
Frinton Residents' Association

NOTES of a Half-Yearly Meeting held in the McGrigor Hall on 17 October 2015 at 10:00 AM

Present: The President, Chairman, Vice Chairman, Honorary Secretary, Honorary Treasurer, Assistant Treasurer, and 3 other Committee members, 4 speakers, 6 other guests including 4 Councillors and 2 members of Essex Constabulary, together with 71 Association members, 26 Non-Members/Friends making a total of 116 attendees.

1 INTRODUCTION

After dealing with administrative matters, the Chairman (NC) paid tribute to the work done for the FRA by both Patricia Marino and Peter Leaman, who had died recently, adding that Patricia had been Chairman for several years and Peter had served the community both on the FRA Committee and as a local Councillor. The attendees then stood for a minute's silence.

NC explained that recently the FRA Membership Secretary, Gill Manning, had resigned from the Committee as she had to move from the area, and thanked her for undertaking the membership role so well. He added that at the last Committee meeting Frank Austing had been co-opted and had agreed to act as Assistant Treasurer. NC was hoping that more Committee members would be co-opted at the next Committee meeting.

He thanked the Honorary Secretary for all the work she had undertaken to produce the Autumn Newsletter and stated that there was a possibility of a Newsletter Editor joining the Committee.

NC then read out the names of the Councillors present and asked them to stand.

He reviewed the issues the FRA had been dealing with since the AGM in April 2015 which included:

(i) The FRA working with other local Residents' Associations with regard to the Local Plan;

(ii) Efforts being made to arrange a meeting with ECC with regard to dangerous paving, street lighting, clutter on pavements in Connaught Ave, delivery vehicles, and replacement of dead trees; In fact, NC explained that he had asked ECC how much it would cost over a 30-year period to replace bulbs in the coronet style lamps as doing so would reduce maintenance costs, rather than their plans to replace those outside the conservation area with modern lamps which would need to be changed back to coronet style when (as we hope) the whole area on the seaward side of the level crossing becomes a conservation area.

(iii) The FRA writing to the Chief Constable of Essex regarding local policing issues and a meeting with the region's Chief Inspector would be taking place in November; NC added that concerns included lack of enforcement with regard to "No Cycling", etc, and he asked those present to tell the FRA about incidents they witnessed so that a portfolio could be assembled.

(iv) Involvement in the future of Caradoc Surgery which would be discussed later in the meeting, and

(v) the main seafront issues at present being the shelter at the bottom of the zigzag path about which residents had probably seen articles in the local paper. NC stated that his view was that it should be taken away as soon as possible as it was dangerous.

2 APOLOGIES FOR ABSENCE

Apologies had been received from Douglas Carswell MP, Councillors Robert Bucke, Fiona Robertson, Mick Page and Vanda Watling, Committee Members Helen Balisson and Peter

Dias, residents Kay Carswell, Brian & Jan McLellan, Beverley Smith, Stephen Cawton, and Aynsley Davidson, Gazette Editor.

3 HEALTH

The Chairman introduced David Barter (DB), NHS England Midlands & East, who stated that he was grateful to be invited to the meeting. As an NHS Contracts Manager, he was responsible for NE Essex, Waveney and Great Yarmouth, and he confirmed that for approximately a year ACE had been running Caradoc Surgery for NHS England. As a large community provider, ACE also ran other practices in the Tendring area.

DB then stated that today he was going to focus on the Frinton area and what was planned beyond October 2015, adding that although ACE's original contract terminated then, it had been extended to the end of March 2016. The aim of ACE was to provide the best medical services for the good of patients registered at the practice and to prepare for a new provider so that the practice would be a viable proposition in future. During the 15 months that ACE had been running the practice, NHS England had gone out in an open procurement process in order to find a long-term provider; they were now in the evaluation and scoring period. The preferred provider would enter into an AMPS (Alternative Medical Practice Service) Contract for ten years (or possibly for 15 years) covering provision of all medical services to registered residents.

Evaluations were taking place now and it was hoped that by the end of November/early December 2015 it would be possible to announce the successful bidder. A mobilisation period would take place from January to the end of March 2016, and then the successful bidder would provide services from 1 April 2016 for 10-15 years.

