



Kouvola Safe Community annual report 2008 – 2009

1. Introduction

Kouvola was appointed the membership of the Safe Community network in a festive naming event at the Kouvola City hall on 12 June 2008. At the same time, the first accident prevention event for the public was organised as part of the national accident day on 13 June 2008.

The year 2008 was time of significant changes for Kouvola as it prepared to merge together with five surrounding municipalities, to become a city of 88 000 citizens from the beginning of 2009. During 2008, preparatory work was carried out, when the newly starting city's organisation was set up and its strategies were formulated. The city council of the new Kouvola held its first meeting on 15 December 2008.

The preparatory work for the new city organisation had twofold effect on the Safe Community work during 2008-09: On one hand during 2008 there was no chance to put effort on operative, systematic safety work. Although part of the preparations for the new organisation was to see that the Safe Community work was embedded into the new strategy as an operations model for continuous safety work development. Consequently, also the new organization of Kouvola city has decided as a basis, to cover all sectors in the safety work. At the same time, a risk management unit and a risk manager's post were established within the city concern administration. The risk manager is partially responsible for the coordination of the Safe Community work while also acting as the promoter of the Safety work and risk management coordination group (Safe Community coordination group).

A safety plan has been compiled in Kouvola to be presented to the city council in the spring 2010. It forms a framework for comprehensive safety work within the city. The vision for Kouvola safety work is described in the draft version of the safety plan as follows: *The vision for the Kouvola safety work is to tightly unite the Safe Community programme work, which activates the citizen participation, together with the authorities and to the safety planning process that emphasises smooth cooperation within the entire network of safety work interest groups. A strong foundation for safety work is built through programmes and commitment from all parties to the same cause – enhancing safety work. This work also lays foundations for the preparedness in case of serious disruptions, where preparedness planning is utilised as a tool.* The Kouvola safety planning entity is presented in Figure 1.

The main information about Kouvola is presented in Figure 2. The Kouvola risk management organisation is presented in Figure 3.

