

Kirmington & Croxton Neighbourhood Watch

Kirmington Park Run: The first Kirmington/Croxton Park Run was held on Sunday 18th November 2018, a circular 5km run on roads and tracks from the playing field. Great fun and a big thank you from the Village to Xander Welman for getting this off the ground and organising the route etc. Just a fun way of getting people together, keeping fit and healthy. If anyone would like to participate please let Xander know, or call Jules Sowerby on: 07739 914741.

November: There has been a theft in the village and also several sightings of white vans circulating, they tend to slow down outside a property and speed away when they are seen. Please be vigilant, especially at the minute with the onset of Christmas. Please report any sightings to the police on 101, also please mention on the village Facebook site to spread awareness, or to Jules on: 07739 914741.

Alcohol:

At this season of good cheer some interesting facts came from the Healthy Chat which are worthy of sharing:

- The current Government Advice is 14 units per week for both Men & Women.
- It is recommended 2 alcohol free days in a week.
- It is also recommended to drink no more than 6 units in one evening.

Additional Facts:

- At peak times 75% of people in A & E are there because of alcohol related issues.
- Complications from long term Alcohol misuse can lead to depression, memory loss, various cancers and liver damage.

North Lincolnshire Council run Addaction. Addaction provides a full range of help for people experiencing problems with their drug or alcohol use, from harm reduction via active treatment and through to detoxification and rehabilitation. Above all, they want to support people towards recovery. Call them, email or drop in to speak to someone (open Monday-Friday, 9am-5pm).

Addaction provides confidential advice, support and treatment for drug and alcohol misuse for adults. They work closely with partner agencies and in partnership with Agencia (who will deliver provision from GP surgeries) in order to provide a holistic approach to recovery and the best possible support to service users.

Address: 189-195 High Street, Scunthorpe, North Lincolnshire. DN15 6EA

Email: NorthLincs.info@addaction.org.uk

Tel: 08081 430640

***** Wishing everyone a very Merry Christmas and Happy 2019 *****

Julie Sowerby: (07739) 914741 Kirmington & Croxton Neighbourhood Watch Co-Ordinator