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Oct 2022 Parish Newsletter

Households urged to get Food Savvy to save money and avoid waste

As the cost of living continues to bite a new campaign has been launched in Suffolk to help families reduce food waste and save money.

Back To Savvy is a Suffolk Waste Partnership initiative which advises people on how to reduce food waste through planning out meals and storing them effectively.

The campaign will advise on planning meals and batch cooking, storing prepared meals so they are ready for work/school, and repurposing leftovers into new meals.

The three main top tips are:

1. Cook today, eat tomorrow - cook multiple meals together using batch recipes and store in a fridge or freezer for later
2. Love your leftovers - turn dinner leftovers into tasty lunches or even remix them into fun new recipes.
3. Plan ahead - organise your lunches by planning and buying in advance. Even a minute planning your meals will save you a tonne of time and money.

Back to Savvy launches on Monday September 5 and is part of the wider Suffolk and Norfolk Food Savvy campaign, which offers a range of advice and information on how to save food and money.

Households across the UK waste 6.6 million tonnes of food annually, of which it is calculated 4.5 million tonnes are good to eat.

In Norfolk and Suffolk, this equates to 118,000 tonnes of wasted food across the two counties annually.

The average family with children could save more than £730 per year if they were to reduce their avoidable food waste.

Food waste also contributes to climate change as the greenhouse gases associated with food waste in the UK are the equivalent of those produced by ten million cars.

“With a little forethought and planning it is possible to make what we buy go further, last longer and help protect our environment.”

For more details [go to the Food Savvy website](#).

Sale of substandard safety equipment stopped in Suffolk

Over 350 items of motorcycle protective clothing were removed from sale at Copdock Bike Show after Trading Standards deemed the products potentially dangerous.

Officers visited stallholders at the show held on Sunday, 4 September, at Trinity Park to carry out on-the-spot inspections, which led to the discovery of six retailers selling motorcycle Personal Protective Equipment (PPE) that did not comply with safety legislation.

These sellers were subsequently issued with withdrawal notices, meaning they cannot legally sell their products until PPE regulations are met.

A total of 323 pairs of jeans with knee protectors, 15 full leather body suits and ten pairs of gloves with knuckle protectors were stopped from being sold because of failure to supply instruction booklets or correct labelling. In addition, six jackets were withdrawn from sale for not including vital impact protectors to help safeguard riders.

Out of the 15 stalls visited, no issues were found with motorcycle clothing on sale from nine traders.

Councillor Andrew Reid, Cabinet Member for Public Health and Public Protection, added:

“Protecting motorcyclists in Suffolk remains a priority for our council and I am immensely grateful to Trading Standards for reducing the risk of harm to riders by preventing them from buying dangerous protective equipment that did not contain the necessary labelling or proof that it met required standards.

“I would also like to thank the Copdock Bike Show’s organiser, Ade Smith, for enabling our attendance and working with our officers to help get important safety messaging out both before the event and on the day.”

All new motorcycle clothing placed on the market in the UK after 2018 should display a rating indicating how protective it could be in the event of a crash and a label showing it has been certified to EN17092. The EN17092 certification is divided into four classifications to help riders decide which equipment is most suitable for their needs:

- AAA – The highest level of protection specified by the standard
- AA – More suited for touring gear
- A – Used for urban riding and includes impact protectors
- B – Also deemed suitable for urban riding but comes without impact protectors

Consumers concerned about the safety of their motorcycle PPE should stop using it immediately and report the retailer to Trading Standards via the Citizens Advice Consumer Service on 0808 223 113.

Digital care is relieving the strain on social and the NHS

Column by Councillor Beccy Hopfensperger, Cabinet Member for Adult Care

It's been a little over a year since Suffolk County Council launched Cassius – now the most advanced digital care technology service in the country – and in that time we've changed the lives of 1,600 Suffolk residents with the installation of over 2,600 pieces of digital technology.

The types of technology installed include movement sensors, smart watches, wearables and falls prevention devices – all of which are supporting people in Suffolk to remain independent for longer and to live safely and well at home.

For example, movement sensors can show when you leave home and return, or if there hasn't been movement for some time, letting your carer or loved ones know you're safe. Smart watches allow you to easily call for help from home or while you're out. Falls pendants will automatically raise an alarm and call for help if it detects that you've had a fall. The technology on offer can all be customised to support people with a range of health and care needs and address specific requirements.

