



TÖREBODA KOMMUN



TÖREBODA MUNICIPALITY

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1 Introduction

The municipality of Töreboda wants to develop itself. At the same time several decisions have been made in order to make it a safer municipality for all citizens, for the industry and trade, and for the tourists. This application for a safe and secure municipality is a part of and a decision towards the municipality's offensive investment in the municipality. When this application is handed in and accepted, the application will be the same as the municipality's plan of action for the offensive investment in a Safe and Secure Community. And when the application is accepted the municipality's government also has got a confirmation on this offensive investment.

An overall aim with this plan of action for "Töreboda – A safe and secure community" is to even more stimulate and strengthen the preventive work of minimizing accidents in Töreboda municipality. This is partly in order to make it safer for people in different ages and partly in milieus and situations in order to co-operate in and make clear who is responsible for the accident preventive work in Töreboda. Studies also show that the accident preventive work is considered to give savings in millions in different areas within the society. If we in the municipality of Töreboda can prevent accidents, it will mean less pain and less cost for society. Personal and economic resources can be taken into use for other useful investment areas.

The municipality of Töreboda has since the local health council was built up in 1996 had a cross-sector accident preventing work. In the autumn of 2002 the board of the municipality of Töreboda decided to work in order to try to receive the reward: "A Safe and Secure Community". In Spring 2003 a cross-sector steering group was started for the accidents preventive work in the municipality of Töreboda. This group is placed under the local council of public health. In 2005 Töreboda municipality became a Safe and Secure community for the first time and now it's time to apply again in order to continue to be a Safe and Secure community.



2 Background

Töreboda municipality is located at Göta Canal, just in the middle of the stretch between Sweden's two biggest lakes Vänern and Vättern in the county of Västra Götaland.

Töreboda municipality is a place where the Göta Canal, the railway, time and people meet. On September 23, 1822 by HMK Carl XIV Johan, the western part of the Göta Canal was inaugurated in Töreboda. On September 27, 1859 by HMK Carl XV inaugurated the railway stretch from Gothenburg to Töreboda and on November 3, 1862 the whole stretch between Gothenburg-Stockholm was finished. The clock difference in time at this period was 24 minutes between Stockholm and Gothenburg so it had to be adjusted into standard time for the whole of Sweden. On January 1, 1879 all clocks were adjusted to the right time in Töreboda. Many people travel through Töreboda every year on the railway or along Göta Canal. And on September 4, 2009 HRH, the crown princess Victoria, visited Töreboda on its 100th anniversary.

From the very beginning Töreboda was a real rural area but it also had a lot of manufacturing businesses. This is the case also today as the spirit among the business owners is good and Töreboda is often ranked high according to the business climate. Here are a lot of well-known businesses located: Daloc AB, the biggest manufacturer in Scandinavia for fire-protective safety doors of steel and wood. Källbergs Industri AB is the leading business in the Nordic countries of egg-products. Moelven Töreboda Limträ AB is Sweden's biggest manufacturer of bearing glue tree constructions for all kinds of buildings. Westerstrand (Watch Factory) manufactures time systems and information boards. Baltic Safety Products AB is Europe's biggest manufacturer of floating vests and is situated in the small place Älgårås. There is also Jasico AB with its chemical products situated. In another small municipality called Moholm is Skaraborgs Städ AB situated, which offers different cleaning solutions for large and small companies.

Communications are great for cars and trucks, buses and trains. To Stockholm you can go with the quick train X2000 in two hours and to Gothenburg in one to two hours depending on which type of train you choose.

The service institutions in the municipality is good with many kindergartens, schools, libraries, music school and several kinds of home-caring for the elderly as well as elderly people's homes located to the municipalities Töreboda and Moholm. Also in Älgårås there is an elderly people's home. In the municipality of Töreboda there are also so called service apartments for mentally disabled people (LSS). Among all activity centers are an ice-hockey hall, several sporting centers, a swim bath, a bowling hall, a golf course, tennis courts, riding houses and sport places worth naming. In Töreboda, Moholm, Slätte and Älgårås there are also running tracks and electric highlighted tracks as well.

Our municipality offers a good living milieu, fine activity centers, and short distances to the National Park Tiveden, to the big lakes Vänern and Vättern but it also has a lot of societies with special activities for people of all ages.

