



Parish and Town Council Newsletter

Winter 2017

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Welcome

Firstly, I would like to thank all those of you who have helped me to settle into my role as Parish and Town Council Champion. As a former Parish Councillor, I am well aware of the huge effort that goes in to helping to improve the communities we live in. It has been useful for me to go out into our communities and listen to the many different concerns that we have. As I visited different people in our communities, I have found that excessive speeds on our roads are repeatedly having a negative impact on feeling safe in our neighbourhoods. With this in mind, I have met with officers from the Speed Management Team at County Hall to find out how we can work together to reduce this negative impact. I have also allocated funding towards two Speed Indicator Devices or SpIDs for use in two locations, one at Downholland, West Lancashire and one at Whittington, Lancaster.



As a farmer and business holder, I come into direct contact with members of the public on a daily basis. I often hear directly about the many different problems and issues that people in poor communities face. Flooding and the risk of flooding have been highlighted to me as an area of particular concern. I have also held meetings with officers at County Hall, to be briefed on which current topics and themes are being addressed through campaigns led by Lancashire County Council or partner organisations. I firmly believe Parish and Town Councils are in strong position through our community engagement work to reinforce key messages – especially for initiatives such as crime reduction, modern slavery, scam busting and flood readiness. Please look at the campaign information in relation to these initiatives and consider how you can raise awareness to support them.

Wishing you all a safe and healthy winter. Please do contact me if there are any issues or concerns that I can assist with.

County Councillor Paul Rigby

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Grants: Round up

I am pleased to say the Parish and Town Council's grant funding scheme is still available for the current financial year. Funding has already been provided to contribute to a range of community assets including a defibrillator, a life belt, a road sign and memorial stones.

Further details and application forms can be obtained from Janet Nuttall by telephoning 01772 533110 or e-mailing janet.nuttall@lancashire.gov.uk.

Lancashire Constabulary: Award winners for Most Significant Reduction in Cycle Theft - Bike Register Awards 2017

It's good to have the hard work of our police officers recognised! I am delighted to congratulate the worthy winners of the Cycle Crime Awards at the 2017 Cycle Crime Conference. Officers from Lancashire Constabulary achieved a 58% reduction in bike theft through the implementation of 'Operation Derailleur', which is a multi-stranded operation to prevent and deter the theft of pedal cycles.

Focussing on frequent bike marking events, they also introduced a targeted media campaign, social media usage and encouraged greater public interaction. For more information on how to keep bicycles secure, please click [here](#).



PC Cornthwaite and PC Arundale (Lancaster) receiving their award

Organised Crime: Modern Slavery

Modern slavery is a growing concern. It takes many forms but the most common are sexual exploitation, forced labour and domestic servitude. Victims are forced to work against their will in many different settings, including brothels, cannabis farms, takeaway shops, nail bars, car washes, in agriculture and even within people's homes. It is happening right now, here in Lancashire.



Human trafficking can also be a part of modern slavery as a person is moved from one place to another. Unfortunately, few people understand modern slavery and many confuse it with 'migrant working' or 'illegal immigration'. Victims are typically living in fear, not fully understanding what is happening to them. Often they comply with their abusers because of threats of violence made to them and their families. To help to stamp this problem out we need vigilance and willingness to report concerns in our communities. The police can be contacted in the usual ways, but specialist help is available from: **The national modern slavery helpline for 24/7 advice on Tel: 08000 121 700.**

Scam busting

I often hear about situations where fraudsters and their 'scams' have seriously blighted the lives of people in our communities, making them feel embarrassed, lonely, ashamed and violated. Millions of pounds each year are stolen from innocent victims in this way. Lancashire's Trading Standards team work hard all year to prevent our residents from becoming victims of scams.



For more local information and a really helpful consumer advice page, please click [here](#).

'Friends Against Scams', operated by the National Trading Standards organisation (NTS), works to protect and prevent people from becoming victims of scams. We can all help prevent scams by cascading messages and sharing information throughout our communities. We can also help our residents by sharing 'scam busting' information, but vulnerable people especially dementia sufferers can now secure extra help via 'FREE call blockers'.

The National Trading Standards (NTS) Scams Team is offering a **free telephone call blocking service** to dementia sufferers who may be receiving scams or nuisance calls. If you know someone who this would be useful for, please apply at www.friendsagainstscams.org.uk/callblocker.

Flooding...be prepared

In recent years, flooding caused by extreme rainfall has become a bigger issue in Lancashire and across the country. One in six properties in England is at risk from flooding, so we all need to have plan in mind, if a flood should happen. It is estimated that more than half of the people who live in high flood risk areas are unaware of this and are not prepared. There are lots of things you can do to prevent a flood or reduce the impact of flooding by preparing a plan in advance and help you during this distressing situation. Your local district council's website will have specific information for where you live.



Our maintenance team here at Lancashire County Council maintains over 300,000 roadside drains, or 'gullies'. As there are so many, we can't service them all the time - but we can all help to reduce flood risk by reporting blocked drains to us and by watching a short video about clearing drains blocked with leaves in your own street. For local advice, flood alerts and reporting blocked drains to us, you can view our new video animation on how to prevent and prepare for flooding [here](#).

Stay Well This Winter

As the colder months are now with us, it makes sense to look after our own health and the health of those close to us just a bit more. I have met with officers in our Public Health team and I've been given some tips to share with you to stay well over the winter months:

- If you start to feel unwell, at the first sign of a winter illness, even if it is just a cough or cold, get advice from your pharmacist before it gets more serious.
- Pick up prescription medications before the Christmas holidays start. Many GPs and pharmacies will close over the holidays.
- Do you suffer from breathlessness? Find out if you are eligible for a free flu jab.
- It is important to keep warm in winter – both inside and outdoors as it can help to prevent colds, flu and more serious health problems, such as heart attacks, strokes pneumonia and depression. Heat your home to at least 18°C (65°F), if you can, you might prefer your living room to be slightly warmer.
- Make sure you speak to your pharmacists about medicines you should have in stock to help get you and your family through the winter season.
- Make sure you're receiving all the help to heat your home that you are entitled to. Find out more here: www.nhs.uk/staywell.
- Keeping an eye out for elderly relatives and neighbours and supporting them in the cold weather can help them Stay Well This Winter.

- The Stay Well This Winter campaign can help you prepare for winter. Visit www.nhs.uk/staywell for more information.

NHS Health Check – Have you had yours?

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.



If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from your GP or local authority inviting you for a free NHS Health Check every five years.

Once you've had your NHS Health Check, your healthcare professional will discuss your results with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health. But you don't have to wait until then to make healthy changes.



If you haven't had one, contact your GP to see if you are eligible and get yourself booked in.

Finally, I look forward to working with you and hearing from you if you have any concerns that you would like me follow up. Alternatively, please contact:

Amanda Downes

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