

EPPC NEWS – JULY 2017

Working on behalf of the community

Dear All,

Welcome to our latest newsletter. We hope you're finding the newsletter interesting and that we're providing information about issues of interest and concern to you and your life within our community. We welcome feedback so if you'd like us to include items on different topics do please tell us.

We hope you are enjoying our summer planting, this year in addition to our beautiful hanging baskets in the village centre we have planted tubs of summer bedding plants which are not only in the village centre but at other key locations within the village.



During the growing season we'd appreciate your help. Please can you monitor your vegetation, hedges and trees and keep the roads and pavements outside your property clear and unobstructed for the benefit of pedestrians and other footway and highway users. Please also keep streetlights and road signs adjacent to your property clear and unobstructed. Also, if you notice any footway lights which aren't working properly, let us know. Please don't forget that if you notice any highways issues, when out and about to report anything you see requiring attention to KCC Highways at <http://www.kent.gov.uk/roads-and-travel/report-a-problem>. The Highways team is pretty prompt at dealing with any queries, but obviously they need to be made aware of them. Similarly it is at this time of the year that we start noticing overgrown vegetation particularly affecting our Rights of Way, issues of this nature are the responsibility of KCC Public Rights of Way and should be reported directly to them. We've been advised that regardless of the growing season the vegetation will only receive two cuts per annum. To report a problem go to the website www.kent.gov.uk/report-a-problem-on-a-right-of-way.

We have been asked to assist UK Power Networks in signing up vulnerable people who might need extra support during a power cut. Information on this scheme can be found on our website.

There's been some low level crime in the village. We're aware many people think there's no point calling the police when the crime appears to be minor but we'd urge you to report all crime, no matter how small by telephoning 101 or by contacting our Community Warden on 07969 584183. This way, the police can note patterns of crime and take suitable action.

Our priority with regard to the Playing Fields is to maintain them to a high standard. The Playing Fields are a beautiful open space and available to use by anyone in the village 24 hours a day. They're also available for private hire and it would be wonderful if various village events took place there. The Playing Fields are kept as a haven for families and for children to run around safely, and there are benches to sit and have picnics. They're a wonderful village asset. In addition to some new tree planting we're considering installing additional activities such as a Play/Trim Trail, outdoor table tennis table or a 'sunken' trampoline. If you've any thoughts on what you'd like to see please do let us know.

Following the resignation of Peter Crawford a long standing and respected member of the council a vacancy exists for a new parish councilor. We are deeply sorry that Peter has left the council and he will be a huge loss to us and the village. TMBC will be advising us in due course if we are able to fill the vacancy by co-option or if there will be an election, in the meantime, if you would like to consider joining the parish council do please contact us for more information.

Our office is open weekday mornings during term times (except Wednesdays), do drop in and talk to us about any village issue you think we can help you with.

Kind regards
Chairman, Councillors and Clerk
East Peckham Parish Council

COUNCILLORS AREAS

Parish Councillors represent the village collectively but for administrative and Emergency Planning we have divided the village into areas and an area assigned to each councillor as follows:

Hale Street, Bardsley Close, Hale Court, Medway Meadows, Cates Court & Maidstone Rd	TBC
Smithers Lane, Pattenden Gardens, Hop Bine Close, Smithers Court, Beltring Road, Branbridges Road & Maidstone Road (A26)	James Hockey
Old Road, Strettitt Gardens, Pinkham & Pinkham Gardens	Penny Graham
Addlestead Road, Chidley Cross Road, Caysers Croft & Tonbridge Road	Lynton Wright
Pound Road, The Old Dairy & Snoll Hatch Road	Serina Page
Orchard Road, The Freehold, Red Roses, Marvillion & Crown Acres (Odds)	Colin Silver
Whitebine, Golding & Henham Gardens & Crown Acres (evens)	Mick Barton
Fell Mead, Stockenbury, Bramley Road, Pippin Road & Russett Road	Steph Watson
Hatches Lane, Bullen Lane, Bells Farm Road & Stanford Lane	Jenny Macdonald
Westwood Road, Drage Road, William Luck Close & Cotman Way	Heidi Harratt
Court Lodge, Roydon Hall & Bush Roads, Grove Close, Seven Mile, Martins & Church Lanes	Michael Ferguson

COMMUNITY GRANTS

If your group or organisation would like to apply for a small grant please visit our website where you will find details of our grants policy and an application form. Funds are available specifically for grants to groups and organisations. Already during 2017/2018 we have made a grant available to the Table Tennis for Fun Club.

