

Kirmington & Croxton Neighbourhood Watch

Report for Parish Council Tuesday, 6th November 2018

Jules sends her apologies that she is unable to make the meeting. Thank you to Claire Humble for kindly presenting the report for her.

Monthly Newsletter: Kirmington & Croxton NHW November Newsletter included information re The Healthy Chat held on 10th October, kindly organised by Cllr Richard Hannigan, the positive outcomes of giving up smoking, some information re 'Lampers' and a message from Anita Green re her village treasure hunt advent calendar and afternoon Santa visit on Sunday 23rd December. Also the proposed Sunday Park Run.

Country Watch: The Kirmington NHW Co-ordinator has now become a member of the local Country Watch. The month of October reported farm items stolen around the area, as well as illegal Lamping and Hare Coursing.

Neighbourhood Watch Activity for the Month of October:

- **Healthy Chat:** The Healthy Chat was held at the Bowling Club on Wednesday, 10th October 2018, it was organised by Richard Hannigan in conjunction with North Lincolnshire Council and thank you to Cllr Hannigan, North Lincolnshire Council and all those who kindly came along. Although lightly attended by villagers, it was thought very worthwhile and extremely interesting and each of those attending achieved a certificate for Level 1 Public Health/Lifestyle Competency.

The Top 7 North Lincolnshire Lifestyle issues in Health & Social Care are:-

- 1 Smoking
- 2 Obesity
- 3 Alcohol Misuse
- 4 Mental Health & Emotional Wellbeing
- 5 Sexual Health
- 6 Fuel Poverty
- 7 Drugs

	<i>Male</i>	<i>Female</i>
Life Expectancy in the UK	79.5 yrs	83.1 yrs
Life Expectancy in North Lincolnshire	78.6 yrs	82.6 yrs

Each area was addressed by those running the course, how positively these can be affected by healthy eating and healthy lifestyle. Presentation slides are being sent to those who attended on the evening and Jules will attach those with the next report when received. Jules will be focusing on each area, month by month, in the church monthly news letter, November's is on the positive benefits of giving up smoking. Please see the information below:

This month the information is on the benefits of Giving Up Smoking. The National percentage of Adult Population Smokers is 14.7%, in North Lincolnshire the average rises to 20.8% of adults. The following table gives the benefits of giving up smoking and timeframes:

<i>After</i>	<i>Health Benefit</i>
<i>20 Minutes</i>	Blood Pressure & Pulse Returns to Normal
<i>8 Hours</i>	Blood Oxygen Levels return to Normal
<i>24 Hours</i>	Carbon Monoxide leaves the Body, Lungs start to clear Mucous/Debris
<i>48 Hours</i>	Body is Nicotine Free, Sense of Smell Improves
<i>72 Hours</i>	Breathing is easier/More Energy
<i>2-12 Weeks</i>	Circulation improves throughout body/easier walking/exercising
<i>3-9 Months</i>	Lung Efficiency Improved by 5-10%
<i>5 Years</i>	Chances of Heart Attack Caused by Smoking Halved
<i>10 Years</i>	Chances of Heat Attack becomes the same as someone who has never Smoked

Passive Smoking: Smoke lingers in a room for 2 ½ hours after a person has stopped smoking.

Jules also advertised the Healthy Lifestyle Service run by the council, what support is available and how it can be accessed including self referral.

The North Lincolnshire Council are running a Healthy Lifestyle Service, a programme of six to 12 sessions is on offer, at local convenient venues, and follow-up support will be available once the programme has been completed. Everyone who is seen by the service will have a one-to-one assessment with one of their Healthy Lifestyle Facilitators who will then identify the best way to offer support. The service will accept self-referrals as well as referrals from wider agencies such as GPs, nurses and social care.

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The 'Healthy Chat' has already been a springboard for ideas of how to interest villagers in maintaining a healthy lifestyle. Xander Welman has proposed to hold informal '**Park Runs**' on Sunday mornings at 10am, this has been put in the Newsletter and Jules will forward any interested parties on to Xander, hopefully this will get off the ground shortly. Jules is looking into initiating a **Healthy Eating Group**, possibly starting in January, the focus not being on obesity and how much each of us weighs, but how we can improve our diets in a positive way, swap healthy recipes which will help us lose weight as well as being fitter and healthier. She hopes to obtain some information from the Council on this.

- **Broken Glass:** Circa 22nd October broken glass was found outside the Engineering Company Opposite the Church. This happened between 2.30pm & 3.30pm. It was noted and kindly cleared up by Anita Green & Janet Deans and a huge thank you to them.
- **Suspicious White Transit Van:** Seen at 1.50pm 31st October 2018 on Croxton Road, Kirmington House Farm Entrance, vehicle slowed down but saw Jules and then sped off and turned left down East End, unable to obtain number. Jules popped it on Facebook and the same thing happened to another lady in the village that day at 2.45pm.

