

## The Electoral Register -

what does it mean for me?

The annual voter registration form is being delivered to each household within Spelthorne at the end of August/beginning of September 2010. Ensure you complete and return this form immediately to enable you to vote in the **Borough Elections** and the **Referendum** on the UK Parliamentary voting system scheduled for Thursday 5 May 2011.



The Register also proves where you live and credit agencies use it to help make decisions on applications for mobile phone contracts, opening bank accounts, mortgages, loans and more.

**i** Further information and advice is available from the Electoral Services team who will be pleased to deal with your enquiry. Please call **01784 446238 / 01784 446232** or send an e-mail to [electoral.services@spelthorne.gov.uk](mailto:electoral.services@spelthorne.gov.uk)



## First Aid at work

Spelthorne Council is an Approved Training Centre for the delivery of the Health and Safety Executive (HSE) First Aid at Work courses and can offer the full three day First Aid at Work (FAW), two day re-qualification (RE-QUAL) and one day Emergency First Aid (EFAW) courses. Specialist courses are also available including paediatric, childcare and automated external defibrillator (AED) - this delivers an electric charge to the heart.



All training is delivered by experienced instructors using the most up to date training aids and equipment.

**i** For further information about course dates and our low pricing scheme visit our website [www.spelthorne.gov.uk/firstaid](http://www.spelthorne.gov.uk/firstaid), call **01784 451499** or e-mail [customer.services@spelthorne.gov.uk](mailto:customer.services@spelthorne.gov.uk)

## Take simple steps to avoid food poisoning

There are around 120,000 extra cases of food poisoning recorded across the UK at this time of year so the Food Standards Agency (FSA) is reminding people of steps they can take to help minimise the risk:

- cook food thoroughly. It's especially important to make sure poultry, pork, burgers and sausages are cooked all the way through
- avoid cross-contamination. Make sure you keep cooked food away from raw meats and use separate chopping boards and knives for raw meats and ready-to-eat foods.
- keep food at the right temperature. Food that needs to be chilled should be kept in the fridge at a temperature between 0°C and 5°C.

We recently organised a food hygiene quiz in the Borough to promote the above advice and 107 people entered. The lucky winner was Rebekah Kinnaird. Congratulations to Rebekah who receives a £15 Marks & Spencer voucher.

**i** For more advice on food safety please visit the Eat Well website: [www.eatwell.gov.uk/keepingfoodsafes](http://www.eatwell.gov.uk/keepingfoodsafes) or call our Environmental Health team on **01784 446291**.

Photo: campylobacter which is one of the main causes of bacterial foodborne disease