



Newmarket TOWN COUNCIL

**The Memorial Hall, High Street, Newmarket, CB8 8JP
Tel: 01638 667 227**

You are hereby summoned to attend the
MEETING OF THE NEWMARKET TOWN COUNCIL
to be held at
THE MEMORIAL HALL, HIGH STREET, NEWMARKET
On **Monday 24th June 2019 at 6.00pm**

A G E N D A

The meeting is held in public and the public are encouraged to attend and participate. Occasionally matters relating to contractual or staffing issues do have to be held in the confidential part of the meeting.

Members of the public and press may not orally report or comment about a meeting as it takes place if present at a meeting of the Council, but otherwise may:

- a. film, photograph or make an audio recording of the meeting;
- b. use any other means for enabling persons not present to see or hear proceedings at a meeting as it takes place or later;
- c. report or comment on the proceedings in writing, during or after a meeting or orally after the meeting.

The Council will where possible facilitate such recording unless it is being disruptive. It will also take steps to ensure that children, the vulnerable and members of the public who object to being filmed are protected without undermining the broader purpose of the meeting.

1. Mayor to read fire safety notice and announce that proceedings may be filmed or recorded.
 2. Apologies for absence.
 3. Declaration of Members' Interests & to remind Councillors of the need to keep up to date their Register of Members' Interests and to consider any requests received for Members' Dispensation.
 4. To receive and confirm the Minutes of the Town Council Meeting held on Tuesday 7th May 2019 and any matters arising.
 5. Public participation 'An invitation to members of the public to put questions/statements of not more than 3 minutes duration. Resolutions can only be made on items on the agenda, but Councillors are very happy for matters relating to the Town to be brought to their attention.
 6. Palomino – To receive an update
 7. To receive and note the report (if any) from County Councillors
 8. To receive and note the report (if any) from District Councillors
 9. To receive Ward Reports (if any) from Town Councillors
 10. To receive reports (if any) from Town Councillors elected as representatives on other bodies:
 11. To receive the Town Mayor's and Deputy Mayor's Announcements.
 12. To receive the minutes and consider any recommendations from the Development & Planning meetings held on 3rd and 17th June 2019
 13. To receive the minutes and consider any recommendations from the Leisure Services meeting held on 3rd June 2019
 14. To receive the minutes and consider any recommendations from the Community Services Meeting held on 10th June 2019
 15. To receive the minutes and any recommendations from the Human Resources meeting held on 10th June 2019
 16. To receive the minutes and any recommendations from the Finance & Policy meeting held on 17th June 2019
- Distribute to the following for information:

County & District Councillors, The Press, Newmarket Town Council Notice Boards & the Web-site

June 2019

17. Newmarket Soap Box Race – To receive an update

18. Correspondence:

a. High Streets Heritage Action Zone fund

b. Mental and Physical Health

19. Date of the next Meeting– **Monday 22nd July**

Signed



Roberta Bennett, Town Council Manager, 19th June 2019

Distribute to the following for information:

County & District Councillors, The Press, Newmarket Town Council Notice Boards & the Web-site



Newmarket

TOWN COUNCIL

Minutes of the Meeting of the Newmarket Town Council
held on Tuesday 28th May 2019 at 7:15 pm
at the Memorial Hall, High Street, Newmarket, Suffolk, CB8 8JP

Attendance:

Councillor R Hood (Town Mayor)
 Councillor A Appleby
 Councillor J Borda
 Councillor O Bowen
 Councillor S Caesar
 Councillor J De'Ath
 Councillor A Drummond

Councillor W Hirst
 Councillor P Hulbert
 Councillor M Jefferys
 Councillor T Kerby
 Councillor J Lay
 Councillor K Lindsay
 Councillor C O'Neill
 Councillor R Yarrow

Also Present: Roberta Bennett – TCM, Julie Ashton - Minute Assistant, 1 Member of the Press and 5 Members of the Public.

Minute

19/05/1 FIRE SAFETY BRIEFING AND ANNOUNCEMENT THAT PROCEEDINGS MAY BE FILMED OR RECORDED

The Mayor opened the meeting and read out the Fire Safety Briefing and the announcement that proceedings may be filmed or recorded.

The Mayor advised that there had been a fire at Newmarket Academy last night and thankfully there were no injuries. The fire was attended to promptly by the fire services and the outcome of the fire investigation was awaited.

19/05/2 APOLOGIES FOR ABSENCE – LGA 1972, Section 85(1) & (2)

Apologies were received from Cllrs Ali, Anderson and Cooke.