On December 31, 2010 the municipality had 9,255 citizens which are somewhat less than in the last years. Ten years ago we had 9,626 citizens. The age distribution you can see below:

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Ages	% in Töreboda	% in Sweden
0-6	7	8
7-15	10	10
16-19	6	6
20-24	6	6
25-44	20	26
45-64	30	26
65-79	15	13
80-	7	5

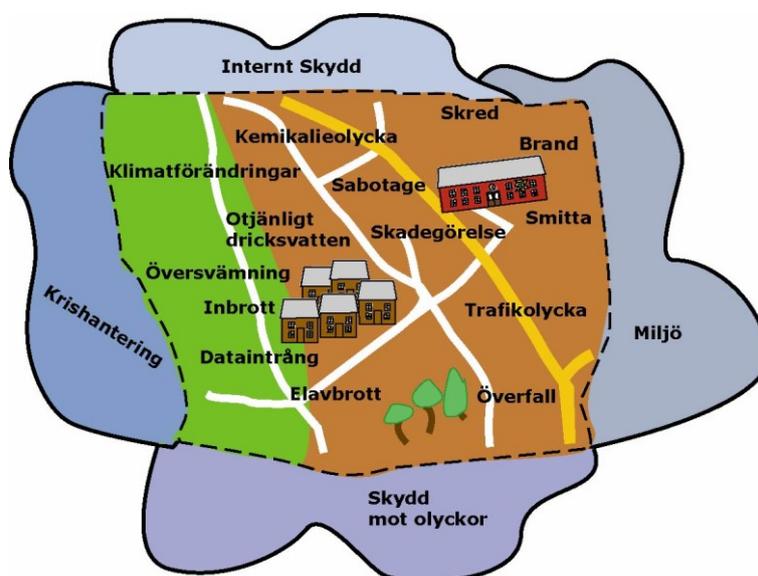
The number of working places: 3,487. In Töreboda more people than the average of Sweden's employees work within the manufacturing sectors, 31% (in Sweden 15%) and in the agrarian sectors including forestry and fishing 7% (2%). Due to the caring and educational sectors the average is the same as for the rest of Sweden. There are fewer working places compared to the rest of Sweden in commerce 7% (Sweden 12%), in the information and communication sector, 1% (4%) and according to business services 4% (11%).

There are a lot of different housing possibilities in Töreboda municipality when you look at sizes of apartments and if you buy them or rent them. During the latest two years two villas and eight apartments were built in the center of the municipality of Töreboda.

3 Risks

A risk and vulnerability analyses for the municipality of Töreboda was taken on by the municipality board on May 30, 2011. The aim of this risk and vulnerability analysis is to get a better knowledge among the decision makers and people responsible for different kinds of businesses also when planning measures in order to minimize the risks and the vulnerability in our municipality. Good knowledge and information about the risks and the vulnerability leads to an understanding in the work for A Safe and Secure Community. All of this is meant to lead to fewer accidents, lower costs for damages on machines and buildings and the municipality will continue its work with damages impact on the environment.

The municipality is within its different businesses and the responsibility of the geographical area exposed for many different risks. They are as follow:



In the risk overview there are some scenarios that are more emphasized. These are:

- Serious accidents, for example. a bus-crash, railway accidents or an accident in a factory etc. with a lot of seriously hurt people.
- Breakdowns in the infra structure for example heating, water, electrical power, telephone and IT breakdowns.
- Threats and violence
- Fires.

The work with this risk- and vulnerability analysis gives suggestions for how to handle this work in the future in order to create a Safe and Secure Community of Töreboda.

4 Töreboda municipality's accident preventive work from the point of indicators for A Safe and Secure Community

In 1989 the idea of A Safe and Secure Community was launched. A Safe Community is an important part of the rescue centre's (Räddningsverket) national program and WHO's international accident preventive program. With A Safe community is meant to create a structure for co-operation between different parties in the municipality. The content of the program is to be integrated into ordinary activities.

A Safe and Secure Community should contain the following components:

- A. Infrastructure based on the citizens' participation and co-operation, headed by a cross-sector group responsible for benefitting security in the municipality**
- B. Long term sustainable programs including both sexes and all ages, milieus and situations**
- C. Programs pointing towards high risk groups and –milieus and programs that benefit the security for exposed groups**
- D. Programs that document the frequency of accidents and their causes**
- E. Evaluation in order to judge program processes and the effect of changes**
- F. Continued participation in national and international Safe Community networks**

A Infrastructure based on the citizens' participation and co-operation, headed by a cross-sector group for benefitting security in the municipality

Through co-operation and shared responsibility between the different sectors of the society, the authorities and organizations try to reach the goals of the action program. Then it is also important to engage all actors in the society, to call for their interests and consciousness in order to find common solutions. A big challenge is to find forms that motivate the citizens' participation and will to work preventing and benefitting. All activities have to regard the preventing and benefitting aspects when policy and action plans are designed. A great rate of

participation and more influence in order to get a total picture of the conditions of health and the opposite, and developing supporting milieus; to create conditions and possibilities for the citizens in the municipality who wants to be responsible and to create empowerment.

If success you have to work with safety and security in a long-term prospect and continually use process work. This work is outlined here:



A part of security creating work is financed with the help of funds from the Council of Public Health (Folkhälsorådet), and other parts of the work is integrated in the management activities or in other ordinary activities. The long-term plan for public health in Töreboda: "How can guidance be used for public health? The public health plan for Töreboda municipality 2011-2014 (*Folkhälsoplan för Töreboda kommun 2011-2014*), is revised. In accordance with that co-operation contract for public health work between the municipality of Töreboda and the Health and Nursing Council (Hälso- och sjukvårdsnämnden), Östra Skaraborg, which is the basis for the work with public health, is this plan accepted by the municipal council in Töreboda and the Health and Nursing Council, Östra Skaraborg.

The vision is that this plan should be used as an action plan for safety and security creating work in the municipality of Töreboda. All actors as well as the actors in the municipality, the businesses, the social insurance institution, the employment agency, the social societies and organizations and the local health care have participated in the work designing this action plan.

The work with public health in Töreboda is performed together with the Västra Götaland Region in order to co-ordinate resources for this work. The basis here is the public health council which was created in 1996. The council is formed by politicians, bureaucrats from both the municipality, the local health care and the health and nursing council. This council has as its task to implement a health benefiting way of thinking within the health and nursing council, the committees and all the municipality's administrative branches. The work is founded on knowledge of the health status among the citizens and the work is politically accepted and continues as a cross-sector sustainable work. The local public health work is founded upon Sweden's national goal for the public health: To create opportunities for good health equally for all groups of people.

The tasks are:

- Follow-up and analyze the development of the public health among the citizens
- Suggestions of goals and directions for the work with the public health, founded on the status of the public health among the citizens.
- To set up and work out suggestions to a public health plan that is continually revised.

Organization and responsibilities

The municipality council decides on the Guidelines for the safety work and the security work.

The municipality board has the total and outmost responsibility for the security work in the municipality and decides about the rules for the strategy and the practical safety work. The municipality head has the leading responsibility for the safety in the municipality. The safety coordinator is placed under the municipality head and works on his/her mission according to the regulations the municipality board decides upon.

Council and administration

The operative responsibility in creating an active safety and security work lays on every council and administration and it follows with the responsibility each council has. The creation of the safety and security work has to be performed as an integrated part of the ordinary activities.

Risk management group

In the municipality there is a central risk management group, which together with the safety coordinator prepares the questions and suggests actions towards decisions. The central risk management group consists of the leading group in the municipality.

The Local Public Health Council

The council for the public health in Töreboda is placed directly under the municipality board. Västra Götaland Region (VGR) has a planner for the public health in each municipality in Skaraborg. The main part of this task is to take part in the planning in the long run of the strategy and the cross-sector work within public health for the creation of the preventive work

Management documents

The safety and security work in Töreboda is wide-spread and belongs to a lot of different subareas. It is an important difference between the internal safety and security work and the responsibility in the municipality but often it goes hand in hand. Preventive work is performed in several activities in the municipality.

Töreboda municipality

Guidelines for the safety work

The guidelines for the safety work in Töreboda are accepted by the municipality's council and aim to get a homogenous safety and security work and the will of the antecedents' support.

Crisis management plan

The crisis management plan for these areas cannot be taken care of with the help of quick decisions and a unified leading group of the municipality.

Public Health Plan

This plan works with the prioritized quest and is connected with the former plan that is a strategy plan for the public health-work in Töreboda. According to the evaluation of the work it creates a project plan for each working area and study in detail what it is we should follow up. Each activity summarizes what is the best in a consensus with the Public Health Planner.

Co-operative contract and action plan between the municipality and the police

Töreboda's action plan for a well developed crime preventing and security benefitting work in the municipality was designed in co-operation between the police and the municipality. The municipality of Töreboda and the police decided on prioritized areas in order to diminish the crime and raise the safety in the municipality.

Guidelines for the development of the centre of Töreboda municipality (Designing principles)

The development of the centre of Töreboda is an area that is prioritized, which is described in the development and business program that was accepted in the municipality council in 2007. This prioritized area has since then developed from Spring 2009 to March 2010 through designing principles for the centre of Töreboda municipality. In 2009 this was applied in a project called 'Designing with reflection'. Initially the work was focused on mapping the needs for the users of the environment and the sense of a greater use of environmental friendly goods and services for a sustainable development in the municipality.

Räddningstjänsten Östra Skaraborg (co-operation community of the fire brigades in the eastern part of Skaraborg)

Action program for prevention of accidents

The action program for prevention of accidents during 2011-2014 was prepared by Kommunalförbundet Räddningstjänsten Östra Skaraborg. The action program is a political management document which is due to be accepted at every term of office, and the first time was on January 1, 2005. Kommunalförbundet RÖS decides on the specific guide lines or special documents for the program.

The action program according to the law for preventing accidents describes the work in the municipalities for preventing measures in order to minimize the risks, the possibilities and the consequences of accidents in general and fires specifically. The program also has to describe what resources the municipalities have for performing actions when accidents do happen.

Working groups in the work for A Safe and Secure Community

Work of the Crime preventive council (BRÅ)

The crime preventing work in Töreboda municipality is done in co-operation with the police, the house owners, the different branches of the municipality and the businesses. BRÅ are represented at the local organization of businesses' breakfast meetings in order to inform and develop the co-operation with the businesses. BRÅ consists of a working group and a management group. The management group consists of politicians from the local public health council and the working group of administrators and of representatives from the professions mentioned above. Räddningstjänsten is also part of BRÅ.

The action plan of Töreboda municipality for a developed crime preventing and security benefitting work in the municipality was designed in co-operation between the police and Töreboda municipality. The municipality and the police decided on prioritized areas in order to diminish crime and raise the security in the municipality. BRÅ is process owner and responsible for the co-operation contract and to push the work forward into the prioritized areas. Under the co-operation contract between Töreboda municipality and the police on prioritized areas, meet each year towards the end of the year.

Each prioritized area decides on the matrix of measures where goals, actions/operations, responsible persons and a time-table is formulated and decided on. The action plan is the tool for Töreboda and for the police for management and evaluation. In more detail every responsible business has a tool for their work in this paper, called åtagandebilagan, which is the management business calendar over their work. This work started in 2009.

The working group has for a long time ago used the measure called **grannsamverkan** (neighbors in co-operation) and there are now 100 contact persons and about 2,000 household connected in this work. The work continues and the police and the house owners actively look for more members. The updated statistics is sent twice a year to all households. There is also a yearly public meeting for the contact persons with the aim of creating a continuing contact with the police.

In order to interrupt the distribution of alcoholics to under-aged people, a lesser use of drugs is stimulated - a program that started in 2008. The municipality has in co-operation with the police, the country government and the region of Västra Götaland started advertisement campaigns. These are in use during the last two weeks of the school terms in May-June each year. We then send out information letters to the parents and different organizations on not buying out alcoholics to their under-aged. In connection with this campaign BRÅ, the police, the public health planner, the security coordinator and the local public health council have representatives that inform people visiting the local spirit shop (Systembolaget).

To commit arson is a serious crime that creates a lot of fear for people. In order to prevent such crimes is to react on events appearing. The society has to state that it is not OK to start a fire or threat to start a fire. Usually this happens in general buildings, for example, in schools. Räddningstjänsten Östra Skaraborg uses HÅFA, Händelsebaserat förebyggande arbete – a matrix for preventive work. The security coordinator or the school staff can tell the fire brigade about what has happened. They can then administer an education with an identified arson or a whole school-class.

In school, there are often young people with mopeds, who travel without helmets etc. and during the last years in co-operation with NTF (National Traffic Association) information has been given to the pupils. NTF visits the eight-graders in their class-rooms and tells facts about the rules for mopeds. But already in the sixth grade it is planned to give information on this. We find it important to connect to the information the pupils receive in fifth grade in order to give them even more information on this.

There is also a group of parents and other adults walking the streets at the night of December, 12 and the night of the school ending day, called Nattvandrarerna in action since 2008. Some of the Friday and Saturday nights this group went with the youngsters on the buses to the nearby cities of Skövde and Mariestad. It is thought that this should be developed even more. It is very good that there are adults walking in the streets overlooking the actions of the youngsters of Töreboda when they are visiting nearby cities.

There are also so called security walks in the municipality that was interrupted for a few years but actually started already in 2007. This is because of the discussion on public lighting in the municipality for security reasons. It is necessary to take these questions seriously for the citizens' security on the bicycle and walking roads. The Public Health Council works on this.

The health of children and youngsters (BUH)

The working group for children's and youngsters' health consists of representatives from the schools, the pre-schools, the leisure time homes, the children's health care centre (BVC), the welfare officer, the culture and leisure time administration, the family centre and the public health planner. The goal for this working-group is to manage general actions from a broad perspective in the schools, pre-schools, leisure time homes and in the family centre called Spindeln. The aim is that common resources from the primary health and the municipality should be used to prevent and benefit the health of the children's and youngsters' mental and physical health, to create opportunities for children and youngsters growing up in a secure environment.

The work for supporting parents continues in groups after the start in 2009 where they discuss and invent the support for parents in the municipality. The goal is to work on a pamphlet where the offers to the children and the youngsters in the municipality are collected. A dialogue was started on developing the support of parents in the municipality. These who participate in this group will try to raise funds from the People's Health Institute for this work.

There are lectures for the staff in the schools and pre-schools and the parents in order to work on the mental health of the children. In 2006 a series of lectures were given on the topic: "Life- style and health", where the municipalities of Töreboda, Mariestad and Gullspång co-operated together with the evening-schools in the area. Four lectures were given each year.

One of the projects was to take care of a health promoting project. Here different businesses can ask for money in order to develop the work of preventing bad health among children and youngsters. This project is later meant to be integrated into ordinary businesses.

The play ground-project was started during last year and today the playing-grounds are finished. This was managed in the co-operation with the education and culture section, the employment unit, the municipality board council, the technical board and the public health council. This play-ground is situated in the centre of Töreboda with the aim of benefitting physical activity and to function as a meeting place for all citizens was finished in Spring 2010.

As a part of the work with the play-ground, the group also worked with an exhibition in order to prevent accidents when falling down among children aged 0-5 years. This exhibition consists of three roll-ups that were placed in different public places.

The family centre in Töreboda started in 2003 and works preventively giving support to parents of children aged 0-5 years and is very important for the young single-mothers. They here find a community supporting a positive health development for themselves and their children. The family centre has a common group and special groups due to the needs of the families. It is managed by the education and culture section as well as the caring section and the primary health organization. The public health council and the family centre co-operate closely in the working group for the health of children's and youngsters' health. Walking groups are founded who uses pedometers; there is a Friday group and an education in security for children in eight parts is conducted by the Red Cross. The family centre Spindeln consists of different groups for parents. In the "Friday group", there are young parents who regularly meet for advice and support in their everyday lives. Different topics might be: advice when pregnant, children's development, conducting and priorities, children's accidents, children's

diseases, sleeping routines, food, economy, relations and health. The aim is to create new networks and a will to participate in ordinary activities.

On-going activities

- Together with the school-bus drivers the pre-schools and the schools up to fifth grade rules have been designed for going by bus to school. These rules are regularly updated with all children.
- On some bus-lines there are also guards
- How to evacuate a bus is also demonstrated.
- And education if a fire starts or an accident happens.
- Every child has to wear helmets when bicycling.
- Every child also has to have a reflective vest when walking around in the surroundings
- Also when sledging or skating they have to wear helmets.
- Security rounds are performed in co-operation with the technical section and the education and culture section.
- The technical section also checks the gymnastic halls each year.
- The technical section is responsible for checking the electrical safety and the ventilation.
- The schools have every year a lecture in fire protection and evacuation for all pupils and the staff as well.
- In the schools there are rules for children never remaining by themselves in the gymnastic halls or the hobby locals without a supervisor. There are red plaques on all doors.
- One of the schools is specially prepared for handicapped pupils in wheel-chairs to be able to manage themselves in their class-rooms etc.
- Most of the pre-schools and the schools check the level of noise. This is in form of an ear that is green when normal, gets yellow when it starts getting too much and red when the level is too high. All pupils know how it works and the teachers point at the ear and they stop their noises. The pupils also tell each other if the ear gets red. This ear can be taken to another school building another day and is usually respected by the pupils.
- The doors of the pre-schools have squeezing preventions.
- There is a sun protecting roof over the sand pit at the pre-school of Syrenen in order to prevent UV-radiation.
- There are guards during the breaks in all the schools.
- The children's health care ward has a children-accident preventing program.
- The family centre in the municipality gives support to the parents and advice. The primary goal is to prevent children not fitting in and strengthen the role of the parents, preventing bad health in families and give a feeling of security. Different professions are available in order to solve everyday problems and difficulties can be discussed and managed in a good way. The family centre co-operates with the municipality and the primary health care centre.
- The swimming hall arranges swimming education for all pupils in grades 1-5 according to the national course plans for "exercise and health" placed under the education and culture section in the municipality.
- Education is given on risks of using alcoholics, drugs and tobacco every year in the schools.
- Crisis plans designed for different types of crisis such as fire, deaths, and accidents in school.

- Introduction is given to all new professionals, stand-ins and teacher-students in school.
- Every school has a mobbing team. The pupils in grades 3-5 are trained in acting as fellow-supporters who report to their teachers if somebody is being abused.
- Every year enquiries are made in order to prevent potential mobbing etc.
- In grades 6-9 there are one-two pupil representatives in the anti-mobbing team. They are appointed to the so called Amore-group which works preventively against mobbing.
- The pre-schools have strong fences and gates with children-security locks.
- It is important that all lacks in the children's physical environment is corrected as soon as possible. The children themselves and their teachers are the ones that find out and they immediately have to report the lacks to the porter.
- The work with the values of treating each other - Värdegrundsarbetet – about the co-operation between the pupils themselves and the pupils and the adults is prioritized in the pre-schools and the schools.
- A non-drugs party is arranged at the school term's ending in the beginning of June for the pupils of the last school-year.
- In all schools and pre-schools there are written rules on how to handle blood-contaminations.
- In some schools they talk about the security both in the pupil's council and when the parents meet. So the security questions always are kept in mind.
- Registration of accidents in all pre-schools and schools. The registration consists of a description of the environment and where the pupil was hurt.

Safety and security in secondary schools

In the municipality there are two secondary schools: Kanalskolan has an individually designed program for pupils who have not finished, not fulfilled or interrupted primary school and also two programs for special professions in the hotel- and restaurant/provisions businesses.

There is also Sötåsenskolan, a farmer-education common for pupils from the whole of the region of Västra Götaland including courses in landscaping and environment knowledge. The goals of these schools consist of reducing the number of accidents and preventing good health among the pupils shown in their preventive work and the efficiency of accident registration.

On-going actions in Kanalskolan:

- Regularly security and safety rounds with representatives from the pupils' council and the staff's safety representative.
- A group working with the psycho-social environment among the staff working with the environmental questions.
- All youngsters and adults in the professional programs have to take a course in "Working environment and security", 50 pts.
- The staff takes a course in HLR (heart-lungs-rescue or first aid) including the handling of a heart starter.
- Fire protection education for all pupils and an education on dangerous goods for the trucks and bus drivers-to-be.
- The school also prevents mobbing according to their mobbing plan.
- Kanalskolan has a plan of equal treatment of all pupils in order to benefit the pupil's rights no matter what sex, ethnic belonging, beliefs or handicap and tries to prevent mobbing and violation of rights.

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- The students at the Hotel- and restaurant/provision programs are educated in basal provision hygiene routines.
- All cars in the school have so called alcohol safety interlocks.
- And when the school makes study trips to Germany, the Netherlands, the Baltic States and elsewhere there are rules for how much alcohol they are allowed to consume.
- In the bakery, the restaurant kitchen and the truck garages there are rules and education on how to handle the machines correctly.
- There is also a program educating about alcohol, drugs, and tobacco and relationship questions including sex-life.
- The questions of values of life and equality questions are fundamental principles in the schools' education.
- There is a school-nurse a couple of hours per week for each school and extra when asked for as well as a psychologist and a social worker.
- When necessary the pupils can seek advice and help at the primary health care centre.
- All students at the professional programs are educated in first aid.

On-going actions in secondary school Sötåsen.

- All pupils in grade 1 are educated in first aid.
- All pupils in grade 1 are educated in working environment and security. This course also informs about the laws on working environment, how to prevent long-term sickness leaves and how to handle stress and too little rest compared to the security in everyday life and work.
- All pupils are given special protection clothes.
- In the work with tractors and machines there are special rules that have to be followed. Everybody working on a farm has to have protection clothes and hard steel shoes.
- Handling chemicals is restricted by the laws against inflammable and explosive goods and there has to be safety instructions in each chemical store. Eye showers are available in places where chemicals are kept.
- There is a pupils' safety representative in each class, in total nine representatives. They perform a safety round every semester.
- Accidents are reported and special forms are completed.
- The school distributes reflexes and sells special reflective jackets.
- A mobbing team is working actively preventing mobbing in special activities.
- A social worker is placed in the school, and a nurse works a couple of hours per week.
- The staff helps pupils to come in contact with the primary health centre or the hospital.
- Health profiles are conducted for the staff members.
- First aid education for the staff is performed.
- Education in driving on slippery roads and driving mini-buses are performed with the staff.
- Buses fetch and leave pupils in the school area itself.
- Drug-free activities and environment.
- Only two places are allowed for smokers in the school-yard.
- The program "Power to live" on alcohol, drugs, self-esteem, dynamic in groups etc.
- In their spare-time the students can use the gymnastics hall with an instructor, they can ride once a week at a low price and they can play land-hockey and soccer. The students can also visit the swimming hall in Töreboda for free once a week.
- Bicycle roads are being built to the school and along the main roads to Töreboda in order to make it safer to walk and bicycle to the working places and to the leisure areas.

