Minutes of a Parish Council Meeting of Poringland Parish Council Wednesday 13th December 2023 at 7pm Meeting held at The Pavilion, Poringland

Attendance: Ken Aldridge (Chair), Tim Boucher, Sean Curtis, Carl Pitelen, John Overton (also attending as an SNDC Councillor), and Lisa Overton-Neal (also attending as an SNDC Councillor).

Also, in attendance: Charlotte Hummel (Clerk) NCC Vic Thomson (advised he would arrive late), and 2 members of the public.

1. To Receive and Approve Apologies for Absence

Apologies and reasons were given by John Henson and Fiona Harper – Apologies ACCEPTED

2. To Receive Declarations of Interest

John Overton – Item 6 due to being on the Planning Committee at SNDC Tim Boucher – Item 12 due to a relative writing the email relating to the agenda item.

3. To Agree Minutes of the Meeting on 8th November 2023

The minutes of the last meeting were **AGREED** unanimously and signed.

4. Matters Arising, including Clerk's Report

The clerk highlighted the following updates:

- The Parish Partnership application for a new SAM2 had been submitted. The result of the application should be decided in March 2024.
- EV Charging Points installation is due to take place in the New Year. The successful company are waiting on a payment part for the machine and will be in touch regarding installation once it is received.
- Various overgrown hedges that have been highlighted to the parish council have been viewed and the relevant homeowners have been written to. This is reminding them of their responsibilities. The caretakers will keep an eye on the locations and highways will be contacted if work is not carried out.
- The clerk and caretaker met with a representative from Big Sky regarding the transfer of the play park on Mentmore Way. A few items were highlighted that required rectifying prior to the council signing transfer documents. The clerk will update the council when work is complete for review.

5. Adjournment for Public Participation, County and District Council Reports, and Councillors with any Pecuniary Interests

- a) District Council Report (7 minutes) Appendix 1
- b) County Council Report (5 minutes) Appendix 2
- c) Public Participation (15 minutes)

6. Planning

- a) To Consider Applications Received
 - i. 2023/3426: Proposal: Single storey rear extension
 Location: 5 Fallowfield Poringland Norfolk NR14 7UH NO OBJECTION

b) To Note Planning Decisions

i. 2023/3094: Proposal: Replacement entrance door from timber to aluminium for extra Security.

Location: Police Station Overtons Way Poringland Norfolk NR14 7WB

APPROVED WITH CONDTIONS

ii. 2023/2739: Proposal: Re-rendering to the front of the property Location: 19 Howe Lane Poringland Norfolk NR14 7LQ REFUSED

7. Finance

- a) The Receipts, Payments, and Bank Reconciliation up to 30th November 2023 were **NOTED**
- b) Accounts for Payment
 - i. The accounts for payment was **AGREED**
 - ii. The additional payments list provided was AGREED
 - iii. David Hewer **AGREED** to approve payments. It was noted that not all councillors are not approved to authorise payment. The clerk advised that the said councillors would need to sort this issue out themselves, however if they attended the office, staff would be happy help assist in getting them up and running with payments.
- c) An update on Q2 was **NOTED**. The draft budget report for 24/25 had been distributed, the finance and governance had asked for some additional changes. This will be presented to full council to approve along with the precept for 24/25 at the meeting in January 2024.

8. To Consider a Request from the Community Speed Watch Group.

Following an email from a resident regarding lack of volunteers of the Community Speed Watch and requesting support from the Parish Council. It was AGREED to offer support and to contact the lead from Stoke Holy Cross, Community Speed Watch Team to get some advice as to how Poringland could generate more interest. The Parish Council are happy to assist by using social media, website and a flyer.

9. To Give Consideration of Poringland Parish Councils Action to Take for Biodiversity in Preparation of a Biodiversity Policy and Stated Objectives.

The Parish Council recognised that it had a responsibility towards its biodiversity credentials. With the many areas of land in Poringland that the Parish Council are responsible for, that further research would be required as to how they could achieve this before settling on a policy. It was AGREED that a step forward would be to decide on a percentage of the land that is under Parish Council responsibility could be made into managed wild areas. These areas can look very effective with a considered layout.