19/05/3 DECLARATION OF MEMBER'S INTERESTS AND TO REMIND COUNCILLORS OF THE NEED TO KEEP UP TO DATE THEIR REGISTER OF MEMBER'S INTERESTS AND TO CONSIDER ANY REQUESTS RECEIVED FOR MEMBERS DISPENSATION

None noted.

A member of the press joined the meeting.

19/05/4 TO RECEIVE AND CONFIRM THE MINUTES OF THE PUBLIC PART OF THE TOWN COUNCIL MEETING HELD ON TUESDAY 7TH MAY 2019 AND ANY MATTERS ARISING

The Town Mayor presented the minutes of the Town Council meeting held on Monday 7th May 2019 and the following amendment was made:

Page 2 - 19/05/04.02 – Typo was corrected to read signed.

Subject to the amendment being made, the following was agreed:

19/05/4.01 Resolved

That the minutes of the Town Council meeting held on Monday 7th May 2019 be adopted and signed as a correct record by the Town Mayor.

Matters arising:

Page 4 – 19/05/10.04 Resolved - Finance & Policy Committee - a request was made to add this item to the next agenda.

Page 5 / 19/05/11 – Representatives on other bodies – a request was made to add this item to the next agenda.

19/05/5

PUBLIC PARTICIPATION AN INVITATION TO MEMBERS OF THE PUBLIC TO PUT QUESTIONS/STATEMENTS OF NOT MORE THAN 3 MINUTES DURATION. NO RESOLUTIONS CAN BE MADE BUT COUNCILLORS ARE VERY HAPPY FOR MATTERS RELATING TO THE TOWN TO BE BROUGHT TO THEIR ATTENTION

A Resident advised that a planning application for the White Lion pub at the Queensbury Lodge site had lapsed and the building had been boarded up and was causing issues with rubbish attracting rats and antisocial behaviour. The Mayor advised that the 4 Newmarket District Councillors would push West Suffolk to find a resolution.

A resident spoke about the Annual Town Meeting and advised that there was no open debate allowed. He had wanted to ask why a wedge had been driven to divide the Town and what was being done to move this issue forward. The Mayor advised that the F&P Committee had already begun to review Standing Orders and that the issue was being addressed.

A resident advised that the Town was outraged about 9 elected Councillors being excluded from the Committees and that every Councillor should be allowed to be a member of any Committee. A request was made for Councillors to wear name badges at the next Annual Town meeting and that name cards are displayed at full Council meetings. TCM agreed to arrange this

Cllr Drummond advised that he had sent an email to all Members with a request to meet to discuss Committee membership. A number of Councillors advised that they had not received it and that there had been problems with the new email accounts. TCM asked for any problems to be reported to her. It was suggested that the Standing Orders should be reviewed by full Council and not just the F&P Committee.

19/05/6

REPORT FROM COUNTY COUNCILLORS

The Mayor advised that her report would be circulated to Members. A concern was raised regarding SCC latest policy to exclude tetra packs and metal pans from recycling bins. The Mayor was asked to take this up with SCC and that they should be encouraged to increase recycling, not reduce it.

Minutes of the Town Council Meeting held on Tuesday 28th May 2019

19/05/7 REPORT FROM DISTRICT COUNCILLORS

None noted.

19/05/8 WARD REPORTS FROM TOWN COUNCILLORS

Cllr Borda reported having received complaints from residents regarding the grass not being cut in his Ward and that the playground was not being maintained. TCM asked for photos to be sent to her.

Cllr Jefferys reported that following work to install gas pipes in Norfolk Avenue and Elizabeth Avenue the area had not been restored to its original state. There had also been 2 traffic incidents caused by drivers taking the corner too fast and requested that the SID be installed to monitor speeds at the junction and to look at what traffic calming measures could be installed. The Mayor requested that the details be emailed to her for her to take the issue up. He advised that there were plans to make the pub that had closed down into to a community and arts centre and that it should be added to the community asset register. An item would be added to the Community Services agenda.

Cllr Yarrow reported that there was a dangerous tree in the Fresh Fields area that required attention. TCM requested photos to be sent to her.

Cllr Hood reported that the pipe work in Bury Road appeared to have resolved the bad odour at Newmarket Brook and this would continue to be monitored.

