

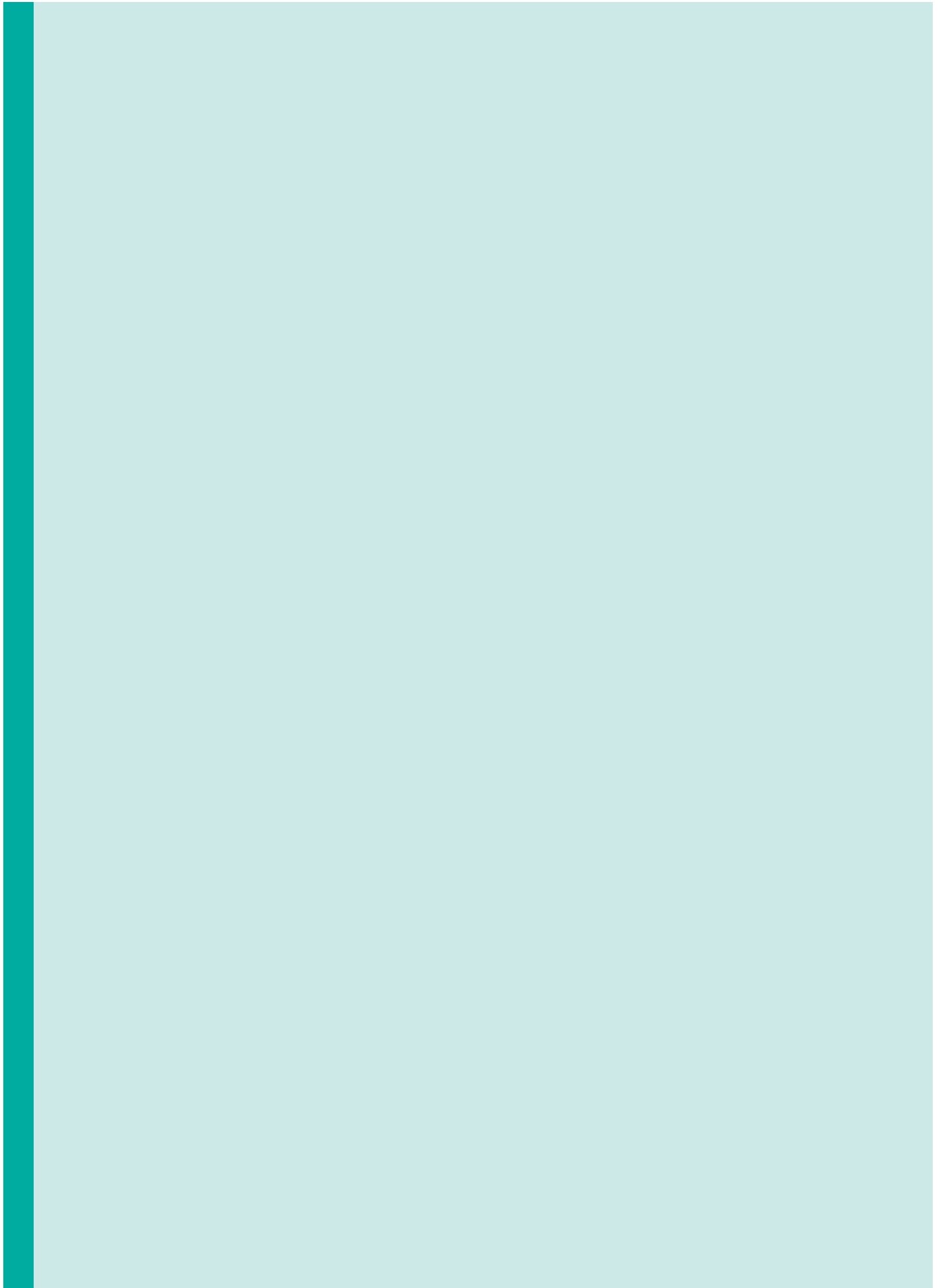
# Protecting and improving your health and wellbeing, together



2017/18



Putting you first



# Protecting and improving your health and wellbeing, together

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In our five year strategy “Our patients, our hospital, our future, together”, West Suffolk NHS Foundation Trust made a clear and substantial commitment to make the prevention of ill health a core part of everything we do.



