

# Parish Report February 2015

## Councillor

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### Consultation set to begin on Chilton Woods project

Residents are being urged to take part in a consultation and have their say on proposals relating to the Chilton Woods development in Sudbury. The consultation, which begins on Friday 30 January, will detail proposals which recognise the site to the north of Sudbury as an ideal location to meet local housing and employment needs and deliver wider benefits for the area. These benefits will include provisions such as a new primary school, village hall, community woodland, a pub, shops, sports pitches, walking and cycling routes.

**Councillor Jenny Antill, Suffolk County Council's cabinet member for resource management, said:** "The county council remains absolutely committed to seeing this development happen and there is much hard work taking place to ensure those living locally benefit from this development. "I strongly encourage all those who have a connection with the area however remote, to engage with us through the consultation exercise and drop-in exhibitions; enabling us to gather a well-informed view."

As part of the consultation residents will be able to view and comment on proposals for the site and see what has changed since a housing developer presented a scheme back in 2012. From Friday 30 January 2015 plans and other information will be available from the county council's website, at [www.suffolk.gov.uk/chiltonwoods](http://www.suffolk.gov.uk/chiltonwoods).

The webpage will also include an online survey to help residents provide feedback.

A drop-in exhibition will be made available at the Masonic Hall, North Street, Sudbury, CO10 1NA where plans will be viewable and officers from the project team on hand to discuss proposals and answer questions. The drop-in exhibitions will take place at the following times:

- Friday 30 January 2015 (2pm – 7.30pm)
- Saturday 31 January 2015 (10am – 1pm)

Consultation closes 5pm on Monday 16 February 2015. Views and feedback during the consultation will help to inform the planning application which Suffolk County Council hope to make in spring 2015. If you have any questions regarding the consultation, please email [chilton.woods@suffolk.gov.uk](mailto:chilton.woods@suffolk.gov.uk) or call 0345 603 1842

### New campaign calls on Suffolk People to make the connection with loneliness

A new campaign, launched by Suffolk's health professionals, invites people to play their part to beat loneliness. The campaign draws attention to the fact that loneliness can affect any of us at any time. An estimated 800,000 people in England feel lonely, and AgeUK Suffolk predicts that 15,000 older people in Suffolk can go a month without speaking to a friend, family member or neighbour. The campaign, entitled "Loneliness. Make the connection" begins this month and kicks off a year-long focus on loneliness and how it affects people in different ways, from new parents to bereavement and unemployment.

It follows in the footsteps of Age UK Suffolk's Shine a Light on Loneliness campaign, which began at the start of the month to address the issue of loneliness and older people. A number of studies have linked the harmful effects of loneliness to both mental and physical health; claiming the same long-term harmful effects as obesity and smoking.

**Councillor Alan Murray, Suffolk County Council's cabinet member for health and adult care, said:** "Loneliness is something that people can struggle to admit to and find even harder to discuss. It has no obvious signs or symptoms but can have a devastating impact on people's mental and physical health, with long-term implications for people who are not given the support they need. With this new campaign, we want to draw attention to the way in which loneliness affects people at different stages in their life, while emphasising the positive impact that people can make by offering their time to support friends, family members and others to overcome loneliness and isolation."

Suffolk's public health team is joining forces with voluntary sector organisations and other partners to coordinate the campaign, drawing attention to the support already available from befriending schemes and organised groups to telephone and online advice. It follows in the footsteps of AgeUK Suffolk's Shine a Light on Loneliness campaign, which kicked off at the start of the month to address the issue of loneliness and older people.

**Sharron Cozens, Acting Chief Executive of AgeUK Suffolk, said:** "Loneliness is a very big issue for us and the people we support, and that's why we're highlighting it as a priority for 2015. It can be accompanied by depression or behaviours that are harmful in themselves, including drinking alone which, according to a Mintel survey, affects one in five (18%) over 65s who drink at home on a daily basis. We aim to provide low-level interventions to help combat depression in later life, such as befriending, day clubs and social opportunities, as they can have great benefits for overall health and wellbeing. There is also plenty we can all do to help. This includes setting aside time every week to have a conversation with a friend or family member who you may not speak to very often, or a neighbour that you know lives alone some or all of the time. You could also consider formal volunteering opportunities, which are available at Age UK Suffolk and other organisations."

More information about Loneliness. Make the connection is available from [www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk) including the ability to make a pledge, find out what support is available, read case study examples and download a range of useful resources.

### **Primary School place application deadline looms**

Parents and carers have until 15 January 2015 to apply for a full time place for their child at primary school for the 2015/16 school year. Anyone with children born between 1 September 2010 and 31 August 2011 can apply for up to three schools either online (which is recommended) or using the paper application form. An application must be made, even if the child already has a place in a nursery class, pre-school or children's centre.

Any applications received after the deadline will be considered after all the other applications have been processed. This could mean there are no places left at a preferred or nearby school. Last year, Suffolk County Council received over 900 late applications for primary school places.

In 2014, more of Suffolk's four and five year olds received offers for a place at their preferred primary school than in the previous year. Suffolk County Council received 7632 applications from parents outlining which school they would prefer their children to be educated at from September 2014. Of those, 92% of applicants received offers for their first preference and 97% of applicants receiving an offer from one of their three preferences. In the same year, 99% of pupils moving to a junior school and 96% of pupils moving to a middle school went to their first preference place. The number of people choosing to submit an application online is 69%.