WOULD YOU LIKE TO SPONSOR A COMMUNITY PROJECT?

There are many projects you could help. If you are interested please let us know.

EAST PECKHAM BUSINESS COMMUNITY

Are you a member of the business community? Would you like to see East Peckham have a business forum, if so we'd like to hear from you. Some of the things the forum could do include publishing a business directory and a visitor's information leaflet. It would be fantastic if the business community came together for a 'Showcase Evening' where a local businesses displayed their 'commodities' to help make residents more aware of what happens on the commercial side of the village. So many products are made locally and it would be wonderful to showcase them to the community, for everyone to see what is produced, meet the business owners and find out about local services and trades available right on our doorsteps. We would like to invite representatives from local businesses and community groups to a networking breakfast, please let us know if this is something that would interest you.

COMMUNITY DEFIBRILATOR

The defibrillator is housed in a secure box attached to the wall of the Parish Office at the Jubilee Hall. The defibrillator is an intelligent item of medical equipment which 'talks' to the operator and gives easy to follow instructions on where to place the electrode packs on the chest, how to administer Cardiopulmonary resuscitation (CPR) and when to press the 'shock' button. An operator cannot 'shock' a patient that does not require it and cannot make a bad situation worse. SECAmb know of the location of the defibrillator so that when someone dials 999 about a possible heart attack, they can immediately see if there is a defibrillator nearby to the caller, give them the access code and direct them there.

ALLOTMENTS

Allotments are provided on land adjacent to the Playing Fields. The annual rents are very reasonable and we currently have a few vacant plots.

FINANCE

Our accounts for the financial year 2016/2017 have been finalised and verified by our Independent Internal Auditor. You can find our Receipts and Payments account for the year ended 31 March 2017 together with the supporting notes on our website. Our balance carried forward from 2016/2017 to 2017/2018 is £269,143 consisting of earmarked reserves (£116,525) and net reserves (£152,618).

YOUR PARISH COUNCIL RESPONSIBLY LOOKING AFTER PUBLIC MONEY

Whilst we are waiting for our Annual Return to be returned to us from our external auditors we have received the full report for 2016/2017 from our Independent Internal Auditor. The report has made the following conclusions and observations.

- EPPC is required by statute to make arrangements for an Independent Internal Audit examination of its accounting records and system of internal control and for the conclusions to be reported each year in the Annual Return. Auditing Solutions Ltd provides this service to EPPC.
- In undertaking the review for the year, the Independent Internal Auditor considered the materiality of transactions and their susceptibility to potential mis-recording or misrepresentation in the year-end Statement of Accounts/Annual Return. The Independent Internal Auditor employed a combination of selective sampling techniques and 100% detailed checks in a number of key areas in order to gain sufficient assurance that EPPC's financial and regulatory systems and controls were appropriate and fit for the purposes intended.
- The Independent Internal Audit programme of cover was designed to afford appropriate assurance that EPPC's financial systems were robust and operated in a manner to ensure effective probity of transactions and to afford a reasonable probability of identifying any material errors or possible abuse of EPPC's and the national statutory regulatory framework. The programme had also been designed to facilitate the completion of the 'Annual Internal Audit Report' in the Annual Return, which required independent assurance over a number of internal control objectives.
- The Independent Internal Auditor concluded that EPPC maintains adequate and effective internal control arrangements and has completed and signed the 'Annual Internal Audit Report' in the year's Annual Return, having concluded that, in all significant respects, the control objectives were being achieved throughout the year to a standard adequate to meet the needs of EPPC.