The aim was also to provide a wider area of services, but the NHS were aware that Caradoc was not fully fit for provision of all services. He explained that the NHS believed that GP practices should also have community services attached to them so that patients could get other services locally and more easily. The NHS were looking at the whole picture, including opportunities to construct a purpose-built facilities to hold Caradoc and community services; this was 'in frame' at the moment. The new provider would know that during the life of their contract they would be required, if everything moved forward to potential, to move into other premises, subject to consultation and other regulatory matters. However, decisions would be made in conjunction with patients at the surgery and the people in the community.

Q: Can you please tell me what community services embrace?

A: Community services include facilities that for many years have been provided in local hospitals, ie physiotherapy, x-rays, blood testing, ie services that a lot patients need, and they won't have to travel to local hospitals for in future.

Q: From 1 April 2016, will another company provide the service, or will it be a partnership? Are we going to see local doctors, or locums?

A: I am not allowed to say who is bidding, but as part of the procurement process we intend to score the bids; 80% of the scoring is done by clinicians, representatives of the PPG (Patient Participation Group), and others who have experience in their particular fields. The successful bidder will be the provider who can provide the best service; they were not going for the cheapest option.

With regard to GPs, nationally there is a move away from where you have partner GPs in a practice, and there are a lot of locums. We would wish those who provide services to provide continuity; doctors, nurses, nurse practitioners, health care assistants, etc. It is part of the process of the procurement to try and find a provider with the best skill mix of staff. Many practices already offer good nurse practitioner services and some people prefer that. It is patient choice. For instance, if you want to see a particular doctor. In the procurement process the successful provider must prove to us that this service will be available to the

patients.

Q: From the doctor's side, could that be an on-going problem? What if the doctor is not there in the future?

A: Contracts will be in place. However, I do understand what you are saying. It is nice that those with certain conditions have continual care, and we are aware of this.

Q: You have mentioned Caradoc and I am relieved that something good is happening there. My concern is that there has been no mention of the Walton surgery. It is good to hear that you are looking at the wider picture, and I do hope that the surgeries will merge, ie Walton as well as the Thorpe surgery based in Kirby Cross. Can you assure me as to when the specialist clinic will come into being?

A: The proposition at the moment is that Walton, Frinton, and the branch of the Thorpe surgery based in Kirby Cross will be located into a purpose-built facility where other health care services can be provided; this proposal is being worked on as we speak. In terms of a timescale, we have been discussing land, etc. In some areas, each surgery would retain its own identity; it would be down to the individuals who would be operating the Walton, Frinton and the branch of the Thorpe surgery. We would expect that the new provider at Caradoc would be involved in discussions with Walton and Thorpe in order to work towards this.

Q: With regard to funding, is this going to be provided by the NHS, or via PFI.

A: There are many different layers of health care. NHS England pay for GP contracts, NHS Services would pay for the building, and the CCG (Clinical Commissioning Group) would pay for community services. It would be a coming together of all stakeholders. Whatever is planned needs to be fit for the population, but with regard to who pays for what, we are starting to have discussions with stakeholders to make sure it is a viable proposition.

Q: Are NHS England taking into account ACE performance up until now, or are you starting with a blank sheet?

A: We can only score on the information that comes out during the procurement process. We look at contract records, staff records, everything. As we only look at what is provided in the procurement documentation, it is a completely fair start for all bidders, ie it is a level playing field.

Q: So performance so far is not taken into account?

A: NHS England have been monitoring the performance of ACE as a temporary provider who was brought in to overcome the difficulties that the service at Caradoc was experiencing. What we are hearing from the PPG and patients is that they are happy with what ACE are doing running Caradoc. Therefore, we believe the service at Caradoc is getting better for patients. Please talk to me after the meeting if you feel differently. However, as stated previously, it is a level playing field for all of those who are bidding to provide future services. The decision will be made based on 20% financial considerations and 80% on quality of service. Frinton PPG have a say in the procurement process as we value local knowledge. In fact, a whole raft of people will be involved in the scoring: lay people, clinicians, and other stakeholders.

Q: I know that there is a problem getting doctors to come to areas like this, and that trials have taken place offering premiums. How are you going to attract high quality medical staff? Are you going to offer financial incentives?