19/05/9 TO RECEIVE REPORTS FROM TOWN COUNCILLORS ELECTED AS REPRESENTATIVES ON OTHER BODIES

None noted

19/05/10 TO RECEIVE THE TOWN MAYOR'S AND DEPUTY MAYOR'S ANNOUNCEMENTS

The Deputy Mayor reported the following:

12th May – Attended a Soapbox meeting

14th May – Attended the Great Dunmow Soapbox meeting

16th May – Attended a meeting at Tattersalls

20th May – Attended a Penny Hall Davely meeting

23rd May – Attended a BID meeting with Graham Philpot

26th May – Attended the Great Dunmow Soapbox

19/05/11 TO RECEIVE THE MINUTES AND CONSIDER ANY RECOMMENDATIONS FROM THE D&P COMMITTEE MEETING HELD ON 13TH MAY 2019

The Chairman of the Development and Planning Committee presented the report and recommendations from the Development & Planning Committee meeting held on 13th May 2019.

D/19/05/11.01 Resolved (D/19/05/12.01 Recommendation)

That NTC adopt the checklist for developments of more than 10 dwellings.

A request was made for the checklist to be circulated again.

Minutes of the Town Council Meeting held on Tuesday 28th May 2019

19/05/12 TO RECEIVE THE MINUTES AND ANY RECOMMENDATIONS FROM THE LEISURE SERVICES COMMITTEE MEETINGS HELD ON 13TH MAY 2019

The Chairman of the Leisure Services Committee presented the report and recommendations from the Leisure Services Committee meeting held on 13th May 2019.

19/05/12.01 Resolved (L/19/05/14.01 Recommendation)

That the quote from Future Electric for £480 + £175 be accepted to inspect and test the stage lighting in the Memorial Hall.

19/05/13 TO RECEIVE THE MINUTES AND ANY RECOMMENDATIONS FROM THE COMMUNITY SERVICES COMMITTEE MEETING HELD ON 20TH MAY 2019

The Mayor presented the report and recommendations from the Community Services Committee meeting held on 20th May 2019.

19/05/13.01 Resolved (C/19/05/5.01 Recommendation)

That a Section 137 donation of £75 be made to the 6th Newmarket Brownies from the Mayor's Allowance.

19/05/13.02 Resolved (C/19/05/8.01 Recommendation)

That subject to the confirmation of a firearm licence, the quote from 999 Pest Control for £1,000 be accepted.

19/05/14 TO RECEIVE THE MINUTES AND ANY RECOMMENDATIONS FROM THE FINANCE & POLICY COMMITTEE MEETING HELD ON 20TH MAY 2019

The Chairman of the Finance & Policy Committee presented the report and recommendations from the Finance & Policy Committee meeting held on 20th May 2019.

19/05/14.01 Resolved (F/19/05/6.01 Recommendation)

That the ratification of the schedules of payments for the period 01/04/2019 – 30/03/2019 (Cash Book 1, 2 and 4) be received and adopted.

19/05/14.02 Resolved (F/19/05/10.01 Recommendation)

That the Financial Standing Orders be adopted.

19/05/15.03 Resolved (F/19/05/11.01 Recommendation)

That the Standing Orders for Contracts be adopted.

19/05/14.04 Resolved (F/19/05/12.01 Recommendation)

That the Member's Code of Conduct, Social Media. Officer's Code of Conduct and Protocol on Member Officer's Relations be adopted.

The following 2 recommendations were amended

(F/19/05/14.01 Recommendation)

That NTC re-join SALC for a subscription fee of £1,600.44 per year.

Minutes of the Town Council Meeting held on Tuesday 28th May 2019

19/05/14.04 Resolved (F/19/05/14.01 Recommendation)

That NTC re-join SALC for a subscription fee of £1,600.44 per year and that the contract with LCPAS for £90 per year (cost confirmed by Cllr O'Neil) be renewed.

A recorded vote was requested and the result was as follows:

COUNCILLOR	FOR	AGAINST	ABSTAIN
Ali	Not in attendance		
Anderson	Not in attendance		
Appleby			X
Borda	X		
Bowen			X
Caesar	X		
Cooke	Not in attendance		
De'Ath	X		
Drummond	X		
Hirst		X	
Hood	X		
Hulbert	X		
Jefferys	X		
Kerby		X	
Lay	X		
Lindsay	X		
O'Neill		X	
Yarrow		X	
	9	4	2

The following recommendation was withdrawn:

19/05/14.05 Resolved (F/19/05/14.02 Recommendation)

That the contract with LCPAS not be renewed be withdrawn.