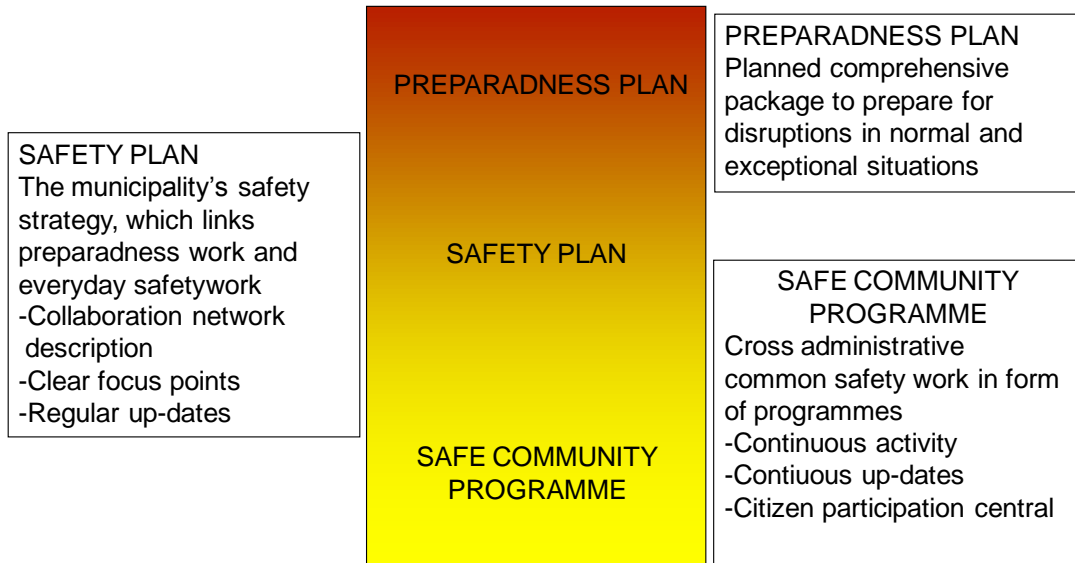
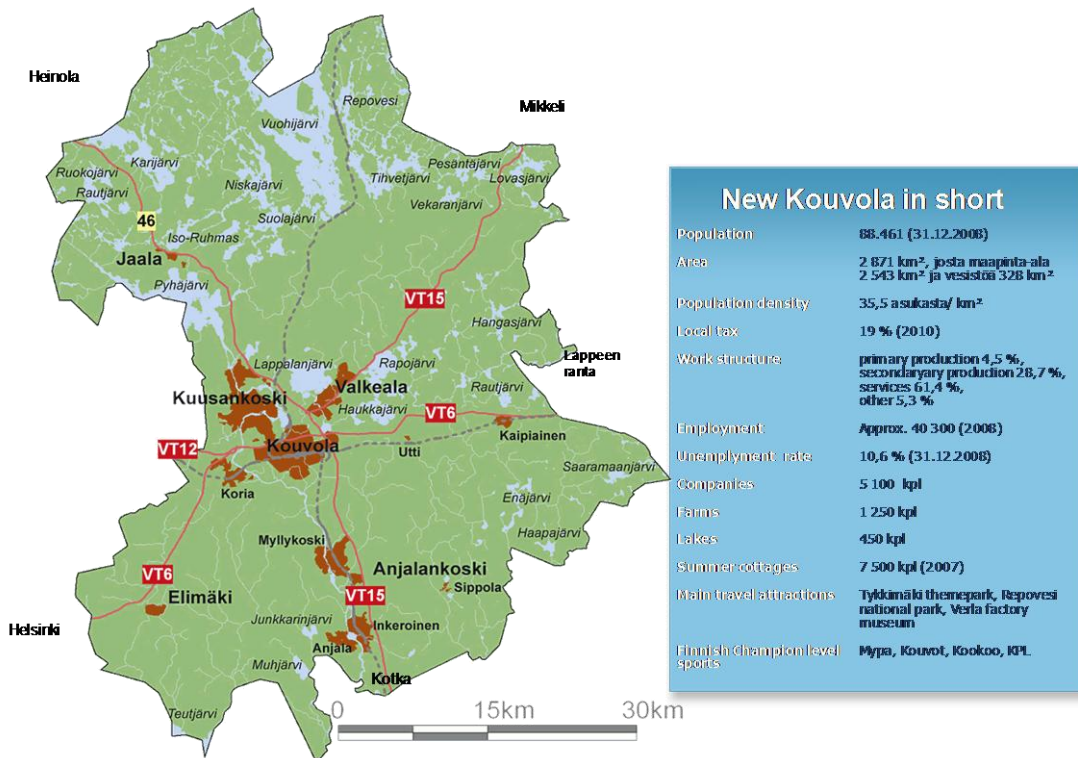


Figure 1. Kouvola safety work



Kuvio 2. Key statistics and map of the new Kouvola.

