

news

PADDINGTON BUSINESS IMPROVEMENT DISTRICT



April 2009

inpaddington

Your New, Improved Recycling Service

From **Thursday 2nd April**, Paddington BID teams up with First Mile to make commercial recycling in the BID area even easier. Following recent requests from BID businesses, we will be making collections twice each week, on Monday evenings and Thursday mornings, including Bank Holidays. In addition, all recycling materials can be collected in just one sack so there is no longer a need for businesses to separate their paper, plastics and tins.

1 sack for
all your
recycling

The new recycling scheme is a mixed recycling or 'co-mingled service' which has many benefits.

- ♻ It is easy so more people participate and recycling rates increase;
- ♻ More materials can be recycled;
- ♻ It reduces vehicle movements and saves 28% more carbon than separating items;
- ♻ Fewer sacks and bins are required, making it space saving with no need to store waste;
- ♻ It is lower cost, so PBID can offer a wider service with the same budget.

New Collection Times:

Monday evening - sacks out from **6 p.m.** collection from **7 p.m.**
Thursday morning - sacks out from **8 a.m.** collection from **9 a.m.**

New arrangements for ordering sacks and tape:

You can now order your sacks and tape directly from our recycling providers First Mile. Simply call their 24 hour customer services line on **0800 612 9894**. First Mile will deliver directly to your business. Orders can still be made online at www.paddingtonbid.co.uk.

To arrange a special item collection (WEEE, furniture, batteries or white goods) or to report a missed collection, contact First Mile on **0800 612 9894**.

2 collections
every
week!

More can be recycled: Paper products including photocopier ream wrappers, white or coloured papers, brochures, magazines, leaflets, newspapers and junk mail, business directories including Yellow Pages, envelopes, including "window" envelopes; **Tetrapak**; **Metal cans and tins**; **Plastics** such as black bags, carrier bags, fizzy drink bottles, milk cartons, plastic food trays, plastic sauce bottles. Further information can be found at www.paddingtonbid.co.uk.

Want to start recycling?

If you wish to start recycling for the first time, please contact First Mile on **0800 612 9894** to order sacks and tape and register your business address.



Already recycling with us?

If you are currently recycling or have recycled in the past, a delivery of new sacks and tape will be made to you on Wednesday 1 April by the BID team's Ann Hunter and the First Mile team. With this newsletter you will receive a new information card and bin sticker to remind you of the collection times. You will still be able to use your current sacks and tape to recycle until these run out. Once you need new stock please call First Mile on **0800 612 9894** to order new sacks and tape.

Beat the Recession with Westminster Council

Westminster City Council is seeking to provide help and guidance for businesses during these difficult trading times. Their website now has a 'Beat the Recession' section accessible from their home page

www.westminster.gov.uk.

It has sections providing general business support, advice on business rates and where to go for more help. Of particular interest to our smaller businesses is the section on Small Business Rate Relief - businesses occupying a single building with a Rateable Value of less than £21,500 may be eligible for relief but may not be claiming it. If you think you may qualify and would like help with your application please call the BID Team on **020 3145 1212/1213**.



Talbot Square Garden Party

Join us for a breath of fresh air and help us celebrate the official opening of Talbot Square Gardens on Saturday 25 April 2009 from 2 p.m. With giant garden games, an Easter Egg hunt, stalls and refreshments, this event will celebrate the re-opening of one of Paddington's most beautiful public gardens. Join us and bring your family!

New Walks for 2009

The Free Walking tours have been refreshed this year with more exciting topics to tempt visitors and locals. The walks leaflet, with details of all the walks and the 2009 schedule can be found at the Walks section of our website www.inpaddington.com.

The first tour will be an Easter Family Walk at 2 p.m. on Saturday 12th April, **with Easter treats included.**



Special Offers

LAUDER AND REES

Lauder and Rees are long established independent opticians who have successfully kept pace with developments in optics and modern trends in fashion, whilst always striving to provide a wide range of professional services.

Whether you are an NHS or private patient, if you require the fitting of complex contact lenses or a designer pair of glasses, a specialised Low Visual Aid or simply a pair of reading glasses, you will be welcomed by the professional and courteous staff at any of their practices. Additionally, Lauder and Rees offer a competitive corporate scheme and are happy to accept Eyecare vouchers. For more information, please call or visit the Lauder and Rees website.

119 Praed Street, London, W2 1RW
020 7262 2514 www.lauderandrees.co.uk

DINE FOR £9 AT EL PIRATA DE TAPAS:

El Pirata Detapas is a new tapas restaurant on Westbourne Grove. Visit any lunchtime or early evening and dine on the fabulous Menu Del Dia. made up of two tapas dishes, bread with alioli and a glass of wine or sherry for just £9!*

115 Westbourne Grove, London W2 4UP
020 7727 5000 www.elpirataдетapas.co.uk

* Please quote 'inpaddington' when booking.

Promote your special offers in our newsletter, just call the BID team on 020 3145 1212/1213

Free Occupational Health Service

Are you a Westminster employer with 5 – 250 staff working for you?



City of Westminster

Did you know that you can access a free occupational health service which can help improve business efficiency, enhance staff morale and lower absenteeism? It has been estimated that nationally, absence due to sickness costs the UK around £12 billion per year.

Westminster's new **Well at Work** service offers solutions to work-related health issues like stress, neck and back pain, drug and alcohol misuse and work injuries. Trained professionals offer physiotherapy and counselling to address work-related ill health. The Well at Work team can also make recommendations on how to improve your workplace to manage the risks to health and promote employee wellbeing. Support is also offered to those employees who have been signed off from work for a long period of time and those returning to work after a period of inactivity.

Well at Work is run by Westminster City Council and NHS Westminster. All reports and recommendations are strictly confidential and the Well at Work team are not responsible for health and safety law enforcement. For more information, or to take advantage of this free service, please email wellatwork@westminster.gov.uk or call 020 7641 5600. Alternatively visit www.westminster.gov.uk/wellatwork where you can download a **free** Well at Work brochure.