Prof Dr Stephen Dunn

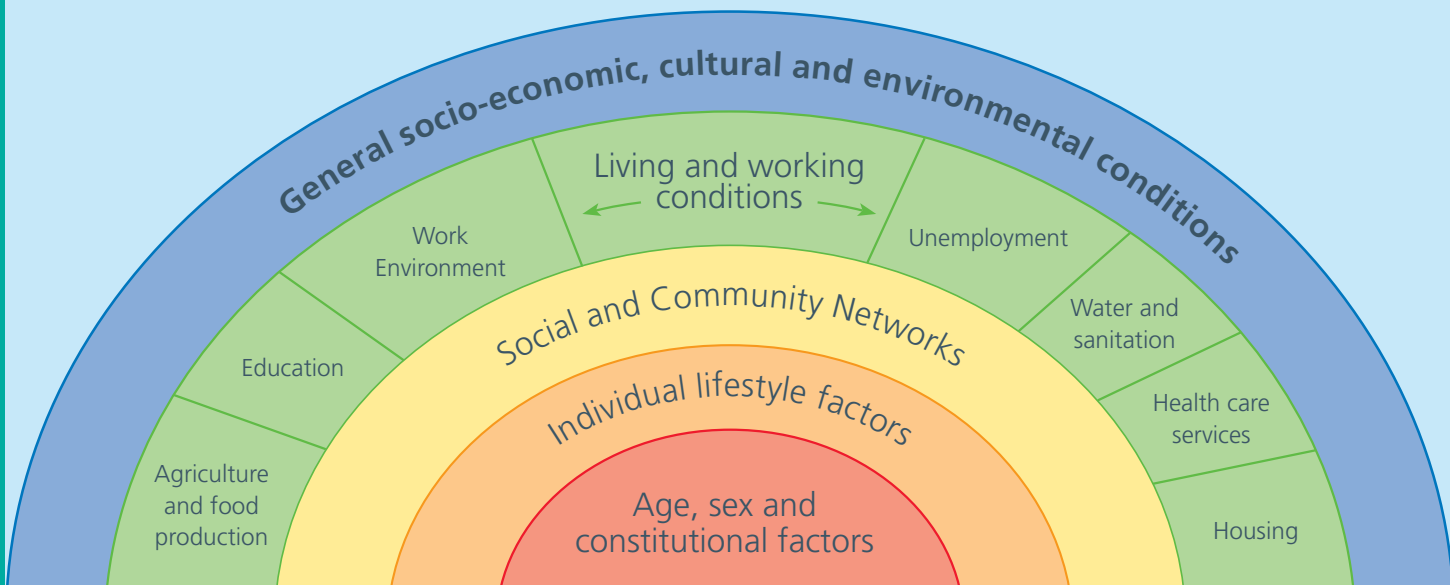
It is our privilege to be here 24 hours a day, ready to look after you in your hour of greatest need. But our interest in your health doesn't begin when you are already sick, there is plenty we can do to help you keep well in the first place. When it comes to your health and wellbeing, we walk beside you all through your life, together with our colleagues throughout the health and care system.

The means by which we can protect and improve health and wellbeing in west Suffolk are many, and we can do so, not only as a healthcare service, but also as a large employer and as an organisation with substantial purchasing power. This document describes just some of the ways we play our part and how we will continue to strive to do more.

## **Prof Dr Stephen Dunn**

Chief executive

# Protecting and improving your health and wellbeing, together



## The wider determinants of health

You know as well as anyone how the circumstances and conditions you live in affect the way you feel. The benefit you get, for example, from a good education, rewarding work, the comfort of your home, your outdoor environment and the friends and family you have around you.

It is also well known how important your lifestyle is for staying in good health: not smoking, sticking to a low alcohol intake, enjoying a good diet and being physically active. These factors are often called **the wider determinants of health**. The rainbow shows how they build up in layers around each of us. West Suffolk NHS Foundation Trust (referred to as WSFT throughout this document) can have a positive influence on several layers, and that is what we have committed to do.

## We are your national health service, not just a national illness service

The strength of our commitment to prevention is demonstrated by the fact that four of our seven ambitions are about supporting every member of our community to live well and be healthy.

In his landmark review of inequalities in health in England, Sir Michael Marmot described the way positive and negative effects on health and wellbeing accumulate over the course of a person's life. Reflecting that, we have pledged to provide our care in such a way that helps build up your 'bank' of positives from before birth onwards.

The first two sections of this brochure describe ways in which we will help to improve your wellbeing when you are a patient with us, a relative, a visitor or a member of staff. The second two sections describe ways in which we extend our reach beyond our clinic rooms, wards and grounds, to continue contributing to your health, even when you are out and about in your daily lives, when the hospital and illness are far from your thoughts.

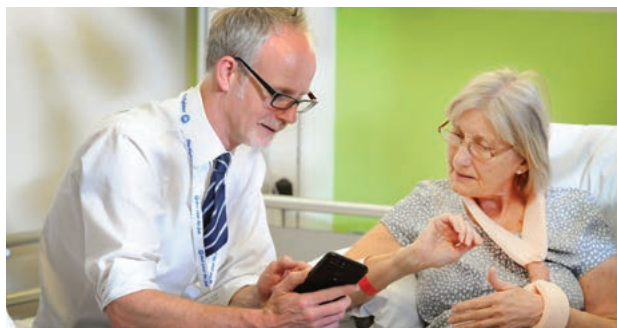
At WSFT we are never content to sit on our laurels. At the end of each section we outline the next steps we will take, 'walking the walk' of the commitment we have made to you in our strategy.





