



December 2019 Monthly Parish Newsletter Samford Division

Wear your White Ribbon with pride to stamp out domestic abuse

On 25 November, the annual White Ribbon Campaign to stop domestic violence launched. The campaign runs until 10 December 2019.

By wearing a white ribbon, supporters can make it clear that domestic violence and abuse against women should never be condoned. The campaign also encourages men to take a share of the responsibility in putting an end to abuse.

Paddy and Scott's Coffee has teamed up with a range of partners including Suffolk Constabulary, and Suffolk County Council to support this year's campaign.

Reporting domestic violence and abuse incidents to Suffolk police has increased over several years with more than 10,000 reports of domestic abuse over the past 12 months.

Two women in England and Wales are killed by a partner or ex-partner every week and 70% of domestic abuse incidents result in injury. Nationally, every minute police in the UK receive a domestic assistance call – yet only 35% of domestic violence incidents are reported to the police.

On average, a woman is assaulted 35 times before her first call to the police.

Detective Superintendent David Giles said:

"White Ribbon is an opportunity to work with other organisations, to raise awareness of domestic abuse and violence, sending a strong message that it will never be tolerated.

"We know that dealing effectively with domestic abuse requires concerted multi-agency working and I am proud to say that lots of excellent work is already being done in this area, making a difference to help keep victims and their families safer.

"Anybody can be affected by domestic abuse and we do not underestimate how difficult it can be for people to speak out about being a victim. You are not alone – help is a phone call away."

Sue Cook, Director for People Services at Suffolk County Council, said:

"We are very proud to support the White Ribbon campaign.

"This campaign sends a very strong message that violence of this kind will not be tolerated or condoned. With our partners, we work hard to rid Suffolk of domestic abuse – the impact of which can be significant on those involved and friends and family."

People can join the national social media campaign **#makethepromise** throughout the 16 days of action.

Victims of domestic violence and abuse can call the 24-hour National Domestic Violence Freephone Helpline **0808 2000 247**

App for asthmatic youngsters backed by county health service

An app that teaches asthmatic children to use their inhalers properly is being promoted across the county after being developed by a Suffolk company.

MySpira, by Orbital Media of Stowmarket, teaches youngsters techniques in a fun way and is now being promoted in hospitals, GP surgeries, pharmacies and primary schools across the county by Public Health Suffolk.

The app uses characters and interactions, to engage children with asthma with games they can play with parents, siblings or friends.

Throughout the 20-minute experience the youngster is taught about asthma keywords, triggers, different types of inhalers, how to prepare the inhaler and spacer, and how to inhale the medicine correctly.

Research has found that as many as 97% of asthmatic children misuse their inhalers, with potentially serious consequences.

Stuart Keeble, Suffolk County Council Director of Public Health, said:

"The app teaches children vital skills to help manage their asthma condition in a fun and engaging way, which involves the whole family so parents, siblings and friends also know what to do should an attack occur.

"We are working closely with services across the health care system as well as in education settings in Suffolk to promote the app as a valuable resource to use alongside a child's existing asthma care plan."

The app was developed by Orbital with the University of Suffolk, supported by Dr Simon Rudland from StowHealth surgery in Stowmarket and asthma nurse Karyn McBride.

The app is available from the App Store and Google Play.

Fines for poor parking in Suffolk to be consistent across the county from 2020

Parking fines will be the same across the whole of Suffolk from early next year, when stronger enforcement is set to take place.

The long-delayed transfer of civil parking enforcement from police to local authorities is expected to take place from the end of January in Suffolk.

This means each council will be responsible for issuing parking fines, warnings and notices in their area, although a deal has been struck by Babergh and Mid Suffolk councils to have their parking enforced by Ipswich and West Suffolk officers.

With police unable to dedicate resources currently, it is expected that once the powers transfer councils will be able to crackdown on poor parking more than police. A consistent approach is being planned across the whole county, meaning fines will be the same, regardless of which authority manages parking in that area.

Andrew Reid, Suffolk County Council's Cabinet Member for Highways said:

"A parking management plan is being developed that sets out the priorities for different types of on street parking restriction, dependent on their location.

"This approach is supported by the borough and district councils.

"From the parking management plan, each of the councils involved will develop a parking enforcement protocol that sets out their plans for enforcement, including resourcing and how the sites are going to be visited."

Pupils at a Suffolk primary school win regional award for their efforts walking and cycling to school

On 13 November, Exning Primary School was awarded the Regional Modeshift STARS Award for Suffolk for increasing sustainable and active travel.

Awarded each year to nominated schools, Modeshift STARS encourages schools across the country to increase levels of active travel to improve the health and well-being of staff, parents and most importantly children.

The regional awards require schools to gain a local authority nomination to be considered. This year Suffolk nominated three schools and Exning was commended for its work on road safety, anti-idling and sustainable travel initiatives. Claydon Primary School and Barrow Primary School were joint runners up.

Exning Primary School implemented their Travel Plan through Modeshift STARS following an invitation to join-up their travel initiatives with the Travel Plan for the new residential development in Exning.

The school's Travel Plan Champion Liz Kent, with support from the Head Teacher James Clark, was very pro-active in engaging with Suffolk County Council and the Suffolk Highways' Road Safety Team. The school used their Junior Road Safety Officers to help reduce congestion and improve air quality in the area around the school.

D-Day heroes and brave ex-serviceman inspire at Stars of Suffolk awards

Four heroes of D-Day were among the inspirational winners at this year's Stars of Suffolk Awards held on 7 November 2019.