19/05/15 TO RECEIVE THE FINAL ACCOUNTS

TCM presented the final Accounts and the following was agreed:

19/05/15.01 Resolved

That the Annual Accounts for the Town for 2018/2019 be received.

19/05/16 TO RECEIVE THE INTERNAL AUDITOR'S REPORT FOR 31/03/2019 BY AUDITING SOLUTIONS

TCM presented the Auditor's report for 31/03/2019 and thanks were given to staff for the fantastic audit.

19/05/17 ANNUAL GOVERNANCE STATEMENT

TCM explained the 3 pages relating to the Annual Governance Statement and the following was agreed :

19/05/17.01 Resolved

That Section 1 of the Annual Governance Statement be signed and submitted.

19/05/18 ACCOUNTING STATEMENTS

TCM presented Section 2 the accounting statement for 2018/19 and the following was agreed:

19/05/18.01 Resolved

That Section 2, Accounting Statement 2018/19 of the Annual Governance & Accountability Return be approved.

19/05/19 TO RECEIVE AN UPDATE ON THE SOAP BOX RACE AND APPROVE NEXT STEPS

A presentation was given on the safety plans and risk assessment for the event including an update on road closures. The income and expenditure costs were also presented and the following was agreed:

19/05/19.01 Resolved

That the next steps for the Soap Box Race be approved.

Full details of the event could be found on the website.

19/05/20 TO CONSIDER CORRESPONDENCE

None noted.

19/05/21 DATE OF THE NEXT MEETING OF THE TOWN COUNCIL

Monday 24th June 2019

Meeting closed at 8:39pm

Signed : _____

Date : _____

Newmarket Town Council

Report Title: Improving the mental and physical health of Newmarket Residents: Town Survey phase 1 results

Meeting Date: Monday 24 June, 2019

Author: Chris Pyburn
Public Health Manager
Public Health, Suffolk County Council

NEWMARKET TOWN COUNCIL MEMBERS ARE REQUESTED TO:

- Note the findings from the first Newmarket Town Survey
- Support ongoing activity to improve the mental and physical health outcomes for Newmarket residents
- Agree to support the actions listed in the action plan and offer support as appropriate.
- Receive future updates on progress with this work

1. Suffolk's Public Health team has been working with the Newmarket community (health and wellbeing partners in local councils, clinical commissioning groups, voluntary sector organisations, businesses and others) to improve residents' mental and physical health. This is informed by data, and particularly the county's suicide audit, which demonstrates indicators of poor health in some areas and a higher prevalence of suicide in the town compared to some other areas of Suffolk.
2. One specific activity that has come about as part of this plan to identify the health and wellbeing priorities for residents is to develop and conduct a town survey among those who live and work in Newmarket.
3. This paper provides an overview of the methodology and results from the first town survey, with recommended actions and next steps.
4. Public Health and its partners are keen to provide regular updates to the Town Council and other local groups.

Background

5. Newmarket has specific health issues and there are opportunities to improve the physical and mental health of the town's residents if resources within the town are better co-ordinated.
6. While Newmarket is largely a healthy town it has a number of health indicators which are significantly worse than the England average.

Some examples include emergency hospital admissions for Chronic Obstructive Pulmonary Disease (COPD); hospital stays for self-harm; hospital stays for alcohol related harm; and prevalence of prostate cancer.

7. Newmarket also has a high number of deaths by suicide compared to other towns in Suffolk. A review of deaths in Suffolk found there were 35 deaths from suicide among Newmarket residents over 10 years. Twenty-seven were men (77%) between the ages of 35 and 54 years and the rate was significantly higher than any other large town in Suffolk.
8. Following a series of community events in 2017 and 2018, Public Health and other community partners (see point 1 above) agreed a programme of work to support the physical and mental health and emotional wellbeing of Newmarket residents. This work has been overseen and supported by the Town Council and other local strategic groups. One particular action from the programme is to create and implement a town survey and to report back on the outcomes of the survey.

Newmarket Town Survey – The methodology

9. During the summer of 2018, Public Health and partners began the process of scoping the town survey. The proposal was to deliver the survey in phases, with each phase focusing on different topics affecting people's health and wider determinants of health.
10. An agreed topic for inclusion was general wellbeing among residents, which will remain consistent for each survey. For the first phase, the other topic of focus was opportunities for physical activity in the town.
11. To create the necessary capacity to plan and conduct the survey, Public Health engaged business students at West Suffolk College. The College agreed to support the project as its aims and objectives tied in with the work programme of students.
12. The 24 question survey followed close consultation with the College, who helped to design the method and evaluation of the survey. The majority of the questions were concerned with opportunities for physical activity, and four asked about people's general wellbeing. The remaining questions asked for more information about respondents. See **Appendix 1** for the full survey questions.
13. In November 2018, college students visited the town to invite people to answer the survey in person. The survey was conducted in combination between face to face and online responses.

