

## **SDC Cllr Report 16<sup>th</sup> May 2022**

The majority of time at SDC is spent untangling ourselves from the doomed SDC WDC merger. As you are aware it fell apart due to a lack of financial information sharing and co-operation with Due Diligence.

The SWLP will jointly continue as will our climate Change work and shared legal services. I will update as soon as I have the actual costings and potential savings around the whole lengthy process. Many Council officers are relieved and as you will know I was not in favour and voted for it with a heavy heart due to being told again and again that there was no plan B.

At my last meeting as OSC chair I advised we needed an independently chaired task and finish group jointly with WDC to cover lessons learnt.

**Dementia Action Week takes place from 16 May to 22 May and this year the theme is diagnosis.**

**It is not getting old it is getting ill.**

**The Dementia Friendly Stratford-upon-Avon Group** want to highlight the importance of talking about dementia and to raise awareness of how it impacts the daily lives of people affected by the condition.

Dementia Friendly Stratford-upon-Avon group was set up in 2019 and includes representatives from Stratford District Council, Stratford-upon-Avon Town Council, VASA, Orchestra of the Swan, Warwickshire County Council, Accessible Stratford and local volunteers.

The group aims to promote dementia awareness and, by listening to those affected by dementia, make the town a more dementia friendly place.

Receiving a dementia diagnosis can leave a person feeling very alone. Family carers can feel isolated following their loved one's diagnosis. However, a diagnosis can provide an explanation for memory issues, communication difficulties and changes in behaviour. It rules out other conditions with dementia-like symptoms being responsible. An early diagnosis means people can potentially benefit from drug and non-drug treatments. It helps people to plan ahead. They can also receive practical support and advice as they face new challenges.

Dementia Friendly Stratford upon Avon want people to know there is support available in the town and across the District and attending a regular group such as a dementia cafe or carers group can help people feel they are not alone

Stratford District Council has produced a handy [leaflet](#) detailing all the dementia cafes, groups and support for carers across the District. This is available on the [Council's website](#) and in hard copy from Elizabeth House.

**Leisure centres in Stratford-on-Avon District are offering free swimming for those living with dementia and their carers, during Dementia Action Week, 16th - 22<sup>nd</sup> May 2022.**

Stratford Leisure Centre, Southam Leisure Centre, Shipston Leisure Centre and Studley Leisure Centre, run by award-winning operator Everyone Active in partnership with Stratford-on-Avon District Council, are all taking part in the initiative.

More than 920,000 people in the UK are living with dementia, with symptoms including the loss of cognitive functioning - thinking, remembering, and reasoning - to such an extent that it interferes with a person's daily life and activities.

Research shows that low-impact exercise can be beneficial, not only for physical health but for mental health too, and can improve the quality of life for people in all stages of dementia.

Swimming, in particular, has the added benefits of reducing anxiety, improving mood and enhancing psychological wellbeing

## **Climate Change Champions**

Warwick and Stratford-on-Avon District Councils are on the lookout for South Warwickshire's Climate Champions, those residents or businesses that are doing their bit - no matter how small - to reduce their carbon footprint.

The initiative aims to highlight the tips, tricks, life hacks and simple changes that people have made that are making a big difference to their climate impact, in the hopes of inspiring other residents and businesses to try them out and make a collective difference.

Councillor Alan Rhead, Warwick District Council Cabinet member for Climate Change said: "Being a climate champion doesn't mean living off-grid - going meat-free a couple of days a week, swapping the car for sustainable transport for some trips and planning a shopping list to minimise food waste are just some of the simple ways that we can reduce the impact we have on the planet. Being a champion is about being conscious of your impact and doing something about it.

"Perhaps you run a local repair café, grow your own veg or have managed to go plastic-free - whatever you're doing, we'd love to hear about it and champion it, so we can encourage and motivate others to consider reducing their impact."

[www.warwickdc.gov.uk/climatechampions](http://www.warwickdc.gov.uk/climatechampions)

Have a great week.

Penny-Anne O'Donnell

Ettington Ward Member.