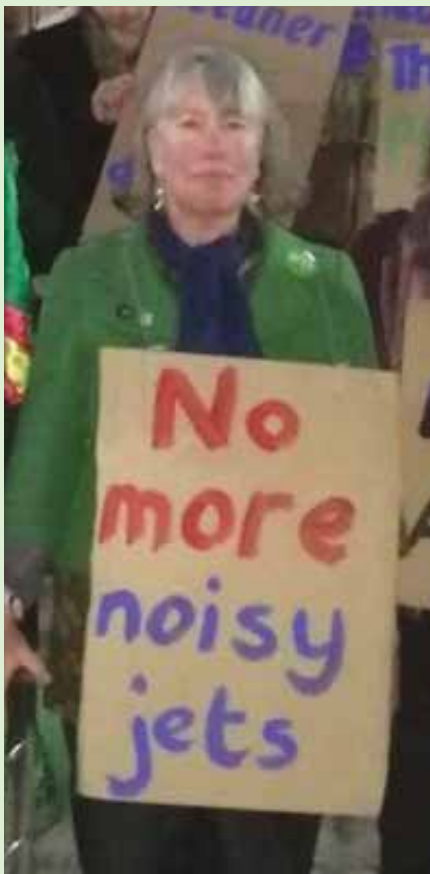
GREEN NEWS

PORTSWOOD



PORTSWOOD — HIGHFIELD — ST DENYS

Katherine Barbour,
your local Green campaigner



Above: **Katherine** outside **Southampton City Council's Civic Centre** protesting before the council meeting.

KATHERINE FIGHTS THE FLIGHT PLAN

Eastleigh Borough Council is set to make a decision about **Southampton Airport's** planned runway extension this month. Local Green campaigner **Katherine Barbour**, with the support of **Southampton Greens**, will be watching this decision process closely

as approval would have a big impact on the residents of **Portswood** and **St Denys**. **Katherine** says, "I fear for the future of this city if this decision goes in favour of the airport. I dread to think what it will be like with even bigger aircraft."

JOIN THE PORTSWOOD LITTER PICKERS

Local Green campaigner **Katherine Barbour**, has organised many litter picks around **St Denys** and **Portswood**, and it looks like this area is ready for another spring clean. Come and join **Katherine** and the team as they spruce up the area this Spring. The litter picks will start again on **Sunday 28th March**. If your area needs some TLC contact **Katherine** and she will plan a litter pick up.



Right: Local Green campaigner **Katherine Barbour**, clearing up the litter at **Portswood Recreational Ground**.



PORTSWOOD PEOPLE GET BEHIND BIKE SHORTAGE

Society of St James, Recycled Bicycles Project team leader, **Ashley Christopher** says "**Katherine** was a real asset during this time, and I would like thank her on behalf of the **Society of St James** for the time she gave to help support the homeless."

There was a shortage of bikes and **Katherine** reached out to **Portswood** for bike donations and the community responded fantastically [by] giving 34 bikes to homeless people.

Left: **Katherine**, busy collecting some of the bikes that were generously donated by the residents of **Highfield, Portswood** and **St Denys**.

KATHERINE BARBOUR, WORKING HARD FOR YOU ALL YEAR ROUND

ARE YOU IN NEED OF HELP DURING LOCKDOWN?

The **Highfield, Portswood** and **St Denys** community response to Covid has been amazing – and help is still available.

Since March, local groups of volunteers have collected shopping and prescriptions, posted mail, or just taken time to have a chat. NHS staff and keyworkers in particular have worked so hard to keep everyone safe.

Katherine Barbour, retired NHS Manager and member of **St Denys Church**, said, “**This has been a really long, difficult year and there is still support available – please ask if you, or someone you know, needs help or advice.**”

If need assistance and you're not sure who to call, please get in touch with **Katherine** who can help.

KATHERINE WORKS TIRELESSLY TO HELP PEOPLE WITH DEMENTIA AND THEIR CARERS

During the first lockdown, local Green campaigner, **Katherine Barbour**, started a weekly soiree online for dementia sufferers and their carers. This gathering has now been meeting for a year. People living with Dementia and their carers meet, have a chat, listen to music and share time together.

She knows some people are not able to access services online so she also started producing a fortnightly magazine called 'Together We Stand'. This is now produced monthly and features stories, pictures, quizzes, recipes and where to go to get help during lockdown.

Katherine coordinates the delivery of the magazine to over 200 people across Southampton. Caraway and the Admiral Nurses help and support this work.

Birgitt and Peter of **Portswood** say, “**Together We Stand is a great magazine and we look forward to receiving it from Katherine.**”



Above: Virtual soirees, organised by **Katherine**, have provided a lifeline for people isolated at home.

HOW TO CONTACT US



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Green Party
for the common good

COVID-19 SUPPORT

Carers in Southampton offer the services below on weekdays (9am-5pm) by phone on 023 8058 2387, or email on enquiries@carersinsouthampton.co.uk

Carers' Assessments evaluate support needs and eligibility for a personal wellbeing payment.

Carers' Cards give you access to some discounts and identify you as a carer.

Carers' Support Workers signpost relevant support services and make referrals on your behalf.

www.carersinsouthampton.co.uk for information on many support services.

Independent Age provide advice and support for older age, information sheets on money, housing, health, future planning, personal life, support and care.

For information call 0800 319 6789, or visit www.independentage.org

Meals on Wheels are accepting new referrals, you can contact them on 023 8083 3866, or by email on care@citycateringsouthampton.co.uk

Southampton City Council's helpline is open on weekdays (8.30am-5pm) to ensure vulnerable people have access to the support they need through their Community Support Hub.

For information call 023 8083 4800.

Southampton Help can assist if you live in Southampton and are self-isolating or quarantined due to the Covid-19 pandemic, there is help at hand. We are a group of volunteers who can help you with shopping and other necessities. Call or text us on 07923 353365 to arrange help.

Note: this is not a medical advice line, please call 111 for medical advice.

This leaflet has been delivered by volunteers according to Covid-safe guidelines.

KATHERINE BARBOUR: WORKING HARD AND GETTING THINGS DONE