

BRADMORE PARISH COUNCIL

Minutes of the Annual Residents' Meeting held in the
Community Hall at 7:00 pm on Thursday 11th April 2019

<p>Present: Councillor M Curran (Chair) Councillor J Nathanson M Nathanson M Fagan – Community Heartbeat Trust B Middleton – Everyone Health 44 Members of the Public Present</p>	<p>Councillor J Aspin R Hague (Clerk) M Oldham J Balmbra – Rushcliffe CCG</p>
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Apologies: Councillor Cattell, Councillor Adair and Councillor Maxwell

1 CHAIR'S INTRODUCTION AND REPORT

Cllr Curran welcomed residents to the meeting and informed residents that following the resignation of Cllr Colwill she had taken on the role of interim Chair. Cllr Curran introduced fellow Councillors, Cllr Nathanson and Cllr Aspin and the Clerk Rebecca Hague.

The local elections are taking place in May, as only five nominations had been received for the seven vacancies there will not be an election for Bradmore Parish Council. Residents were advised that there would be two vacancies and if anyone was interested in joining the Parish Council they should speak with R Hague or one of the Councillors after the meeting. In addition to the four current Councillors standing (Cllr Curran, Cllr Aspin, Cllr Nathanson and Cllr Cattell) Annabel Gear would be joining the Council. Cllr Adair and Cllr Maxwell who could not be here tonight, would not be standing again and Roger Colwill had resigned from the Parish Council in March.

Cllr Curran thanked Roger on behalf of the village and Council for the massive effort he had put into the role, leading on projects such as the bus shelter improvements and as footpath warden completing full reports and regularly strimming around Syd's bench.

Cllr Curran provided an update on outcomes from the Residents' Meeting in 2018. Bus shelter improvement had been set as the residents' number one priority with the funds the Parish Council had available. When Shelter Maintenance had assessed the bus shelter on the A60 southbound side it became apparent that it was structurally unsafe and work was needed to stabilise the shelter. Whilst considering the impact on surrounding properties it was hoped the addition of sides and seating had given some welcomed weather protection and the Parish Council hopes residents are happy with where things have ended up. Shelter Maintenance also carried out works on the A60 northbound shelter owned by Nottinghamshire County Council, adding in a window. It seemed an anomaly that the Parish Council owned one shelter and Nottinghamshire County Council owned the other, therefore it was agreed to pass ownership of the Parish Council's bus shelter to Nottinghamshire County Council to prevent any future maintenance costs being incurred by the Parish Council. The Parish Council still holds the funds for an additional bench in the village, the second of the residents' priorities for the funds available but no suitable location has been proposed.

Other memorable events this year included the Tour of Britain passing through the village. Thank you to the 3C's group for decorating Loughborough Road.

The Parish Council's accounts are currently with the internal auditor but will be made available online before 1st July.

Any residents who are not currently on the Parish Council's email list but would like to join can complete a form available from the Clerk after the meeting.

Questions – *Why are agendas not distributed as a hard copy for residents as not everyone uses the internet?*
The Parish Council took the decision not to put a paper copy of each agenda through every door, due to the costs and time involved, but a paper copy is available on both the noticeboards and the Parish Council can review this at the next meeting.

2 APPROVAL OF MINUTES FROM THURSDAY 10TH MAY

Proposed by Cllr Aspin and seconded by Cllr Nathanson, signed by Cllr Curran as a true and accurate representation of the meeting.

3 INTRODUCTION OF THE VILLAGE DEFIBRILLATOR AND VETS SCHEME - MIKE NATHANSON

Five years ago with the drive of village residents, including Roger Colwill on behalf of the Parish Council and the help of Martin Fagan from the Community Heartbeat Trust a village defibrillator and VETS scheme was set up. Despite there being medical emergencies during the five years since, VETS has never been activated.

4 PRESENTATION BY MARTIN FAGAN (COMMUNITY HEARTBEAT TRUST)

M Nathanson welcomed Martin Fagan of the Community Heartbeat Trust. A defibrillator is a life-saving piece of kit which the government has decided is so safe to use that everyone should have access to one. If the heart stops pumping blood there is a five-minute window to save someone's life. By carrying out chest compressions to keep the heart alive and using a defibrillator to shock the heart into working properly again you can save someone's life. You cannot do anything wrong with the defibrillator and the law protects you in three ways. By doing something you give an individual a chance of surviving.