EAST PECKHAM SURGERY

PUBLIC CONSULTATION EVENT

MONDAY 10 JULY 2017

AT THE JUBILEE HALL (MEETING ROOM)

10.00 a.m. – 3.00 p.m. & 7.00 p.m. – 10.00 p.m.

As reported in our June newsletter; moving forward there are 3 options:

- **Refurbish and build extension on the existing site.** However there is a general concern over the viability and shrewdness of spending so much money on the existing site given its various limitations.
- **Build new** by incorporating a new Surgery into the proposed redevelopment of the Methodist Church and Community Centre in the centre of the village.
- **Do nothing** in which case the surgery could close as soon as September.

It is extremely pleasing to note that the CGG has confirmed that they will carry on paying the rent of East Peckham Surgery provided there is a long-term scenario being investigated or in place. We are currently preparing some consultation material for the Public Open Consultation event being held on 10 July 2017 and will be making a decision at our September meeting.

2017 GARDEN COMPETITION

Thank you for all the splendid entries into the Garden Competition. Serina Page, Mick Barton & Lynton Wright had the enviable task of judging the entries. The prize winning gardens are:

1 st	22 Snoll hatch
2 nd =	1 The Old Dairy, Pound Road
3 rd =	The Homestead, 164 Bush Road
Runners Up	42 Addlestead Road
	31 Westwood Road
	42 Hatches Lane

Photographs of the prize winning gardens will shortly appear on our website. The trophy which will be awarded to the first place winner at the 2018 Annual Parish Meeting. We look forward to receiving entries for the 2018 Garden Competition.

BLOOMING IN EAST PECKHAM

We'd like to form an East Peckham in Bloom group, it will have our endorsement and comprise of residents who would like to enhance the appearance of the village. The Group could become a member of 'Britain in Bloom' an organisation set up by the Royal Horticultural Society. We'd also like to encourage residents and retailers to keep their frontages clean and tidy. We're looking for garden enthusiasts, carpenters/DIY'ers, artists or just residents who want to be involved.

LOCAL COUNCIL CHARTER BRANCH

NALC our national association has partnered with more than 60 organisations including the Woodland Trust to help launch a new Charter for Trees, Woods and People. We have registered as a Charter Branch and this sets out how local communities and trees can best benefit one another and will serve as a resource which we can use in support of our efforts to look after the trees in East Peckham. Copies of the Charters newspaper "Leaf" are available from the office free of charge. We also have a special register which you can sign, for each signature we receive; the Woodland Trust will plant a tree.

JUBILEE HALL AND PLAYING FIELDS

We own the Jubilee Hall complex which comprises of the Playing Fields, Sports Hall and Meeting Room. There has been an increase in bookings enquiries and we've been delighted to be able to welcome new users to our facilities.

The complex hosts many regular activities such as Bootcamp, Keep fit, mini music makers, goal keeping school, badminton, bowls, table tennis and Zumba. We're also the venue for the monthly carers group. As well as a large car park and free WIFI, the Jubilee Hall has a well equipped kitchen. The facilities are perfect for most events. If you're looking for a venue, please contact us for details of availability and hire charges. Our latest programme of activities and the contact details of the activity organisers can be found on our website.

We're proud of the fact that the Jubilee Hall continues to provide a wide range of activities for residents of East Peckham and that our Playing Fields are in excellent condition. There is however room for more activities and our aim to widen the number of indoor and outdoor activities on offer. We would be pleased to hear from you if there are any indoor or outdoor activities you would like us to provide such as archery, cycling and running clubs. We would also be pleased to hear from you if you would be interested in starting up a new activity.

Children's Party Packages: We have some fantastic packages, offering hassle free solutions to make your life easier and your event a great success.

Business Events: We can offer solutions for business events such as one-to-one consultations to a classroom or meeting venue. We can provide a great space for training, meetings and exhibitions.

