

## **County Councillor Report**

**Lighthorne Parish Council Meeting 14th April 2026**

### **Meningitis Cases in Kent and London**

Cases of invasive meningococcal disease have been confirmed in Kent and London. It's important to know the signs of symptoms of meningitis and septicaemia. **What are the symptoms of meningitis?**

Early symptoms – such as vomiting, fever, aches, muscle pain, cold hands and feet and headaches – can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell. Symptoms can appear in any order, and some may not happen at all. For meningitis, common signs and symptoms include:

Fever, a very bad headache (this alone is not a reason to get medical help)

Vomiting, stiff neck, dislike of bright lights, rash, confusion, delirium, severe sleepiness, losing consciousness and fits. Get more info by visiting:

<https://ukhsa.blog.gov.uk/2025/10/31/what-is-meningitis-symptoms-risks-and-how-to-protect-yourself/>

### **Warwickshire Food Strategy update**

A further step to combat food poverty in the county, increase availability of affordable food in priority areas and empower communities to improve their diets and health outcomes has been taken. The plan will continue to focus on three strategic priorities. Affordability will focus on helping residents facing food insecurity to access more affordable, healthier food options through social supermarkets, community food projects, and other initiatives. A second priority area will use events like Kind Community, Kind Food and volunteer food champions to work with members of the community most in need to educate them, provide resources and develop their skills and confidence in choosing and preparing healthier food options. The third will promote locally sourced food and waste reduction by supporting suppliers in and around the county and influencing consumer behaviours. Discover more:

<https://www.warwickshire.gov.uk/news/article/7484/important-steps-to-combat-food-poverty-as-warwickshire-prepares-its-new-plan>

### **I need support now**

If you are struggling with money and need help now, we can help with food, energy and water bills, money advice, aspects of family life, accessing emergency food and mental health support.

If you are a Warwickshire resident with no other access to funds to pay for food or energy bills, you may be eligible for support through the Crisis and Resilience Fund (CRF)

For more information, visit the [Crisis and Resilience Fund pages](#) or call 0800 4081448 or 01926 359182.

Phone lines are open Monday to Thursday from 9am to 5pm and Friday from 9am to 4.30pm.

Visit: [www.costoflivingwarwickshire.co.uk/home/i-need-urgent-help](http://www.costoflivingwarwickshire.co.uk/home/i-need-urgent-help)

### **Crime Victim survey 2026**

Have you been affected by crime?

Share your experience to help shape a better justice system.

This is your chance to share your views about the criminal justice system. We would like to hear from anyone aged 16 and over who has been a victim of a crime and/or reported a crime in the last 5 years (i.e. from 1st January 2021 onwards). We are keen to hear from everyone who wants to complete this survey, including those who did not report to the police or withdrew their support for an investigation or prosecution.

<https://www.tonic.org.uk/victimsurvey2026>

### **Shout mental health support service**

Are you feeling low or struggling to cope?

Text the word CWHOPE to 85258 for support. Shout's mental health professionals are available 24/7 and can help if you are feeling stressed, isolated, or low. If you are worried about a young person who is struggling with their mental health, they can also text CWHOPE to 85258 for free, confidential support 24/7. It's easy, discreet, and some young people may find it more comfortable than talking face-to-face.

Coventry and Warwickshire Partnership NHS Trust have partnered with Shout to offer free and confidential text support to anyone in Coventry and Warwickshire.

### **Council Plan Engagement**

There's still time to have your say on Warwickshire County Council's draft Council Plan. With just a few days to go, don't miss out on sharing what matters most to you. Complete the online survey by Tuesday 14 April 2026:

<https://ask.warwickshire.gov.uk/bi/recalibrating-warwickshire/>

## **Changing lives through the home for Ukraine scheme**

For the past four years, communities across Warwickshire have quietly been transforming lives. Residents from the north to south of the county have opened their homes to families fleeing war in Ukraine - offering safety, stability and security. Read more:

<https://www.warwickshire.gov.uk/news/article/7497/warwickshire-residents-are-changing-lives-through-the-homes-for-ukraine-scheme>

Chris Mills

County Councillor

Lighthorne