

Heaton-with-Oxcliffe Parish Council Newsletter

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Beauty surrounds, health abounds



WELCOME to the fifth issue of the Heaton-with-Oxcliffe Parish Council Newsletter!

'Beauty surrounds, health abounds' are the words on the Morecambe crest and to many represents what Morecambe is about. These words also perfectly summarise key elements of our Heaton with Oxcliffe Parish Plan, including initiatives and support that help individuals to improve their health and maintain the natural beauty of our local area.

The World Health Organisation (WHO) defines health as 'a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity,' and sets out actions known as the *Five Ways to Wellbeing* that can increase life expectancy by 7.5 years simply by taking your health into your own hands. These actions are:

- 1) **Connect** with the people around you. Think of these as the cornerstone of your life and invest time in developing them. Building these connections will support and enrich you every day
- 2) **Be Active:** Play a game; get out in the garden; dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness
- 3) **Take Notice:** Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters
- 4) **Keep Learning:** Try something new. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do
- 5) **Give:** Do something nice for a friend, or a stranger. Volunteer. Join a community group. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you

In March, Lancashire County Council launched a campaign, supported by the Alzheimer's Society, to raise awareness about the early signs of dementia and to encourage people to visit their GP for a memory check. The campaign is aimed at friends and relatives who may have noticed changes in the memory or behaviour of someone they know, to help them spot the signs and start a conversation.

There are currently over 10,000 people in Lancashire who have been diagnosed with dementia, but it is estimated that the actual number of people with the condition is much higher. These are people who may have dementia but are not aware of it and therefore are not getting support to help them live well with the condition. For more information, advice and support visit www.lancashire.gov.uk/dementia

There is a full week of Dementia Awareness events within our own Parish at Salt Ayre Sports Centre between 15 – 21 May 2016. Local support organisations will also be available at Morecambe Library on Thursday 19 May 10:00–12:00.

Worried about changes in someone's memory or behaviour?

Get help sooner and more can be done
For info, advice and support
lancashire.gov.uk/dementia

Lancashire County Council
Alzheimer's Society

Staff at SASC are currently working towards being recognised as 'dementia friends' and the Centre accredited within the Dementia Alliance for the whole of the North West.

Throughout the coming year the Parish Council will be providing information on ways in which it and individuals can help to promote health and wellbeing, improve people's health and tackle health inequalities in the community, so Watch this Space!

Storm Desmond: The Aftermath

Everyone will recall the devastation caused by *Storm Desmond* in early December last year when 55,000 homes in Carnforth, Lancaster and Morecambe lost power when Lancaster's main substation was flooded. Many streets and traffic lights also were also out due to a power cut in Lancaster during rush hour.



Instances of flooding are fortunately relatively rare and flood defences have been built locally which reduce the risk for known high risk areas. However, flash floods, which are much more difficult to predict, can occur without warning. These occur where the drains cannot initially cope with the amount of water produced by intense storms. Part of the district remains at risk of flooding and existing defences can be overtopped during significant flood events.

Long before Desmond, a key outcome within the Parish Plan was the need to identify flood risks within our community and the importance of planning ahead to minimise any potential disruption caused by flooding. With Desmond in mind, however, Lancaster City Council's Civil Contingencies Officer attended a recent meeting of the Parish Council to share practical advice, guidance and documentation that will help produce a *Community Emergency Plan* to prepare for emergencies that could affect our community.

This a big piece of work that will be ongoing throughout the year covering in some detail the following steps:

Step 1—Planning for an emergency: outlining key stages in getting people involved; understanding communities needs and collecting and making use of local knowledge and information; identifying and preparing for risks; assessing community skills, resources and equipment that can used during or after an emergency

Step 2—What to do in an emergency: including, activation of our plan in an emergency; evacuation, if necessary, of residents from their homes to a safe place; what to do if communications are disrupted and messages need to be delivered in a consistent way

Step 3—Practising and reviewing our plan: sharing the plan with the community to get their views and with the authorities; reviewing and updating the plan to ensure that it continues to meet the changing needs of the community

Initially, the plan will be developed by a working group of elected Members of the Parish Council with support from the Clerk and Lancaster City Council. That said, community resilience will be something that many people and groups will already do. The council will be keen to work together with agencies, businesses, community groups and individuals to establish a community network and develop an ongoing process of using and enhancing relationships that will build resilience within the community.

If you can help in anyway or want to hear more about the work of the Parish Council please contact the Clerk or why not attend one of the council's meetings to share your views and ideas. We meet every second Wednesday of the month (with the exception of August) at Grosvenor Park School commencing at 7:00pm.