# Health and wellbeing for our patients

Each year we look after 65,000 people overnight, see 382,000 people in outpatients and treat another 65,000 in our emergency department. We welcome our newest members of the community into the world and we care for people who are nearing the end of their lives.



Your thoughts and motivation about your health are heightened whilst you're with us, so in Ambition Five of *Our patients, our hospital, our future, together* we have pledged to give lifestyle advice and help you to change behaviours that are at risk of making you unwell.



## Making every contact count

Our nursing assistants and healthcare support workers are trained to make every contact count while they look after patients on the wards and in clinic. Making every contact count means talking to patients, family members and carers about the importance of a healthy lifestyle and giving information and advice about smoking, alcohol, weight, diet and exercise. There are a number of services in west Suffolk which can help you change your lifestyle for the better. Our staff will point you in the right direction.



*"Within my role I have learnt the skills to build on my relationships with patients so I can start discussions and signpost them towards information. The training reminds me to focus on the individual and not just a number."*

**Gareth Reynolds**  
Assistant practitioner

## Holistic approach to care

Our doctors, nurses, therapists and pharmacists know there is much more to illness than the textbook definitions. Many of our services provide innovative, holistic care which recognises all the mental, emotional, social and physical aspects of how you feel when you are unwell.

A good example is the relaxation service which our physiotherapy department offers to people with a range of different health problems.

In one-to-one appointments, the therapists teach a range of relaxation techniques to help people of all ages manage stress or anxiety and the impact it is having on their other conditions and their quality of life.

The techniques are tailored to the person and their condition and might include mindfulness, breathing exercises or keeping a relaxation diary. At the end of the appointment there is a relaxation CD available for everyone to take home, to help them continue to use what they have learnt.

*"I really appreciated the time given to help me improve my wellbeing and understanding of my condition."*

**Anonymous patient feedback**



### Baby-friendly award

UNICEF has recognised the support the hospital offers parents to give their babies the best start in life by breastfeeding. In 2016 we were awarded stage 2 baby friendly status.

Stage 2 means all our maternity staff are educated to have the right skills and knowledge to help all our new mums and babies get going well with breastfeeding.

*"It was hard at the beginning, but once I got past the initial challenges it was one of the most rewarding experiences I've ever had. I was able to provide the absolute healthiest food for my baby."*

**Breastfeeding mother**



### Health coaching

WSFT has been leading the way with health coaching since 2014. We have over 190 therapists, nurses and doctors trained to use coaching techniques.

If you have a long-term condition, it is you who is the expert on how it affects your life. There is often far more that you can do yourself to help maintain a good quality of life than our staff can do for you. Health coaching helps us to help you identify the ways you can control your condition and stop it getting the better of you.

*"Health coaching can have a big impact... increasing confidence, motivation and self-sufficiency, and improving quality of life."*

**Trudi Dunn and Nina Finlay**

Accredited health coaching trainers





## Chaplaincy

Spiritual wellbeing is important to many of our patients and visitors. Our hospital chaplains and volunteers provide emotional and spiritual support to all, regardless of beliefs or faith.

The Chapel of the Good Samaritan in the main hospital building is always open for quiet reflection and prayer. A chaplain is available 24 hours a day and a contact list of ministers for all the world's main religions is maintained. The chapel holds an Anglican Sunday service every week and patients who can't attend the chapel can receive communion at their bedside.

## Stop-smoking support

As well as our stop-smoking clinic which patients can attend, we also have nurses and healthcare assistants in every ward and clinic who can help patients quit. They provide information and advice on how to break the habit of smoking and the hospital pharmacy can supply nicotine replacement therapies and other medication which help reduce the cravings.

## Using our buildings and spaces to promote wellbeing

Having sight of and access to natural landscapes is good for mental wellbeing. There is even research that shows patients admitted for surgery feel better and are discharged sooner when they are able to see greenery outside their window or enjoy a hospital garden. An imaginative approach to our courtyard gardens has created some lovely green space on our Hardwick Lane site, which patients can enjoy along with staff and visitors. There is even a dedicated therapeutic garden for people who have had a stroke and are being cared for on ward G8.

It's not just our outdoor space that can contribute to wellbeing. Two initiatives make great use of the hospital corridors: the Forget-Me-Not dementia walk and the Paintings in Hospitals art displays.

