

RED HEAT-HEALTH ALERT

It won't escape anyone's notice that we're in the middle of a heat wave with more to come sometime in August.

In addition to the amber heat-health alert with temperatures to reach as high as 30 degrees there is likely to be more high temperatures of 37 degrees possible in North Kesteven.

This level of heat, sustained for such a long time, can have major health impacts, especially on the very young and the very old, and those with breathing or heart problems. However, the red alert status indicates that even the fit and healthy could suffer severe impacts from the temperatures later on this month.

Taken directly from the heat-health alert page shown below:

Reached when a heatwave is so severe and/or prolonged that its effects extend outside the health and social care system. At this level, illness and death may happen among the fit and healthy, and not just in high risk groups.

ADVICE: look out for others, especially older people, young children and babies and those with underlying health conditions. Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors. Drink plenty of fluids and avoid excess alcohol, dress appropriately for the weather and slow down when it is hot. Be on the lookout for heat related illness. Cool your skin with water, slow down and drink water. Call NHS111 or in an emergency dial 999.

Coupled with this, Covid is on the rise again and health services are being impacted - ALL of the UK's ambulance services are on their highest alert levels meaning there struggling to cope. So anything we can do to stay away from A @ E is advisable.

There is more great advice from the NHS.GOV.UK

LALC SHINING STAR AWARDS.

A couple of weeks ago these awards were awarded to:-

Council of the Year

RUSKINGTON PC was highly commended

Young Councillor

Cllr Reece Harrington of Washingborough Parish Council achieved joint first place

Parish Clerk

Joint 2nd place - Kathryn Lock and Kirsty Sinclair of RUSKINGTON

3rd place - Karen Brodie of Washingborough

4th place - Rachel Popplewell, Witham St Hughs and Eagle

Congratulations also to nominees:

Stacey Knowles - Bracebridge Heath

Mary Parker. - North Hykeham Town Council

COMMUNITY CHAMPION AWARDS

In this year of great celebration there's a lot of voluntary community endeavour and many acts of thoughtful kindness to celebrate and champion through the NK Community Champion Awards.

With nominations now open across 11 categories, reflecting many ways through which people, groups and businesses make a positive difference to life locally, there's plenty of scope to ensure the very best expressions of community endeavour are applauded and awarded.

Nominations MUST be made by September 9th.

Categories cover:

Community Business

Community Spirit (sponsored by Lindum Group)

Contribution to a Better Environment (sponsored by Hill Holt Wood)

Contribution to Climate Action (sponsored by Sleaford Renewable Energy Plant/Greencoat Capital

Contribution to Community Safety (sponsored by the office of the Police and Crime Commissioner for Lincolnshire)

Contribution to Health and Wellbeing (sponsored by Branston Ltd)

Contribution to Sport (sponsored by GLL/Better)

Good Neighbours (sponsored by Ringrose Law)

Long-standing Contribution to a Group or Organisation (sponsored by Lincolnshire Community Foundation)

Young Achiever (sponsored by Duncan and Toplis)

A celebration evening will take place at The Hub in Sleaford on November 16th.

Nominations can be made at www.NKawards.org

There is more details and guidance notes there, and profiles of recent years finalists. Email Communications@n-kesteven.gov.Uk

HOUSEHOLD SUPPORT FUND BRIEFING

Lincolnshire County Council has been awarded around £5.5m of the Household Support Fund (HSF) for the period covering 1st April to 30th September.

GET FIT FOR LIFE NK

NK's face to face healthy lifestyle programme is back! Debbie Chessum, NK Health Trainer is running a ten week programme in RUSKINGTON (Winchelsea Hall) from 29th September to 8th December every Thursday morning 9.30am until 11.30am.

Anyone who lives or works in North Kesteven, is over the age of 18, and has a BMI of over 30 can participate for free. The course looks at food groups, portion sizes, labelling, food triggers, sugars, fats, physical activity, smoking, alcohol and more.

Each session also has a physical activity such as Tai Chi, health walk, Zumba, seated yoga, Pilates and more. If you or anyone that you know is interested in attending please contact Debbie on 01529 414155.

ANNUAL CANVASS

The Annual Canvass is now underway, with emails and letters already being sent to residents. This process allows the Council to keep the Electoral Register for the District up to date.

The canvass identifies any residents who are not registered so they can be encouraged to do so and to remove any person who no longer lives at an address.

The Elections Team are asking electors across North Kesteven to look out for Annual Canvass communications. Within the next two months every household in North Kesteven will be contacted by either email or letter. Electors are asked to please read all communications carefully and respond immediately.

Typically changes have to be made when someone has moved into or out of a home, there is a 17 year old that is not registered (and will turn 18 before 30th November 2023, or someone has turned 76 and so is no longer eligible for jury service. More information can be found on the council website.

Just to let you know that i caught Covid earlier on in July and gave it to my husband. As I have had 5 jabs I was well protected and Andrew got it worse than me. I am not going to attend any Parish Councils this month with Covid numbers being so high but if I can be of any assistance for anything please do get in touch.

Best Wishes
Lucille



Cllr Lucille Hagues

Chairman of Council

Ward: Cliff Villages

Mobile: 07816 368517

Email: cllr_Lucille_Hagues@n-kesteven.gov.uk

www.n-kesteven.gov.uk

Received a message from us about the electoral register?

All you need to do is follow the instructions so we know you're registered and ready to vote.

For more information, visit our website [HERE](#).