And ESG policy was also suggested as a responsible step forward.

It was **AGREED** to start with some engagement from the community as to what their needs or desires are for Poringland when it comes to biodiversity.

10. To Review and Agree Standing Orders and Financial Regulations

The Standing Orders and Financial Regulations were reviewed and AGREED unanimously.

11. To Consider an Additional Plaque for the War Memorial to Acknowledge any Further Service Personnel Who Lost Their Lives in Action Since WW2.

It was **AGREED** to carry out some research to find out if any other service personnel from Poringland had lost their lives whilst in action since WW2 and look at an additional plaque that could be added to the existing plaque to commemorate them. Ken Aldridge to look into service personnel. The office will then look into the cost for another plaque.

12. To Consider the Replacement of a Number of Dead Trees on Potters Way.

A resident had been in touch regarding a number of trees that had been planted by Norfolk Homes on Potters Way that had died. The resident had asked if the Parish Council would replace the trees. It was **AGREED** to replace the trees; the clerk will look into various grants and the Amenities Advisory Group would look at all the other areas they are responsible for. The clerk would let the resident know of the decision and also ask if they would be able to assist the council with watering the trees. Sean Curtis suggested that when they are planted that a pipe is also inserted so that the water is directed to the root ball so they have a better chance of survival.

13. To Sign Contracts for the Transfer of Open Space Land at Poringland – Area D from Norfolk Homes.

The Parish Council still had concerns over the three areas in the Transfer of Open Space. It was **AGREED** to give delegated authority to the Clerk and the Chair once a final site visit had been conducted so that the three contracts could be signed. Carl Pitelen and the Clerk would visit Area D and the clerk would report back at the next meeting on progress.

14. To Receive an Updates and Consider Recommendations from Advisory Groups

a) Community Land Project Advisory Group – It was **AGREED** unanimously to accept the recommendations mage by the CLPAG. See below:

Update on the Planning Application – Access and Visibility.

The owners and agent for the land adjacent had contacted the Parish Council regarding the need to work together over the visibility splay issues raised by Highways. They had offered to

attend the meeting.

Further developments had been made with Highways over the access and visibility and it was confirmed by email that although the access point is not ideal. The land was gifted to the Parish council with this established road already in place, therefore it was no fault of the Parish Council over its positioning. Highways have stated that if the Parish Council will pay for give way markings at the end of the road and 2 signs in opposite directions directing people to The Community Land are erected then there were no further issues to be raised. It was recommended by members that the clerk is allowed to approach getting the road markings in soon.

Members AGREED that this should be approved at an approximate cost of £5000. RECOMMENDATION: Full council to approve the recommendations from Highways to allow the planning to proceed.

Update on Planning Application – Ecology

Members were advised that the area would require what is known as a district licences for the site. This has been advised would be costly if the area was considered as a whole under the

application. Consideration has been asked due to not all the land in the application will have development undertaken, even with a long-term plan as it stands.

By zoning the areas (attached) they can then receive individual impact assessments and in turn be entered into district licences as required for each zone at a time it becomes applicable. This could be subjected to by planners as an associated condition.

It was recognised that this could save the council a substantial bill by doing it this way and was AGREED as a sensible approach forward with the application.

RECOMMENDATION: Full council to approve the recommendations from the ecologist and architect by zoning the areas and asking planning if this can be a consideration.

Update on Funding Options

The clerk has been working with Joel Pailles from SNC on funding for the project. The allotments cost plan appeared excessive and the means to reduce this cost were still ongoing. It was AGREED that the clerk and the group would need to attend some established allotments within the area E.g. Bluebell Allotments, Sprowston, Hellesdon and Diss to see how the setup has been made and what ideas can be taken for Poringland site. It was confirmed that this would take place in the new year.

The clerk is also looking into other funding stream such as the National Lottery.

Next Steps

Henry Gowman, Tree Warden had managed to secure trees for a new hedging line that spans 275 metres. Carl Pitelen had had discussions with Henry about the planting of the trees and a date for planting would need to be confirmed but would be sometime in January.