The ceremony, which was launched 12 years ago, honours the county's bravest, dedicated and caring individuals - from firefighters, to charity workers and life-saving teenagers.

Hundreds of nominations were put forward, before the final 46 men, women, organisations - and even a heroic Labrador - were selected as finalists in the 13 categories.

Among them were James Perry, Tony Pyatt, Francis Grant and Douglas Smith - four heroes from the county who played vital roles in the D-Day landings in 1944. Marking the 75th anniversary this year, organisers were honoured to hand them the Judges Special Award.

Ex-RAF serviceman David Norris' story of bravery, compassion and selflessness earned him the overall Star of Suffolk award.

The Stowmarket man broke up an attack on a 15-year-old boy in a park. A build-up of blood was stopping the victim from breathing. After putting the boy in the recovery position, David protected him from further attack until paramedics arrived.

Other winners included charity Fresh Start, New Beginnings, which provides invaluable support for victims of child sex abuse. They took home the Team of the Year award.

Rita Harris took home the Carer of the Year award. The selfless sister has cared for her eight siblings for more than 30 years since the death of her mother. All her siblings have learning difficulties, medical needs or personal challenges.

Rita's story is made yet more incredible in that, despite having been diagnosed with cancer, she continues to work for them 24/7.

The Armed Services Award went to former serviceman Nigel Seaman, who after facing his own battle with post-traumatic stress disorder set up mobile coffee shop Combat2Coffee. The former Royal Anglian soldier works with ex-service people to train them as barristas in an attempt to combat stress.

Full list of the Stars of Suffolk award winners:

- Carer of the Year: Rita Harris
- Young Person of the Year: Georgia Wood
- Outstanding Sporting Achievement of the Year: The Ron Harrod Foundation
- Fire Service Award: Sally Hammond and Alice Guyett
- Community Group of Champion of the Year: Muncheon Mingle
- Outstanding Bravery of the Year: David Norris and Lexi-May Angel (joint winners)
- Hospital/ Ambulance Person of the Year: Sue Downes
- Team of the Year: Fresh Start, New Beginnings

- Search and Rescue Award: Jamie and Diesel Ketteridge
- Volunteer of the Year: Tina Vickers
- Armed Services Award: Nigel Seaman
- Police Person of the Year: Matt Kidd-Stanton
- Unsung Hero of the Year: Maureen Reynal
- Special Recognition of the Year: Alan Clapson and Ben Robinson, Kerry Dunnett, James Brewer and Johnathan Rawlings and Daniel Challenor (joint winners)
- Overall Star of Suffolk: David Norris
- Judges Special Award: Veterans James Perry, Tony Pyatt, Francis Grant, Douglas Smith

Wellbeing support for Suffolk veterans

During the November Remembrance period, the Suffolk Armed Forces Community Wellbeing Group raised awareness of veterans' wellbeing.

There are an estimated 34,000 veterans living in Suffolk, some will be 100 years of age, others could be as young as 24.

As a rural county, finding and reaching veterans and their families can be a challenge. Most veterans leave the armed forces and transition to civilian life without issue. They live fulfilling lives and contribute to society. However, a sizeable minority may struggle to adjust, struggle to find purposeful employment, and have the challenge of developing new connections or friendships. This can lead to a range of wellbeing issues.

In the lead up to Remembrance Day, Suffolk County Council supported Parish and Town Councils involved in organising local remembrance events to promote Veterans Gateway and the Suffolk Military Covenant website, in the service cards they produce for their events.

The **Veterans Gateway** (www.veteransgateway.org.uk) is a national resource supported by all the major military charities. It is a web portal that helps veterans to find the right support.

Additionally, Suffolk has one of the few dedicated local covenant websites which promote activities and services that support our local armed forces community. The website includes Veterans Wellbeing and Welfare Support Groups alongside the five Veterans Breakfast Clubs in Suffolk. A full list of Armed Forces community engagement and support groups in Suffolk can be found at suffolkmilitarycovenant.org.uk

School travel policy implementation review outlined

On 4 November, the group looking into the implementation of the new school travel policy outlined the scope of their review.

The review, which is being headed up by Chief Fire Officer Mark Hardingham, will be delivered in two phases. In phase one the group will analyse a wide range of

evidence from stakeholders about the implementation of the policy to determine the lessons to be learned.

Evidence will be gathered using various approaches including data analysis, document research, appeals evidence and outcomes, stakeholder group discussions, written statements and one-to-one interviews. The findings will then be put together in a report, which will draw conclusions and make recommendations.

In the second phase, the report will be reviewed. This may well lead to further work on changes to the implementation of the current School Travel Policy, or to elements of the Policy itself to ensure it operates more efficiently.

Councillor Mary Evans, Cabinet Member for Children’s services, Education and Skills said:

“The new school travel policy is based on guidance from the DFE and brings Suffolk County Council in line with other authorities across the country. SCC’s previous policy was able to exceed these requirements but with lower budgets and increasing demand, specifically for pupils with SEND, this was no longer sustainable.

“If we had not changed the policy the council would have to reallocate finances from other vital services such as children’s services, adult social care and/or highways.”

Chief Fire Officer, Mark Hardingham said:

“I am pleased to be heading up this review, this is an important piece of work which aims to improve the process for those applying for school travel from 2020. I look forward to working with my colleagues from across the organisation who each bring different expertise to the review group.”

Work has begun on the review and the final report is due to go to the Scrutiny Committee in February 2020.

Finally, I would like to take the opportunity of wishing everybody a very Happy Christmas and a Peaceful New Year.

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5th December 2019

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