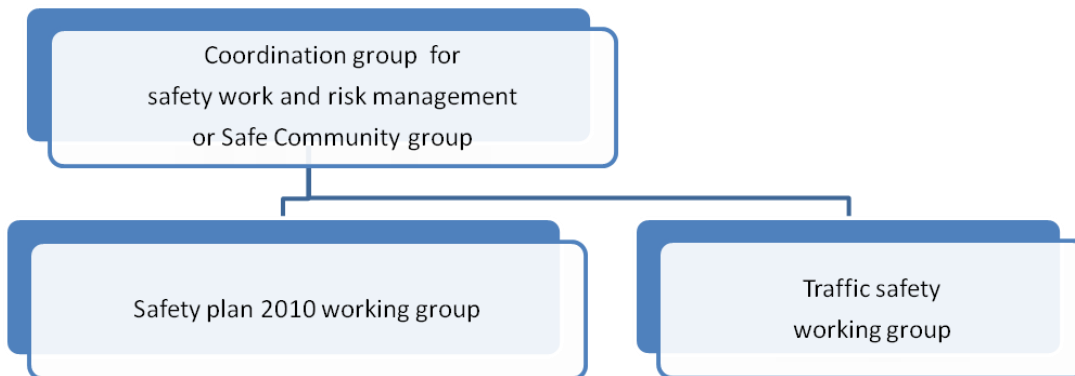


Figure 3. The organisation of Kouvola safety work



2. A summary of Kouvola Safe Community – realisation of the actions compared with the five year action plan

Actions regarding children and youth

- Safe day care –programme development, implementation and follow-up
- Including children in the environmental planning, regarding safety and comfort. Planning further the practice development and its regularisation.
- Establishing, implementing and monitoring the child and family policy.
 - Is realised through the Wellbeing of children and youth –plan, which was decided on by the city government in autumn 2009. The plan will be prepared as collaboration between the city government, committees, industries, service sectors and different interest groups as well as by hearing the children, youth and their families.
 - Involved also Moku - project for multiculturalism
- Safe School –programme formulation and follow-up in all schools.
 - The progress of the Safe School –work has been slowed down by a reform, covering the entire school network of the city.
 - The primary schools in Kouvola are part of the national KiVa school project, that aims to embed activity models to identify bullying and for promoting early intervention in cases of bullying.
 - Important milestone is that all schools in Kouvola are within the web-based accident monitoring system TAPE.
 - Youth club development project is on-going until 2010 and the development of club activities for the 3rd to 9th graders lasted until 2009.
- Involving the juvenile council in the safety work, operations model development, implementation and follow-up.
 - A discussion forum has been held on the Wellbeing work for children and youth, for the juvenile council on the 29.10.2009.
 - The juvenile council's operations model is being developed as part of Nupit Kaakoon 2008-2011 youth programme.
- Campaigning for the safe nights and weekends for the young and the prevention of under-aged drinking and drug abuse.
 - Temperance campaign 2009-2010
 - Motiimi is a unit providing specific services for the young people, whose work focuses on children, youth and their social networks covering temperance work and



- entities of specific youth work including: Contraception; Prevention of isolation; Early intervention and support for parenthood.
- Working method includes the presence of a temperance worker in all the parent evenings of the 7th graders (+ if required also other ages). Discussions are held about the abuse of intoxicants, their dangers and effects, admitting if own child is part of it and choosing correct measures for situations of intoxicant abuse.
 - Experiential temperance education events for the 6th graders: Sivuraide (Kouvola), Umpitunneli (Anjalankoski), Pakoputki (Elimäki) ja Valintojen Virta (Kuusankoski)
 - Client work for youth, parents, and families
 - First-timers: All Kouvola youth who get caught to the police using alcohol or other intoxicants come to Motiimi to talk together with their parents.
 - Groups: tailored groups for example special kids, quiet and lonely, mothers, daughters etc.
 - Support point: In major events in Kouvola such as Fashion Night and the Arts Night, under 18 year-old drunken youth have this place, where homes will be contacted and from where a child welfare notice will be sent.
 - Internet-based juvenile work: work shifts of a temperance worker in IRC-gallery.
 - Temperance education lessons: 6th graders – first year students of the secondary modern schools (not 9th graders)
 - Are involved in the temperance strategy work e.g. children and youth sub-working group
 - Arrange temperance fairs.
 - Two temperance workers are operating as contact persons for under 18 year-olds regarding intoxicant abuse.

Actions regarding families

- Child and family policy formulation, implementation and follow-up.
 - The Kouvola family service network will be realised as part of Southern Finnish Lapsen ääni (Child's voice) development project. The aim of Lapsen ääni project is to develop the well-being of the children and youth in Southern Finland and improve their participation with the service structures, operational models and effectiveness that enhance the prevention of isolation and support progress.
 - Lapsen ääni development project's key goal is to promote wellbeing and participation of children, youth and families. For its realisation, there are two lines:
 - Child and family oriented early responsibility and participation (prevention and early support)
 - Identifying the early signs of and intervention with factors that threaten the well-being of children and youth. (rapid, intensive, low threshold to intervene with difficult situations)
 - Additional aims are: Extensive cooperation enhancement between social, health, educational and youth services, other service providers and third



sector in order to develop service providing methods and working methods; Professional skills and development of expertise and improving and disseminating best practices.

- In the project context research and evaluation information will be produced regarding the project's topics, to support the verification and decision making.
- Formulating a plan of action to prevent domestic violence and its implementation and follow-up.
 - The programme of well-being and health promotion lays foundations also for the prevention of domestic violence.
 - A seminar regarding family and close relationship violence "Lapsi ja väkivalta" ("Child and violence") was held in Kouvola on 30 September 2009.