The playing fields are a beautiful open space in the centre of the village and are open to all. We want them to be a safe haven for you to enjoy the peace and quiet and for children to play safely, families to picnic, joggers to run securely, play rounder's, kick a football, fly a kite or just a place to sit and contemplate. We will continue to develop the facilities so that the village; is well equipped with leisure facilities for everyone. We are currently exploring the idea of a fitness trail around the perimeter of the playing fields to blend in with the natural environment.

FANTASTIC VENUE AVAILABLE IN EAST PECKHAM VILLAGE CENTRE?

We have two rooms available, a larger sports hall and a smaller meeting room and can cater for most activities such as sports activities, children's parties, book clubs, craft groups, meetings, dance clubs, group gatherings.
Surrounded by 15 acres of playing fields we offer very competitive hire rates, a large car park, FREE WIFI, kitchen, projector and screen

Whatever your activity we look forward to receiving your enquiries.
Please email admin@eastpeckham-pc.gov.uk for more information

PLANNING AND TRANSPORTATION COMMITTEE

Our aim is to represent the views of the community when consulted on planning applications and to improve transportation issues. The Committee has recently considered the following applications:

TM/17/01234/LB Remove existing flat roofed dormer and replace with a top hung conservation roof window at 29 Smithers Lane, East Peckham **NO OBJECTION**

TM/17/01151/FL Installation of a new canopy building to house pump equipment at Nettlestead Pump Station, Off Hale Street by Pass, East Peckham **NO OBJECTION**

FORMER ROSE & CROWN PUBLIC HOUSE

We are concerned at the continued dilapidation of site of the former Rose & Crown Public House but unfortunately we have no remit to take any action. However, the Borough Council can take action; they have been made aware of the further dilapidation of the hoarding and asked to instruct the landowner to make the area safe.

ILLEGAL CARAVAN (EAST ACRES) AT BRANBRIDGES ROAD

An appeal has been submitted to the Planning Inspectorate against TMBC's refusal to grant planning permission. We have notified the Planning Inspectorate of our objections and advised that we are fully supportive of the actions taken by TMBC in this matter.

TWINNING

East Peckham is twinned with Chéreng in the Nord de Pas de Calais. Twinning activities are funded by those taking part and fund-raising with no use of parish funds. For more information on Twinning please contact Karen Bell by email to admin@eastpeckham-pc.gov.uk.

CCTV

We are in the process of removing the CCTV system in the centre of the village and will in future only operate one CCTV system which is the one installed at the Jubilee Hall. If viable we will consider deploying the equipment elsewhere and would be interested to hear from you if you have any suggestions or would be interested in the equipment.

ABANDONED VEHICLES

These can be reported via <http://www.tmbc.gov.uk/services/environment-and-planning/abandoned-vehicles>, this info is contained in TMBC's Street Monitor Guidance booklet available on our website.

ANTI SOCIAL BEHAVIOUR

If you witness any incidents of anti-social behaviour, please tell us, our community warden or the police. Anti-Social Behaviour can affect everyone's quality of life and should not be tolerated.

LITTERING

Litter doesn't clear itself away. The cost of clearing up litter runs into hundreds of pounds. It's an offence to leave litter and a person is guilty of an offence if they throw down, drop or otherwise deposit and then leave it in a public place. TMBC will respond to complaints and have the power to demand a person's name and address in order to issue fixed penalty notices. It's such a shame that an uncaring

few spoil it for the rest of us. Remember if you want to report a litter issue or fly-tipping, go to TMBC's website. To help keep East Peckham beautiful, can we please encourage residents and businesses to regularly clear up their frontages and collect rubbish along their roads. Let's keep our village tidy. We're aware of a number of residents who regularly collect litter and our thanks go to these unsung heroes.

DOG AND LITTER BINS

Complaints regarding overfull dog/litter bins or related issues should be reported to waste.services@tmbc.gov.uk or using the online forms at www.tmbc.gov.uk.

