

Be pet friendly please

We all know how traumatic bonfire fireworks can be for our pets, who get very stressed and frightened by all the bangs and whistles. But we can comfort them as we know that it is 5 November. That cannot happen however when fireworks are used to celebrate an event at any other time. So please, let locals know what you are planning by spreading the word, maybe through the chadwickenders facebook page. Ask to join today.

Support grants may be available soon

Chadwick End Parish Council is considering introducing small grants to help local projects that need a little cash support. The annual total for all grants given is likely to be £500. If you or someone you know, is part of an organisation that needs a small cash boost then we may be able to help. Maybe the organisation has some funding already agreed and just needs to top it up. The details are still being finalised and we hope it will be available from 1 March 2018.

In the meantime, if you want to register an interest, just drop an email to Lara, our Parish Clerk, chadwickendpc@hotmail.com

'A Bit of a Do' in 2018!

We have been thinking about the social events calendar for 2018 in Chadwick End and have decided on the following, the dates are provisional at this stage:

Quiz night, our most popular event will take place sometime in April on a Friday evening, you need to reserve your tickets so get your team sorted early!

Cinema show, on the playing field, bring your own picnic, fizz and friends and watch a top film under the stars, a Saturday in June.

Live concert, watch, listen and even dance to a live band on the playing field at the hall, we hope in August.

Village fete, we need volunteers before we can make a decision about holding a fete in 2018. If you are willing to be involved in organising the fete, starting in January, let us know, at chadwickendpc@hotmail.com

Chadwick End Parish Council



Newsletter Winter 2017

Welcome to this edition of the Chadwick End Parish Council newsletter. If you have any questions, contact the Parish Clerk on

07941 263265 or

email: chadwickendpc@hotmail.com or go

to our new website:

www.chadwickend-pc.org.uk

With winter here now we all busy preparing for the colder weather, like getting the central heating serviced, buying logs and coal, all those things that keep us feeling warm and safe. There will be some in our community who may live alone and perhaps need some support doing these everyday things to prepare for the colder, harsher months ahead.

Please look out for others

Remember that other people, such as neighbours, friends and family members, may need a bit of extra help over the winter. Keep in touch with and ask if they need any practical help, or if they're feeling under the weather.

Here are a few tips for better wellbeing through winter time

Stay well this winter

Winter can be a tough time of year. The cold and damp weather can aggravate existing health problems and make people more vulnerable to winter illnesses.

But there are plenty of ways to stay well in Solihull this winter.

Here are five tips to stay well this winter.

Feeling unwell? Don't wait – get advice from a pharmacist

At the first sign of illness, even if it's just a cough or cold, get advice from a pharmacist, before it gets more serious.

Pharmacists are fully qualified to advise on the best course of action.

Have a flu jab

Having a flu jab is completely safe and helps protect from serious illness.

The flu jab is free for anyone aged 65 and over, those with an underlying health condition or weakened immune system, pregnant women and anyone who is the main carer for an older or disabled person. It's also free for children aged 2-3 and school age children up to year 4.

Flu jabs are available from GPs or pharmacists. Visit www.nhs.uk/getflujab for more information.

Keep warm

It is important to keep warm in winter – both inside and outdoors.

Make sure you're receiving all the help that you're entitled to. Solihull's Winter Warmth Campaign offers free advice, information and assistance to residents at risk from the cold. The service is not just for older or unwell residents but for anyone who needs help staying warm this winter.

Call the helpline on 0121 704 8080 (Monday to Friday, 9am to 5pm).

Regularly check the temperature inside your home to ensure it is not too cold. It is very easy for the inside temperature to drop too low to ensure your health is not affected. The temperature in your main living room and bedroom should remain at a minimum of 18C. If you are feeling cold during the day, do not wait, please seek help from your family or neighbours. If you have internet access there is more information here,

www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell.aspx

Check the medicine cabinet

Many over-the-counter medicines are available to relieve symptoms of common winter ailments. Pharmacists can advise what medicines are helpful.

Prescriptions

It's important to get prescription medicines before pharmacies and GP practices close for Christmas. Repeat prescriptions can also be ordered online.

To sign up to GP online services speak to a GP practice or visit www.nhs.uk/GPonlineservices