The Forget-Me-Not walk is a 100-metre memory walk which encourages people living with dementia to reminisce with staff and loved ones about times gone by. It combines popular images of iconic people, events and objects from the 20th century with displays of everyday household items. It was unveiled in 2016 after a two-year fundraising campaign by My WiSH Charity and was only made possible by the generosity of our local community.

*"Mum really lit up when she saw the photo of the old cattle market – it really struck a chord with her and we were able to have a lovely chat about her childhood memories of Bury."*

#### **Daughter of a patient with dementia**

Elsewhere, around 100 pieces of art brighten our main corridors, loaned and curated by the Paintings in Hospitals charity. The pieces are specially selected to make the hospital environment more welcoming, stimulating and comforting. The displays feature works by local, national and international artists and include works selected especially to appeal to children, people with autism and older people.



*"There's a saying that prevention is better than the cure. I fundamentally believe that we must make every effort to invest our time and resources in preventing ill health, and that applies equally to physical and mental health. The litmus test comes not only when we measure how long people are living – which incidentally is on the increase – but people's quality of life as they age. This is the real measure of how successfully we are preventing ill health and it's something to which I, and many others, pay close attention.*

*Every individual's health matters, and touches the lives of others around them. That's why it's great to see that West Suffolk NHS Foundation Trust is collaborating with wider health and care services not only to focus on making patients well when they are ill, but also on what it can do to improve people's health in general.*

*Only when we have succeeded in this long-term, collective goal we will enjoy a population that is truly living longer, healthier and happier lives."*

#### **Abdul Razaq**

Director of Public Health for Suffolk

## What's next?

OneLife Suffolk is going to train even more of our staff to Make Every Contact Count by starting good conversations about the importance of a healthy lifestyle. The first groups will be our student nurses, porters and pharmacists. Then we'll build partnerships with other lifestyle services too.

We will also work together to make sure our doctors, nurses and therapists can refer patients directly to OneLife's services.

We will continue to encourage staff to use health coaching techniques. The next step is to make sure that every patient who could benefit from health coaching is able to. We'll support our clinical teams to make it a routine part of the care they provide.

We are going to get our baby-friendly status up to stage 3 - the highest level.

To help achieve all this, we've been approved by the General Medical Council to have a junior doctor work with us who specialises in public health and prevention; only the second hospital in the region to do so.



# Health and wellbeing for our staff

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The Trust takes its role as an employer of 3,500 people seriously. In a typical community, eight per cent of people will be employed in health care, and 18 per cent will have a family member who is.

Supporting our staff to live well and feel good is a public health action in itself. A happy, healthy workforce is essential if we want to go on delivering the outstanding patient care we are so proud of.

## Specialist physiotherapy service

The important work of healthcare is often physically demanding, whether it's our nursing assistants helping to wash and dress patients or our porters moving people and equipment around the hospital. Low back pain, and shoulder and neck injuries are the most common reasons for members of the team needing to have time off work. To look after our staff, many of whom have worked with us for decades, we have a dedicated occupational physiotherapy service.

The service is run with self-referral for ease of access and everyone is seen within two weeks. On average, 35 new people receive help every month.



*"My physio was fantastic. It got me back to work and helped to get movement back in my arm. I am very pleased... thank you."*





## Smoke-free environment

All our buildings and grounds are smoke-free environments. A special stop-smoking clinic runs in the outpatient department every Monday morning, which is open to all staff and patients. Staff can have time off to attend during their working hours because we recognise the huge benefit that giving up smoking brings, not just for the person quitting, but also for the relatives and children they share their life with. Quitting can be four times more successful if it is done with the help of a NHS stop-smoking service.

## Care First

Care First is our employee assistance programme, available free of charge to all members of staff. A 24/7 freephone number provides access to trained counsellors and information specialists who provide a listening service, advice and support on a wide range of topics that affect our staff. Everything from problems at home, money worries, health issues and challenges at work can be talked about. Face-to-face counselling can also be arranged and between 8am and midnight there's even an online counsellor available for those who can't or prefer not to speak over the phone. The service is completely confidential. Since its introduction in February 2016, the number of people using the service has increased rapidly as has the number of people recommending it to colleagues.



The counselling and information service is backed up by a website containing information and news on a wide range of health and wellbeing topics. As well as offering advice about maintaining a healthy lifestyle, getting good sleep and dealing with stress, it has articles and webinars for our managers to learn how they can improve the health and wellbeing of members of their team.



## Eat Out, Eat Well award

Many of our staff have physically demanding roles and work long or irregular hours. It's important there is fresh, healthy food available to keep them going. In February 2016, the hospital's catering team became the first in the area to receive a gold Eat Out, Eat Well award from St Edmundsbury Borough Council for the food it serves in the Time Out Restaurant and Courtyard Café.

