

COLEMAN COMMUNITY MEETING

TUESDAY, 25 NOVEMBER 2014

Coleman Neighbourhood Centre, Balderstone Close, Leicester, LE5 4ES

NO	<u>ITEM</u>	<u>ACTION REQUESTED AT MEETING</u>
25.	INTRODUCTIONS & APOLOGIES	<p>Councillor Mayat – Chair, welcomed everyone and led introductions.</p> <p>There were no apologies for absence.</p> <p>No interests were declared.</p>
26.	ACTION LOG	<p>Action Log from the meeting held 8 September 2014 was circulated and confirmed as a correct record.</p> <p>No matters arising.</p>
27.	COUNCILLORS' REPORT	<p>No major issues were identified within the Councillors' report.</p>
28.	WINTER CARE PLAN	<p>Mary Hall from Public Health presented information on the Winter Care Plan. Please see attached presentation which outlined some of the following points:</p> <ul style="list-style-type: none">• How the winter affects health• Which people are more affected?• How we can stay well throughout the winter
29.	AGE UK	<p>Phillipa Stanbridge and Diane Kachelski from Age UK gave information and advice on the services provided by Age UK.</p> <p>Phillipa Stanbridge informed attendees about 'Get Going Together' an Age UK initiative to Help older people to be more active. It was discussed that staying active can;</p> <ul style="list-style-type: none">• make people more energetic• slow down or reduce the risk of some diseases• strengthen muscles and bones – reducing risks of falls and fractures• keep the brain active• reduce stress, ease depression and anxiety• increase one's life expectancy

		<p>Classes for older people were currently taking place within the Coleman Ward, one of which included; the seated/ gentle exercise class on Fridays mornings at Coleman Neighbourhood Centre.</p> <p>Diane Kachelski explained about 'CAP – Crime Aware Prevent', an Age UK Leicester, Leicestershire and Rutland project funded by the Police Commissioners Innovative fund to promote Crime Awareness and Prevention to people over 50 years. Events were being held in many areas including within Age UK Resource Centres and venues popular with older groups of people.</p>
30.	CITY WARDEN UPDATE	<p>There was no City Warden update as no officers were present.</p> <p>A City Warden update was to be provided at the next meeting.</p>
31.	HOUSING UPDATE	<p>Andy East, Team Leader (Housing) gave an update on activities and works proposed in the Coleman Ward:</p> <ul style="list-style-type: none"> • External painting or metal railings around Sandford Court, Harrowden Rise & Iffley Court had been postponed until 2015-16. • Other projects were continued this year including internal block painting on Rowlatts Hill Estate. • As a future proposal and in order to improve security of 1 Harrowden Rise, fencing and hand gates would be supplied and fitted to the front and front side perimeter. • This year grounds maintenance works included removing shrubbery and turfing in several areas of the ward. A continuation of similar work was anticipated to be extended in 2015/16. • It was noted that costs were being awaited for re-surfacing the car park area around Beatty Avenue flats and to upgrade the door entry system at Gumbrill House. • The installation of new LED Lighting had recently replaced the previous high & low

		<p>pressured sodium street lighting around many blocks on Rowlatts Hill Estate in the Coleman Ward. The new Leicester City Council LED lighting scheme was anticipated to reduce energy consumption and carbon footprint. The contracts team would be installing as many as they could afford within the budget.</p> <ul style="list-style-type: none"> • It was mentioned that concerns had been received regarding the communal way-lighting installed near some of the blocks of flats on Rowlatts Hill Estate being very dark and at a low level. It was requested that the Housing Officer look into this issue.
<p>32.</p>	<p>LOCAL POLICING UPDATE</p>	<p>An update on local Policing issues and crime statistics were presented by PC Simon Thompson:</p> <p>Statistics reported were as follows:</p> <ul style="list-style-type: none"> • 15 burglaries in relation to commercial services. Police Officers had stayed longer on duty for harder targeting and had offered support to victims of crime. • 20 burglaries of dwelling premises and 17 thefts from motor vehicles including number plates, some of the thefts were a result of insecure properties and vehicles. • Attendees and victims of burglaries were advised to take general precautions such as; locking windows, doors and gates. Merchandise to prevent crime was also distributed and suggested at the meeting. • Attendees were informed of the website 'Immobilise' - a free UK national property register which allowed members of the public and businesses to register their valued possessions or company assets. This could assist Police when investigating and returning stolen/ lost property to the original owners. • In regards to the problem solving plan on Sparrow Park, it was noted that problems had reduced.
<p>33.</p>	<p>COMMUNITY REPORTS UPDATE</p>	<p>Recipients of previously supported applications were given the opportunity to present their achievement.</p>

