Annual Meeting of the Parish 2026.

Meeting to the Parish at the Pleshey Village Hall on Wednesday 13th May at 8pm

Agenda

1. **Opening remarks, the Parish Council Chair on behalf of the Parish.**
2. **Confirmation of the previous Minutes – 2025**
3. **Reports from Community Groups**

Minutes of the 2025 Parish Meeting

Minutes of the Annual Parish Meeting of Pleshey held on Wednesday, 14th May 2025 at 8.00pm.

1. **Opening remarks, the Parish Council Chair on behalf of the Parish.**

Forty members of the public were present.
Cllr David Loudfoot – Chair of the Parish Council opened the meeting on behalf of the Parish.
Firstly, a moment of silence to remember those who we have lost over the last year. The Parish Council is fortunately full of seven council members. It was noted that we do have a lack of attendance at the Bi-Monthly meeting of the Parish Council. Introduction of Adam of the ATH Training group.

2. **Confirmation of the previous Minutes – 2024.**
Resolution The Minutes were confirmed.

4. **Reports from Community Groups:**
The meeting is to highlight the great work going on in the Parish – it is an opportunity for groups and organisation to stand up and highlight the work they do.
There has been support for the Youth club and the community Orchard in the past year. Available to support more.
AGM on Thursday 26th June 2025 at the Village Hall.

- **Pleshey Community Development Trust.**
Five trustees. Set up to support Community Groups fundraising work. The Trust will signpost organisations to funding opportunities.

- **Choir.**
The Choir meets on a Monday night at 8pm in Pleshey Church. It is a Church Choir and covers additional services and songs. The Choir has a great time. Looking for more men please!

- **Pleshey Community Orchard.**
Created January 2024 to celebrate the coronation of King Charles 3rd. 33-35 Fruit trees planted by volunteers. Trees are watered to give them the best start. A Lanolin derivative is being sprayed on the trees to deter the deer. Three apples grew in 2024, and these were removed to encourage stronger growth.
Expect after 5 years this will be a flourishing orchard. There is a plan to plant more trees. The Essex heritage collection was planted originally. One Trees is a 'White Knight' as a nod towards our kindly landowner. A working group is responsible for pruning, weeding, and watering but needs younger generation to take the orchard forward.

- **Phone Box Book Exchange.**
There are lots of both Children's books and fiction books. Please do help yourself to several books. There are lots of books available and only a small amount f the available books are in the telephone box.

However please do not dump boxes of books.

- **Tennis Club.**
  22nd June 12-2pm Tennis taster sessions. The Head Coach runs classes for both Children and Adults. Well priced club. Member discounts available.
  The Mantra is to Build the club, improve the club and make the club sustainable.

- **Pleshey Support Group.**
  The group was set up re covid to help anyone who needs short term support. The Group undertook a survey of neds. There is a committee of five volunteers. Main support is hospital appointments, collecting prescriptions and signposting information.
  Affiliated to the CVS which supports with insurance and advice. Team of volunteers who have all been dbs. checked. The finances are in good shape.

- **Village Hall.**
  It costs £13k pa to run. The electricity is £600 pcm alone. The wooden doors need to be replaced at a cost of over £7k. Looking into solar panels and battery support. The Village Hall supports the community and its many clubs and organisation s- Pilates, Boxing, Youth Club, Caravan Club, Kettle bell, Quiz nights and Parish Council. Bookings are healthy.

- **Youth Club.**
  The club has restarted. Funding has been granted. The club has engaged volunteers to run events.

- **Pilates.**
  This is on Mondays and Thursdays at the Village Hall.

- **Bob Boxercise.**
  Boxercise happens at the Village Hall.

- **Ladies Flowers.**
  Runs at the Church. Plenty of scope to do large displays and special events. No requirement to be a church goer.

- **Guest Speaker - ATH Training Group.**
  The training is focused on training for None Trained People.

  The bleed kit was the first item of training.
  It was noted that when ever the bleed kit is deployed the defibrillator must also be deployed.
  The contents are:
  - Scissors – to cut through clothing.
  - Gloves – to keep hands clean.
  - Torniquet – (for arms and legs) -Tighten until bleeding stops or it will not tighten anymore. From use there NHS have 4 hours to save the limb.
  - Marker Pen – write on the torniquet or the casualty forehead the time of fitting the torniquet.
  - CELOX – Haemostatic agent, Coagulation agents – goes into a hole.
  - Gauze Form – fill the wound. Apply then hard press for one minute.
  - WOUND CLOT- New product. The product reacts with blood to become a gel. External and Internal use.
  - VORSEAL – Chest seal for collapsed lungs from a stab wound.
  - Foil Blanket – stops hypothermia.
  - Ambulance Dressing – upgrade to First Aid Kit.
  - Trauma Dressing –

All the products have full instructions on, and the ambulance service will talk through what to use and when.
A life-threatening bleed. Fix the Bleeding then CPR.Direct Pressure - Arterial Bleed – put a finger in. Stab wound put the whole hand in.
Examples:

- Neck injury – carotid artery in the neck – bleed out about 1 minute.
- Leg Injury – femoral artery – 3 to 4 minutes.
- Arm injury – bronchial – 5 minutes.

Defib – noted 86% of use is on a family member.

The units run a daily diagnostic. Us the defibrillator as the patient is dead – you cannot do anything wrong! The system will talk you through the process.

- Shaver – to clear the area of hair for the pads.
- Scissors – to cut through any clothes.
- Gloves – to keep clean.
- Cloth – to wipe the area dry.
- Wipes – to clean the area.
- Facemask – one way valve
- Adult Yellow Pad – Chest Muscle below clavicle.
- Adult Red Pad – Under the arm pit.
- Kids Pads – Front and back.

A sinus rhythm is normal.

CPR is key to add oxygen to the system. Every minute means 10% less likely to recover.
CPR infants – raised surface.
CPR – 10 seconds.
Tilt ack head to clear the tongue.
Call ambulance
Then CPR
Heal of hand centre of the chest.
Straight arms – Very Hard.
Body Ouches.
110 beats per minute – 'Another one bites the dust'.

Meeting Closed 21.40

Will Adshead-Grant

Clerk to the Parish Council