VETS volunteers can fetch the defibrillator and bring it to where it is needed, all ten volunteers' phones will ring and when someone answers it the other nine stop ringing. VETS can also be expanded to include other areas such as neighbourhood watch. Currently in Bradmore there is one number and one option which is for all emergencies. If you are calling from a landline you do not need to include the dialling code.

The defibrillator in Bradmore was the third in the country to be put in a telephone kiosk, there are now over 1000 in telephone kiosks around the country. The Community Heartbeat Trust has installed over 5000 defibrillators across the country, with the most widely used one being in Melton Mowbray. Reliability for the machines is over 99.9%. 96,000 people currently die from out of hospital cardiac arrests each year so it needs to become instinctive to use a defibrillator.

M Nathanson thanked M Fagan, Community Heartbeat Trust is a charity who do fantastic work putting in defibrillators at cost price.

5 RELAUNCH OF VETS – MARK OLDHAM

VETS originally had ten volunteers, two of whom are dropping off the list leaving eight, this is still considered to be viable but it is desirable to have two further volunteers.

There have been three notable recent incidents in the village where the VETS volunteers could have assisted.

1. A resident slipped on ice and had a bad head injury, the resident did not have the VETS phone number.
2. An accident occurred in the road and while the individual was waiting for an ambulance which was expected to take a long time the individual could have gone into cardiac arrest.
3. An individual who was locked out of their house.

A request was made to include the VETS number on Parish Council agendas.

The VETS number can be used more widely than just for the defibrillator, residents can call the number for other emergencies including suspected strokes, seizures, accidents in the road and falls.

The VETS telephone number is: 0115 8240 848.

6 PRESENTATION ON FALLS PREVENTION: 'STAYING STEADY, KEEPING ACTIVE IN THE COMMUNITY', JANE BALMBRA (RUSHCLIFFE CCG) AND BEN MIDDLETON (EVERYONE HEALTH)

M Nathanson welcomed Jane Balmbra to talk about falls. Falls occur when an individual is upright and then unintentionally goes to the floor. Falls can cause changes in behaviour and what individuals may do in the future.

Top tips to prevent falls:

1. Ask a GP/pharmacist about your medication.
2. Eat sensibly and drink plenty of fluids, dehydration can cause falls.
3. Keep as active as you can.
4. Wear good fitting shoes.
5. Use walking aids if you need one.
6. Home safety – reduce clutter and remove loose rugs.
7. Look after your feet.
8. If you have a fall seek professional help.
9. If you drink alcohol, consider its effects.
10. Have your eyes and hearing checked.

Plan ahead about what to do if you do have a fall, do not try and move too quickly, turn onto your side, then up onto your knees, spin round and sit up.

The ambulance service is overstretched and the average wait for an individual who cannot get up after a fall is 3 hours, as it is not considered life threatening. In these situations, cover the individual with blankets to keep them warm, try and keep them moving and give them a drink if you can.

M Oldham noted looking at a lot of people's footwear at home they are in threadbare slippers or crocs, both of which can cause a trip risk.

M Nathanson added he treats a lot of people with breaks, mostly ladies following falls. Wrist fractures are common in women due to osteoporosis and often following a second fall a hip fracture is incurred.

M Nathanson welcomed Ben Middleton who is part of an organisation called Everyone Health who run 21 falls prevention exercise classes across Nottinghamshire. The focus on these classes is strength and balance by maintaining good posture and using core muscles.

The cost of these sessions is around £3 to cover the room hire charge and includes tea/coffee and biscuits afterwards. Currently the nearest session is held weekly in Keyworth village hall on a Mondays at 12.30pm. In order to start a new group a minimum of 10 individuals would be required, residents can express an interest directly on 03330 050092 or through the Clerk after the meeting.

B Middleton gave a demonstration of the exercises carried out in the classes.

7 MEETING CLOSED – REFRESHMENTS SERVED

Cllr Aspin asked for a show of hands as to who does not use the internet and would require a hard copy of the agenda to enable discussions at the next meeting. One resident raised their hand.

The next meeting will be the Annual Meeting of the Parish Council – Wednesday 8th May – 7.00pm.

There being no further questions the meeting closed at 8.20pm.

Signed:

Dated: