



Ski kommune



Name of the Community: Ski Municipality

Country: Norway

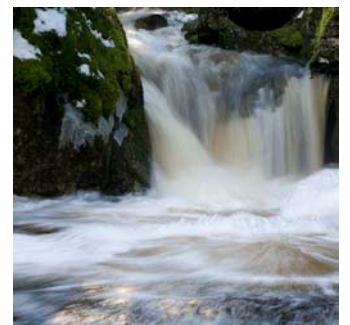
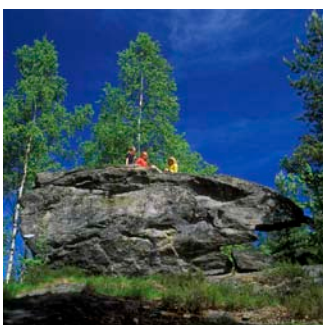
Number of inhabitants: 28023

Programme started year: 1997

"International- designation" year: 2002 Re-designed 2010

Info address on www for the Programme:

<http://www.ski.kommune.no/Serviceorg/Administrasjon/Virksomheter/Helsetjenester/Tryggere-lokalsamfunn/>



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The programme covers the following safety promotion activities:

For the age group

Children 0-14 years:

- There are several ongoing programs.
- Monitoring programmes at the Health Clinic: Accidents in the home are a theme that is discussed at the 8 month control at the Health Clinic.
- "KID course" Help to master depression for parents at the Health Clinic
- "The Incredible Years" Parent guiding for those with children with behavioural disorders
- The annual Safety Day for parents with children 0-15 months (incl. resuscitation) is arranged. About 150 parents take part every year
- The safety week: This was the basis for Safe Community initiatives in Ski Municipality. Safety Week is held in week 38 every year. This has been held for 9th grade students, but now will gradually transferred to 8th grade students in order to bring it into line with national programmes. Themes: Heart and Lung Resuscitation, Traffic Safety and Fire Prevention. About 450 youth in 8th grade, 100 youth and adults from ethnic minority groups, 150 parents for small kids and 150 elderly persons take part every year.
- Administrative guidelines for cooperative work in relation to children 0,9 – 23 years old, that give cause for concern



Youth 15-24 years:

There are several ongoing programs:

- Stop adults from buying alcohol for minors: Workers and young people from Youth Clubs distributed leaflets. The State Wine and Spirit Monopoly supported the campaign.
- Night Raven groups were established in 1997. This is voluntary work in the community for men and women to prevent violence, crime and vandalism. Adults walk outside Friday and Saturday night. The police have reported that there is less noise and vandalism in the place where the Night Ravens walk.

Adults 25-64 years:

- Working out a plan for how different groups can participate in physical activity started in autumn 2010. Physical Activity is very important in health promotion.
- We have several maps where safe paths are drawn in. The paths are suitable for families with prams and pushchairs and toddlers who cannot walk too far.
- We have a plan for reducing alcohol and drugs in the population (2010-2012).



Elderly 65+ years:

- For health promotion and illness preventive work for the elderly not requiring home nursing care there is a person employed part-time (Senior Contact Person 50%) who: arranges courses for seniors and offers to visit all 75 year olds for a 2 hour health advice conversation. The main areas of discussion are: Violent behaviour of relatives, fall prevention, fire prevention.
- Sprinkler systems have been installed in all nursing homes.
- Elderly and disabled persons are welcome to call the Center for Volunteer Work, and get a Bucket with sand. The Kiwanis Club in Ski delivers the bucket and refills them.
- A bag with safety equipments is developed for the elderly. The bag can also be used at lectures in clubs and organizations and during home visits with seniors.
- There is a small exhibition with safety equipments in nursing homes and at the Service Centre for the Elderly and Disabled.
- Driving Course 65+: The courses are arranged in cooperation with the Highways Authority. Eastern division. These are held twice annually and last about 12 hours. The tuition is carried

out by an authorised driving instructor, and covers both theory and practise. 15 courses have been arranged and 213 with ages between 65 and 88 have participated. We have had many positive reactions, and the interest for the course is growing fast.

At the following environments:

Home: An action plan to combat violence in intimate relationships will developed in 2010.

Traffic:

- Municipal Traffic Safety Plan 2008-2013: Initiatives on all local, regional and national roads in Ski. Non structural initiatives are also included. Every year the plan will be updated. The plan gives the cyclists and pedestrian priority.
- The Traffic Safety Plan for Kindergartens and Schools in Ski: The focus is on skills and attitudes in traffic and on the use of safety equipment. In 2008 the Plan was revised.



