

## January 2016 report for the Thredling Division from Cllr Matthew Hicks

### **Consultation to shape the future of Suffolk Fire and Rescue Service – public meetings announced for 2016**

In last month's newsletter, details were given on the public consultation to shape the future of Suffolk's Fire and Rescue Service. As part of this consultation looking at the future provision for Suffolk's fire service, a timetable of Suffolk Fire and Rescue Service (SFRS) hosted public meetings has been set for early 2016 to enable people to hear directly about what is being proposed, and have their say, as well as completing the online questionnaire. SFRS officers are encouraging people to attend these meetings across the county so that their views can be taken into account before the proposals are finalised and any decisions are made.

These public meetings are as follows:

14 Jan 2016 – Ipswich – Endeavour House, 6.30pm-8.30pm

28 Jan 2016 – Wrentham – Village Hall, 6.30pm-8.30pm

01 Feb 2016 – Lowestoft – Riverside Centre, 6.30pm-8.30pm

03 Feb 2016 – Sudbury – Town Hall, 6.30pm-8.30pm

If anyone you know would like to attend, please encourage them to email [fireserviceredesign@suffolk.gov.uk](mailto:fireserviceredesign@suffolk.gov.uk) confirming which meeting date and venue they would like to attend. This will help the team to ensure that there are sufficient facilities available for each meeting. In addition to the meetings hosted by SFRS, officers and councillors have also been invited to attend a number of other town, parish and area meetings and dates will be published on the SFRS website as they are confirmed. Full details of the proposals and consultation are available at [www.suffolk.gov.uk/fireredesign](http://www.suffolk.gov.uk/fireredesign). The consultation closes on 22 February 2016.

### **Suffolk County Council launches competition to crown the county's Most Active Community for 2015**

Building on the success of previous years, the county council is once again on the search for Suffolk's most active community. This competition gives people the chance to celebrate the great work taking place in so many communities across the county. Encouraging and supporting people to live active lifestyles in their communities is incredibly important because it keeps them healthy and independent in the short and long term. The awards are about recognising the fantastic work of communities right across Suffolk so whatever your communities are doing - whether it's dog-walking, new walking or cycling routes, yoga, football or Zumba, please make sure that SCC's Most Active County team are informed. The county council wants to celebrate your communities and these activities are vital in helping the county council achieve Suffolk's collective ambition of becoming the most active county in England. The competition seeks out the most active town, small village and large village in Suffolk from 2015 and the winners are presented with an engraved plaque at a special presentation event in March 2016 as a permanent recognition of their achievements. In addition, all entrants who make it through to the first round of judging will receive a "Most Active Community 2015 Finalist" certificate. The closing date for applicants is 5 February 2016 so please encourage your own communities to take part. The application form and a list of frequently asked questions is also available to via [www.mostactivecounty.com/community\\_activity](http://www.mostactivecounty.com/community_activity) or telephone on 01473 260722.

### **Parents in Suffolk are being encouraged to get "Sugar Smart"**

Parents in Suffolk are being encouraged to get "Sugar Smart" and take control of their children's sugar intake as part of a new campaign. Supported by Public Health Suffolk, the Change4Life campaign follows revelations that 4-10 year olds consume an estimated 5,500 sugar cubes a year (22kg), weighing the same as an average five-year-old. Currently 20.9% of four to five-year-olds in Suffolk are overweight or obese, increasing to 31.8% in 10 to 11-year-olds. This means they are more likely to become obese adults who are more prone to a range of serious health problems, including heart disease, some cancers and Type 2 diabetes. These latest figures for Suffolk highlight the importance for families to cut back on sugar in the diet. Sugar is lurking in everyday food and drink, taking children well over the maximum recommended amount. To help parents take control, a new Sugar Smart app has been launched to help show how much sugar there is in everyday food and drink. The free app works by scanning the barcode of products and revealing the amount of total sugar it contains in cubes and grams. The county council is encouraging all parents across the county to download the app, to help protect their families from the health risks of consuming too much sugar. The Change4Life Sugar Smart app can be downloaded free of charge via the App Store or Google Play. The 'Change4Life' website also offers lots of free support, tips, ideas and recipes. There will be 25 Change4Life Sugar Smart roadshows, taking place across the country from January to March. , five million Sugar Smart packs will be given away to primary school children and their families via schools and retailer.

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