- b) Events Advisory Group Councillors wished to give thanks to all the staff and council team for the organisation and delivery of a successful Christmas Light Switch On held on the 3rd December. Particular thanks were given to the Bookings and Events Officer.
- 15. To Receive Proposal to Close the Meeting for Item 16 Under Section 1 Paragraph 2 of the Public Bodies (Admission to Meetings) Act 1960 HR updates.

16. To Receive an HR Update follow a meeting of the HR Advisory Group

- Staff Job Descriptions and Staff Morale Lisa Overton-Neal and Ken Aldridge are currently undertaking a review of staff job descriptions. It had also been noted about morale between staff and councillors.
- Café Staff Discussion was made about staffing and budget for 2024/25.
- Events and Bookings Officer Hours It was **AGREED** to approve the additional hours from 1st April 2024 and to pay additional hours up to 31st March 2024 on condition of a time sheet being supplied and approved by the clerk.
- Councillor Conduct A reminder was given on conduct of councillors at events.
- Caretaking Recruitment It was **AGREED** to give HR delegated authority to carry out the recruitment process and appointment of a new additional Parish Caretaker.
- Events and Staffing It was discussed that some staff should not book holiday leave when events are to take place. It was recognised that whilst the events are important that all staff have to continue the duties and responsibilities of the community centre and the

parish. More volunteers would need to be recruited to ensure that some councillors are not left to clear up events by themselves.

HR Policies
 The Following HR Policies were reviewed and APPROVED
 Grievance Policy
 Employee Code of Conduct

Disciplinary Policy

17. Date and Time of Next Parish Council Meeting

The next Parish Council Meeting will take place on Wednesday 10^{th} January 2024 at 7pm at Poringland Community Centre unless otherwise advised.

Meeting Closed at 8.55pm

Signed	 	 	
Dated	 	 	

<u>Lisa Overton-Neal District Councillor Report – December 2023 – Appendix 1</u>

National Award:

Broadland and South Norfolk Councils' Director of Resource, Debbie Lorimer, has been recognised with a national award.

Debbie won the award for Workforce Innovator at the inaugural Local Government Chronical Workforce Awards.

The Awards took place on 8 November with 45 live presentations from 36 shortlisted councils outlining their innovative solutions to workforce challenges.

Debbie won the award for her work in bringing the One Team together under one roof.

Grant:

South Norfolk and Broadland Councils have launched a Winter Pressures Grant that enables communities to support their residents through the winter period. The funding is for a maximum of £1,500 per group and can be used for projects that clearly outline how they will support individuals and families during the colder months. Examples include;

- Support to operate Warm Spaces that offer free food and/or drinks, social engagement and wider support
- Provision of Christmas hampers and gifts for the most vulnerable households in a community
- Purchase of warmth providing equipment such as blankets, hats, oil-filled radiators etc. to donate or loan to those in need

For further information and an application form, please see here; <u>Winter Pressures Grant – Broadland and South Norfolk (southnorfolkandbroadland.gov.uk)</u>

Business Builder:

South Norfolk Council and Broadland District Council have helped over 200 businesses secure grants totalling almost £700,000, through the Business Builder programme.

This investment has accelerated growth and supported start-up companies, creating jobs and boosting the local economy.

Alongside investment, business owners have also been able to access advice and training, tailored around each business and its specific needs.

Phil Halls, founder of Grain Brewery said: "Last year we were looking for ideas to improve our turnover, as the business was under pressure. I had always wanted to convert the barn alongside the brewery and create a taproom where people could stop by, however I wasn't financially in a position to invest in the work on my own.

"So, when the opportunity came up to apply for a Development Grant I jumped at it. The whole application was very straightforward and fast, with Jo guiding me on which expenses the grant could cover, right down to details on items such as tables and chairs. Within months the work was done and the taproom was open and ready to welcome customers. The locals really appreciate having somewhere they can pop in after work, especially since our local pub closed. Not only has it made a significant and critical difference to our turnover, it's also a fun place to be for our local community."