Actions regarding the working population

- Campaigns to prevent alcohol-related damages including also the execution of the strategy for anti-intoxication and the follow-up realisation.
 - Sober head, clear mind (Selvä pää, kirkas mieli) –temperance fair at the Kuusankoskitalo was held on 7 November 2009.
 - The draft of the strategy for anti-intoxication for the Kouvola city has been on the city's website and the citizens have been able to state their opinions about it by 30 November 2009.
 - Preventive home visits in Kouvola –part has been taken into account here regarding also the senior citizens' temperance theme and memory tests.
- Realisation of the Free-time renovation accident prevention campaign.
- Suicide prevention and generation and implementation of working methods which aim to this prevention.
 - working phase for the start-up activity in 2010

Actions regarding elderly citizens

- No barriers programme follow-up and continuation of the work for no obstacles.
- Operations model for promoting the elderly people's safety at home including the planning phase, implementation and follow-up.
 - Age policy programme supports the development of safety for all elderly.
 - Sports campaigns



- Events organised by the area's businesses and associations e.g. Kyläkyökkä competitions.
- Fit all life (Kunnossa kaiken ikää, KKI) 2009-2010 promotes networking
- Developing activity and sports parks that connect all generations, including participation of interest groups to these projects, building the parks and monitoring the effects.
 - Kouvola Sports Park sports equipment and the city centre's wellbeing circuit-network
 - SmartUs-park at the yard of the Kankaa School: Run&Fun ja Steps –equipments 2007 - 2009. The equipments have been multiplied in 2009. In the park, there are equipment that develops balance, memory and mathematical skills.
 - Near-by sports areas = for all ages (children, youth, active sports people and seniors) sports promoting parks and equipment (three generations' parks) e.g. in Haanoja "Senior tower", in Pentsoja and in Sports Park sports equipment in addition to children's' playground. In the Sports Park that became ready in 2009 in addition to the sports equipment there are also three well-being circuits.

Actions regarding the disabled

- Continuation of the Esteettömyys-programme and esteettömyys work, (which refers to the accessibility to city's services etc. when citizens are physically moving within the city.)
- Development of parks considering the needs of the disabled users
 - Salpauisto park has been designed for the visually impaired and person with physical constraints. The aim is to place Braille boards of the park's vegetation information for the visually impaired during 2010.
 - A boat heaven, a dock, and a bonfire place will be built into the Saalasti park in Myllyjoki, which is suitable for persons with physical constraints. From the dock it is possible to access close to water by wheelchair – touch water and fish.

Actions regarding all risk groups

- Developing relevant indicators for the follow-up of safety work effectiveness: base data collection, developing the indicators, implementation and evaluations of their functionality
 - The centre for accident and violence prevention - Start will execute the data collection and data mining for the support of safety work
- Public participation of the citizens to the safety work by enhancing the feedback systems. Development, implementation and evaluation of suitable operations models as well as the identification of further development needs.
 - From the Kouvola's Internet website by clicking the Safe Community logo there is access to feedback link (in Finnish) "Anna palautetta turvallisuudesta" –form. Messages are directed to risk management. This way the feedback will be directed to



the city organization and to personnel who are involved in the safety work. This year feedback has been received for instance from the safety of the shopping centre Hansa as well as from persons using the city sports facilities, on the inadequacy of the first aid kits and the floor safety. The safety feedback system of the entire city is being developed.

- Participation in the Authorities at Manski (Viranomaiset Manskilla) event in August 2009, where discussions on safety were held with the citizens under the Safe Community flag.

Accident prevention: compiling statistics, monitoring and campaigns

Start-centre for prevention of violence and accidents

Start-centre in Kouvola works for the prevention of violence and accidents. It operates through project funding. The personnel in the centre consist of three full-time staff and one hourly staff. The operating extent the city of Kouvola (Population is approximately 90 000 citizens).

The focal point of the Start-centre is to continuously compile statistic and monitor the information on accidents and to use that information in accident prevention. Here by accidents is meant according to the WHO definition, on top of 'common accidents' also violence and self-harm and suicide attempts.

The main task of Start-centre is to ensure the continuous statistic records on accidents and the statistics use, recognize the risk groups of accidents and violence, plan prevention measures for the risk groups and the entire population as well as estimate the consequences of these activities and model effective prevention practices.

The activity of the centre is being directed to the right emphasis areas through well planned campaigns. Currently under the centre is operating the safety working group for light traffic (non-motorists) (KELTUT), which aims towards better safety for pedestrians and cyclists. The prevention of falling accidents of the elderly will start up in the beginning of 2010. VAKAAT-working group has been established to coordinate contraception. A working group for prevention of self-harm will start its work in autumn 2010.