		<p>Carine Cardoza, one of the Coleman festival organiser shared the following testimonial:</p> <p>It was noted that the festival which received £3,361 from the Coleman Ward community budget was a great success with approximately 3,500 attendees. There was a variety of entertainment which included singers, dance groups, a book bus used by 400 children, stalls, a fun fair and more.</p>
34.	WARD COMMUNITY BUDGET	<p>Anita Clarke, the Community Engagement Officer provided an update on the Community Meeting Budget.</p> <p>The following applications were considered at the meeting:</p> <p>1172: Community Cinema Applicant: LCC – Anita Clarke Amount Requested: £250.00 Result: Grant of £250.00 was SUPPORTED</p> <p>5047: Memon Youth Sports Tournament 2014 Applicant: Memon Youth Association Amount Requested: £500.00 Result: Grant of £350.00 was SUPPORTED</p> <p>5048: Stars Performing Arts School Applicant: Stars Performing Arts School Amount Requested: £880.00 Result: Grant of £250.00 was SUPPORTED</p> <p>1173: Navratri Festival Applicant: Mr Mayur Sisodia Amount Requested: £1000.00 Result: Grant of £1000.00 was SUPPORTED</p> <p>5050: Choosing Health for World Mental Health Day & Networking Event Applicant: Akwaaba Ayeh Mental Health Project Amount Requested: £500.00 Result: Grant of £500.00 was SUPPORTED</p> <p>5052: The launch of EMPDF Applicant: East Midlands Puntland Diaspora Forum Amount Requested: £435.00 Result: NOT SUPPORTED</p> <p>1201: Anniversary /Christmas Celebrations</p>

		<p>Applicant: Rowlatts Hill 60+ Group Amount Requested: £400.00 Result: Grant of £400.00 was SUPPORTED</p> <p>1228: Winter Wonderland Event Applicant: LCC – Anita Clarke Amount Requested: £500.00 Result: Grant of £500.00 was SUPPORTED</p> <p>1238: Jalwa Dance Crew (JDC) Applicant: Jalwa Dance Crew Amount Requested: £500.00 Result: Grant of £500.00 was SUPPORTED</p> <p>1239: East Park Activity Group (EPAG) - The Sikh Community Centre Applicant: East Park Activity Group (EPAG) Amount Requested: £500.00 Result: Grant of £500.00 was SUPPORTED</p>
<p>35.</p>	<p>ANY OTHER BUSINESS</p>	<p>Ian Jordan from the Planning Team gave a brief overview of the New Local Plan Issues and Options consultation:</p> <p>The New Local Plan was a statutory document which Leicester City Council had been currently producing to show where and how Leicester could be developed over the next 15 years and more. Some of these developments would include:</p> <ul style="list-style-type: none"> • A growing City – economy, housing, city centre • People and Spaces – neighbourhoods, spaces, heritage, health • The Environment – transport, climate change, green space and sport <p>The Local Plan was currently at the stage of public consultation, whereby comments and suggestions were being encouraged from the public including Leicester residents/ community, key stakeholders, neighbouring authorities and others who could have their say on the plan.</p> <p>Attendees were asked to contact the team with comments or questions by: Email – planning.policy@leicester.gov.uk or filling in the online response form at www.leicester.gov.uk/issuesandoptions</p>
<p>36.</p>	<p>DATES OF FUTURE MEETINGS</p>	<p>The next Coleman Community Meeting will take place on Tuesday 3 March 2015 at 6.30pm – Sikh</p>

		Community Centre.
37.	CLOSE OF MEETING	The meeting closed at 7.25pm

How to stay well in winter

How does the winter affect our health?

- Cold temperatures cause an increase in emergency hospital admissions from breathing and heart conditions.
- Icy roads and paths cause falls, slips and accidents.
- There is an increase in infections such as coughs, colds and flu.
- More people stay indoors and become socially isolated.

Which people are more affected?

- People with existing heart, breathing or other long term medical conditions.
- People over the age of 65 years.
- Older people who live on their own.

How can we stay well in winter?

Be prepared for winter

- Check that you are getting all of the benefits you are entitled to.
- Check that your house is properly insulated.

Keep warm

- Make sure the boiler is serviced regularly.
- If you can't heat the whole house try to keep at least one room and your bedroom at a temperature of at least 18°C.
- Wear several layers of clothes rather than one thick layer.

Keep warm continued..

- Try and keep active even if staying **within** the house: move around at least once an **hour** or do some gentle armchair exercises.
- Eat and drink warm food and drinks **regularly**.

Keep safe

- Wear shoes that **fit well** and don't come loose.
- Use a walking stick if needed, **especially** in icy conditions.
- Make sure that you have a good stock of medicines and food in your cupboard so that you don't run out.
- Use a delivery service if the weather becomes too bad to **leave** the house.
- Get help if you start to feel ill – **don't** leave it **until** you are really poorly.
- Have your flu **vaccination**
- Keep active: **make** use of the activity sessions **around** the city.
- Keep a list of contact numbers that you can call if you need help.

Keep in touch

- Try and get out as **often** as possible.
- Talk to friends, neighbours and **relatives**; find out **how** they are, keep up with the news, meet up for coffee.
- Ring the local radio stations to give your **opinion**.

How can we help others to stay well in winter?

- Be aware of elderly neighbours who live alone or who may be more vulnerable, such as those with health conditions.
- Be aware of whether they are going out regularly, whether lights are being turned on when it's dark or whether curtains are being opened or closed. Not doing this may mean something is wrong.
- Knock on their door and offer help or simply a chat.
- Call someone if you are worried.

Some useful contact numbers

- Leicester City Council: 0116 454 1000
- NHS Choices: 111
- Non-emergency police: 101
- Emergency services: 999
- For support and help if you are over 50: Age UK: 0116 299 2233

