

## County Councillor's Report 30<sup>th</sup> January – Abbotskerswell & Kingskerswell

The beginning of a new year can be a great opportunity to create a new habit. One Small Step, a free lifestyle service, funded by Devon, has many options for support to help people keep their resolution in 2023, or to inspire them to make the change.

Studies have found some of our New Year resolutions will struggle to make it past 12<sup>th</sup> January, but with the support of others, they can be made to last much longer.

They have friendly advisors who can help plan lifestyle changes and support to maintain a healthier weight, stop smoking, drink less or become more active.

They can be reached by calling 01392 908 139, or on the website at [www.onesmallstep.org.uk](http://www.onesmallstep.org.uk).

They have a team of stop smoking practitioners so if one are thinking about stopping smoking you can also text them by messaging QUIT to 60777. They can offer 12 weeks of behavioural support along with Nicotine Replacement Therapy.

Past users of the One Small Step service have said that their only regret is not getting in touch sooner.

You can also follow One Small Step on Instagram, Facebook or Twitter for motivational messages and healthy tips, including easy and affordable healthy meal ideas, or alcohol-free alternatives to your usual drink. If you would like some advice on where to start – please do get in touch and they will be happy to help!

Devon would like people to think about and plan for the possibility of power cuts this winter.

Nationally, there's no suggestion that it's likely, but the unpredictable winter weather, and experience here and in other countries following severe storms, suggests now's a good time for people to think about the electricity they rely on should for any reason an emergency situation leads to a power cut.

Loss of power used to be a more frequent occurrences but these days, as technology has moved on, the impact of a power cut can be even greater on our daily lives, disrupting our ability to keep warm; stay connected with others should we need help; and to power essential medical equipment that helps many people live independently at home.

We recommend that people take steps to prepare for a power cut and know how to deal with it if it happens.

### Prepare

- Follow your energy provider on social media so you can find local updates
- Have a list of phone numbers you might need written down
- Keep a mobile phone fully charged so you can call or go online for updates
- Keep a torch handy and leave a light on so you know when power is restored
- Switch off electrical appliances that shouldn't be left unattended

### Care

- Join your provider's free Priority Services Register if you have additional needs
- Check to see if your neighbours are safe and if they have a power cut too
- Make sure you have warm clothes and blankets, especially at night
- Ensure you have food and drink that doesn't need power to prepare

Business owners across Devon can kick off the New Year with free support to boost their resilience and help with the recent rises in the cost of living.

The Heart of the South West Growth Hub, which Devon delivers, has teamed up with Plymouth City Council and the Devon and Plymouth Chamber of Commerce to put on a Business Resilience Event in Plymouth.

This free event will take place on Wednesday 8 February at Plymouth Science Park, Davy Rd, Plymouth and local businesses are invited to attend. You can book your place here.

<https://www.eventbrite.co.uk/e/business-resilience-event-and-networking-lunch-plymouth-tickets-487568770317>

The event aims to bring together businesses from across the region and provide practical support and guidance in response to the recent rises in the cost of living.

Business owners and managers looking to boost their finances can discover more about the grant funding available to them with a workshop on “How to Create a Successful Funding Application” to raise their chances of making a successful application. There will be a Business Health Check and they will also hear from a panel of expert guest speakers including Plymouth City Council’s Economic Development team.

Those who can’t attend can still access free support through the Heart of the South West Growth Hub’s Thrive project, which offers business planning to build resilience, along with workshops, webinars and 1-to-1s available from partners and sign up to the fortnightly newsletter to hear about future events.

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