

## Lancashire Constabulary



As the weather gets colder please don't defrost your car by leaving the engine running when you are not with the vehicle - this time of year opportunist thieves regularly trawl around the roads looking for unattended cars with the engines running.

With Christmas almost upon us, we have our usual message for residents to make sure you do not leave gifts in the car or in view from a window.

Residents witnessing any suspicious activity are asked to contact the Neighbourhood Policing Team on the new non - emergency reporting number, **101**, or via email at:

Police Sergeant Pauline Appleton  
pauline.appleton@lancashire.pnn.police.uk

Community Beat Manager Mark Etheridge  
mark.etheridge@lancashire.pnn.police.uk

PCSO Michelle Appleton  
michelle.appleton@lancashire.pnn.police.uk

PCSO Michael Jones  
michael.jones@lancashire.pnn.police.uk

## Lancashire's Police and Crime Commissioner

Following the election on 15 November, Clive Grunshaw has been elected as Police and Crime Commissioner (PCC) for Lancashire, replacing the current Police Authority.

For up to date information and news and to sign up for newsletters from the Police and Crime Commissioner, visit the website:

[www.lancashire-pcc.gov.uk](http://www.lancashire-pcc.gov.uk)

## Look after your health this winter

With Winter upon us there are some simple steps that you can take to look after your health.

Seasonal Flu can keep the young and fit in bed for a few days but for those who are older or suffer from other health conditions such as heart problems or diabetes, flu can have more serious consequences. This also applies to pregnant women. For people in this group it is advisable to have a flu jab available from your GP practice or some local chemists and supermarkets.

Norovirus or Winter Vomiting Virus is on the increase at the moment. Symptoms last for about two days. Good hand hygiene is the best preventative, but if you do get it ensure that you remain hydrated and if it persists or symptoms get worse then seek medical help.

Lastly both measles and whooping cough are increasing amongst babies and young children. Immunisation is the best preventative for these serious illnesses, for advice about protecting your children contact your health visitor or GP. Wishing you a happy and healthy winter season.

*Councillor Margaret Osborne*

## Carol Singing

Come along and join Parish Councillors from Heapey and Wheelton to sing Carols around the Christmas Tree at 5.30pm on Christmas Eve at the Clock Tower, Wheelton.

Following the Carols light refreshments will be served and a collection will be made on behalf of Heapey and Wheelton War Memorial Trust.

## Free Support from Age UK Lancashire

If you, or someone you know, has recently been ill, come home from hospital, had a fall, been bereaved, feeling lonely or isolated, or are finding daily tasks a struggle, Age UK Lancashire may be able to help. Offering FREE short term support to older people in Chorley, Age UK Lancashire can help get you back on your feet, regain your confidence and retain your independence.

Age UK Lancashire can offer both practical and emotional support. Help offered may include assistance with shopping and light housework, health appointments, home safety checks and information and advice.

To find out if we can help call 01257 479024

email [chorley@ageuklancs.org.uk](mailto:chorley@ageuklancs.org.uk)

## Remember to Recycle

With Christmas approaching we would, once again, ask everyone to recycle as much as they possibly can.

The cardboard packaging from presents will be collected by Chorley Council as part of your normal recycling collection, as will the empty wine, spirit and beer bottles, any other glass bottles and jars, cans, foil and paper and, don't forget, many supermarkets offer Christmas card recycling facilities.

Lancashire currently has facilities for recycling clear plastic bottles made from the following categories of plastics:



**PET** - polyethylene terephthalate - (fizzy drinks).



**HDPE** - high density polyethylene (milk/washing-up liquids)

## January Council Meeting

The next meeting of the Parish Council has been rearranged and will take place at 7.30pm, on Tuesday 15 January 2012, at Heapey Parish Church.

## Recycling Collection Calendars

Chorley Council has been delivering the new Recycling Collection Calendars for 2013 along with your recycle collection.

If you haven't received one before Christmas contact Chorley Council on 01257 515151 or email [chorley.gov.uk](mailto:chorley.gov.uk)

## Lancashire Fire and Rescue Service Winter Safety

Winter brings many risks and often leads to an increase in accidental house fires. We regularly see an increase of fires in the home caused by unsafe heating, open fires, blocked chimneys, candles and overloaded electrical sockets caused by extra appliances and Christmas decorations used during the winter period.

Lancashire Fire and Rescue Service will provide information on how to keep you and your home safer this winter.

Our FREE home fire safety visits offer help and advice on how to prevent fires from occurring and offers life saving information of what to do if a fire does occur. During our visit we will also fit 10 year smoke alarms FREE of charge if required.

To request your free home fire safety check please call Sandra Alty on 01257 266844 or 07920 291867 quoting reference SA053. All visits are completed by Fire Service Personnel who will show ID cards on arrival.

## Parish Councillors

### Chairman

**Julia Berry** 01257 268035

### Vice-Chairman

**Margaret Osborne** 01257 264446

### Councillors

**Malcolm Allen** 01257 264362

**Ian Fairhurst** 07949 467236

**Colin Grunstein** 01257 277840

**Janet Ross-Mills** 07732 027490

**Alan Platt (Clerk)**  
can be contacted at:

**9 Ambleside Avenue**  
**Euxton, Chorley, PR7 6NX**

**Tel: 01257 234003**

**e-mail:**  
**[heapeyyc@btinternet.com](mailto:heapeyyc@btinternet.com)**

**website:**  
**[www.heapeyandwheelton.org](http://www.heapeyandwheelton.org)**

Parish Council meetings are usually held on the first Tuesday in alternate months (Jan, Mar, May, Jul, Sep and Nov), at Heapey Parish Church, Chapel Lane, Heapey.

See the Parish Council noticeboards at the junction of Blackburn Road with the A674, the junction of Coppice Lane with Hollin Lane, the entrance to Heapey Chase and the War Memorial Grounds for details.

Members of the public are welcome to attend all Council meetings.

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Winter



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## Heapey Parish Council Newsletter

# Best Christmas Lights

This year, the Council is looking for the best Christmas lights displays in the parish.

Each Member of the Parish Council will nominate one home, within the Councillor's newsletter delivery area, with the best lights display, to receive a £20 voucher to spend at a local garden centre.

Judging will take place between now and the New Year.

## A Very Merry Christmas and a Happy New Year to all

from the Members of  
Heapey Parish Council