And after one year in action, we now have some fascinating new data which highlights the benefits of a digital care technology service such as Cassius, and the huge results it creates for social care and the NHS.

Because digital technology can delay someone's need to access additional care or move to supported accommodation before they're ready, the data shows that Cassius has created estimated cost avoidance savings to social care of £4.2 million, as well as cashable savings of £420,000. These savings can then be put back into the system and used to improve social care services elsewhere.

Not only that, but we are pleased to see the added value to the wider healthcare system too.

Since last July, Cassius has helped to avoid 118 ambulance callouts at a time when pressure on the NHS is at an all-time high, and prevented

hospital admissions saving 170 days, freeing up beds for those most in need.

These are such encouraging outcomes for a service developed from scratch. Cassius has exceeded all our expectations and Suffolk's social care practitioners are quickly becoming the most digitally advanced in the country. These figures are a testament to how you can transform services and continue to provide positive experiences and benefits to all.

But most important is the benefit the technology is having on people's lives, which has been wonderful to see.

Looking ahead to the future of the service, we are planning new features with the existing technology to support people better, as well as better ways to evaluate data and to understand when people need help or care.

We are also looking at greater health integration and plan to incorporate health monitoring and assessment tools such as blood pressure monitors, oximeters, scales and thermometers, combining health and care technology into one platform and continuing to relieve the strain on social care and the NHS.

We are so proud of what Cassius has achieved in its first year – but there is so much potential still to explore.

Windows now open to apply for primary and secondary school places

Parents and carers can now apply for primary and secondary school places for September 2023.

The deadline for applications to secure a place at a Suffolk secondary school is Monday 31 October 2022.

The deadline for applying for a primary school place, including infant and junior schools, is Sunday 15 January 2023.

All applications received by the relevant closing date are processed at the same time using the schools' oversubscription criteria to prioritise applications when necessary. Late applications are processed after all of those received on time.

Last year, Suffolk County Council received just under 15,400 applications from parents and carers indicating at which school they would prefer their child to be educated from September 2022.

Just over 95% of applicants received offers for their first preference school and almost 99% of applicants received an offer for one of their top three preferred schools.



Before making a school application, parents and carers need to consider how they will get their child to and from school. School Travel eligibility is based on a child attending the nearest suitable school that would have had a place available. This might not be the catchment area school. To find out more about SCC's school travel policy please visit www.suffolkboard.com/schooltravel.

Councillor Rachel Hood, Suffolk County Council's Cabinet Member for Education, SEND and Skills, said:

"Parents and carers should carefully consider which schools to apply for on behalf of their child. It is important that they complete and submit their application by the relevant closing date to give their child the best chance of being offered a place at one of their preferred schools. Parents and carers can list up to three schools on their application and we recommend that they apply for more than one school."

"It is also important to think about how their child will travel to school before they apply for a school place. I would strongly recommend that you check which is your child's nearest school on our Nearest School Checker because this might not be their catchment area school. This can be found at <http://nearestschool.suffolk.gov.uk/>."

Parents and carers should apply online at www.suffolk.gov.uk/admissions as they will receive confirmation that we have received their application. If for any reason parents and carers are unable to apply online they should apply on a paper application (CAF1). Suffolk County Council is unable to acknowledge receipt of paper applications and therefore suggest that proof of posting is obtained.

If families are planning to move house or think their circumstances may change before next September, it is still important to make an application on time. Advice and guidance about this process is available at www.suffolk.gov.uk/admissions.

Families who apply online will be able to log on to the Online Service on the National Offer Day, which is Wednesday 1 March 2023 for secondary school places and Monday 17 April 2023 for primary school places, to see their offer of a school place, and they will receive an email to confirm this offer on the same day. Offer letters will be sent by second class post to applicants who made a paper application.

Information to help parents and carers make their application is available at www.suffolk.gov.uk/admissions.

Great Big Green Week in Suffolk: Creating the Greenest County

Great Big Green Week is the UK's biggest celebration of community action





to tackle climate change and protect nature, and Suffolk is playing its part.