The award celebrates the healthy choices on offer every day, including fresh fruit and vegetables, wholegrain bread and rice, and low fat meat and dairy products. It also recognises our healthier cooking practices, such as limiting the amount of fried food which is served and not cooking with salt.



*"We pride ourselves on the quality of food we offer at West Suffolk Hospital, and regularly receive excellent feedback from our patients and visitors. The award shows we make it easier for people to follow a balanced diet when they are not eating at home."*

**Brodrick Pooley**  
Catering manager

## Putting You First awards

Research has shown that it's important for mental wellbeing to feel valued at work, to be able to voice concerns and to be encouraged to act on ideas about how things could improve. An example of how we put this into action is our Freedom to Improve campaign and the monthly Putting You First awards.



By giving all our staff the freedom to speak up about the patient care they provide and see, and the freedom to try out ideas they think

might make that care better, we make the most of the enormous wealth of knowledge, skills and experience we share. Every month staff nominate colleagues who have made a difference to patients through their thoughtfulness, innovation or commitment to going the extra mile. Nominees are recognised with a Putting You First award from the chief executive, which is celebrated at the Trust-wide monthly meeting.

## Weight management and NHS health checks

OneLife Suffolk provides lifestyle services throughout our area. They can help you stop smoking, lose weight or increase your physical activity. To make it easier for staff who want to lose weight, OneLife provide a 12-week programme on our Hardwick Lane site.

We're also keen for staff aged between 40 and 74 to have their NHS health check. Everyone is eligible to have a health check every five years to test for the warning signs of diabetes and heart disease. Most people go when they are invited by their GP surgery, but OneLife come to us to offer health checks to our staff who find it more convenient to have them done at work.

## Active travel

Our rural environs don't make it easy for everyone to avoid having to use their car, but we're committed to helping all our staff get some exercise on their way to work.

In partnership with Bury Rugby Club we have 150 parking spaces off-site, giving staff the opportunity to walk the last mile of their journey and get their

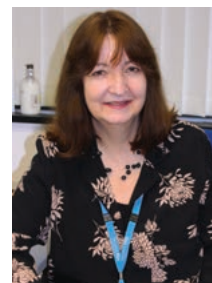


recommended 30 minutes of moderate exercise every day.

For those who would like to cycle, we offer the national Cycle-to-Work scheme. Staff can buy a bike and cycling equipment tax-free. We have shower facilities, clothes

storage lockers and secure cycle parking on our Hardwick Lane site.

We also encourage everyone to walk, cycle or take the bus one day a week by asking them to nominate a car-free day.



*"Having a OneLife health check at work was really convenient. Not only did it highlight an issue requiring GP consultation, but their advice helped me*

*make healthier lifestyle choices. I have since revived my love of swimming and regularly walk home from work instead of catching the bus. I feel a new spring in my step!"*

**Sheila Broadfoot**  
Project Manager



## Sports groups and leisure activities

Lots of our staff take part in sports or activities outside work which they would like to share with colleagues. Our communications team shares information on groups and clubs which are being run by staff, and whenever we can we make space available on site for staff to use.

A good example is Steve Monkhouse and Kevin Crowe's tae kwon do classes. Steve and Kevin both work in our estates and facilities directorate. They are also both tae kwon do black belts and they run two classes every week. A mixture of staff, their children and members of the public attend. They use a room in our Education Centre.



## Books for mental wellbeing

The Education Centre offers a quiet space for peace and relaxation in the library. We have two collections of books which improve mental wellbeing:

- Mood Boosting Books, which are chosen by the Reading Agency for their uplifting qualities and
- Books on Prescription, which provide self-help techniques for managing a variety of common mental health conditions.

The library team has also introduced colouring materials for mindfulness.

## What's next?

As a member of the Suffolk Health and Wellbeing Board we have signed up to the national Workplace Wellbeing Charter and aim to achieve its Excellence award by 2020.

New hot food vending machines will mean staff can get healthy, nutritious meals on site even when the restaurant is closed overnight.

In 2017 we introduced the Neyber financial wellbeing service. Neyber allows people who are in debt to control their monthly repayments and reduce the cost. Financial wellbeing is well recognised as a cause of stress and anxiety and it's one of the things staff have been talking to our CareFirst counsellors about.

OneLife Suffolk will increase the time they spend on site, so more staff can make use of the stop smoking clinic and weight loss programme and have their NHS health check.



*"There is compelling research evidence that living healthily in early and middle years has a very strong bearing on health in later life. It is difficult to get enough exercise and to eat well given the demands of work and family, particularly for staff who work shifts. It is marvellous to see the ways in which our staff and managers are helping themselves and others. I encourage everyone to make use of these benefits, as part of a personal plan for looking after their physical and mental wellbeing."*

**Roger Quince**

Chairman, West Suffolk NHS Foundation Trust

# Health and wellbeing for the community



WSFT has always been firmly rooted in our community. One of our greatest strengths is the support we enjoy from our fundraisers, Friends, foundation trust members and more. Like all relationships, it works both ways, and the Trust does what it can to give back on a regular basis.