Headline results

14. A total of 290 people responded to the survey. Of this number, 100 responses were conducted in person with the remainder online.

15. A summary outline of the main results is included below:

General

- 174 responses came from within the CB8 postcode
- The age profile of respondents is broadly consistent with the overall age profile of the town (broadly 36-65 years of age)
- Almost 88% of respondents stated that they were “White British” or “English”
- Over 60% of respondents said they were highly or fairly satisfied with their work
- Around half (48%) of respondents said they felt extremely or fairly safe in Newmarket. Of those who said they felt unsafe, a greater proportion were female than male.

Quality of life

- Over 60% of respondents said they were very or fairly satisfied with their life
- A similar number said they felt very or fairly happy yesterday
- 40% said they felt very or fairly anxious yesterday. This was particularly the case with 19-25 year olds and 66-75 year olds

Opportunities for physical activity

- 66% said there were enough opportunities for physical activity in the town for their age group
- Of those who said there were not enough opportunities for physical activity, the majority (70%) were female
- There was a roughly even split in age range between those who said there were enough opportunities for physical activity and those who said there weren't. This clustered around the 26-75 age range in both cases
- When asked which facilities or activities people were aware of involving physical activity in the town, 72% were aware of swimming, 49% football then a smaller number for running (36%) and walking (34%). Fewer people said they were aware of netball, dancing, basketball and weightlifting.
- Five people said they would like to see more gyms in the town, four said more sports facilities, then three said more bowling and classes for the over 60s.

- When asked what factors would help you take part in more sport / physical activity, there was an interesting consensus by age. All of the 18 year olds and under said the biggest single factor was having friends with which to take part in activity. 26-35 year olds said the most important thing for them was family-friendly activities. A smaller number of 46-55 year olds said better advertising and awareness and then there was a mixture of responses around having better quality facilities and more time to take part.
- 36-45 year olds said the cost was the single biggest reason that deterred them from taking part in physical activity, or that cheaper opportunities would inspire them to do more physical activity
- For 46-55 year olds, having more time was the greatest reason given for not taking part in more physical activity
- The 36-55 year old age range said having a greater range of facilities of a better quality would inspire them to take part in more physical activity
- Advertising and awareness was the biggest issue for 46-55 year olds
- 24 respondents said the lack of free time, mainly attributed to their working hours, was the reason for not taking part in more physical activity. 18 people attributed this to their poor health and/or a physical injury
- When asked what would encourage people to do more physical activity, the majority said having more free time and better advertising/awareness

Next steps

16. A dedicated working group has been set up to scrutinise and coordinate actions informed by the results of the survey. The group comprises Abbeycroft Leisure, West Suffolk Councils locality officers, Norfolk and Suffolk NHS Foundation Trust, Public Health and other community organisations.
17. Based on the results of the first phase survey, working group partners have set out a simple outline action plan included in **Appendix 2**. This is a working document, and is included in this report to demonstrate the plan that will be used to direct the activity of the steering group.
18. The working group has started planning the topic and questions for the second phase survey, which will be conducted later this year with a focus on community connectedness.
19. This outcomes and progress with the broader survey work will involve all partners in the town, and all established forums including Newmarket Vision, the Town Council and Business Improvement District (BID) Community Group who will all receive updates as required.

20. Newmarket Town Council is invited to consider how it can support a programme of work to improve the mental and physical health outcomes for the residents of Newmarket

21. Public Health will provide future updates on progress and will involve the group as appropriate at future events and activities, ensuring this work links in with other initiatives in and around Newmarket.