People looking to launch a business, but don't know where to start, can also get help through the scheme. The Councils' team can work out if the business is viable and provide a free in-depth online training course which covers everything a first-time entrepreneur needs to know. Once established, the business can come back and apply for a Build-Up Grant to take the next step. For rural businesses, the Rural England Prosperity Fund has also provided a welcome pipeline of significant grants to assist investment in capital equipment and building works, with all applications going through the Business Builder programme.

Visit www.southnorfolkandbroadland.gov.uk/business/business-grants-funding

Wymondham Race:

Record numbers of runners joined in the 10K run on Sunday, organised by South Norfolk Council.

Around 650 athletes ran the picturesque route around Wymondham in what was described as "perfect weather conditions".

South Norfolk Council's Chairman, Cllr James Easter, started the race and was on-hand to present the winners with their medals at the finish line.

Money raised from the entry fees is used to fund some of the Council's most-valued community services, with some also donated to the Chairman's chosen charity.

Small Business Saturday - 2nd December

I visited two businesses for this event: Glamourous Gowns in Wymondham. Spooncake in Loddon

Town and Parish Summit:

We held the summit on the 9th November which was attended really well. The Clerk attended and I hope it was felt that it was useful.

Our next Forum is on the 10th January 2024 at 2pm.

Pride in Place Community Grant:

Round three of the Pride in Place Community Grant is open. Please see attached application form and guidance. Through the Pride in Place workstream it has been highlighted that community involvement in decision-making for local regeneration is key. Grants are therefore available for eligible organisations to improve community cohesion and engagement, understand local needs to develop appropriate community facilities and support community-led built and green infrastructure development.

Christmas recycling video:

Beep beep, bin man coming through (youtube.com)

Please watch our Christmas video.

Emergency Planning:

We had some training on Emergency Planning and I have attached a useful document from the LGA.

Clean Up & Bloom:

The Clean Up & Bloom grant is available to towns and parish councils, and this grant is small, easily accessible funding from the Pride in Place Community Grant Scheme. Funds available are £300 per town or parish and can be used to for example, to purchase plants for your community, arrange litter picking events throughout the year or even apply to the amazing Anglia in Bloom scheme; anything, to help your town or parish residents Clean Up & Bloom.

The application process is incredibly simple – applicants just need to sign and date the form and return to prideinplace@southnorfolkandbroadland.gov.uk

Vic Thomson County Councillor – Report December 2023 – Appendix 2

Want to wish you a Merry Christmas but you have that covered with your own Santa and Elves. Let's hope for a better year in 2024

2023 has been an amazing and very difficult year with the weather giving us a really hard time particularly our highways budget. We have just received an extra budget for potholes. Yes they are appearing.

Norwich Park & Ride Survey! We want to hear from current users about their experiences and if the service meets their needs. If you don't use the service, we'd love to know why and how we can encourage you to try it Take part here: https://orlo.uk/bexJ5

Adult Social Care: New partnership service will help people recover at home

People needing help when they leave hospital are set to benefit from a new community service, to help them recover at home.

The Norfolk and Waveney Community Support Service (NWCSS), will be led by Voluntary Norfolk, the British Red Cross and Age UK Norwich and is funded by Norfolk County Council, NHS Norfolk and Waveney Integrated Care Board and Suffolk County Council.

The service is aimed at helping people with everyday tasks, like shopping, walking the dog or making phone calls and supports people to live independently whilst they recover. It supports people leaving hospital and those with short-term needs in the community.

The service has evolved from six separate services into one consistent joined up service for the whole of Norfolk and Waveney. The support provided through the original services will continue but with a combined wealth of experience and skills to support the whole of Norfolk and Waveney. Funding for the service has also increased by 30%, from £471,000 to £621,000 per year.

Public Health: Ready to Act new Public Health plan to improve health and wellbeing in Norfolk

Norfolk's new Public Health Strategic Plan prioritises prevention and identifies where Public Health and partners need to focus to improve health and wellbeing in the county.