DOG FOULING

It's a shame that a few uncaring dog owners spoil things. Dog deposits provided it's bagged up can be put into any amenity bin – not household bins. If you see anyone failing to clear up after their dog contact the Community or Dog Wardens. Please be aware that failing to clear up after your dog is an offence which TMBC enforces through the Dogs Fouling of Land Act 1996 which applies to all open land within the borough to which the public have access. If you've a dog fouling complaint obtain as much information as possible as it will assist the Dog Warden. For a found, lost or straying dog telephone 01732 876181, for fouling, dangerous dog, dog on dog attack or anything else telephone 01732 876147 or Email: dog.warden@tmbc.gov.uk. If a person has been bitten report the incident to the Police on 101

PUBLIC RIGHTS OF WAY

KCC is responsible for maintaining public rights of way. Regardless of the growing season the majority of the rights of ways will be cut twice each year. Please report any problems to KCC by telephoning 0845 345 0210, or online at <http://webapps.kent.gov.uk/countrysideaccesscams/issues/default.aspx>

HIGHWAYS

The preferred way to let highways know about faults such as potholes or overgrown vegetation is through the website www.kent.gov.uk/highwayfaults where details can be uploaded and locations pinpointed on a map. In the event of an emergency you should call 03000 41 81 81. You might be interested in the roadworks.org website which gives details of all planned works for the village.

PARKING ON PAVEMENTS

This is a far too common problem in our village partly because many of our roads were built in the days before cars and because drivers wish to park as close as possible to where they live. If you spot a vehicle wrongly parked, please call 101 and our PCSO's will try and attend. Whilst the PCSO's cannot issue tickets they can issue advice notices.

SATURDAY FREIGHTER SERVICE SCHEDULE

TMBC's fortnightly bulky service now has separate collections of Waste Electrical & Electronic Equipment and scrap metal. Items collected will be stripped down into their component materials and recycled. The dates and times can be found on TMBC's website which is updated regularly <http://www.tmbc.gov.uk/services/environment-and-planning/recycling,-rubbish-and-waste/household-waste-special-collections-for-large-items/saturday-household-waste-service>. We are aware of the difficulties encountered at the Jubilee Hall following the timetable changes implemented by TMBC. TMBC has been asked to be consistent with regard to the timing of the service. In order to avoid any wasted journeys our advice is to check the timetable beforehand.

WASTE – DUTY OF CARE

TMBC is in the process of delivering their new 'Waste – Duty of Care' leaflet to all households across the borough. The leaflet is aimed at raising awareness not only of the problem of fly tipping and the huge cost to councils of clearing fly tips, but also of the householder's own responsibility for ensuring their waste is disposed of legally. Many people have work undertaken at home such as building works of garden clearance, but don't give any thought as to where any waste taken away might end up. When investigating fly tips, TMBC always try to track down the people actually dumping the waste, but often draw a blank, as the residents "paid a man down the pub" or "got someone from Facebook" to take it away. Although many businesses and contractors who carry waste are registered waste carriers and operate entirely legally, illegal waste collectors tend to do so on the cheap as they know they won't have to cover the waste disposal costs. This leaflet is aimed at raising awareness of these issues amongst

our residents in order to try to decrease the amount of fly tipped waste TMBC has to clear, as well as doing away with any excuse that the householder didn't know they were doing anything wrong.

POLICE

In an emergency, if a crime is in progress or life is in danger, call 999 For non-urgent issues call 101 If deaf or speech impaired, text „Police „and your message to 60066 For news and advice visit www.kent.police.uk Follow on Twitter @kent_police or @kentpoliceton Find Kent Police on Facebook.

CHRISTMAS LIGHTS

We know it is far too early to talk about Christmas but already plans are taking shape for the 2017 Christmas Light Switch on which will be taking place on 01 December 2017. We're hoping it will be a fantastic village community event with many of our groups and organisations having stalls selling festive goods and refreshments. The Parish Council will be providing FREE mulled wine for the adults and soft drinks and chocolate for the children, we'll also be organising for the event to be attended by Father Christmas and his elves and for there to be a return of the popular snow machine.