## Promoting physical activity with our fundraising

The hospital's own charity, My WiSH charity, organises a number of high profile fundraising events in the community each year. It has made a commitment that all of them will be based on physical activity.

From the annual West Suffolk Spin cycling event to the Toddle for Tots and Teddybears' Picnic, the events are designed so that everyone can participate, to get out in the fresh air and enjoy some fun.



## Cardiopulmonary resuscitation training

Cardiopulmonary resuscitation (CPR) is attempted in nearly 30,000 people who suffer out-of-hospital cardiac arrests in England each year. Teaching members of the public how to do CPR and how to use community defibrillators increases the likelihood of survival. It is an incredibly simple life saving treatment which anyone can perform.

For a number of years, staff members from the West Suffolk Hospital Resuscitation Service have provided CPR training to secondary schools, sports clubs and communities. The training includes how to use public access defibrillators.

The training is offered free of charge and the Resuscitation Practitioners deliver it in their own time. The team have arranged a session for our hospital volunteers to attend in May this year.

*" The resuscitation practitioners Georgie and Kevin have been brilliant. Through their own initiative and personal commitment they are making such a difference to people's chances of survival. I'm really proud of them. "*

**Julie Head**

Resuscitation and outreach clinical service manager



## 4 Health and wellbeing for the community

### Volunteering

We have long recognised the huge benefits that our dedicated army of volunteers brings to the Trust. We enjoy the support of over 400 volunteers who gave 42,000 hours of their time in 2015/16 to help the rest of our staff provide the highest quality care.

Our volunteer service doesn't just benefit patients, relatives and staff though, volunteering is also well known to have a positive impact on the volunteers themselves.

By offering a wide range of roles, looking after our volunteers well and matching them carefully with roles that suit them, we can help members of our community from all ages and backgrounds to keep fit, feel good, make new friends and develop new skills. Volunteering can offer a route into a new career for young people and for people who have been out of work for a period of time. It can also provide rewarding opportunities for people who are unable to work, perhaps because they have a long-term health condition or a learning disability.

We embrace this responsibility by having a dedicated voluntary services management team, who are constantly finding new and stimulating ways for volunteers to make their invaluable contribution to the important work we do.



Volunteer Ron Knight helps staff and supports patients in our Eye Treatment Centre.

Ron was a runner up after being nominated for Volunteer of the Year Award by the staff he helps. He has been volunteering for eight years and says, "My volunteering gives me a great feeling of wellbeing, being useful and wanted and the satisfaction of being part of a team. Patients sometimes say that they are pleased I am there with them and after each session the clinical staff all thank me which makes me feel all the time I give is well worthwhile. I walk regularly, about 12 miles and go to the gym, but volunteering helps me mentally and I don't feel that I am just sitting at home alone with nothing to do, so I always look forward to the next time I come in to the hospital."



Volunteer James White-Miller and his support worker Steve Flack help our health records team by delivering patient notes to medical secretaries and finding stray wheelchairs to bring back to the front entrance for patient use.

James' mother Sandra White-Miller writes: "James takes his role as a volunteer very seriously indeed. He feels he has an important role to play at the hospital and benefits immensely.

"James is very sociable and loves the interaction he has with other volunteers and staff. I understand he brightens many people's day with his chirpy 'I can' attitude and big smile. James' confidence has grown through volunteering and he feels a sense of belonging.

"In the world's eyes James' contribution may be small but it makes him feel valued and all the walking around the hospital ensures he reaches his 10,000 step target, which is an added bonus especially after he has enjoyed his lunch in the hospital's Time Out restaurant."

## Student volunteer programme



Our student programme supports 6th form, college and post-graduate students from our local community who are planning a career in healthcare and offers a very valuable experience of shadowing or volunteering alongside staff and helping patients on wards. In addition, a limited number of non-clinical work experience placements may be offered to year 10/11 students and are arranged with schools and the voluntary services team

Taking part means a commitment to volunteering for a minimum of six months for at least two hours a week. This allows time to become an integrated member of the ward team and provides a really rewarding volunteer experience. All our student volunteers acknowledge that this experience is a great help to forming decisions about their future studies.

*"Volunteering impacts on my health and wellbeing as it motivates me towards my chosen career within healthcare. I believe even as a volunteer I should be a role model and encourage people to adopt a healthy lifestyle. Within my role as a volunteer it is important to make every contact count."*

**Ruby Last**  
Student volunteer



## What's next?

We'll offer more and varied volunteer roles. We'll work with other voluntary organisations and other parts of the health system to create new volunteering opportunities closer to people's own homes. We'll also set up a health ambassador programme.

