

# Our walk-in centre has moved

Now that the convent of the fathers is no longer available, we have found a new address at Lunet at Mgr. Zwijssenstraat 4. While enjoying a free cup of coffee or tea, have a nice chat. Are you coming too? We are there EVERY WEDNESDAY from 10:00 to 12:00 am.

You can also participate in various other activities, such as cards, darts, knitting, shuffleboard, painting, etc. etc.

Maybe you know a fun activity for our local residents, that we can set up?

**Walk-in centre at Lunet Wijkcentrum "in de inloop"**

**Mgr. Zwijssenstraat 4 Valkenswaard,**

**Every Wednesday morning**

**from 10:00 to 12:00 am**



## Maak Rimpels

Do the things you want to do for as long as possible? Maak Rimpels!

If, as a 65+, you want to remain independent and self-reliant for as long as possible, the broad prevention program "Make Wrinkles" is for you. It is offered free of charge by your municipality, in cooperation with health insurance companies and GP organisations. The coffee and tea are also free.

Make Wrinkles consists of four parts:

**"Positive Health"**, we meet four times to gain insight into our broad health.

**"Digital skills"**, we discover the smartphone in six sessions, "surf" the internet safely and introduce useful apps to stay independent and active.

**"Vitality"**, we improve our balance, strength and flexibility in two times eight meetings under the guidance of an experienced exercise coach, because moving together is so much more fun. And

**"Co-reliance"**, together we make agreements in four meetings about our co-reliance and learn to stay digitally connected with the group. In March 2024, we will start a new Make Wrinkles group on Wednesday mornings in the Kerkakkers. You can register by contacting your Maak Rimpels contact person in the

Kerkakkers district: Ankie Slaats via telephone number 06-422 49 471 or via the website [www.maakrimpels.nl](http://www.maakrimpels.nl) via the button "inschrijvingen".



Voor de nederlandse versie van deze nieuwsbrief zie onze website: [www.wijkcommissiekerkackers.nl](http://www.wijkcommissiekerkackers.nl)





Newsletter nr. 2, March 2024

## Work session working group

### Biodiversity

We would like to invite you to think about how we can make our neighborhood greener and brighter. The brainstorming/work session will take place on **13 March, starting at 8:00 pm** in the hall of neighbourhood association De Horizon on the Amundsenstraat 5.

What are we going to do?

In this inspiring work session, we look at the possibilities and major benefits of a green neighbourhood. With an inspiring presentation, we will take you to all kinds of fun, interesting and successful green projects that take place elsewhere in the country. Then we get to work together, brainstorming about green activities that we can and want to realize together in the neighborhood, with or without the help of the municipality. The projects can be very small, from hanging birdhouses, planting a colourful bulb field in the municipal park or the desire for a sedum roof.

Madeleine Velthuisen, local resident and project officer of the biodiversity working group, will lead the inspiration session. Then we ask you to share the ideas for a greener neighborhood with each other and with us. We will include these for the biodiversity work programme for 2024 - 2025.

Ad Lavrijssen, Green Manager at the municipality of Valkenswaard will tell you what is happening in the municipality and where there is room for improvement.

With your help, what have we already done in 2023? Last year, the biodiversity working group took several initiatives for a greener neighbourhood. You received seed bags in the spring to brighten up your garden. Flower bulbs in the autumn. The working group also knocked on the door of several local residents to ask if they wanted to adopt a tree mirror or create a façade garden. We have had nice reactions to this: Several tree mirrors and façade gardens have already been realized.

This year, we hope to see even more to come. We look forward to seeing you on **March 13th!**

## Volunteers wanted



The neighborhood committee is looking for some extra volunteers. You can think of:

**Neighbour help:** walking buddy, keeping company, administration help, doing chores, cooking together, shopping, helping with transport, looking after children, etc.

**Children's activities:** devising and organizing activities for the children in the neighbourhood, a few times a year and/or structurally.

**Working group biodiversity:** helping to create more variation in nature in the neighbourhood, more flora and fauna and thus help shape a better living environment.

**Street contact person:** being the eyes and ears of the street, signalling is an important task, without prejudice, with an open attitude and with discretion.

**Neighborhood libraries:** help maintain our neighborhood libraries, they are used a lot.

**Social Media:** share our messages and calendar on our website and the most common social media.

**Providing lunch:** 1 time a week helping to provide lunch for local residents.

**Hostess/host:** during our coffee walk-in moments and our Door & For evenings.

**Organize an activity yourself:** you can also occasionally organize an activity yourself, with the support of the neighborhood committee.

## Hee Are you in?

Of course, the district committee is also open to new structural activities. We invite you! You can register via our secretariat:

[secretariaat@wijkcommissiekerkackers.nl](mailto:secretariaat@wijkcommissiekerkackers.nl) or by phone in the evening: 06-422 49 471 or just with a note in our mailbox: Dr. Ariënsstraat 20 Valkenswaard.

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**Stichting Wijkcommissie Kerkakkers**

**secretariat: Doctor Ariënsstraat 20, tel: 06 422 49 471, e-mail: [secretariaat@wijkcommissiekerkackers.nl](mailto:secretariaat@wijkcommissiekerkackers.nl)**

**bank account: NL54RABO0309964717 in the name of Stichting Wijkcommissie Kerkakkers**

**KvK 65610245, [www.wijkcommissiekerkackers.nl](http://www.wijkcommissiekerkackers.nl)**

**follow us on**



## Tenants now also receive disconnection subsidy

The homeowners already received a subsidy for disconnecting their downspout. But now tenants are also eligible for this! Rainwater is very valuable. It is clean water that still flows straight into the wastewater sewer and sewage treatment plant for most people. Sin! Because if the clean water can flow into your garden and sink into the soil - or even be stored and stored - then your trees and plants will benefit greatly. Especially in hot, dry summers.



