

Shottisham Parish Council SCC Newsletter – February 2017

New report announces vision for mental health in Suffolk

On 26th January our Director of Public Health released his annual report today setting an ambition to improve mental health services in Suffolk over the next 10 years. *Suffolk Minds Matter: Suffolk Annual Public Health Report 2016* was presented to the Health and Wellbeing Board and proposed recommendations for long-term improvement to mental health in Suffolk. An estimated 1 in 100 people are affected by severe mental ill health in Suffolk and around half of lifelong mental ill health conditions develop before the age of 14. In the same month that the Prime Minister outlined government commitments to better mental healthcare for young people and the wider population, this new report sets a Suffolk-wide aspiration for improved mental health at all ages.

The independent report, which has been produced in collaboration with a range of partners, lists seven cross-cutting recommendations to promote good mental health and reduce demand in Suffolk over the next five to 10 years:

1. To work to promote mental health and to reduce stigma and discrimination;
2. Promote emotional wellbeing and resilience in communities throughout Suffolk by working to address the social determinants of mental health;
3. Ensure those with physical health needs have good mental health, and that those with mental ill health have equal support to improve their physical health;
4. Promote the mental health of women and ensure children have the best start in life;
5. Ensure the effective recognition and treatment of depression in older people, especially those at increased risk;
6. Work to promote active healthy ageing programmes to delay the onset of dementia at any age;
7. Reduce suicide in Suffolk by 10% over the next five years using the 2012-14 data as our baseline.

New campaign sheds light on suicide

A new countywide campaign that aims to prevent suicide in Suffolk is taking a new approach to this devastating issue. *Suffolk Life Savers*, was launched on 20 February and is a response to the estimated 60 people who take their own lives in the county every year, calling on people to play their part by pledging to support the campaign. Suicide remains one of the most prevalent causes of death for men aged 15-49 years and the majority of deaths by suicide in Suffolk are by men aged 40 to 60 years. Another important fact is that almost three quarters (72%) of people who die by suicide were not in contact with mental health services in the 12 months before their death. Anyone can join the campaign by making a simple pledge. In return, each organisation or individual will receive dedicated campaign materials and ongoing support to spread the message with friends, family and work colleagues. For more details about how to support, please visit the website: www.healthysuffolk.org.uk/suffolklivesmatter

Leading Digital Innovation in Health and Care in Suffolk

Councillor Colin Noble, Leader of Suffolk County Council chaired and opened the 'Leading Digital Innovation in Health and Care in Suffolk' hosted by BT on 24 February. Health and Care is on nearly every agenda and in the news there is hardly a day without the pressures on our health and care system in this country. The conference gave us the opportunity to discuss how in Suffolk we could revolutionise and reimagine health and social care through digital innovation, creating more time for staff to care.

Design Team announced for 'The Hold'

The design team who will develop the planned heritage centre, 'The Hold' has been announced. Suffolk County Council and the University of Suffolk, who are partners in the project, have announced that following a highly competitive tender process, world class, award winning architects Pringle Richards Sharratt have won the contract to develop the design for the new building. The name of the new shared building has also been confirmed as 'The Hold', and will use the strapline 'Explore. Discover. Connect.' 'The Hold' is one of the commitments being delivered as part of the Ipswich Vision. 'The Hold' will incorporate facilities to house 900 years of Suffolk's historical archives, along with exhibition space, exciting digital technology, a café, an auditorium and education/seminar rooms. The project is supported by the Heritage Lottery Fund (HLF) who have provided a grant of £538,000 to help the partners develop their proposals and apply for a delivery grant of over £10m later this year. Pringle Richards Sharratt, who will lead a multi-disciplinary team of consultants to develop the design, have a diverse portfolio including similar projects to The Hold, such as the Hull History Centre, the Black Cultural Archives in Brixton, and the Herbert Gallery and History Centre in Coventry. Their current projects include the Ealing Studios in London, the Alderbrook development in Surrey and the St Cross building for Oxford University. Over the coming weeks they will be familiarising themselves with Ipswich and the Suffolk archival collections that will live in the new building.

Carbon neutral scheme by Suffolk Highways receives environmental award

Suffolk Highways' first carbon neutral scheme has been recognised by a campaign that promotes and rewards environmental best practice. The five-week project to reconstruct and upgrade 1.4km of footpath along the old A11 near Elveden picked up bronze award at the UK Green Apple Awards, which recognises environmental best practice. The project aimed to improve and restore the path while also minimising the carbon footprint of the scheme. The project reused all of the material from the existing footpath along with 300 tonnes of surplus material from a carriageway recycling site in Bury St Edmunds. Traditionally, the carbon footprint of the project would have been an estimated 101.75 tonnes. However, by cutting down on the amount of embedded CO₂ from the materials used, the amount of CO₂ emitted from vehicle movements and the running of the plant during the project, a carbon footprint reduction of 78.3% was achieved. Workers recycled the excavated spoil to produce a new base material, transporting it to a local recycling facility, which provided a one-stop shop - receiving the waste spoil as well as producing the recycled material being returned, reducing the total haulage miles by 80%.

The project, which cost just under £128,000, was initiated as part of Suffolk's aspirations of becoming the Greenest County. Although it was slightly more expensive than traditional construction, it was an important trial as this could easily become a

cheaper option in the future if the price of raw materials (such as oil and aggregate) begin to increase. So, it was a great opportunity to explore the potential for this greener method to become standard for future footpath reinstatements. The safety of cyclists has been improved as they can now use the footpath, avoiding the main highway. Due to the method of construction nearby, residents and local commuters also benefitted from the reduction in lorry movements that, in turn, led to reduced levels of congestion in the area.

One hundred gritting runs completed so far this winter to keep Suffolk's roads safe

Suffolk's gritting teams have treated enough miles to travel around the world more than four times so far this winter. Up to now, exactly 100 gritting runs have been undertaken by Suffolk Highways, treating 110,671 miles of the county's road network in the process – enough to go around the earth's circumference four and a half times. A total of 37 operatives, three supervisors, a lead decision maker, an assistant for the lead decision maker and the winter service manager oversee the shifts on the 'Priority 1' route, which covers all A and B roads and is 1,259 miles in length. A total of 34 operatives, three supervisors, a lead decision maker, an assistant for the lead decision maker and the winter service manager oversee the shifts on the 'Priority 2' route, which is 843 miles in length. The majority of gritting runs take place throughout the night and early morning, taking around three and a half hours on average. Before heading out on the road, the gritters are filled with salt and brine and are weighed on return. On the road, runs typically take around two and a half hours. During the busiest period of the winter gritting season, 45 gritting runs were completed between January 9 and January 29, spending around 112 hours on the county's roads. And so far this winter 12,232 tonnes of salt has been used on the county's roads, which is equivalent to around 1,750 male African elephants.

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