Any parents or carers who have not yet applied for a school place should apply online or download an application form at [www.suffolk.gov.uk/admissionstoschools](http://www.suffolk.gov.uk/admissionstoschools) or contact Suffolk County Council immediately on 0345 600 0981.

## **New campaign encourages families to make sugar swaps**

The Change4Life campaign launched today encourages parents to reduce the amount of sugar their children consume by making one or more simple swaps. With new data revealing that over 31% of children in their last year of primary school in Suffolk are overweight or obese, Suffolk's public health team is backing a campaign that calls on parents to cut the sugar in their children's diets.

Change4Life Sugar Swaps is informed by a new survey amongst Netmums users who were polled on their views on sugar. The results highlighted that nearly half (47%) of surveyed mums think their family has too much sugar in their diets and two thirds of mums (67%) are worried about the amount of sugar their children consume.

In Suffolk approximately 22% of children start school either overweight or obese, which then becomes 31% for those in their last year of primary school. Children who are overweight or obese when they are young are far more likely to become overweight or obese adults and these figures demonstrate the increasing need to address children's diet and limit future health problems.

Councillor Alan Murray, Suffolk County Council's cabinet member for health and adult care, said: "Eating and drinking too much sugar means extra calories, which causes fat to build up inside the body. This can lead to heart disease, some cancers or type 2 diabetes later in life. This campaign is about promoting alternative food and drinks which contain less sugar, and are therefore better for young people's health. By making a few small-scale swaps every day, we can all live healthier lives and significantly reduce obesity levels in Suffolk."

Change4Life recommends four simple Sugar Swaps for families to choose from, tackling different 'sugar occasions' in the day:

- The Breakfast Swap: sugary cereal for plain cereal e.g. wholewheat biscuit cereal
- The Drink Swap: e.g. from sugary drinks to sugar-free or no-added-sugar drinks
- The After School Swap: for example from muffins to fruited teacake
- The Pudding Swap: for example from ice cream to low-fat lower-sugar yoghurt

While guidelines state that no more than 10% of a person's daily energy or calorie intake should be made up of sugar, at present, children aged 4-10 years are consuming up to 50% more than this. Children aged 4-10 get 17% of their daily sugar from soft drinks; 17% from biscuits, buns, cakes, pastries and fruit pies, 14% from confectionery, 13% from fruit juice, and 8% from breakfast cereals. Sugar can also have a devastating impact on dental health; an integral part of overall health. Public Health England partnered up with Netmums and the University of Reading to deliver a 'Family Sugar Challenge': The diets of 50 families were analysed in terms of sugar content, before and during the Change4Life's Sugar Swaps. This early analysis delivered the following results: On average the families were consuming 483g of sugar a day at the beginning of the challenge. Their sugar intake was reduced to 287g per day when making Sugar Swaps. This meant an average daily saving of 196g of sugar per family each day, or 49 sugar cubes.

Cathy Court, founder of Netmums, said: "We know that mums want to provide a healthy diet for their children but balancing a number of competing priorities, including healthy eating, can be tricky. Although sugar consumption is a worry for parents, we understand that taking steps to reduce sugar can be really difficult. We hope that these simple Sugar Swaps from Change4Life will make it easier for parents to reduce their family's sugar intake."

Throughout the campaign, families will be able to register for a free Sugar Swaps pack filled with hints, tips and recipe suggestions designed to help parents cut down the sugary foods and drinks consumed by their children, plus money-off vouchers, swap cards and stickers. Families can sign up to the Sugar Swaps campaign through the [Change4Life](#)

### **Campaign begins to help Suffolk residents stay warm in their homes**

Suffolk Energy Action has been launched by Suffolk County Council, with the support of all district and borough councils in the county. This campaign complements the existing [Warm Homes Healthy People](#) project which aims to help those most in need. The campaign offers £6 million to be shared out amongst local residents across two key schemes to help improve the energy efficiency of Suffolk residents' homes.

The first scheme offers help to cover the cost of installing loft or cavity wall insulation. The price that residents will have to pay for the insulation is determined by a free technical survey carried out on their property. In some instances there will be no charge for installations, or it will be at a heavily discounted price.

The second scheme is a Green Deal Communities Grant which is to be used to fund the cost of solid wall insulation in homes without cavity walls. This grant can cover 75% of the cost, up to an amount of £6000 towards the cost.

To apply for the Green Deal Communities Grant you must first have a Green Deal Assessment carried out on your property, which costs £29. This is to assess the energy performance of your home so potential areas of improvements and saving opportunities can be highlighted. Climate Energy Ltd and Aran Services Ltd will carry out the assessment and then arrange the installation using their qualified and trusted experts.

Both schemes are open to occupants of various property types and all incomes, as long as there aren't any restrictions on your property (e.g. if it's a listed building). If you rent your property, you can join the schemes with your landlord's permission. However, they are not available for council or housing association tenants, as these homes should already meet energy efficiency standards. By improving the energy performances of homes in Suffolk, they will be more energy efficient and cheaper to run. Therefore residents will save money and reduce carbon emissions. This will help the council's ambition to make Suffolk Britain's Greenest County.

Over the coming months Suffolk Energy Action will be arranging drop-in question sessions at supermarkets, libraries and community centres.

To find out more please visit the [Suffolk Energy Action website](#).

To apply for the Green Deal Communities Grant (for solid wall insulation) call **0800 840 9090**.

To apply for free and discounted loft and cavity wall insulation call **0800 587 7795**.