



December 2019 Thedwastre North Newsletter

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.

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.

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.

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.

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.

Search and Rescue Award: Jamie and Diesel Ketteridge

Jamie and Diesel Ketteridge

Jamie and Diesel have attended many searches since joining the Suffolk Lowland Search and Rescue. Diesel, a black Labrador, has been responsible for assisting the team in finding four missing people and giving a direction of travel for many others. Diesel is one of only two or three dogs of his type in this country. The training and dedication of Jamie is amazing, always willing to break new boundaries - such as following a 12hr old trail through West Suffolk Hospital to locate a missing person whilst in training.

Their nomination, from fellow team members, is a reflection of their extraordinary dedication.

Suffolk Lowland Search and Rescue (SULSAR) have their base at a site just off the A14, between Elmswell and Woolpit, officially in Woolpit.



Jamie Ketteridge and Diesel of Suffolk Lowland Search and Rescue - Search and Rescue category winners Picture: JAMIE KETTERIDGE

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.

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.