The plan, being presented to Norfolk County Council's Cabinet next week, identifies opportunities for organisations and communities across the county to promote good health and support people's wellbeing.

These include promoting stop smoking initiatives and encouraging people to take up their free NHS health checks.

The publication of the plan follows the permanent appointment of Stuart Lines as Director of Public Health. Stuart has a strong background in working with local authorities to take a 'health in all policies' (HiAP) approach.

The strategic plan, called Ready to Change, Ready to Act details how the Council will work with key partners to help the people of Norfolk to make positive changes to their physical and mental health. It includes work to address the longer-term impacts of the pandemic, such as mental wellbeing, supporting healthy weight and promoting engagement with public health services.

Winter campaign launches to support residents in Norfolk and Waveney to stay Warm and Well

Supported by local health and care organisations in Norfolk and Waveney the latest Warm and Well Campaign is being launched to help us all stay as well as possible during the cold months ahead.

The campaign encourages Norfolk and Waveney residents to "winter proof" their health and wellbeing by preparing for winter illnesses and reminding people what to do if they do fall ill.

Additionally, the campaign aims to support people to who may be struggling to pay bills or heat their home this winter by raising awareness of the wide range of winter hardship support that is available locally.

The Warm and Well campaign promotes some of the essential ways that residents can stay healthy, warm, and well this winter, including:

- Getting their flu and COVID-19 vaccinations as soon as they're offered them
- Keeping themselves well this winter by staying warm, keeping active, and keeping a well-stocked medicine cabinet so they are prepared for common winter illnesses
- Advice for people who look after someone at home and how to set up an emergency carer plan
- Signposting people to the hardship support that is available and providing tips on how to make homes more energy efficient.
- Encouraging use of the NHS 111 service, community pharmacies, Minor Injuries Units, and GP practice services instead of going to A&E
- Supporting people to look after their mental health

People can find all the information they need by visiting the Norfolk and Waveney Winter Well online portal.

Transport and Infrastructure

Government backs Norwich Western Link with funding commitment

The government has approved the Outline Business Case for Norfolk County Council's Norwich Western Link project, which will see a new 3.9 mile dual carriageway road built to the west of Norwich that would cut traffic congestion, reduce journey times and improve air quality in communities.

The Norwich Western Link will complete a fully-dualled orbital route around Norwich, together with National Highways' project to dual the A47 between North Tuddenham and Easton. Once built, the new road will reduce journey times, improve road safety, support economic growth, improve air quality in residential areas and support walking, cycling and public transport use by removing traffic from local roads and through the introduction of complementary measures.

Long Stratton Bypass moves another step forward

Long Stratton's planned bypass moved a step forward when councillors agree crucial next steps.

Norfolk County Council's Cabinet agreed the final financing arrangements for the project and delegate authority to submit the final business case to government and award the contract to construct the new road.

At the November 6 meeting councillors granted permission for preparation works to begin in January to ensure the long awaited bypass can be built as quickly as possible should the green light be given.

The Department for Transport previously committed £26.2 million towards its cost in granting approval of the council's Outline Business Case, back in July 2021.

The target date for the main construction work to start on the bypass is Spring 2024 with an 18 month construction period and the road open to traffic by the end of 2025, subject to procurement and all statutory processes being met.

County Councils remain united against Norwich to Tilbury onshore option

Essex, Suffolk, and Norfolk County Council leaders are urging National Grid to reconsider their preferred onshore option following findings of a recent review.

The councils jointly commissioned and have now published an independent report into the Norwich to Tilbury project, which proposes the construction of a new high voltage electricity transmission line between Norwich in Norfolk, Bramford in Suffolk and Tilbury in Essex.

Leaders of the three county councils are now asking National Grid Electricity Transmission (NGET) and the electricity system planner, National Grid Electricity System Operator (NGESO) to consider the findings.

Communities: Norfolk County Council to offer extra support to households this winter

Earlier this year, Norfolk County Council announced it would receive further funding from the Department for Work and Pensions (DWP) to run the Household Support Fund until 31 March 2024.