A: It is a national concern that is exacerbated in coastal regions. Personally, I would be happy to live here with my family. There is a programme about providing a long-term solution. NHS England did have financial incentives for a while, but they are now thinking about what would be preferred as part of a GPs' workload is not attractive for GPs who like to see different health needs. Together with ACE in Essex, we have pilots bringing health care together with other practices operating so that it is more attractive for GPs with specialities to be able to dip in and out, and that might help attract some. The question is 'What motivates you in life, money or something else, ie continuing you own professional development?' There is also a challenge

to skills mixes. Traditionally, we had GPs in practices. Now Nurse Practitioners and prescribing pharmacists are able to turn prescriptions around very quickly. We are looking at all of that, and that is what we are doing with regard to Caradoc at the moment.

Q: Two questions: (i) Have the organisations you mentioned earlier had any thoughts about being able to provide a central clinic? (ii) What is the approximate cost of a building? What if the building were provided for you, ie just the shell of a building?

A: We have had discussions with Caradoc, Walton and Thorpe surgeries, and these will continue. Health facilities cost a lot of money and specialist staff are working on those costings. The interior has to be built to higher than normal standards and that is where there is expense. I will go back and get a shell cost.

The Chairman thanked DB. He then explained that the next PPG meeting was being held on 20 November 2015 from 7.00 pm in St Mary's Church Hall, Old Road, and those who wished to join the PPG were welcome to attend. He also pointed out that currently at Caradoc there were three permanent doctors and only one locum, and appointments could be made in advance.

4 DEMENTIA SERVICES

The Chairman introduced Stephanie Blackman (SB) and Paul Yeomans (PY) who were going to report on services available in Tendring and Dementia Friends' Sessions, instead of their colleague, Jane Diplock (JD).

SB apologised for JD not being available and reported that the Alzheimer's Society was a charity that employed 3,000 staff and received assistance from approximately 6,000 volunteers. They had lots of groups throughout the area with the nearest meeting place in this locality being a Dementia Café in Clacton. There information was available in a welcoming environment, and people could stay for the whole two-hour session, or for less time. In addition, they offered support groups where people got together, activity groups, such as tenpin bowling, and workshops that helped people with dementia. Fact sheets could also be downloaded from their website (www.alzheimers.org.uk), and these detailed services, such as places people could go to and discuss ways of overcoming problems.

Currently, they were trying to promote Tendring becoming a Dementia Friendly community by encouraging people to wear their blue T-shirts.

PY then pointed out that they had brought promotional materials with them, including Dementia-Friendly badges and action cards, but they had not been aware so many people would be attending. If these ran out, he asked those who still required such materials to let him have their contact details and these would be forwarded on.

He then explained that during his presentation he would be covering five points about Dementia, in order to help those present to decide whether or not they wanted to make Frinton a Dementia-Friendly community.

However, first of all, he asked for input on what the word 'Dementia' brought to mind, and he received the following replies: Alzheimer's, forgetfulness, confusion, memory, loss of primary functions, confabulation. He pointed out that these were all negative words, and went on to cover his five points.

(i) Dementia was not a natural part of the ageing process

(ii) Dementia was caused by diseases of the brain

He provided the analogy of a string of fairy lights saying that there were certain lights that flickered on and off, whilst others went off altogether. When these went out, it was not possible to get them to restart.

(iii) It was not just about losing your memory.

PY explained that one common type of dementia was Alzheimer's disease, which was named after a doctor called Alzheimer who realised that a patient was renaming objects, and then eventually started to use the wrong terms for food and had difficulties with perception before memory actually declined. The distinction between dementia was that it was a progressive condition and it was certainly true that one of the features was short-term memory loss. However, it was not always just about loss of memory.

He added that dementia could also affect people's perception, ie how the brain interpreted the world around them and this lead to difficulties in communication. However, people suffering from dementia could still pass on their personal choices and preferences, and there were methods that you could use to continue to ensure effective communication. He recommended that one should aim to consider what techniques could be used to communicate.

PY reported that statistically dementia affected one in fourteen people over the age of 65 at some time. There were medical conditions that could be confused with dementia, and people did not necessarily go to a doctor immediately because of this. It was important when assessing any services that they were dementia-friendly.

(iv) It's possible for people to live well with dementia.

PY felt that this was an important message as dementia was not totally negative. It was known that there were some negative components, but . . .

