Hougham Without Parish Council

13 Victoria Road, Capel-le-ferne, CT18 7LR

Email: cathy.finnis@googlemail.com

Minutes of the Meeting

**Tuesday 21st January 2020**

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Present:

Cllr Bryan

Cllr Lamb

Cllr Taylor

Clerk Cathy Finnis

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19/64 To receive apologies for absence; there were no absence

19/65 To identify any member’s interests; there were no member’s interests

19/66 To hear questions from the public; there were no members of the public

19/67 To sign and agree minutes for 14th November 2019

It was **RESOLVED** that the minutes were a true and accurate account of the meeting and signed as such by Cllr Taylor.

19/68 Matters arising

 There are no matters arising.

19/69 To consider the planning permission for:

**Proposal:** Erection of a detached dwelling with detached garage

**Location:** Holly Lodge, Crooks Court Lane, West Hougham, CT15 7BN

It was **RESOLVED** to support the application.

19/70 To discuss and resolve the 2020-2021 precept to send to DDC.

It was **RESOLVED** to set the precept at £10,500 and the form was signed by Cllr Bryan and the Clerk.

19/71 Reporting:

* **Chairman** – discussion planned with Kent County Council and OpenReach to explore broadband possibilities.
* **Vice Chair** – discussions continue regarding noticeboard positioning.
* **KCC Councillor** –

New Year, New You?

‘New Year, New You’ is the message to Kent residents who are facing increasing health issues from poor lifestyle behaviours including inactivity and unhealthy eating.

Along with smoking and drinking too much alcohol, these can have long term effects on people’s emotional and physical health, leading to an increased risk of many types of cancer, heart and lung disease and stroke.

In 2017/18, the percentage of Kent adults (over 18) classified as overweight or obese was 62.8 per cent\* which is slightly higher than the national figure (62 per cent).

KCC Director for Public Health, Andrew Scott-Clark said: “The best way to tackle problem weight is to eat a healthy, balanced, reduced-calorie and sugar diet.  You can also maintain a healthy weight and prevent many illnesses by exercising regularly, at least 30 minutes a day of brisk walking. Priorities focus on changeable factors such as helping families to improve poor diets and help for those who need to lose and maintain a healthy weight.

“KCC supports national initiatives such as Change4Life and One You, alongside community-based weight management programmes for adults and fun activity based programmes for families with children and educational programmes in schools. Services like One You Kent which really can help a new you, this new year.”

Try the ‘How are You?’ quiz, Easy meals app or Active 10 app at [www.kent.gov.uk/healthyweight](http://www.kent.gov.uk/healthyweight) You can also book up for a free Health Check and find out more about a range of tools, tips and local support services that can help you at [www.oneyoukent.org.uk](http://www.oneyoukent.org.uk/)

Sally from Tunbridge Wells lost 11kg with one-to-one support from the One You Kent team, team as well as joining the September Counterweight Group in the Camden Centre, Tunbridge Wells. She said: “What a great group to join, really friendly people… supportive and made my journey very enjoyable. So very happy to lose the weight I have with the support I received I recommend it to anyone who wants to lose weight and feel great.”

Anthony from Dartford lost two stone and quit smoking with One You Kent. He said: “One You Kent and its amazing team of wonderful staff have enabled me to lose weight and stop smoking which have helped me tackle sleep apnoea and regain my confidence to re-enter the workplace. They made the difference for me and helped me rebuild my life.”

Andrew Scott-Clark added: “We want more people to get the help they need at the right time and this could be in a range of different ways. People do not have to struggle alone, we want them to seek support and information to help them live a healthier life. If people are depressed then we urge them to see their GPs or contact Live Well Kent - who provide community mental health support services. For more information, go to[www.livewellkent.org.uk](http://www.livewellkent.org.uk/)”

KCC supports the national Dry January campaign and encourages residents to be aware of how much they are drinking by using the ‘Know Your Score’ interactive online anonymous test - [www.kent.gov.uk/knowyourscore](http://www.kent.gov.uk/knowyourscore) A range of formal and informal support is also available, such as AA and Smart Recovery (peer support) in Kent and Al-anon for friends, family and carers of alcoholics. KCC Public Health commissions specialist treatment providers to provide structured treatment for alcohol addiction.

Meanwhile, figures for Kent last year show a decrease down to 15 per cent of residents being smokers – approximately 185,000 people – and the number of people who have never smoked is on the rise, up to 56.2 per cent.

If you’re aged 40 to 74-years-old, and not on GP cardiovascular register you will be invited once every five years for a NHS Health Check. Your blood pressure, height and weight will be checked along with blood cholesterol and you'll also be asked some questions about your lifestyle and family history. The check will identify the risk of you developing heart disease, kidney disease, stroke, diabetes or dementia in the future.

For advice about small changes you can make to improve your health and wellbeing, and find more support in your area regarding your lifestyle, see [www.oneyoukent.org.uk](http://www.oneyoukent.org.uk/)(search for ‘Health Checks’) or call 0300 123 1220 (option 4) to find a clinic near you.

Geoffrey Lymer

Kent County Councillor

Dover West Ward

* **PCSO** – Report: 04/12/2019 – Elms Vale Road, Hougham

Abandoned vehicle – Crooks Court Lane, West Hougham

Traffic Offence – Hougham Court Lane, Church Hougham

* **KALC** – nothing to report
* **Highways** – nothing to report
* **Finances** – nothing to report

19/72 To discuss ‘rubbish in our lanes’ (CP)

Cllr Peel reported witnessing a significant amount of dumped rubbish in the vicinity, especially around 13 bends and looking down to the motorway. *Action: CP to discuss with DDC.*

19/73 To discuss events to be held on Hougham Village Green and to resolve

 Easter Bonnet Parade and Easter Egg hunt 12.04.20

 Party in the Park June TBC

 Boot Fair on 13.9.20

19/74 To discuss Hougham Village Green upkeep

 Paul Relf: table tennis table removal – Cathy to contact.

19/75 To make payments:

PAYE quarter payment: 180.20

Simon Withey village green upkeep (Nov/Dec 19) 200.00

Cathy Finnis office allowance and wages (Dec/Jan) 480.66

Payroll (invoices 24 +25) 11.98

Molecatcher, Mr A Wells 80.00

Playdale Playgrounds for maintenance of playground 544.31

The meeting closed to 20.43 by Cllr Bryan

*The next scheduled ordinary meeting of Hougham Parish Council is due on Tuesday March 17th, at 7.30pm at Hougham Village Hall, and will be confirmed during the week before*