



Babergh Be Active Sudbury BMX Jam April 2012

Over 50 youngsters and residents of Sudbury turned out to support Be Actives first BMX Jam at the BMX park in Belle Vue Park. Supported by John Stockwell from British cycling, and Steve Law from Amplifier who provided music for the afternoon, 7 talented, local BMX riders took part in the competition. Prizes were supplied by Hardcore Hobbies in Bury St Edmunds. Each competitor had 4 one minute runs to cover as much of the park as possible, with points being awarded for difficulty, skill and style. Stephanie Lloyd BDC community Development Officer said "All competitors showed real talent, enthusiasm and commitment to the cause for getting involved with the community project that is to kick-start the re development of the BMX park and utilise a room in Belle Vue House for the young people of Sudbury and create what will be known as The New Hub "

www.facebook.com/BaberghMidsuffolkCommunities <http://www.youtube.com/watch?v=Us6dR1omw7c>

Hadleigh Cycling Club launched on Wednesday 22nd February.

The club is run from Hadleigh High Leisure Centre and is being supported by British Cycling with one of their Go Ride coaches coming down to help coach some of the sessions. We had hoped to run a taster session in the February half term but this was cancelled due to the snow, however it had generated interest from 25 participants.

The first session ran well with only three participants, who all said they enjoyed it and would be telling their friends about the club. The cycling sessions are for children 10 and over and will hopefully lead to opportunities for the participants to compete in racing competitions in various cycling disciplines.

Anti-Social Kids to Discover Impact on Victims

Young people caught committing anti-social behaviour in Babergh will now be shown a DVD illustrating the impact their actions have on their victims and the community.

Babergh District Council's Anti-Social Behaviour (ASB) Team and the Sudbury and Cornard Safer Neighbourhood Team (SNT) have worked with three local families – all who have been victims of anti-social behaviour – to create a powerful seven-minute-film, called Behind the Broken Window.

The film shows the victims talking candidly about the impact anti-social behaviour has had on their lifestyle, health and mental wellbeing,. It also illustrates the type of behaviour one family suffered over a short period of time - from fireworks through letterboxes to verbal abuse and damage to their property.

The film was the brainchild of Sally Watson, Babergh District Council's Anti-Social Behaviour Network Officer, and was funded by the Babergh Community Safety Partnership and Suffolk Police Authority.

Mrs Watson said: "I interview more than 70 perpetrators of anti-social behaviour each year.

"And, in general, perpetrators don't consider the effects their actions have on their victims, so the aim of the film is to allow them to hear genuine accounts from people who have suffered, and the lasting effects that are caused.

"The victims have been very brave speaking out about their experiences but wanted to do something to prevent others going through the trauma they had been through."

The film will be played to young perpetrators and their parents when they attend police stations in Babergh for anti-social behaviour interviews and reprimands, as well as local schools for Safer Neighbourhood Team education visits. Pc Verity Pearson, Sudbury and Cornard SNT officer, who has worked closely with the victims introduces the DVD and closes by asking the audience to consider how they would feel if their own families were these victims.



The BBI Project February Half Term

The BBI project provided another successful activity period during the February Half Term, with schemes running at Hadleigh, Great Cornard and Sudbury, and attracting over 200 children and young people.

Activities provided included roller-skating, swimming, dodgeball, arts and crafts, National Trust wildlife workshops and much more. Planning is underway for Easter and activities will be advertised via our website and through local schools.



The Future of the Community Safety and Leisure Team

With the ongoing reorganisation of Babergh and Mid Suffolk's services many things are changing for the team. We are looking to positively embrace those changes and make the most of the opportunities that they present, sharing expertise with our colleagues in Mid Suffolk and increasingly working together to create a new and more expansive joint service for both Districts. The team have worked hard to ensure that our current levels of service are maintained and the work highlighted in this newsletter demonstrates both that and a willingness to continue to develop.

Changes are also afoot for Babergh's Community Safety Partnership. With ever diminishing resources and a background of County-wide restructuring and the advent of Police and Crime Commissioners we have been looking to work ever more closely with colleagues throughout the County. Babergh's CSP has agreed to work on a strategic level with colleagues throughout the West of Suffolk to jointly plan and act on shared priorities. Operational work continues to be locally focused and relevant to the needs of the local community and we continue to work with colleagues in the West to further develop our shared agendas. The Western CSP group now comprises of Babergh, Mid-Suffolk, St Edmundsbury and Forest Heath Districts.

Later Life Activities

Health Walks are continuing to thrive with over 50 walkers on some walks. As this now includes several levels of fitness we have included once a month longer walks of 6+ miles. These have been very well attended and so we are looking to progress even further and are having a trial 12+ miles walk including stop off for a picnic or Pub lunch.

Nordic Walking 6 week courses started in Hadleigh and Sudbury and were well attended. The next courses which start in April are also booked up and so will continue throughout the year.

Chair Based Exercise Classes are still proving very popular within Babergh's Sheltered Schemes and there are also classes in Bildeston, Sudbury, Nayland and Boxford, initially sponsored by Fit Villages, and as a result of recent POPs meetings where the classes were demonstrated and very much enjoyed.

Water Aerobics We are hoping to start open air classes at Great Cornard Leisure Centre during the summer and also Hintlesham. They will be continued (weather permitting) for as long as possible. They will compliment courses already being run at Sudbury and Hadleigh swimming pools.

Off Road Cycle Rides Plans are underway to offer accompanied off road bike rides for people who want to get back into cycling but are nervous and do not want to cycle on their own. We currently have 3 off road routes – Hadleigh to Reydon, along the railway, sudbury to Rodbridge again along the railway and around Alton Water.

Intergenerational Skill Swaps Plans are progressing to join Capel Guides with Dove Court, an Orwell Housing Sheltered Scheme, on a 4 week course where the Guides learn some forgotten skills such as knitting, sewing and cooking. They will record "memories" from the residents so that they leave a legacy of a lifestyle almost forgotten about in the form of books made by the Guides for the residents and their families. There will also be "silver Surfing" classes for those who want them and discussions on music, food, hobbies – now and then.