The council is receiving £13.4m from central government and adding an additional £400,000 to make the total programme of support worth £13.8m. It is working closely with district, borough, and city councils, VCSE and public sector partners to identify and implement a range of support measures to meet the needs of vulnerable households.

Find out how you could get help from the Household Support Fund at www.norfolk.gov.uk/costofliving

Environment

£2,500 grants available for community tree projects

Norfolk County Council in partnership with Busseys has launched a grant scheme to help local communities plant new trees and create greener and cleaner areas to live. The scheme is part of the council's one million trees initiative and aims to support tree planting projects across the county and contribute to ambitious net-zero targets.

The Busseys Community Tree Grant has made £10,000 (maximum of £2,500 per application) available to community organisations in Norfolk who are passionate about tree planting. Applications must be for planting trees that provide a tangible community benefit.

<u>Find out more about how to apply, the application process, and deadlines.</u>

Giving Tree appeal to support Norfolk's Children in Care

In the lead up to Christmas, Norfolk County Council Children's Services and Waterstones have teamed up again to launch the 2023 Giving Tree appeal, a project aimed at bringing joy to the county's children in care. This is the 17th year the appeal has run, reaching more children every year. Last year's appeal saw more than 1000 books bought and delivered to children in care across Norfolk.

The tree, based at the Castle Street branch in Norwich, will be decorated with hundreds of tags which each represent a child and the book they would like to receive for Christmas. There are requests for books from more than 800 Norfolk children in care, with some specifying books or authors and others seeking a certain genre or type of book.

To participate, pop into the Waterstones Store on Castle Street pick up a tag from the Children's book department, purchase the book and the staff at Waterstones will make sure the book is gift wrapped and delivered in time for Christmas. They can make a difference to the county's most vulnerable children at what can be a difficult time of year. Waterstones also say that If you email them at norwich@waterstones.com and leave your number, they will call you back at a quiet time to arrange a purchase of a book for a child in care in Norfolk. All books must be purchased by 3 December. Members are asked to support this initiative and to encourage people to participate.

Norfolk County Council environmental credentials praised in recent review

Norfolk County Council is doing better than almost every other county council in the country at moving towards net zero, according to an independent assessment.

Campaign group Climate Emergency UK produced scorecards marking action by councils on climate change, including areas such as buildings, transport, planning and biodiversity.

Norfolk was placed joint second with Devon among county councils, with only Oxfordshire ranked higher, after a nine-month assessment process.

Councils were marked according to responses around issues such as retrofitting properties, whether they used electric vehicles, whether they have climate action plans and how high recycling rates are.

It's been just over a year since Norfolk County Council received £49.55m of funding from the Department for Transport (DfT) to improve bus services across the county. There have been huge numbers of improvements already made across the county, and the latest figures show that passenger numbers have increased throughout the year with the number of farepaying passengers now exceeding pre-covid levels.

Passenger numbers across the UK fell dramatically during the covid-19 pandemic with an average drop across the UK of 50.3% but in many areas even more.

Latest figures for Norfolk show that overall bus passenger numbers have increased by 18% in the last year with the number of fare-paying passengers now at 107% compared to pre-pandemic baseline figures. Norfolk is bucking the trend as nationally bus usage figures are at between 89% to 98% of pre-pandemic levels*.

Concessionary pass holders, who have been the slowest to return to using the bus since the pandemic, are now at 83% of pre-pandemic levels and have increased by more than 12% since January this year.

Norfolk received the sixth highest allocation in the country and the funding consists of £30.9m of capital funding and £18.6m of revenue funding.

Approximately £12 million of the funding was allocated to providing new or expanded bus routes and increased service frequencies on key routes, including more evening and weekend services and this has been very much the focus of the spend in this first year of funding.

- A total of 31 enhancements have been made to services this year bringing more regular bus services to 93 parishes with a population of more than 306,000 people.
- There are now more evening services on key routes across 21 parishes in the county including to Dereham, Watton, Thorpe St Andrew and Horsford.
- 49 parishes have an improved Saturday service while 5 parishes are benefitting from improved Sunday services.