References and Additional Information

Newmarket Health Profile <https://fingertips.phe.org.uk/profile/health-profiles>

Suffolk Lives Matter (suicide prevention)

<https://www.healthysuffolk.org.uk/projects/suffolk-lives-matter>

Improving health and wellbeing in Newmarket

<https://www.healthysuffolk.org.uk/projects/5-ways-to-wellbeing/wellbeing-in-newmarket>

Abbeycroft leisure:

Keep Active sessions

<https://www.acleisure.com/keep-active-sessions/>

Membership options

<https://www.acleisure.com/join-us/>

Appendix 1 – Newmarket Town Survey Phase 1 (original survey)

Newmarket Town Survey

As part of a project to support good mental and physical health and emotional wellbeing in Newmarket, you are invited to take part in a short survey which is open to all who live and work in the town. The first phase of this regular quarterly survey focuses on general wellbeing and opportunities for physical activity. The survey should only take 10-15 minutes to complete and all information will be held anonymously and not attributed to any individual respondent. Please take time to complete the survey. The results will provide an important snapshot of health and wellbeing in the town, what assets support good health and where there are opportunities for improvement. Visit www.healthysuffolk.org.uk For more information, contact healthandwellbeing@suffolk.gov.uk

Personal Details

Thank you for taking part in this short survey. The aim of this survey is to provide a measure of wellbeing based on community views. This would provide the Public Health team at Suffolk County Council with feedback that would provide a baseline to be re-measured over time to show the impact of local work to improve health and wellbeing in the town.

1. What is your age?

- ☐ 18 or under
- ☐ 19-25
- ☐ 26-35
- ☐ 36-45
- ☐ 46-55
- ☐ 56-65
- ☐ 66-75
- ☐ 76-85
- ☐ 86+
- ☐ Prefer not to say

2. What is your gender?

- ☐ Male
- ☐ Female
- ☐ I do not identify with the gender assigned to me at birth
- ☐ Prefer not to say

3. Please specify your ethnicity

- ☐ I do not wish to disclose my ethnic origin
- ☐ White - British
- ☐ White - Irish
- ☐ White - any other white
- ☐ Asian or Asian British - Indian
- ☐ Asian or Asian British - Pakistani
- ☐ Asian or Asian British - Bangladeshi
- ☐ Asian or Asian British - Any other Asian background
- ☐ Mixed - white and black Caribbean
- ☐ Mixed - white and black African
- ☐ Mixed - white and Asian
- ☐ Mixed - any other mixed background
- ☐ Black or Black British - Caribbean
- ☐ Black or Black British - African
- ☐ Black or Black British - any other Black background
- ☐ Other ethnic group - Chinese
- ☐ Other ethnic group - any other ethnic group
- ☐
- ☐ Other (please specify):

4. Which is your closest town of residence?

- ☐ Newmarket
- ☐ Cambridge
- ☐ Bury St Edmunds
- ☐ Colchester
- ☐ Norwich
- ☐ Huntingdon
- ☐ Mildenhall
- ☐ Thetford
- ☐ Brandon
- ☐ Ely
- ☐ Ipswich

☐ Haverhill

5. Please provide the first part of your postcode i.e IP33 (optional)

6. Which statement best describes your accommodation status?

- ☐ Home owner
- ☐ Social housing
- ☐ Private rental
- ☐ Shared accommodation
- ☐ Living with parents
- ☐ Other

7. What method of transport do you most commonly use?

- ☐ Walk
- ☐ Bike
- ☐ Train
- ☐ Bus
- ☐ Own car
- ☐ Lift share
- ☐ Other

8. What is your employment status?

- ☐ Unemployed
- ☐ Student full time
- ☐ Student part time
- ☐ Employed full time
- ☐ Employed part time
- ☐ Self-employed

☐ Retired

9. What sector do you work in e.g. retail, equestrian, leisure

10. On average, how many hours do you work in a week?

- ☐ 0-16 hours
☐ 17-37 hours
☐ 38-60 hours
☐ 60+ hours

11. How would you rate your level of job satisfaction? (1 Not satisfied - 5 Highly satisfied)

- 1 2 3 4 5
☐ ☐ ☐ ☐ ☐

12. How safe do you feel in and around Newmarket? (1, Not safe at all 5, Extremely safe)

- 1 2 3 4 5
☐ ☐ ☐ ☐ ☐

Physical Activities

Physical activities could include; walking, running, aerobics classes, swimming etc

13. How much free time, on average, do you have in a week?

- ☐ 0-1 hours
☐ 1-2
☐ 2-3
☐ 3-4
☐ 4-5
☐ 5 hours+

14. In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to

get to and from places, but should not include housework or physical activity that may be part of your job

- ☐ 0 days
- ☐ 1 days
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

15. Which of the listed facilities, or opportunities for activity, are you aware of in Newmarket?

- ☐ Swimming
- ☐ Martial Arts
- ☐ Badminton
- ☐ Athletics
- ☐ Golf
- ☐ Football
- ☐ Rugby
- ☐ Dancing
- ☐ Aerobics
- ☐ Tennis
- ☐ Netball
- ☐ Running
- ☐ Walking
- ☐ Gymnastics
- ☐ Basketball
- ☐ Weight lifting
- ☐ Cricket
- ☐ Boxing
- ☐ Equestrian
- ☐ Exercise classes

16. Do you feel that Newmarket has enough activities related to psychical activity for people in your age group?

☐ Yes

☐ No

17. Are you a member of the leisure centre in Newmarket?

☐ Yes

☐ No

18. In relation to physical activities, what additional facilities or opportunities for activity would you like to see in Newmarket?

