

# BRANDON PARVA, COSTON, RUNHALL & WELBORNE ANNUAL PARISH MEETING - MINUTES

Wednesday 15 April 2026, 7:30pm at Welborne Village Hall.

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Present.

Parish Councillors – Simon Guest (chair), Peter Wood, Mike Webb, Clare Kay, Andrew Gill and John Baldock along with the clerk, Bev Long. Also present was, County Councillor Margaret Dewsbury along with our speaker Keith George and seventeen members of the public.

1. Welcome, Introductions and apologies for absence.

Simon Guest as Chair of Brandon Parva, Coston, Runhall & Welborne Parish Council welcomed everyone to the meeting.

Apologies were received from Margot Hancock – litter warden, Jack Long – Coston Footpath warden, Rev Kirsty Long – Welborne Church, Sue Guest – litter warden, Caroline Blacklock & Rachel Prentice - Runhall Community group, police – SNT team and District Cllr Richard Elliott.

2. Minutes of Annual Parish Meeting – 16 April 2025

The minutes of the 2025 meeting were signed by the chair as a correct record of the meeting without amendment.

3. Presentation by Keith George, Senior Emergency Medical Technician with the East of England Ambulance Trust

Keith George introduced himself and briefly explained his background – 25 years with East of England Ambulance Trust – attended major incidents. Now retired but works as a mentor.

Some of the information Keith George shared with us.

- ❖ 7.8% survive from cardiac arrest / 9.5% survive to discharge from hospital.
- ❖ Fewer than 10% use public defibrillators.
- ❖ 30,000 – 50,000 cardiac arrests per year of which two thirds are in men and 80% in own home

Keith then demonstrated CPR and the use of the defibrillator – sharing information.

- ❖ Heart goes into cardiac arrest – not normal rhythm. Heart attack is not cardiac arrest.
- ❖ Defibrillator stops heart momentarily so heart can then restart itself with a normal rhythm.

- ❖ Continue CPR – until professional assistance arrives – do not stop to get defibrillator. Try and get someone else to get it.
- ❖ Code to open defibrillator box will be given when you dial 999.
- ❖ Follow Danger ABC – check area/patient is clear of danger - clear airway if required – check for breathing, 10seconds of looking at chest rise/fall and feeling breathing with your cheek – start chest compressions (CPR) if not breathing. Do not worry about mouth 2 mouth.
- ❖ Once defibrillator has been sourced and opened it will speak instructions to you – follow them to place the two pads on your patient and it will advise when and how to shock them. Then continue CPR and listen for any other instructions from machine.
- ❖ Once professionals arrive they will advise/take over.

More information can be found at the British Heart Foundation website -

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>

Questions raised.

- Services to defibrillators - batteries last 10 years but should be checked annually. Consumables should be checked for sell by dates and replaced if used.
- Pads need to be placed on skin but CPR could be done through a thin t shirt.
- Bra's are no issue for Defibrillators – do not necessarily need removing.
- CPR pressure – do not worry about rib damage – push down approx. 1.5 inches/4 cm.

Keith George was thanked for his presentation.

#### 4. Report by the Parish Council

Simon Guest as Chair of the Parish Council outlined some aspects of his report.

- ❖ Planning – we continue to review all planning applications in our parish. 7 applications in 2025
- ❖ Highways – we work very closely with County Council Highways department to resolve problems and advised everyone to report potholes etc.
- ❖ PROW's – all the PROW's are reviewed on a regular basis by our wardens few issues – litter and dog fouling.

- ❖ Litter – all four villages currently have a volunteer litter warden – everyone asked to keep parish tidy.
- ❖ Budgets – we run a balanced budget; precept was raised by a minimum amount to enable us to do this.
- ❖ Communication – the newsletter has been distributed following most council meetings – thankyou to the team of volunteers who distribute them. Lots of information also available on the website

Questions raised and answered were regarding cat litter bags littered in Runhall and road signs in Welborne.

Simon thanked Bev Long the clerk for her support and work for the council, fellow councillors, parish volunteers, Margaret Dewsbury and Richard Elliott for their great support and attendance at our parish council meetings and all the Parish Groups for their hard work.

The full report is an appendix to these minutes.

## 5. Reports from parish organisations, county and district councillors, other bodies

**Runhall Community Group** – full report is an appendix to these minutes. Doing well – good event with Runfest which raised £3000+ and Halloween event raising £500. Now looking at raising funds for next phase – Swings and basketball area. The area is tidy and there has been a rise in footfall.

**Welborne Village Hall** – Kevin Rumsey, Chair gave a report – hall operates with 7 trustees (5 from the village and 2 outside) currently have 6 trustees who meet 4 times a year. Events have been successful – quiz nights and the Christmas fayre. Beer festival is happening this year - 11 July 2026. Lettings for 2025 were at a record level with charges very reasonable at £10 ph. Website is being updated with historic information over the next few months. Bookings can be made via their website.

**Margaret Dewsbury** – County Cllr gave her summary including information about devolution, local government reform and May 2026 elections. Due to the new boundary Margeter informed the meeting that the parish is now in Yare Division – not her division so it would be her last meeting with us. Margaret was thanked for her great work with us and will be missed.

Simon thanked everyone for their reports.

## 6. Open Forum

No further discussion or questions raised.

## 7. Closing remarks

Simon Guest thanked everyone for attending and to those who had given reports both at the meeting and those submitted electronically. An open invitation was offered to everyone to attend any future Parish Council meetings.

Written reports from the following bodies form part of these minutes:

- Brandon Parva, Coston, Runhall & Welborne Parish Council Chair
- Runhall Community Group
- Runhall Recreation Ground
- Coston Footpath warden
- County Cllr Margaret Dewsbury
- District Cllr Richard Elliott

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