Why?

Detaching your downspout from the sewer is called disconnecting. The municipality applauds the fact that more and more residents are making their homes more sustainable by

disconnecting the downspout from the sewer. This sustainable adaptation is not only good for the environment, plants and biodiversity, but it also relieves the sewer system in the streets, so that the risk of flooding is much reduced. Subsidy & free advice? You can receive a contribution of € 5.00 per square metre of roof area. The only condition is that the roof area is at least 40 square meters (length x width). Moreover, the municipality also offers free advice at home on how to go about it. These advisors will visit you without obligation to see what solutions are possible to disconnect the downspouts in front and back gardens. Participate? Tenants who want to participate can fill in the form on the municipality's website. They can also contact us on 040-208 3444 and make an appointment with Daan van Grieken. On the municipality's website there is a video that clearly shows how to disconnect a downspout. More info: The HOW, WHAT and WHY can be found on the website of the municipality: [www.valkenswaard.nl](http://www.valkenswaard.nl) Search for: *afkoppelen*

## Energy fixers also in Valkenswaard

You probably want to save energy in your home. That's good for your wallet and for the environment. Don't know how to start? Then we have good news! In Valkenswaard, many agencies offer help and advice. Often completely free of charge.

**Energy fixers** help people with poorly insulated homes or private rented homes to save energy. Together with you, they will look around your house and give free tips. They fix small problems on the spot. For example, by installing LED lamps, draught strips, a letterbox brush or radiator foil. This way, your energy consumption immediately decreases. Do you want an Energy Fixer to come and see you too? If you own a home or private rental home with energy label E, F or G, you will automatically receive an invitation. Tenants of Woningbelang and Woonbedrijf can inquire about the possibilities there. More information on the website of the municipality: [www.valkenswaard.nl](http://www.valkenswaard.nl) search: energiefixers

You can go to the **Energy Desk** Valkenswaard with all your questions about saving energy. Open every **Saturday from 10 am to 12 pm**. You can find the Energy Desk in the library at the Hofnar.

Feel free to drop by if you want to know how you can make your home more sustainable.

Tip: bring an overview of your annual gas and electricity consumption.

### Energy allowance: Low income?

Apply for the energy allowance for 2023 now. The energy allowance is a reimbursement for your energy costs for the year 2023. It is an amount of € 800,-. Many low-income households receive the energy allowance automatically. Have you not received anything but do you have a low income? Then you can apply for the energy allowance yourself. You can do this via the website

[www.valkenswaard.nl/energietoelage](http://www.valkenswaard.nl/energietoelage)

Do you need help with that? Then drop by the library in Valkenswaard on a Thursday between 10:00 and 12:00 am. There are volunteers from the Formulierencafé, who are happy to help you.



## Family Easter Scavenger Hunt through the neighborhood

Walking through the neighborhood together in search of Easter eggs. Kerkackers Kidz organizes a Family Easter Scavenger Hunt on **Sunday,**



**March 24.** You can start between 10:00 and 11:30 from the playground in Columbusstraat for a walk of ± 2 km through our neighborhood. You will look for the Easter eggs-pictures that the Easter Bunny has hidden. Afterwards there is a nice surprise for every child. Will you join us?

To **register before March 20:** send an email to: [kerkackerskidz@hotmail.com](mailto:kerkackerskidz@hotmail.com) indicate the number of children and adults.

## Door & Voor Information evenings

Every second Wednesday evening of the month, a free lecture, excursion or workshop is organized "By & For" local residents, in community center De Horizon, Amundsenstraat 5. Start is 8:00 pm. Admission is free, as is coffee and tea.

## Agenda Door & Voor evenings

- **Wednesday 13 March 8:00 pm**  
Theme: work session with our Biodiversity working group, about their activities. Would you like to come and listen or join the conversation?
- **Wednesday 10 April 8:00 pm**  
Theme: Novadic Kentron will explain their work on narcotics and other addictions. See text on the right on this page.

## Now also on Facebook



A Facebook group had already been created especially for the Kerkackers Kidz, but now the Wijkcommissie Kerkackers can also be found on Facebook. Are you following us too?

## Evening on addiction care by Novadic-Kentron, Wednesday 10 April



Novadic-Kentron prevention officer Floris Brocaar will give an evening about addiction care. Floris has been a prevention worker in addiction care for 20 years. He knows everything about alcohol, drug, gaming and gambling addiction. He will talk about current affairs in the media, about young people, about the addiction problem in the broadest sense of the word. He can also show you the substances that are traded on the street today and how they work.

How we, as parents, grandparents, but also as local residents, can learn to see signals for each other and how to act subsequently. Of course, Floris can also tell you where to go for help. Will you also come and listen and ask questions?

When: Wednesday evening, April 10, 2024

Where: Buurthuis de Horizon, Amundsenstraat 5.

Start: 8:00 pm, doors open at 7:30 pm.

Entrance: free, as well as coffee and tea.

## Pruning in orchard De Rijt

On Saturday morning, **March 2** from **10:00 am,**



the Valkenswaarden fruit grower Teun de Zeeuw will again prune the trees on our neighborhood fruit garden on the Le Sage ten Broekstraat, near the Kloosterstap.

Teun is a very experienced fruit grower with extensive practical and theoretical knowledge about fruit growing. We can see him at work pruning and bending, explaining the how and why of the interventions.

Teun can answer all our questions about fruit trees with knowledge of the facts and does so in a pleasant way! Would you like to come and have a look?