(v) There was more to a person than the dementia – dementia did not change the person from being an individual.

PY explained that one of the other images that they used was that of a bookcase in terms of how short term memory could be affected. As you age loss of short-term memory may become more prevalent over the age of 65 as opposed to early onset dementia. He suggested imagining the bookcase of a man in his 80s – it had become rather rickety and the books on the high shelves, which related to the more recent memories, were those which fell off the shelves first (as it topples over) rather than the ones at the bottom which were fairly well cemented into the long term memory. Also, factual information was not so firmly fixed as emotional aspects.

He then repeated the five points above, and added that Dementia Friends was about social interaction. In conclusion, he thanked those present for giving up their time to listen to him, and the Chairman thanked both Paul and Stephanie for coming along to the meeting.

5 POLICING

The Chairman explained that unfortunately David Gillies, Crime Prevention Officer, Essex Police, was unable to attend the meeting, but that PC Ian Rutherford was available and willing to answer any questions.

Secretary's Note: Some questions about crime were raised under Residents' Issues (see below).

6 FRINTON IN BLOOM

Instead of just outlining achievements in 2015, David Foster (DF) had prepared a screen show of 27 photographs showing Frinton entries and achievements in 2015, together with future and previous projects. As each picture was displayed onscreen, he commented as follows:

(i) - (iv) Crescent Gardens had been awarded a Green Flag every year for the last six years.

This had been achieved by Frinton in Bloom (FiB) working with Tendring District Council (TDC), Frinton & Walton Town Council (TC), and children from both Tendring Technology College and Frinton Primary School. DF explained that they tried to make it interesting for the children and did not mind different things being produced. Last year they planted the back of the garden with Daffodils and Alliums that flowered in March and June, and when the garden was rotivated, seeds from the wild garden took root.

He reported that the gardens in the Crescent were changed twice a year (in June and October) and new plants would be going in shortly, adding that this aspect was very nice for Frinton.

(v) DF pointed out that when the judges came they took away some of the ideas in Frinton for other gardens to use, adding that Frinton was in the top 2% of gardens and parks in the country, and there were three top gardens/parks in Tendring. He reported that judging day took place on 7 July 2015 and then named those in the picture including the judges.

(vi) & (vii) DF explained that the children from Frinton Primary School came from a cross-section of classes as they tried to incorporate everyone. They even included the gardeners in the photographs, ie the unsung heroes, to ensure they received recognition for doing the job.

(viii) Jubilee Gardens were part of the FEAC (Frinton Environmental Action Committee) initiatives from 1996-2002. In the background (of this photograph) old St Mary's Church can be seen.

(ix) This year St Mary's Churchyard was entered in the Anglia in Bloom competition. There were a number of things that had to be done first, but with help from local people, including Councillor Jack Robertson and bricklayers, the churchyard achieved a Silver Award. This helped the Church, and a further work programme has been scheduled.

(x) & (xi) Another garden that had been renovated was the rock garden down by the Walings. There had been a similar garden there in 1935, but it had gradually eroded away. FiB representatives went to Beth Chatto's Garden in order to obtain ideas and a garden suitable for the 21st Century was designed. It has won major prizes as a drought garden, and with the re-thatched toilets in the background, it was thought it looked good.

(xii) One of the things that Frinton has always been proud of are its gates. In April 2009, Network Rail crept in in the middle of the night and ripped them away, but Frinton & Walton Heritage Trust managed to retrieve them. They have now been resurrected in the garden to one side of the station car park, and make quite a nice visual attraction for visitors.

(xiii) Frinton also now has Station Adopters, Diana and Trevor, who are very keen to keep the station looking pretty and tidy, especially the redundant platform that has been decorated over the years; Tendring Technology College (TTC) students produced murals on two occasions, and now one has been done by a graffiti artist who also wanted to put pictures of six iconic people around the country. Winston Churchill has been painted to one side of the mural and there are plans to add others. The old planters were taken away and new planters installed. Another nice idea for a visual attraction was a train and some carriages. This is where the partnership with Abellio came in handy. The Station Adopters are also grateful to the Frinton Residents' Association (for their financial contribution) and the visual attraction is now full of flowers.