Bus travel has also become cheaper this year and offers great value for money thanks not only to the Government fare cap which most operators in Norfolk have signed up to but also 4 local fares offers delivered thanks to the bus service improvement plan:

- £1.50 flat fares for King's Lynn
- £1.50 flat fares for Thetford
- 25% off group, weekly and monthly tickets
- Reduced park & ride fares

*taken from DfT Usage of transport by mode report

From 2020 to 2022, 154 people in Norfolk were killed or seriously injured in speed-related collisions. In 2023, 41 people faced the same fate due to excess speed for the road conditions.

Lets prioritise speed awareness.

Read our tips and advice for staying safe on the road T



https://orlo.uk/j5F86

Stay warm and well this winter... There's a range of support available at your local library including grab and go bags of toiletries, period support packs and things to help keep you warm. Find out more at https://orlo.uk/libraries CFjOB #WarmandWell

County Deal

Cabinet has considered options for devolution of powers and funding to Norfolk. It has recommended a level three deal, with a leader elected in May 2025. Full council has agreed to a Level 3 County Deal but starting in 2025 for the election of the Directly Elected Leader to coincide with the NCC councillor elections http://norfolk.gov.uk/norfolkcountydeal NCC will have to make some changes including constitutional and Scrutiny. Constitutional changes are subject to time controls and we will make those changes in July 2024.

Did you know you could be entitled to emergency funding to help with utility bills? The Client Hardship Service combines the Norfolk Assistance Scheme and Money Support Service which can help you get support. To find out more and apply go to https://orlo.uk/DRT40 #WarmandWell

For some people, a change in season can trigger seasonal affective disorder (SAD). Here are some things you can try at home to help improve your symptoms. Other treatments are available for SAD http://nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/treatment/

Highways winter gritting #norfolkwinter

Twenty-seven new gritters are taking to the roads for the first time later this winter in a £3,238,000 boost to the annual push to help keep Norfolk moving safely.

Norfolk's fleet of 58 winter vehicles treat 2,200 miles of roads on each full 3-hour gritting run. All A and B-class roads and some C-class roads are treated with a focus on commuter and major bus routes and as far as is possible one route into all villages. The A11 and A47 are gritted by National Highways. In addition to the 49 gritting routes, a number of pedestrian areas and main pavements are treated in the centre of Norwich, Great Yarmouth and King's Lynn, and more than 2000 grit bins are available around the county for people to use on roads, pavements and cycle paths.

Members can find more information about winter gritting, plus helpful information and advice to keep people healthy and safe during the winter months on the county council website here.

If you share the above information on social media of have further winter-related information that people might find useful or interesting, please tag it with #norfolkwinter.

We are writing to ensure you are aware that the Department of Health & Social Care currently have a Community Defibrillator Scheme running in which they are providing match funding for 1900 community external defibrillators. We have been selected as their Supplier.

By taking advantage of this scheme, you will be able to obtain a new Fully Automatic Defibrillator & External Heated Cabinet with keypad lock (for installation on an external wall & cabinet requires a power supply) for just £750 including P&PIII

VAT is only applicable if you are VAT registered.

There is currently no limit to the number of defibrillators you wish to obtain and the only requirements for eligibility are: You are based in England

Applicant is not a school (eligible under DofE Scheme)

Installation on an external wall within 4 weeks of receipt of equipment and a photograph showing installed equipment to be emailed to the DHSC

Once installed the Defibrillator must be registered with the ambulance service via The Circuit online registration.

Responsible for ongoing maintenance ie., changing of battery after 5 years (cost of approx. £235.00 exc VAT) and pads at expiry or after each use (cost of approx.. £47.00 exc VAT)

If you have not already applied you can do so at: www.defibgrant.co.uk

The scheme is on a first come first served basis and funding will only be guaranteed upon receipt of your match funding. Numerous applications are being received daily so we advise you apply promptly.

The DHSC Grant Team can be contacted directly on 03003021388 or by email: hello@defibgrant.co.uk