Children's and youngsters' safety work (BUS)

This group, BUS, was reformed during the autumn 2009. Earlier this work belonged to the working group Children's and youngster's health. The aim of this group is to work for fewer accidents among children aged 0-18 year, which has been on a continuously high level.

With this working group there is an organized preventive and developing work all the way from the children and youngsters to drug-free environments, suitable societies for young people and more places to meet for them in a proper way.

The working group is a co-operation between the primary health care centre with a nurse, the technical section, the family centre, special therapist, the school-nurse, the co-coordinator of the safety section and the public health planner.



On-going activities

- The playing-ground project:
- Exhibition of roll-ups circulates in the municipality in order to diminish the frequency of accidents when small children ages 0-5 years fall in their homes.
- Plaques at play-grounds which tell what address you are on in case of an emergency and need calling for an ambulance.
- Forms to fill in the schools and pre-schools about how the accident happened. This is because of a better planning for further preventive actions.
- Yearly day-activities on the security of children and youngsters with all authorities present: young people's centre, the ambulance drivers, the sport associations, the civil defense, children's health care ward (BVC), the technical section, the societies Rädda barnen and Red Cross, the police, the social service, who together works preventive and benefitting children and youngster's security.
- We have been discussing drowning accidents and have found out what to do during Summer as prevention actions.

Goals

The goal of the working group Children's and Youngster's Security is that the children and youngsters are participating actively in this development of the security in the municipality.

The working group Safety for elderly and disabled people (SÄF)

The working group works for the elderly and the disabled and consists of estimating the needs by a social worker (biståndsbedömare), the medically responsible nurse (MAS), the occupational therapist, primary care, the pensioner organizations SPF, PRO, the coordinator for next of kin, the evening-classes organizations and the Public Health Planner. The work consists of accident prevention in the first case, but also activities for mental and psychological health. Safety and security is very important in order to prevent accidents and accidents among the disabled. There is more to be done when we talk about preventing accidents for this group. But also the work which started during last year to deepen the consciousness of how to eat has to be continued. Also in the work for preventing accidents by falling this is an important aspect.

On-going activities

- To make a check-list and an action plan for the staff how to handle accidents occurring by falling.
- Recurrent information to the staff responsible on the matter of safety.
- Deeper consciousness about accidents when falling indoors in elderly people's homes and in their own housings with representatives presenting statistics and information to the staff in their specific departments.
- The staff is given and will be given more education in suicidal prevention for elderly in the program *Psykisk livräddning* from the Swedish network of suicidal prevention.
- A public health day each year is held on the elderly people's health together with the primary care ward where representatives from the pensioner organizations, the public health council, the doctors, the nurses, consultant hearing- and vision therapists, occupational therapists, the network next of kin, the social worker judging elderly people's needs, and the police, are all engaged here.
- A permanent home-helping service
- A storage of non-slipping mats and non-slipping protections

Safety questions for elderly and disabled people

The work aims to reduce the medical, social, physical and mental consequences of accidents and insecurity. Everybody has a right to be safe in his/her municipality.

Starting points: All activities within the elderly people's care in Töreboda municipality have to fill the principles of activities in participation and independency. Statistical facts say that physical activities are very well worth working with for health and well-being. Therefore we work along the user in active participation in everyday life. Health promotion is a way of thinking on the healthy parts of the person and her/his ability to take part in our efforts to prevent accidents and accident among the elderly and disabled people.

In co-operation between the church (Svenska kyrkan) and the social service there is so called security telephone calls to elderly and lonely people who need someone to talk to and to know that somebody bothers if they are alert every morning or if they fell sick and might need some help. This is a simple organization at a low cost and it is an important way of taking care of our elderly people in the municipality. These telephone calls are performed to about 25 elderly people each morning, every day the year round and helps a lot for their well-being.

On-going activities:

- **Security bag**

This is a security bag designed with the aim of making everyday life safer for the citizens of the municipality. This bag is demonstrated by the staff to the pensioner organizations, the Red Cross, etc. and both groups and persons might borrow this bag in order to take part of the advices that might help in everyday life.

- **Reports and actions on incidences and accidents within the elderly people's caring in the municipality**

Accidents by falling and its consequences with fractures and other accidents is a big health problem for elderly people. And to prevent accidents by falling is very important for the public health council. Fewer accidents by falling is important in order to reduce the individuals' suffering and diminished functions. Preventing activities for the individuals is founded on the estimation of risks due to potential risks and has to be followed-up with many types of actions. The best effects based on our knowledge so far is a combination of physical training, revision of the list of medications, protection in the environment, education and information both to the elderly people themselves and to the staff.