Created by national charity [The Climate Coalition](#), thousands of people across the UK are encouraged to take part in environmental action between 24 September and 2 October. Last year more than 200,000 people took part in their community and online, and this year is expected to be even bigger and better.

Councillor Andy Drummond, chair of the Suffolk Environment Portfolio Holders Group, said:

“To celebrate Great Big Green Week, we wanted to shine a spotlight on some of the fantastic organisations that are helping to make Suffolk the greenest county, to protect the environment and the habitat of local wildlife.

“Every Suffolk resident has a responsibility to tackle climate change, it’s not something that one organisation or authority can achieve on its own. Which is why our Suffolk Climate Emergency Plan is so important, as we work towards our ambition of a Net Zero Suffolk by 2030.

“These organisations and individuals are truly inspiring, and I hope by reading their stories you too will be inspired to take positive action to reduce your carbon emissions and protect your local environment.”

Alzheimer’s Awareness Month – now is the time to learn more about dementia and what support is available

World Alzheimer’s Day was held last week, on 21 September, as part of World Alzheimer’s Month.

This year the theme is around the power of knowledge, encouraging people to do what they can to learn more about dementia and understand the changes in memory and behaviour, so people feel equipped and able to identify when and where they may can go for help and support.

Alzheimer’s disease is the most common cause of dementia, Alzheimer’s is a progressive disease. This means that gradually, over time, more parts of the brain are damaged. As this happens, more symptoms develop, and they also get worse.

According the Alzheimer Society, more than 520,000 people in the UK have dementia caused by Alzheimer’s disease and this figure is set to rise.

Sadly, the impact of the Coronavirus pandemic, combined with the stigma of dementia and the common misconception around memory loss being just part of getting old, means that dementia diagnosis rates are currently at a five-year low across the UK, which sadly means that tens of thousands of people across the country are currently living with undiagnosed dementia.





This means they don't have access to the vital care and support that a diagnosis can bring and could risk ending up in crisis before making plans with their family and friends.

Typical early symptoms of Alzheimer's may include memory problems like regularly forgetting recent events, people's names, or familiar faces. Becoming increasingly repetitive, asking the same question multiple times.

Regularly misplacing items or putting them in odd or unusual places. Confusion about the date or losing track of the time of day. People with the onset of dementia might also develop problems communicating or finding the right words.

If you recognise some of these symptoms, either in yourself or in a close friend or family member, book a visit with a GP as soon as possible. Whilst getting a diagnosis can be daunting all the evidence suggests it's better to know.

Earlier this year, as part of Dementia Action Week, Alzheimer's Society created and launched a new online symptoms checklist that can be printed off and taken with you to a GP appointment, to help talk about changes that might be due to dementia.

Unlocking early support is vital, as it opens a range of both practical and emotional support. This support can include people gaining access to the latest information and research, so they can know more about the disease and how it develops, access counselling and emotional wellbeing support, and potentially benefit from drug and non-drug treatments available to help manage the disease as it develops.

It also allows them the opportunity to explain to family and friends the changes happening in their life. You can find out more information about their symptom checklist, along with a wealth of information and a range of help sheets about everything from what support exists for individuals diagnosed with Alzheimer's, support for carers of people with dementia, and the various treatment options which can be considered for people who are diagnosed with Alzheimer's on [the Alzheimer's Society website](#).

Don't dismiss the little symptoms you or your family may have noticed, it's not necessarily part of getting old – it might be part of getting ill.

Within Suffolk, anyone who needs help, advice and support for themselves or others pre or post a diagnosis of dementia, can contact the Alzheimer's Society via their Dementia Connect (Telephone **0333 150 3456** or email suffolk@alzheimers.org.uk).

Within Waveney, Alzheimer's Society provide a Dementia Support Service (Telephone **01603 763556** or email norfolk@alzheimers.org.uk).



Ipswich Register Officer moves to Endeavour House

The Ipswich Register Office will be moving to new state of the art facilities at Endeavour House, from October.

To complete the move, the Ipswich Register office at St Peter House will close on Friday 30 September and will re-open fully at Endeavour House, Russell Road, on Tuesday 4 October.

From Tuesday 4 October, registrations of births and deaths, together with Notices of Marriage/Civil partnerships and Early Bird ceremonies will take place at Endeavour House which will also offer a walk-in reception service and more modern facilities. It will also be fully accessible, in its new ground floor location, giving improved access for all customers, as well as there being more parking options available.