School:

- Action Plan against bullying: All schools are working to improve the pupils learning environment. The physical environment is secured through regular inspections. A “School Environmental Committee” has been established in all schools. Measures against bullying are introduced in accordance with the plan in each case, and is included in the normal everyday teaching.
- Health Promotion and Prevention in School: Counteracting poor health in school is central to this work, including the Health Clinic for Youth.
- Inspection in kindergarten and schools are carried in accordance with the approved plan.
- **Companion Project:** This is about accompanying children in the first grades to and from school, securing the youngest children on school buses, welcoming and accompanying children to other school transport means, and assisting children in crossing heavily trafficked roads. Both schools and parents have given positive feedback

Sports:

- There is a great deal of athletic activities in the municipality.

Leisure:

- "Municipal plan for wilderness- neighbourhood - and athletic facilities 2008-2018" has been developed. The plan has a vision of athletics and physical activity for everyone. Within the focus area for a safe environment for children and youth to grow up in, the cooperation for the development and Ski municipality to become a safe community is one of the chosen strategies.

Other:

- Crisis Planning is a theme dealt with in the Strategic Plan. The aim is to reduce the effect of unwanted events both in peacetime and war.
- The Crisis Plan has been revised several times and in 2010 there will be work out a new Crisis plan. The work is systematic with the aim of integrating it into all normal work.
- Crisis Handling: Exercises are held every year in cooperation with the Police, the Fire Service and Regional and National Authorities. These result in adjustments to the Strategic Plan. Ski Municipality was awarded the National Prize for 2005 by the Directorate for Security. The work of Safe Communities was cited by the jury.
The Local Authority tries to ensure that crisis handling and prevention are an integral part of our planning, both in the Strategic Plan and through plans adopted in accordance with the Plan and Building Acts.
- Monitoring of drinking and bathing water is a systematic work over many years, including agriculture. Water quality is important for Ski and the region. Continual monitoring and cooperation with neighbouring municipalities and including EU water directives
- A campaign against poisonous plants has lasted for several years and it seems to have reduced the spread of these plants. The work continues.
- Maintenance: Laws and regulation determine municipal procedures monitoring continual.
- Structural monitoring carried out with Employment and Food Authorities.
- Signpost Plan/Maintenance warning- work training for people working on roads, sewage, open spaces, parks and sports facilities
- Internal control of health, environment and safety monitoring of health, environment and safety regulations

Violence prevention:

- Coordination of the local crime preventive efforts was started in 2001.
The work is about how professions and agencies work together to provide children and youth a good and safe environment to grow up in. The focus is on preventative measures during the whole growing up period and to reporting children and families in risk zones.
- The evaluation was carried out by Diakonhjemmetts College. The report laid the foundation for terminating the project and incorporating it into normal work routines.
- An action plan to combat violence in intimate relationships will developed in 2010.

Suicide prevention (self-inflicted injuries):

- The municipality has an interdepartmental team that coordinates further follow up of persons who are discharged from the hospital after suicide attempts.

Programs aiming at "High risk-groups": Yes.

- Intermunicipal cooperation for a Child Care Team centred in Ski in 2007.
- Mental Health Plan 2006-2010 is a plan for prevention of mental disorder especially amongst children, description of initiatives.

Surveillance of injuries:

- Ski Municipality has established a data base for the registration of incidents with the users of municipal services. Kindergartens, Schools, Residential Care Homes, and Nursing Homes register incidents on a standardised form. On page 2 the person who observed the incident notes what activity was taking place, what happened, where it happened, and how the incident could have been avoided. This page is for the service to carry out its own internal evaluation.

Page 1 is registered in a local data base and all Municipal Agencies receive a report with statistics annually.

About 30 Agencies use the form.

- Compliance with Internal Control and Health and Safety Regulations is given highest priority.
- The Municipality has statistics on sick leave for employees.
- The Municipality monitors the development of sick leave and works in cooperation with employee organisations to generate measures to reduce this.
- The Municipality has a system for the reporting and correction of deviations from set standards.
- Regular user surveys are carried out to measure the degree of satisfaction with each service and job satisfaction amongst the employees.
- A common system for measuring service quality is being prepared.
- The local Traffic Safety Plan uses statistics both from the Police and the National Highway Agency. In addition to this the municipality undertakes speed measurements at different points on the road network, as grounds for implementing, physical traffic safety measures.

Produced information material, pamphlets:

- The Safety week
- Walk, don't drive! (in several languages)
- Traffic safety course for refugees and immigrants to Ski
- A Path for Everyone

Staff: A coordinator in part time. We have a cross –sector group (5 persons) has the responsibility to develop the injury- and accident preventive work together with the chief executive and his leader group. The cross –sector group have a separate mandate.



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International commitments:

In 2009/2010 participated in the Advisory committee for the Second European Regional safe Community Conference in Iceland.

Participation in Safe Community conferences: Ski municipality has participated in Safe community conferences in Finland 2003, Bergen 2005, Karlstad 2005. Ski Municipality participates in conferences and meetings about health promotion and prevention work in the Norwegian Safe Community network.