



## Detect and protect yourself against risk of strokes

Warwickshire County Council (WCC) are urging people to get a regular pulse check to help detect and protect themselves from the risk of stroke. Atrial Fibrillation (AF) is an irregular heart beat and is a major cause of stroke. In Coventry and Warwickshire in 2015/16, the number of people registered with a GP diagnosed with AF is 15,900. However, the estimated number of people with atrial fibrillation is much higher, with 8,000 patients in need of identification, diagnosis and preventative treatment for stroke. If the local health services were able to identify all the patients with atrial fibrillation and optimally manage their treatment, a total of 230 strokes, could be prevented within three years. With treatment of anticoagulation medication this can prevent two thirds of strokes in AF in Coventry and Warwickshire.

The symptoms of AF can include:

- Palpitation (being aware of your heart beat)
- Tiredness, shortness of breath
- Dizziness or feeling faint

However, some people may only have mild symptoms, whilst other people may have no symptoms at all.

AF can be detected by feeling the pulse at your wrist. If you are in AF, your pulse will feel irregular and beats may be variable in strength. You might also feel this pattern if you have missed beats or extra beats, which are very common and usually nothing to worry about. Some people have AF which comes and goes, so sometimes their pulse may feel normal sometimes and other times it will be irregular.

Know your pulse by using the British Heart Foundation [guide to checking your pulse](#). If your pulse is irregular, or if you're concerned in any way about your pulse, you should make an appointment to see your GP.

Read more about AF on [NHS Choices](#) or the [British Heart Foundation](#).

### Great Alne Parish Councillors:

- Lynn Bowring (Chairman) – The Old Cottage, Henley Road, Great Alne, B49 6HR  
 Paul Clark – 66 School Road, Great Alne, B49 6HQ  
 Ian Millard – West Meadow Barn, Manor Court, Henley Road, Great Alne, B49 6HR  
 Louise Bennett: 6 Nightingale Close, Great Alne, B49 6PE  
 Marie Holding: 10 Nightingale Close, Great Alne, B49 6PE

Sarah Duran (Clerk) – 2 Flax Close, Alcester, B49 5DQ Tel no: 07833 790375

Any thoughts on the newsletter? Please let us know!

## BITS & BOBS

Here are a few snippets that may be of interest to you!

- **Great Alne- Fibre broadband live**  
Great Alne cabinet 5, located opposite Little Orchard, Henley Road has been upgraded, meaning that properties connected to the upgraded cabinet may now be able to order the improved service. Please note that some lines that were previously connected directly to the exchange have now been routed through this cabinet so will now also be suitable for faster broadband. The roads / postcodes that will have benefited from this upgrade are as follows:  
B49 6HR - Henley Road  
B49 6HS - Park Lane  
B49 6HX - Henley Road  
B49 6JA - Mill Lane
- **Dog waste-** Can be put in **any** SDC litter bin! Great news!!
- **UBUS** is the ring and ride community transport service operating within Stratford District. All UBUS vehicles can accommodate a wheelchair. Residents living in an Orbit property are eligible for a £0.60 discount on their journey. UBUS can be used to visit friends, attend social groups, leisure activities or go shopping. It cannot be used to attend medical appointments. (For these, ring VASA on 01789 262889). Residents interested in registering with the service should ring 01789 264491.

### Parish Council Meetings 2018

Great Alne Primary School on Mondays

- 15 January
- 19 March\*
- 21 May
- 16 July
- 17 September
- 19 November

Meetings usually have a 7pm start  
**Annual Meeting**  
 6.30pm  
 \*7.30pm start  
*Everyone is welcome!*

Draft Minutes are available one month after Parish Council meetings. Please see the website or contact the Clerk for a hard copy

*Wishing you all a very happy Christmas and a peaceful New Year*

## Parish Update

- **Defibrillator:**
  - A defibrillator, cabinet, and emergency phone from Community HeartBeat Trust (CHT) have been installed through a grant from the Big Lottery Fund and the lighting upgraded in the phone kiosk
  - The site is now active and the West Midlands Ambulance Service has been informed
  - Weekly visual inspection will be carried out on the same day as playground inspections and more detailed inspections monthly.
  - Residents have been notified of the defibrillator installation via notices on the village noticeboards, an item on the News page of the Parish Council website and via the newsletter. There will also be a press release.
  - Awareness training sessions have been planned in conjunction with CHT and will be held at the Memorial Hall for Thursday 11 January at 7pm and Saturday morning 27 January at 10.30am
- **Recreation Ground:** The Parish Council issued an invitation to tender for replacement toddler area equipment. Four submissions were received from HAGS SMP Ltd, KOMPAN, Schoolscapes Ltd and Fawns Recreational Services Ltd. The Chair attended a meeting to open the four tender submissions with Cllr L Bennett, Mr R Bennett and the Clerk. Evaluation criteria were used in assessing each of the submissions to obtain final point scores, and the Chair was confident that the procedure was carried out fairly and impartially. The winning bid from KOMPAN fulfilled the requirements, was of a high specification, added great value to the scheme and came in at price. The Clerk wished to thank Mr R Bennett for his invaluable help in scoring for the evaluation exercise. The slightly disappointing news is that although Linfoot Country Homes Ltd has been granted planning permission for the development on Sernal Lane, they have been held up by the land acquisition process and have not yet appointed a groundworks contractor. They are currently going through a tender process themselves which they do not anticipate will be completed until late November/early December.
- **Green lane E5998 between Sernal Lane and Coughton Fields Lane:** The Parish Council remains in discussions with Warwickshire County Council (WCC) to achieve a sustainable remedy. Contrary, to what was originally thought the land appears to be in private ownership and does not belong to WCC. WCC are responsible only for the road surface. The Parish Council is still trying to provide evidence that the track is a bridleway, and never was a route with vehicular rights.
- **Emergency Planning:** Inside this newsletter you should have received a copy of an Information guide to personal and community resilience that the Parish Council has published for your convenience.

## Can we help?

Please complete and return this form to Sarah Duran, Clerk to Great Alne Parish Council, 2 Flax Close, Alcester, B49 5DQ

Do you have any comments or suggestions about the state of the footpaths, overhanging trees or pavements for example?

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Thank you.

