**TOUR DE TENDRING CYCLE EVENT RETURNS WITH NEW DUAL START LOCATION**

The popular Tour de Tendring will see cyclists hit the district’s roads on Sunday, 19 May, able to pedal a 20 or 60-mile scenic route.

As well as the traditional start point in Harwich, at Dovercourt Bay Lifestyles leisure centre, pedal-pushers will also be able to follow the 60-mile route from Clacton, beginning at Hazlemere Road car park in Holland-on-Sea. Also available from the Clacton start point is a child-friendly three-mile off-road route.

Fun activities abound will be at both starting points, including Harwich Town Council’s Skate Jam event in Dovercourt, with the Essex Pedal Power team supporting the event.

The Tour de Tendring is organised by Bike Events, and funded by Tendring District Council (TDC). Online booking is now available at [www.bike-events.co.uk/tourdetendring](http://www.bike-events.co.uk/tourdetendring).

**BEACH PATROL IS GEARING UP FOR SUMMER SEASON**

Tendring District Council’s (TDC) Beach Patrol is encouraging visitors to the Essex Sunshine Coast to Respect the Water.

People are being reminded to obey basic safety rules when visiting the coastline: following advice from warning flags; not swimming near, around or under structures such as piers, groynes and breakwaters; knowing their depth, being wary of sudden drops in the sea floor, and being aware of tides and currents; and not swimming while drunk.

It is being stressed about the importance of people taking care and respecting the water even though there is the Beach Patrol in place who are there to guide, give advice, provide first aid and help to rescue those who may get into difficulties.

The Essex Sunshine Coast is a beautiful place, but it is said that like every coastline it can be risky if not treated with respect, so do please be careful. Beach Patrol is not an emergency service and if you do see someone in difficulty in the water then please do dial 999 and ask for Coastguard.

This year changes have been made to the approach of the Beach Patrol coverage along the beaches between Frinton and Walton-on-the-Naze, and also to the patrols along Princes Esplanade in Walton; there will also be a presence to the East side of Clacton Pier. The changes are among the recommendations made following a review of the service by the Royal Life Saving Society (RLSS).TDC is putting in place some of the short-term measures while it considers a wider feedback.

**FOUR NEW CHANGING PLACES FACILITIES OPEN IN TENDRING**

Four new specialist toilet and changing facilities have opened along the Essex Sunshine Coast.

Changing Places facilities have been built in Brightlingsea, Clacton, Frinton and Holland-on-Sea by Tendring District Council (TDC).

A Changing Places facility is for people who cannot use traditional disabled toilets and include hoists, height-adjustable changing tables and sinks, and shower facilities too.

The four new amenities join five existing ones in Tendring, and anyone wishing to apply for a key to access them can apply on the TDC website at [www.tendringdc.gov.uk/leisure/seafront-and-beaches/changing-places](http://www.tendringdc.gov.uk/leisure/seafront-and-beaches/changing-places).

**POLL CARDS ISSUED IN TENDRING FOR UPCOMING ELECTION**

Poll cards have been issued in Tendring ahead of the upcoming election for the Essex Police, Fire and Crime Commissioner taking place on 2 May.

Nominations are now open for the poll, which is being administered by Colchester City Council.

To vote in the elections residents need to be on the electoral register. The deadline for voter registration for the upcoming elections is Tuesday, 16 April.

Residents who want to vote by post, rather than at a polling station, have been encouraged to apply early, with the deadline for applications being 5 pm on Wednesday, 17 April. Applications for proxy votes to get an emergency proxy vote are available up until 5pm on 2 May itself.

Polling stations will be open from 7am until 10pm on Thursday, 2 May. Voters are being reminded that they need to take photo ID to the Polling Station to be able to vote.

Many thanks

**Lynda**

**Cllr Lynda McWilliams - Tendring District Councillor for The Bentleys and Frating Ward**

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