We'll equip and encourage everyone who is connected with WSFT to take healthy living messages into their community.



*"Maintaining our health and wellbeing is good for our physical and mental health, but also good for the soul. I am always amazed by the strength of our community and the range of local activities open to everyone. The restorative power of engaging with our community knows no bounds and there is truly something for everyone."*

**Jo Churchill**  
Member of Parliament for Bury St Edmunds

# The health and wellbeing of your environment

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The beautiful rural landscape of west Suffolk has been a source of food, employment, leisure and enjoyment for centuries. The natural environment and its resources are precious to you and therefore they are precious to us too.

The NHS in England has a sustainable development strategy which requires every NHS organisation to recognise the impact it has on the environment and to reduce it. We take this responsibility seriously, because an unprotected environment is bad for human health. Air pollution alone causes nearly 1,500 deaths a year in west Suffolk.

Lots of you are already reducing your environmental footprint by buying local, recycling, leaving the car at home and getting your power from renewable energy. So are many organisations in west Suffolk, including schools, businesses, councils and more. As a hospital we're no different. We're determined to use only what we absolutely need to deliver the care that you deserve. That way, we will help protect your health now and your children's future tomorrow.







Energy from waste facility Great Blakenham

## Efficient on-site power and heat generation

We have a combined heat and power plant at Hardwick Lane. We use it to generate our own electricity and capture the heat that is a by-product for use in our buildings. It is much more efficient than using a conventional generator and a separate boiler for heating. We've reduced our consumption of fossil fuels and also reduced our energy bills, saving thousands of pounds which have been reinvested into providing you with outstanding care.



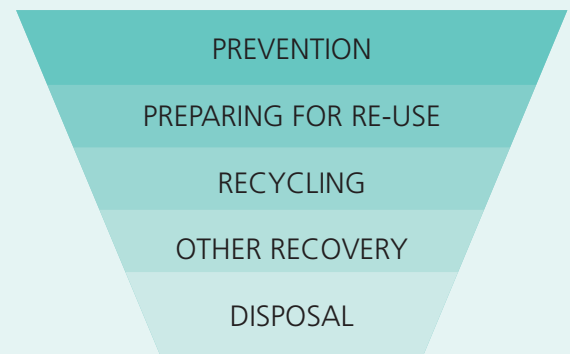
## Electric car charging points

The shift away from petrol and diesel to cleaner fuels for driving is a key component of the UK strategy to reduce transport emissions and improve air quality. WSFT has led the way by installing six electric vehicle charging points on site.

## Waste

Understandably, the Trust creates a lot of waste. The 'stuff' of healthcare is substantial. Every day we need to dispose of used equipment, packaging, waste gases, waste water, food waste and green waste.

### Guidance on applying the Waste Hierarchy



We use the Waste Hierarchy to reduce the amount of waste we generate in the first place. We make sure that what we do create is handled as responsibly as possible. For example, all our general rubbish which can't be recycled is sent to Suffolk's energy from waste facility at Great Blakenham where it is used to generate electricity. This facility produces enough electricity to power 30,000 homes each year.





## Fresh, ethical and sustainable food

The food you'll enjoy at WSFT isn't just good for you, it is ethical and sustainable too. In 2016 we were awarded the Soil Association's Food for Life Catering Mark bronze award.

The award shows that our catering team is proud to use fresh ingredients, carefully sourced and prepared on site. All our meat comes from a local butcher and conforms to UK animal welfare standards. Our fish is certified by the Marine Stewardship Council and eggs are always free-range.

The team believes the food tastes better for it and the compliments they get on a regular basis show you do too.

As Brodrick Pooley, catering manager at the hospital says, "The whole department was very pleased and proud to have been recognised with the Food for Life award. It shows that we care about the quality of the products we use and the dishes we serve to our patients, staff and visitors."

*"What a great idea! I found just what I was looking for."*

### **Sue Smith**

*My WiSH charity fundraising manager, who was first in the Trust to use Warp It.*

### "Warp It"

A new initiative for 2017 is our Warp It re-use network. Warp It is a web resource which is a similar concept to Freecycle. In an organisation of our size, with several sites, re-using large items like furniture, office equipment and clinical equipment is difficult to achieve. With Warp It, though, items which staff don't need anymore can be posted on the website for others to find and use.

Other hospitals around the country who are using Warp It have seen massive benefits from it. Not only does it reduce the amount of bulky waste they have to deal with, they have saved money and reduced their carbon footprint by not having to buy new all the time.



## What's next?

Our sustainable development management plan is being refreshed for 2017. We'll set ourselves stricter targets on energy, waste, water, travel and transport.