(xiv) Working with young people includes the Beavers who meet at the Wittonwood Road allotments three times a year and regularly at their centre on the playing fields in Roydon Way. They earn their environmental badges whilst working on the Frinton allotments. They put up bug boxes, talk about vegetables and the environment.

(xv) DF explained that for the last 22 years he had been going to Frinton Primary School where

there were another group of children who knew what they were talking about. They asked questions and talked to the Anglia in Bloom judges during their visits. These children were keen to learn, and the judges had said that the children were always polite and knowledgeable.

(xvi) DF added that it was about children and what they wanted to do. As a result of their enthusiasm, TTC students built their own Eco-friendly care. DF had been involved in this project for 10-15 year olds, and this little team had entered the Green Power Competition and the Shell Marathon, achieving a rank of No 1 in the UK. He pointed out that it was a wonderful achievement for a bunch of children working on a project outside their curriculum.

Then he explained that following on from that, Tom Philpot (one of boys who had been part of the team involved in this achievement) had decided to build his own car, which was helping him to progress his career. His younger brother, Edward, was now carrying on the tradition, being part of the TTC team.

(xvii) Also at TTC, Charlotte Reader (the Science Teacher) was building an Eco-pond. FiB managed to attract a landscape gardener who advised them on what to do on the school plot. The pond has now been lined and filled with water. It is hoped that it would be finished this year.

(xviii) & (xix) The Triangle was another of the FiB partners, that have come on tremendously in the last few years. People who visit the shops had said how lovely it was to sit there and enjoy it. The Triangle had now been entered for a Neighbourhood Award, results of which will be published on 12 November 2015, at the same time as those for the nomination of the Frinton & Walton Heritage Trust Cottage Garden.

(xx) Gun Gardens was yet another area of planting carried out by the Council and looked after by FiB.

(xxi) On the Anglia in Bloom judging day, textile designers from TTC joined the judges (in the Cottage Gardens).

(xxii) DF then named those in the group (in the Cottage Gardens), explaining that Councillor Nick Turner also helped.

(xxiii) Award Ceremony for Best Small Town.

(xxiv) & (xxv) DF explained that Weeley Crematorium had been entered into its own class by TDC this year and received a Gold Award (Best in the Anglia region).

(xxvi) & (xxvii) Pictures taken at a previous Award Ceremony.

DF explained that if anyone wanted to create a secure garden there was still one that had won an Award on display in Parkers Garden Centre. This would be suitable for those worried about protecting their garden. The Chairman added that use of Fire Thorn bushes that were quite attractive, acted as a good deterrent.

DF explained that FiB did as many things as they could when people approached them, ie they tried to complement anything others did.

After winning the Best Community Garden in 2008, FiB had gone on to create a garden at Tatton Park (RHS Show). On that occasion, DF had grown all the flowers in his own garden and FiB had won a Bronze Award. Then FiB had created three further gardens at Tatton Park and received a Silver Gilt for each. In fact, one garden had been included in a six-minute slot during the RHS programme on the BBC.

The RHS were asking FiB to enter again this year and go to Hampton Court to do a garden, but there was a limited amount that they could do. He said that no doubt they would be concentrating on what was needed for our town.

A resident then stated that DF was the driving force behind all these achievements and had put Frinton on the map. He thanked DF for all his efforts on behalf of everyone present and the Chairman reiterated this appreciation.

7 RESIDENTS' ISSUES

The Chairman reported that a resident had reported a problem with rats in Upper Second Avenue to the Council who had proved to be unhelpful and could not provide anyone to come out and deal with the problem. Councillor Giles Watling suggested that for approximately £40, a locally-based business would sort out the problem. The Chairman added that neighbours could get together to employ someone, but that people should be careful because rats could cause serious diseases.

Another resident stated that she had spoken to Councillors regarding the shelter (at the bottom of the zigzag path). She wanted it to be reinstated as it was originally and had a photograph taken of it in 1921.

The Chairman explained that it had to be taken down as it was dangerous. (The original shingles had been replaced with heavier ceramic tiles and when the glass was taken out, the structure had started to buckle under the weight.)