19. What would help you to take part in more sport / physical activity?

20. What has previously stopped you from taking part in sport / physical activity?

Quality of Life

21. Overall, how satisfied are you with your life nowadays? (1 Not satisfied - 5 Highly satisfied)

1 2 3 4 5
☐ ☐ ☐ ☐ ☐

22. Overall, how happy did you feel yesterday? (1 Very unhappy - 5 Very happy)

1 2 3 4 5
☐ ☐ ☐ ☐ ☐

23. Overall, how anxious did you feel yesterday? (1 Very anxious - 5 Not at all anxious)

1 2 3 4 5
☐ ☐ ☐ ☐ ☐

24. Overall, to what extent do you feel the things you do in your life are worthwhile? (1 Not at all worthwhile - 5 Very worthwhile)

1	2	3	4	5
☐	☐	☐	☐	☐

Appendix 2 – Action plan based on feedback from Newmarket Town Survey phase 1

NB This is an outline plan and will direct the future work of the steering group, who will add to the content and record progress over time

General			
Survey feedback	What's already in place	What's missing	Timescale
Around half (48%) of respondents said they felt extremely or fairly safe in Newmarket. Of those who said they felt unsafe, a greater proportion were female than male.	CCTV has been installed in the Yellow Brick Road area. The Town Pastors patrol the town Centre at night – some of their role is to ensure the safety of people who may be vulnerable. The Town PCSO is now in place and she is making connections within the community and listening to concerns.	We need a fuller understanding of what the data tells us. Consider classes to support self-defence. Plan in place to use the SOS bus for a wider community use providing a visible sense that safety is a priority. For this to happen, there needs to be a group of trustees to manage the bus.	Already happening 6-12 months if trustees come forward.
Wellbeing and life satisfaction			
Survey feedback	What's already in place	What's missing	Timescale
40% of respondents said they felt very or fairly anxious yesterday	Life Craft runs sessions twice a week to support people around their mental health and emotional wellbeing Suffolk Mind allotment space	Connecting the community with activities beyond Life Craft. A comprehensive list of relevant groups and activities, and information about who to turn to when things go wrong.	Already happening

	Grow together coffee mornings at racing centre once per month. Orbit hosing breathing space project for MH support. Schools Choice offer wellbeing training for school governors to identify mental health issues among young people and engender resilience from a young age. The training also explores how to encourage staff wellbeing. Sharing Parenting delivers resilience programmes to parents and children.		
Opportunities for physical activity			
Survey feedback	What's already in place	What's missing	Timescale
Lack of free time to take part in physical activity	OneLife Suffolk working with local businesses to promote workplace wellbeing offer. Sports centre development to increase space and equipment. Neighbourhood Plan for the town with aspirations to create bigger activity venues (St Felix Site).	Open Gym available for increased hours. Free to access open air gym. Basketball/ football nets/free to use activities which are activities for life beyond the school offer. Parent/ family activities at differing times of the day.	

		More 'walking with a purpose' activities, appealing to those who are not attracted to physical activity for its own sake, or who see physical activity as something to be fitted in round specific activities. Possible examples include nature walks eg to see Pasque flowers around Easter, and Chalkhill Blue butterflies in the summer; Bumblebee recording walks over Spring-Autumn, or regular litter picking.	
The majority of young people (aged 18 and under) said having friends and others to join them for physical activity is the single most important factor	Buddy network scheme. Consistency and a strategy to support young people in the early years, giving them a lifelong approach to being active and healthy. Newmarket Festival is offering two community-friendly activities: Colour Fun Run and a Midsummer Night's Walk, taking place for the first time this June. Both raise money for local charities, and both are an ideal format for families and groups of friends.		

