

# February 2017 Monthly Round-Up Newsletter

## New report announces vision for mental health in Suffolk

On 26<sup>th</sup> 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](http://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.

## 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.

## Suffolk Adult Learners' Awards 2017

Nominations for the seventh Suffolk Adult Learner Awards are officially open.

The Suffolk Adult Learner Awards, organised by the University of Suffolk and the Suffolk Adult Learning Federation (SALF) with Leap, are being held in order to celebrate the hard work and outstanding achievements by adult learners this past year. The awards ceremony will be held on Thursday 22 June at University of Suffolk and once again, BBC Radio Suffolk presenter and University of Suffolk Honorary Graduate, Mark Murphy will be the compère for the evening.

To view the list of awards and download nomination form, visit: [www.uos.ac.uk/AdultLearners2017](http://www.uos.ac.uk/AdultLearners2017)

All nominations must be received by **5pm Thursday 20 April 2017** and should either be emailed back to [adultlearners@uos.ac.uk](mailto:adultlearners@uos.ac.uk) or sent to Karen Davis, University of Suffolk, Waterfront Building, Neptune Quay, Ipswich, IP4 1QJ.

*Terry Clements*