

## **Communities Performance Q1 update**

### **Main Achievement**

The professional Women's Cycling Tour of Britain which passed through the Mid Suffolk district on 13 June was a great success attracting significant numbers of spectators and community participation in the various events held along the route, whilst also generating some fantastic media coverage for the area and what it has to offer.

The Councils' Health and Wellbeing Team organised two community events, one at Bosmere Primary School, Needham Market and the other at Stradbroke Community Centre; these attracted around 160 visitors in total. Activities included cycle simulators and an open-air cinema screening. There was also a very good turnout of spectators along the route. In addition to these events, the Council supported a range of other community activities through a small grant fund. Many of these took place on the day, including a decorating bikes initiative at Wilby, a school colouring competition (5 primary schools took part) and a tea party held by Stowmarket Town Council to raise money for Stow Dementia Action Alliance and the Alzheimer's Society. Debenham Leisure Centre also hosted a fun packed activity morning for the children at the local primary school which included a 'bikeability' session.

### **Impact on Communities / the way we work**

Hosting prestigious events such as this raises awareness of cycling in our local communities, generating people to think of it as an alternative mode of transport and also to have a go at cycling as a means of getting and staying more active. Supporting events such as this is just part of a wider programme of work the Council is enabling to support people of all ages to become more active, more often as part of a healthy lifestyle.

### **Main Achievement**

Mental Health work has included a successful Mental Health Awareness and Dementia Fortnight in the workplace with many activities in partnership with SCC and HR. 11 staff members now trained as Mental Health First Aiders.

### **Impact on Communities / the way we work**

The programme of events for Dementia Action Week encouraged staff to learn about the impact of dementia on individuals, carers and their families. Dementia Awareness workshops raise understanding of the condition and offer frontline staff guidance on how to support customers (and their carers) who may be living with the condition, thereby contributing to improved outcomes for these vulnerable residents. Supporting this event is part of a wider programme of work to raise local awareness of dementia and create dementia friendly places which we do by working with businesses and voluntary and community organisations as part of local Dementia Action Alliances.

Mental Health First Aiders help to support any staff who are struggling with low mood, stress, anxiety, depression or other mental health conditions as well as training on how to deal with a MH crisis incident. The role provides support and, where appropriate, signposting to services. Corporate Managers and others with supervisory management responsibilities have attended a 1-day course

on Positive Mental health. The impact of this work is to help these staff recognise the early signs of a mental health issue and offer timely and appropriate support to their colleagues, thereby contributing to a reduction in staff sickness levels and improved workforce health and productivity.

### **Main Achievement**

The Communities team recently completed a full Section 11 Audit which required the Councils' to evidence how well we are meeting our statutory obligations in relation to safeguarding, duty of care, and promoting the welfare of Children and Vulnerable Adults. The audit takes account of the level of Corporate commitment toward safeguarding and how the Councils' ensure that safeguarding measures are implicit in our procurement processes and embedded into our policies. The Audit was validated by a Panel of members from the Local Safeguarding Children's Board. The Panel confirmed that Babergh and Mid Suffolk Councils provided strong evidence of compliance and agreed we demonstrated a high standard of service.

### **Impact on Communities / the way we work**

The Section 11 Audit is an assessment tool designed to assist the Council to evaluate its policies, procedures and activities in relation to ensuring the safeguarding of our Communities. Working together with Partner agencies, the Audit provided assurance the Council is fulfilling its statutory obligations and duty of care ensuring there are effective arrangements in place to protect and promote the welfare of our most vulnerable (both children and adults) from harm.

### **Main Achievement**

The Health and Wellbeing Team have officially launched a new three-year joint project with Suffolk Sport. Active Wellbeing is a bespoke approach to help those living in rural communities who are physically inactive into more active lifestyles. The programme will also support the development of new activities, where they are needed, to help older people to become and stay, active.

### **Impact on Communities / the way we work**

Active Wellbeing is currently working with local communities and the GP practices in Fressingfield and Stradbroke, helping to promote and enhance the various activities available within those communities. The programme also supports the development of new activities, where they are needed, to help older people to become and stay, active.

Working alongside health professionals and the community, Physical Activity Advisor Annie Groves is identifying and supporting those people most in need, including those who have concerns or barriers to becoming more active such as cost; transport; management of chronic pain; no one to go with, etc., helping to guide them into suitable activity. By taking this focussed locality-based approach we aim to impact not just on the physical activity and lifestyles of those referred but also to build more connected communities where fewer people feel socially isolated and lonely. These impacts will be captured through the project evaluation framework. In future years the project will move to other locations in the district.