Councillor Nick Turner (NT) agreed that it had come to the end of its life and pointed out that TDC had been looking at it for 18 months. In fact, the whole of that area from the toilet block right down to the Promenade was beyond its 'sell before' date, but a longer process than they would like was involved. He said that he would like something in place of the shelter that would last for the next one hundred years. Recently, he had had his hands full, but his Committee would now be concentrating on Frinton. He had already received some designs, but wanted to go through them before he showed them to anyone. Previously the finest designers had been used, and that would happen again so that future residents saw something that lasted. He promised that the first people who would know about the proposals would be members of the Frinton Residents' Association.

Q: A resident complained about speeding traffic and Silverton lorries in Frinton Road, and asked if a bump in the road could be looked at.

A: PC Rutherford agreed that the speed gun could certainly be taken out to that area, and promised to check it out.

Mick Carter explained that he had taken over as the local SpeedWatch Co-ordinator. He suggested that anyone who would like to take part in this scheme should contact him as more volunteers were needed to run SpeedWatch days. He also suggested that anyone with concerns about speeding in their locality should let the FRA know and the information would be passed on to him.

Q: (i) With regard to speeding along Walton Road and Frinton Road, would it be possible to have something similar to the board at Weeley that registers the speed? (ii) I am concerned about crime figures and the card an organisation is putting through doors suggesting they protect properties when I thought the police should be doing this.

A (Councillor Iris Johnson): (i) There is a speed BAR in Walton Road, also one in Elm Tree Avenue and one in Frinton. However, the problem is that car drivers ignore them and go straight through. Of course, there will always be people who think the roads are just for them.

A (Chairman): (ii) AGS is the company offering protection services. We have agreed that FRA

representatives will go to their offices to see what they do rather than allow them to speak at a meeting such as this. They are awaiting police accreditation, and complaints have been received about them knocking on doors, which makes me concerned about their tactics. The crime level in Frinton is not particularly high, but it is a matter for individuals. With regard to police coverage, we still have six PCSOs who can be contacted via 101, but this is a matter we are following up.

A (PC Ian Rutherford): Frinton is one of the safest areas of the country. There have been the occasional blips over the last few months that we believe involve a gang of 16-18 year olds. Since two have been arrested, there have not been any more break-ins.

A (Councillor Giles Watling): I receive the crime figures and can confirm that we live in an incredibly safe place. I do not want anyone to suffer fear of crime. Over the years occasional little blips occur, and we must be careful and look after our own properties. However, I feel we can rely on the police and our PCSOs.

Q: (i) When the local elections took place the Conservatives spoke about revitalising the Spinney. What is happening there? (ii) I am concerned about the reduction of the opening hours of Clacton Police Station.

A (Councillor Nick Turner): (i) The Spinney is next on my list. Network Rail and Abellio are involved, together with the Town Council and TDC. We are ready to do something and turn it into something worthy of Frinton. (ii) Out of thirteen PCSOs in the whole of Tendring, we have kept six.

A (Councillor Jack Robertson) (ii) Our PCSOs are dedicated to the Town Council area, and we went to consultation regarding this as we pay for them. With regard to the security firm, all they can do is telephone the police.

John Smock (Chairman of Ontrack Rail Users' Association) provided an update on the Ontrack report printed in the FRA Autumn 2015 Newsletter in that the new Anglia franchise were not promising anything in terms of improved infrastructure or services for our area. He added that Ontrack were now talking to people in order to try and address the situation as in Anglia we made a large contribution to the service. If Central Government wanted housing development, improved rail infrastructure was needed. He promised to keep the FRA informed and NC offered FRA support if it was required.

8 ANY OTHER BUSINESS

The Chairman reported that a Local Bus Service Network Review was taking place and a short questionnaire could be completed via the ECC website (www.essex.gov.uk/busreview). However, answers were required by 21 October 2015.

He pointed out that incorrect information had been provided for the FRA Newsletter with regard to the dates of the 2016 Open Days in Pedlars Wood. The correct dates were not yet known.

Then he explained that the FRA Committee members dealing with Planning/Environment, Health and Membership issues were situated at the back of room, and would be happy to speak to FRA members about their concerns at the end of the meeting.

Finally, he encouraged those present to consider becoming Committee Members, or members of the FRA if they were not already members, and thanked everyone for attending the meeting.

9 DATE OF NEXT ANNUAL GENERAL MEETING

It was noted that the next meeting would be the AGM to be held on 23 April 2016 in the McGrigor Hall, Fourth Avenue, Frinton-on-Sea.