



St Edmundsbury  
BOROUGH COUNCIL

# B252

## Cabinet 20 October 2010

### Recommendation from Central Safety Panel: 11 October 2010 (Nov10/04)

*Cabinet Member: David Ray*

*Chairman of the Working Party:  
Cllr Jim Thorndyke*

#### 1. Healthy Ambitions Suffolk Business Award Scheme (Report B246)

**RECOMMENDED:-**

***That the Council applies for a Healthy Ambitions Suffolk Business Award and continues to develop its Wellbeing Initiatives to further reduce ill health during the 2 year period of the grant of any award.***

Healthy Ambitions Suffolk is an exciting project to make Suffolk the healthiest county in the UK by 2028. Its aim is to halt the rise in preventable illnesses such as diabetes and heart disease and help everyone in Suffolk live longer, healthier, happier lives.

The project was launched in November 2008, and brings together all of the County's leading public services, which are working alongside the private and independent sectors, community groups and individuals, to help everyone in the county. The Healthy Ambitions Suffolk Business Award Scheme recognises and rewards organisations which are working actively to improve the health of their employees while supporting those that aspire to do so.

Any size of organisation is eligible for a Healthy Ambitions Suffolk Award and all awards are valid for two years.

There are no cost implications, apart from continuing the on-costs of the Wellbeing Initiatives. The Council supports employees throughout the year through Wellbeing Initiatives such as, physiotherapy, lifestyle screening (BMI, blood pressure, urine checks, cholesterol checks), advice on managing stress, anger management, walking plans, yoga, holistic therapies and discounted membership of Abbeycroft Leisure, to name a few. This also supports the Mindful Employer Charter that the Council has recently signed up to.