	The Park run movement has come to Newmarket – this has been in place for a year now. It takes place on a Sunday morning, and is proving very popular.		
More activities and classes should be available to over 60s	Day Centre offers space for over 55s to come together for community activities Abbeycroft runs Keep Active sessions which are accessible for over 60s U3A operate in Newmarket, offering activities. Newmarket Dementia Action Alliance have set up a directory for Newmarket. Newmarket Library has successfully trialled 'Chair-based exercise'	Look at options for intergenerational activity bringing different age ranges together.	
Need for improved awareness of groups and activities	Greater promotion of leisure and activity options provided by Abbeycroft Leisure and other local leisure providers	Consider a young person version of the Town Calendar.	

	Newmarket Town Calendar needs to be promoted and populated.		
Cost is single biggest factor for some	Abbeycroft has a variety of membership options, including pay as you go activities with savings when customers purchase an Inspire Loyalty Card. Abbeycroft also has a variety of memberships including concessionary memberships based on people's status. See Park Run (free) and Colour Fun Run (inexpensive) above.	Disparity in cost between East Cambs and Newmarket eg gym membership, transport etc. Hidden harm in Newmarket, and opportunities funded by Town Council. Consider Haverhill Town Council as a model of approach to supporting the town.	
The 36-55 year old age range said having a greater range of facilities of a better quality would inspire them to take part in more physical activity		Investment in practice and in principle. Opportunities for people to join forces to enhance offers.	
Greater range of facilities and better quality	Newmarket Leisure Centre is currently looking into possible proposal for a redevelopment to increase range and quality of facilities. Potentially could be completed in 2020.	Lack of knowledge of what is available. Open spaces need to be more than just the field. Need to involve the community to develop ideas rather than	

	Skate Park is an example of community power bringing a project to life by Young people.	delivering them on their behalf on the basis that they work well elsewhere. We need to a better grasp of the shortfall in facilities resulting from Newmarket's unique position straddling two counties. If we only consider Suffolk residents, we are underestimating need in the town by 11%, and in the town and surrounding villages by 69%. There are no facilities dedicated to athletics, despite strong local interest. Newmarket Joggers currently train on the road network. It would be highly beneficial to have a dedicated athletics track and sports hall, with an opportunity for consideration on the site of the former St Felix School. This would also be used by local primary school children, many of whom currently do not have the chance to run over longer distances.	
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From: Rush, Christine <christine.rush@westsuffolk.gov.uk>
Sent: 07 June 2019 10:26
To: Glossop, Susan <Susan.Glossop@westsuffolk.gov.uk>; Baird, Julie <julie.baird@westsuffolk.gov.uk>
Cc: Miles, Jonathan <jonathan.miles@westsuffolk.gov.uk>; Mayley, Andrea <Andrea.Mayley@westsuffolk.gov.uk>
Subject: High Streets Heritage Action Zone fund

Dear Parish Council

I am writing to you to make you aware of a new grant fund launched by Government open to initiatives in conservation areas within town centres.

The government recently announced the High Streets Heritage Action Zone fund which aims to breathe new life into historic high streets across the country.

The fund overseen by Heritage England provides the opportunity to bid for a grant of between £250,000 and £2M to deliver physical improvements and cultural and community activities to regenerate a historic town centre.

Please note the deadline for submitting any bids is 12:00 noon 12 July 2019.

Similar grants, such as the Future High Street Fund, specified that only District or Borough Councils could apply. However, unlike those grants this is targeted at a much more local level and with a strong community focus. That is why I am making sure you are aware of this opportunity as it is more appropriate for bids to be driven at a local level.

Supporting our businesses, heritage and local high streets is important to West Suffolk Council and I know to you too.

Details about how to make a bid and guidance of what the Government is looking for can be found at

<https://historicengland.org.uk/services-skills/heritage-action-zones/regenerating-historic-high-streets/>

If you have any questions please contact Andrea Mayley (Andrea.Mayley@westsuffolk.gov.uk) and Jonathan Miles (jonathan.miles@westsuffolk.gov.uk)

Kind regards
Susan

Councillor Susan Glossop
Councillor for Risby Ward
West Suffolk Council

Email: Susan.Glossop@westsuffolk.gov.uk
[Privacy Notice - How I use, share and protect your information](#)

www.westsuffolk.gov.uk

West Suffolk Council

The new West Suffolk Council has now been created. We cover the same geographic area and deliver

the high quality services which Forest Heath District Council and St Edmundsbury Borough Council

previously looked after. The new Council is designed to not only continue to do this but to improve

ways of supporting our communities, businesses and local economy. For more information go to

<http://www.westsuffolk.gov.uk/singlecouncil>

#TeamWestSuffolk

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