

**MINUTES of the ANNUAL PARISH MEETING of the Parish of Winkfield  
Held at Carnation Hall, Chavey Down Road, Winkfield Row  
on Tuesday 24<sup>th</sup> April 2018 at 7.30pm**

**PRESENT:**

Vice Chairman of Winkfield Parish Council (WPC), Councillor Geoff Paxton - in the Chair

Plus:

Dr Paul Loughlin, Chairman of the Ascot Alzheimers Association

15 Parish Councillors

23 electors

1 Non-resident

1 TVP PCSO

Clerk and Staff of the Parish Council (2)

**1. APOLOGIES FOR ABSENCE**

Apologies were received from Mrs Lynn Jenkins, Ray and Linda Berry, Cllr David Parkin.

**2. MINUTES**

The Minutes of the Annual Parish Meeting held on 25<sup>th</sup> April 2017 had been circulated to those present.

It was proposed by Liz Comish, seconded by Cllr Yates

**RECOMMENDED** that the Minutes of the Annual Parish Meeting held on 25<sup>th</sup> April 2017 were confirmed and signed by the Chairman.

**3. DOCUMENTATION RECEIVED**

a) It was proposed by Cllr Yates, seconded by Liz Comish and **RECOMMENDED** that the following document was received and accepted:  
**Draft accounts of the Parish Council to 31<sup>st</sup> March 2018.**

Copies of the Draft accounts to 31<sup>st</sup> March 2016 had been circulated.

b) It was proposed by Cllr Mrs Michie, seconded by Cllr Mrs Luker and **RECOMMENDED** that the following document was received and accepted:

**Winkfield Parochial Charities** - Copies of the Financial Statement for the year ended 31<sup>st</sup> December 2017 had been circulated. (Full set of accounts are available on request.)

**4. PRESENTATION: by Dr Paul Loughlin, Chairman of the Ascot Alzheimer's Association**

Dr Paul Loughlin delivered a superb presentation covering many areas of dementia.

Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease or a series of strokes. Alzheimer's disease is the most common cause of dementia, but not the only one. The specific symptoms that someone with dementia experiences will depend on the parts of the brain that are damaged and the disease that is causing the dementia.

There is going to be a huge increase of numbers suffering some form of dementia in the future. Currently there are 800,000 sufferers in the UK and 4,000,000 worldwide. By the year 2050 there will be 150,000,000 worldwide. Most people will be affected by Alzheimer's in some way. At age 65, one percent of the population has Dementia – this changes to 50% from age 85.

There are many different forms of dementia, the most common being Alzheimer's which accounts for 60% of those diagnosed with Dementia. The other most common forms of Dementia are:

**Alzheimer's disease** – This is the most common cause of dementia. In Alzheimer's disease, an abnormal protein surrounds brain cells and another protein damages their internal structure. In time, chemical connections between brain cells are lost and cells begin to die. Problems with day-to-day memory are often the first thing to be noticed, but other symptoms may include difficulties finding the right words, solving problems, making decisions, or perceiving things in three dimensions.

**Vascular dementia** – If the oxygen supply to the brain is reduced because of narrowing or blockage of blood vessels, some brain cells become damaged or die. This is what happens in vascular dementia. The symptoms can occur suddenly, following one large stroke. Or they can develop over time, because of a series of small strokes. Vascular dementia can also be caused by disease affecting the small blood vessels deep in the brain, known as subcortical vascular dementia. The symptoms of vascular dementia vary and may overlap with those of Alzheimer's disease. Many people have difficulties with problem-solving or planning, thinking quickly and concentrating. They may also have short periods when they get very confused.

**Mixed dementia** – This is when someone has more than one type of dementia, and a mixture of the symptoms of those types. It is common for someone to have both Alzheimer's disease and vascular dementia together.

**Dementia with Lewy bodies** – This type of dementia involves tiny abnormal structures (Lewy bodies) forming inside brain cells. They disrupt the chemistry of the brain and lead to the death of brain cells.

**Frontotemporal dementia (including Pick's disease)** – In frontotemporal dementia, the front and side parts of the brain are damaged. Clumps of abnormal proteins form inside brain cells, causing them to die.

The symptoms of these types of dementia are often different in the early stages but become more similar in the later stages. This is because more of the brain is damaged as the different diseases progress. In the later stages of dementia, the person will need more and more support to carry out everyday tasks. However, many people with dementia live well for years after their diagnosis. Information, advice and support are available for the person and their carer to help them live well with dementia.

The drugs we have at the moment have been out since 1990. They do not cure the disease they just slow its development down enabling people to live a 'normal' life for a few years longer before they need assistance with day to day living. If the disease has progressed too far before help is sought it is often too late to make a difference. New trials are being carried out to find out who might develop the condition so drugs can be administered as early as possible.

Dr Loughlin has been involved in the research facility at Reading and many trials are underway to try and ascertain any links between symptoms of the varying forms of dementia and the best treatments. Research is on the cusp of making a difference.

Things that are known to help to improve or delay the onset of dementia include:

- Regular exercise
- A good diet with plenty of Omega 3 fatty acids – lower fat, less meat, more vegetables, high in antioxidants ie blueberries.
- Blood pressure kept under control
- Regular social interaction
- It is thought that a small amount of alcohol is good too though there is a point where too much alcohol will have the opposite effect. Dr Loughlin said to think of it as a letter 'J' starting at the bottom curve, so a little alcohol is positive but once the level rounds the bend and start to travel up the

vertical part of the 'J' then the consumption of alcohol becomes a negative factor in delaying the onset of dementia.

- It is also believed that a good education is relative to the time of onset of the disease – usually later in those who have had a good education.
- Sufficient sleep – a chronic lack of sleep does cause problems – we need to sleep well and get into the really deep cycle

Dr Loughlin answered a few questions from the floor.

**5. CHAIRMAN'S REPORT:** Cllr Geoff Paxton presented a short Powerpoint presentation detailing the activities of the Parish Council over the previous year and the plans for the forthcoming year.

**6. PRESENTATION:** Winkfield's Neighbourhood Plan. Cllr Nigel Atkinson gave a brief overview of the activities of the Winkfield Neighbourhood Development Plan Steering Group to date highlighting the anticipated timeline with a view to Referendum in late 2018.

**7. RESIDENT/COMMUNITY ASSOCIATIONS UPDATES**

Four of our local associations/groups gave a short talk/report on the activities and successes of their groups over the past year. We are very lucky indeed to have such community-minded groups and WPC welcomes more and will support anyone wishing to start such a group in an area not already covered.

Ivan Parr, Chair of the Chavey Down Association;

Tony Pidgeley, Chair of the Cranbourne Society;

Keith Stephens, Joint Chair, Martin's Heron and the Warren Community Association;

Lee Taylor, Joint Chair, Winkfield Row Residents Association

**8. ANY MOTIONS OF WHICH WRITTEN NOTICE HAD BEEN GIVEN**

None received.

**9. ANY OTHER BUSINESS ELECTORS WISH TO RAISE RELATING TO THE PARISH**

A resident raised the issue of the overflowing waste bin at Asher Recreation Ground – the Clerk will inform the Head of Grounds Maintenance.

The same resident asked if it would be possible to have a brown bin at Asher Recreation Ground – WPC will discuss at the next appropriate time.

The Chairman thanked everyone for their contribution to a successful evening and invited everyone to stay and enjoy the lovely supper spread.

Meeting closed at 8.55pm.