The cost of the Christmas lights is not cheap and although we make a budget available of £5,000 towards the lights, this does not meet the full costs so we shall be hosting three fundraising events. In addition to 2 Quiz Nights there will be a 50/50 Auction (More information on the auction below). If you would like to donate items for the raffle or lots for the auction please let us know.

50/50 AUCTION

The auction will be held in the Jubilee Hall on Saturday 7th October.

If you have an item you wish to sell, 50% of the proceeds will go towards the fund and you will receive the remaining 50%

East Peckham Parish Council is now accepting items for the auction, if you need to de-clutter or have items that you don't want any more please telephone us on 01622 871309/872015 or send an email to admin@eastpeckham-pc.gov.uk or serina.page@eastpeckham-pc.gov.uk

Everyone is invited to come along on the day to bid for any item you may wish to buy or just for the sheer fun of taking part in a live auction.

Viewing will be on the morning of the sale, it will be possible to leave a bid after you have viewed if you are unable to attend the auction

Lots of fun is guaranteed and refreshments will be available

DATES FOR YOUR DIARY – JULY 2017

03 July 2017	Planning & Transportation Committee, 7.00 p.m. in the Jubilee Hall
10 July 2017	Surgery consultation event, 10.00 a.m. – 3.00 p.m. & 7.00 p.m. – 10.00 p.m.
17 July 2017	Meeting of the Full Parish Council, 7.00 p.m. in the Jubilee Hall

CONTACT DETAILS

Clerk to the Council, Karen Bell, The Parish Office, East Peckham Jubilee Hall, Pippin Road, East Peckham, TN12 5BT, Telephone/answerphone: 01622 871309, Email: admin@eastpeckham-pc.gov.uk. Our office is open weekday mornings during term time except Wednesdays. We love seeing you and look forward to your visits. If you've an important matter which you wish to discuss, please make an appointment so that we can make sure we're available. Karen works part time and is sometimes at external meetings and not always available, so do please ring or email first. If you'd like to speak to a Councillor please write, phone or email and a Councillor will contact you; alternatively you can contact a Councillor via our website www.eastpeckham-pc.gov.uk.

2017 SUMMER RECESS

Our 2017 summer recess will be from 17 July - 03 September, during this time there'll be no meetings and our office open hours will be reduced. This doesn't mean we stop work, business continues as usual; please send emails to admin@eastpeckham-pc.gov.uk, twitter messages to @EastPeckhamPC or you can contact us through our website www.eastpeckham-pc.gov.uk. If you'd like to speak to someone, please contact:

Karen Bell	Parish Clerk	01622 871309/
Steph Watson	Chairman	01622 870154/07944212262
Penny Graham	Deputy Chairman	01622 871494/07515143198
Michael Ferguson	Chairman, Planning	01622 872478/07526574227

Our office hours will be as follows

Week Commencing	24 July 2017	CLOSED
Week Commencing	31 July 2017	CLOSED
Week Commencing	07 August 2017	CLOSED
Week Commencing	14 August 2017	To be confirmed
Week Commencing	21 August 2017	To be confirmed
Week Commencing	28 August 2017	To be confirmed

Whilst we look forward to your visits, if you have an important matter which you wish to discuss, please make an appointment so that we can make sure we're available. Karen works part time and is sometimes at external meetings and therefore not always available. If you'd like to speak to a Councillor please write, phone or email and a Councillor will contact you; alternatively you can contact a Councillor via our website www.eastpeckham-pc.gov.uk. Don't forget that our website is a useful tool too where you can find out more about East Peckham and your Parish Council, on the website you will find regular updates, details of all Parish Council meetings and links to agendas, consultations and other information relevant to the whole village.

EAST PECKHAM PARISH COUNCIL App

Our app is a new way for us to be able to engage with you and for you to find out what is happening in the parish and discover the latest news and information about EPPC services, events and meetings.