The catering team are busy making the improvements they need to meet the exacting standards of the Soil Association's gold award. Only seven hospitals in the country currently hold it.

We'll introduce a Liftshare scheme to put staff who travel from the same direction in touch with each other.

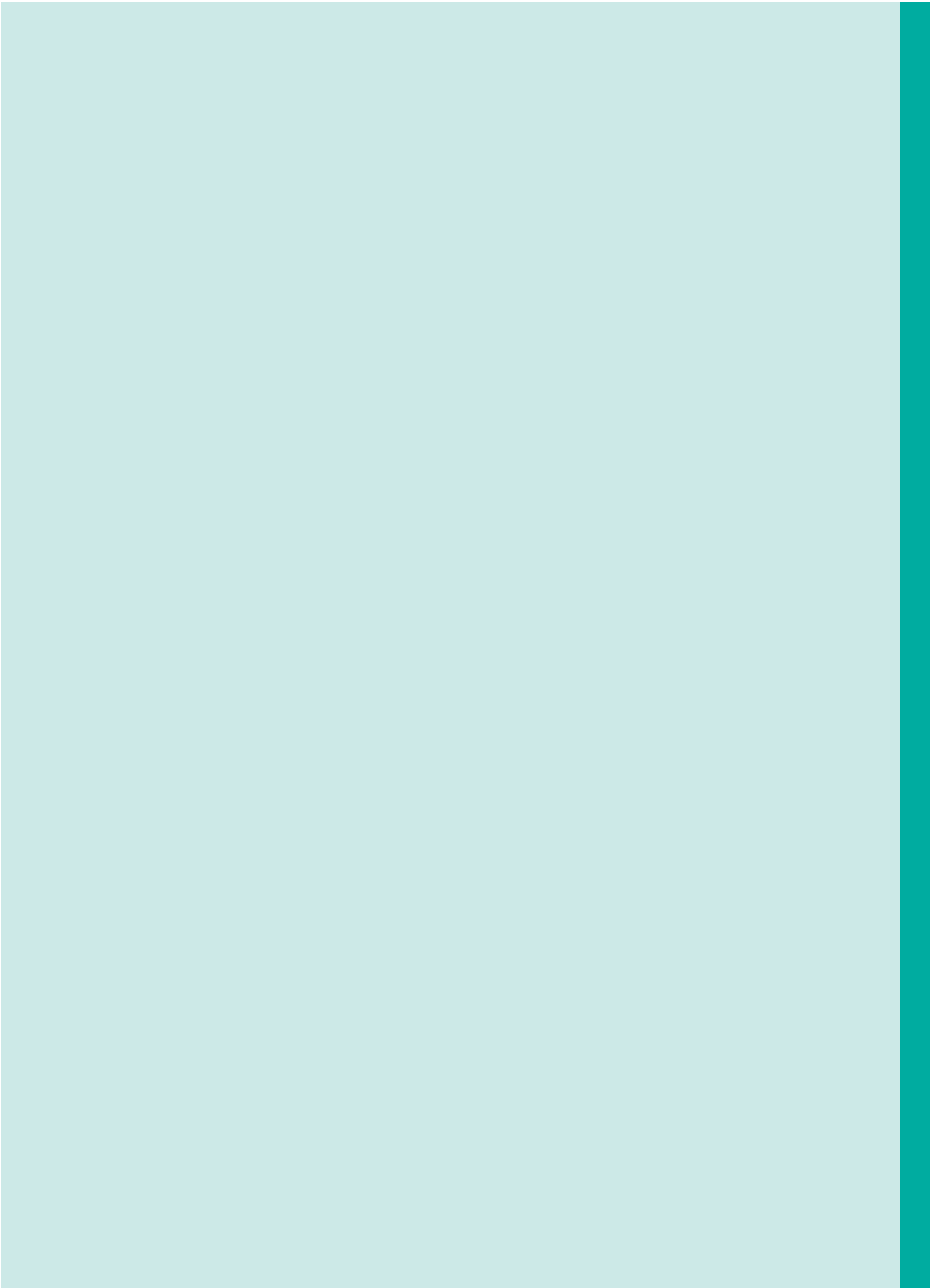
Once Warp It is fully established, we'll open it up to external organisations so the charities, community groups and other organisations you're involved in can benefit from what we no longer need.



*"Suffolk is a beautiful county. Our natural environment is important in its own right, but the quality of life it provides is also much treasured by people who visit, live and work here. It is also one of the county's key strengths, providing us with enviable natural capital on which to improve health and wellbeing and to grow our economy. Physical and mental health, known to be associated with an attractive and accessible natural environment, are a benefit to business, innovation and entrepreneurship and can reduce pressures on social care and health services."*

**Matthew Hicks**

*Cabinet member for environment and public protection*



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