Telephone and email services will remain open between 1 and 3 October for any urgent enquiries.

Councillor Bobby Bennett, Cabinet Member for Equality and Communities, said:

“The new accommodation at Endeavour House will provide bright, modern facilities and improved accessibility for all our customers. It is also a more central location in Ipswich, which has excellent transport links, with the railway station, a number of bus routes serving the area and parking close by.”

It was also confirmed earlier this year that couples who opt for a register office ceremony in Ipswich will be tying the knot in a new location in the future.

In the new year marriage and civil partnership ceremonies will take place in the Pickwick Room at the historic Ipswich Town Hall on the Cornhill.

Suffolk Roadsafte Partnership rolls out ANPR devices to target speeding motorists

Speeding motorists are to be targeted with a mobile number plate recognition system to be rolled out across Suffolk.

Automatic Number Plate Recognition (ANPR) Speed Indicator Devices (SIDs) will be rotated around sites where there is a problem with speeding or rat-running on roads with a 20 or 30mph speed limit.

The devices, 10 in total, will display the speeds of drivers to them as they approach, encouraging them to slow down.

If they continue to ignore the speed limit the ANPR camera will take a picture of them and record the date, time, speed, vehicle registration and a photo of the vehicle.



In certain cases, persistent offenders will be reported to Suffolk Constabulary and, while no one will be prosecuted as a direct result of the devices, they may be visited by a police officer who will speak to them about their driving.

The information shared with the police may also influence the deployment of speed enforcement vans to problem areas.

This project is part of the Suffolk Roadsafe Partnership between Suffolk County Council and Suffolk Constabulary.

Suffolk County Council provided £400,000 from the 2020 Fund to support a two-year trial.

A grant of £30,000 has also been awarded by the Road Safety Trust to evaluate the project and establish whether the camera scheme is effective in reducing speeding.

Councillor Paul West, Suffolk County Council Cabinet member for Ipswich, Operational Highways and Flooding, said:

“Speeding traffic is a danger to everyone and a blight on the community it passes through.

“This scheme tackles this problem by reminding drivers that they need to slow down - and if they don’t, they can expect to be contacted and told their driving is unacceptable.

“If it makes motorists reflect on how fast they drive and understand the need to slow down then it has done its job.”

The Hold’s autumn exhibition, Picture Books For All, showcases work of influential printers, W.S. Cowell

The Hold’s autumn exhibition, Picture Books For All, opens on Friday 21 October, and explores the history of Ipswich-based printers W.S. Cowell Ltd.

A prospect of Ipswich in the county of Suffolk' by W.S.Cowell.

A visually rich selection of books, prints, original artwork and journals will chart the local, national and international importance of W.S. Cowell.

The free Suffolk Archives exhibition on Ipswich Waterfront will also look at where Cowell sits in the history of modernism in Britain and examines their significant contribution to literature and society through design.

Founded in 1818, W.S. Cowell were general printers that re-invented themselves as progressive art printers during the late 1930s and 1940s. They became colour-plate lithographic printers and were pioneers of an



acetate-sheet based process, called plasticowell, which allowed for an immediate and direct transfer from artist to press.

They went on to become instrumental in the launch of Puffin Picture Books at the start of the Second World War, and worked with leading illustrators and artists including Kathleen Hale, Eric Ravilious, Edward Ardizzone, Pablo Picasso and Henri Matisse; as well as with national art schools including the Royal College of Art.

The final section of the exhibition is dedicated to exploring Cowell's legacy and their impact on today's thriving illustrated book market.

Picture Books For All features rare books and artwork from specialist collections, and hidden gems from the W.S. Cowell archive including:

- Eric Ravilious original drawings and prints from the Royal Museums Greenwich collections
- Edward Ardizzone original illustrations from the Tim and Lucy book series
- First editions of many favourite titles such as Orlando the Marmalade Cat, Barbar the Elephant and the Puffin Picture Book series.

Exhibition opening times are 9:30am-4:30pm Monday to Friday, with late opening on Thursdays. And 10:00am - 4:00pm Saturday and Sunday. Events are ticketed, and can be booked by visiting the [Suffolk Archives website](#).