**Temporary Traffic Restrictions – War & Peace Show, The Hop Farm Country Park – between
0001hrs and 2359hrs on 24th July 2017 to 29th July 2017**

Because of the likelihood of danger to the public, Kent County Council has made an Order that traffic travelling at any speed in excess of 40mph is prohibited on the A228 Maidstone Road, Capel from the junction with B2017 Badsell Road to the junction of Whetsted Road (northern end, the start of the A228 Whetsted Road, Capel).

Traffic travelling at any speed in excess of 30mph is prohibited on the A228 Whetsted Road, Capel between the A228 Maidstone Road, Capel to the roundabout outside the main entrance to The Hop Farm Country Park.

Prohibit waiting and stopping on A228 Maidstone Road from B2017 Badsell Road/Whetsted Road/Branbridges Road/ Boyle Way to A228 Seven Mile Lane, B2160 Maidstone Road between Transfesa Road and A228 Whetsted Road roundabout and Beltring Road between A228 Branbridges Road to Torbay Road, Branbridges Road, outside of the Industrial Estate and Old Whetsted Road for the entire length of the road.

Local home care provider launches Summer Hydration campaign

Following the record-breaking heat wave, local home care provider Bluebird Care Tonbridge and Tunbridge Wells has launched its 'Summer Hydration' campaign to protect vulnerable people from the harmful effects of heat and sun exposure.

As part of the campaign, older people, their families, friends and neighbours across Tonbridge and Tunbridge Wells are being urged to think seriously about staying hydrated this summer.

The high temperatures that were recorded across Kent last week pose a serious risk to vulnerable people in our communities. We believe individuals have a moral duty to ensure that high risk groups – such as babies, children and the elderly – have adequate care and support to maintain their good health.

As part of the campaign, Bluebird Care Tonbridge and Tunbridge Wells will be sharing tips and links to national resources on social media to ensure everyone is prepared for the hot weather. Bluebird Care's team will also ensure that elderly people are properly advised on the best way to stay hydrated during scheduled home care visits.

In July 2016 there were a staggering 1,661 deaths recorded in England & Wales, with many elderly people sadly succumbing to the high temperatures. Ensuring adequate intake of fluids is essential to avoiding heat-related conditions including heat exhaustion, heat stroke and dehydration.

Health experts recommend that everyone should drink around six to eight glasses of fluid a day, which can include water or sugar free drinks (NHS Eatwell Guide, 2016).

The NHS provides a number of tips for staying safe during high temperatures, including:

- Keeping your home cool by closing your blinds and curtains
- Avoiding extreme heat whenever possible
- Staying hydrated with water, avoiding alcohol, caffeine and sugary drinks
- Staying alert by keeping up to date with weather forecasts
- Checking on relatives and neighbours who may be most at risk
- If you need to go outside plan ahead, have plenty of food and water as well as sun protection (sun cream, sun hat and sunglasses)

- Avoiding outings in the middle of the day, 11-3pm is the hottest part of the day.

Many vulnerable people feel lonely and isolated and we are sometimes unaware of the real threat to life that extreme weather can cause to at risk groups, often because people simply don't think to check that they are OK.

Staying hydrated in the summer months is vital as the sun can catch us off guard, giving little time to take precautions against the heat. It's important to start planning for the hotter weather now by making sure you are aware of the weather forecast, finding an hour during the day to keep cool, speaking to your neighbours about coping with extreme heat and making sure you are drinking enough fluids.

For more free information about how to stay safe this summer, visit the NHS website: <http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx>

Saturday Bulky Refuse Service

The Saturday bulky waste service is provided by TMBC for the disposal of household waste, including bulky items. The Parish Council has given permission for TMBC to provide this service from the Jubilee Hall Car Park, Pippin Road, East Peckham, TN12 5BT.

Please note that the schedule runs on a 4-week cycle. When a month has five Saturdays, the service is not normally run on the fifth Saturday.

The service also provides for the collection of electrical items and scrap metal for recycling. A smaller vehicle will park next to the Saturday freighter.

The dates of the service are as follows:

8th July: 10:30 to 11:30

22nd July: 08:00 to 09:00

12th August: 10:30 to 11:30

26th August: 08:00 to 09:00