Accidents by falling occur in both their own homes and in the caring homes or so called special housing. The goal is to reduce the number of accidents by falling without to encroach on the personal integrity.

Goals

In co-operation with the fire/accident safety section (Räddningstjänsten) the municipality has to work with building more housing that is individually adapted to fire protection with the aim that the inhabitants feel safe and secure whatever their type of handicap is. All units within the elderly people caring wards have to find a common structure for their accident preventing work.

Dietary group (KOST)

It is very important that the food services are of good quality in the schools and the nursing homes etc. The working group for this (KOST) works together with the public health planner, the mouth health, the head-masters, the school-nurse, teachers in home economics and the head and staff of the public food-service sector. The aim with this group is to have a dialogue with the pupils who are enquired about what they think and wish and then they try to use this when making changes.

On-going activities

- Enquires in the classes 3,4,5,6 and 9.
- Mapping of the food-service of today.
- Further enquiries were performed in 2010 looking for improvements.
- Co-operation with the network in the region of Västra Götaland called *skolmatsakademin*
- Weeks with fruits in the upper classes and the good of eating fruits during the school-days. The local grocery shops have half the price on fruit for the school pupils
- A project together with the society Hushållningssällskapet during Autumn 2010. A project consisting of three steps starting with a dialogue and ending in a vision/policy with an activity program for the food-service sector. This will be analyzed by the staff of the food service sector and the pediatrics.

B Long-term sustainable program for both sexes and all ages, in different situations and environment

The work for accident preventive work considers all citizens. An important task is the co-operation between different actors which benefits the co-operation. To prevent accidents and create safety is an important part of the public health and it is meant to help people consider this. This should be done in a cross-sector way – both from the roots and as implementation from above.

Risk Analysis

The municipalities of Töreboda, Mariestad and Gullspång work with the creation of safety and consciousness about what risks there are for the citizens and how to use these in their future work both on central and local level. This analysis is performed every year.

The risks in the municipalities have to be identified and analyzed. The aim is to find out what to do and how and where the big problems are and what assisting resources are needed.

Goal

- The municipality and the fire brigade co-operate and coordinate the risk analyze work (LSO/LEH)
- Presents risks and what is most important to protect
- Make it clear what their roles are and who is responsible for what
- Analyze lacks of ability to manage crisis within the municipality
- This analysis is a tool for the future planning process in the municipality

Räddningstjänsten Östra Skaraborg

Räddningstjänsten Östra Skaraborg, RÖS, is the co-operative section that is responsible for the fire brigades and the ambulances in the municipalities of Töreboda, Mariestad, Gullspång, Skövde, Hjo, Tibro and Karlsborg. There is enough expertise if co-operation in RÖS. The main tasks for RÖS are:

- Supervision according to the Law on protection against accidents
- Supervision according to the Law on flammable and explosive goods
- Supporting the municipalities when trying to make risk analysis and in managing their systematic fire protection work
- Permissions according to the Law on flammable and explosive goods
- Education of the municipalities staffs
- Information to the public and when building new housing etc.
- Help to prepare, accomplish and evaluate protection processes

Systematic fire protection work in the municipalities' different working areas and buildings

A hand-book on fire protection was written in 2007, a co-operation between the fire brigades (Räddningstjänsten), the sections and the building administration. This book consists of the most important subjects and is given to all working sections.

- How to find the fire protection organization, list of contacts
- Control of the fire protection (checklist)

- Risks in your working area
- The documentation of fire protection according to the rules in (Boverkets Byggnadsregler), evacuation plan. (See sections 1 & 2)
- Fire protection policy
- Fire protection rules for the municipality administration building
- The responsibilities for house-owners and business owners
- Education plan, practice plan and documentation
- Accidents reports
- Laws
- Information to new staff, stand-ins
- Flammable goods (permissions)
- Other questions/Own material/Wordlist
- Service reports (fire alarm, fire extinguisher)
- Supervision reports (performed by the fire brigade (Räddningstjänsten))
- Forms
- Temporary places to stay over night

Planning of support to parents

In 2009 the municipality applied for money from FHI in order to develop the general support to parents in the municipality. The application was written together with the municipalities of Mariestad and Gullspång but there were no money. Instead a group was founded for supporting the parents and we will continue to coordinate the support to parents for children of all ages within the schools and the day care-centers. We believe that it is the easiest to reach the parents there. We want to inform the parents during their children's school-years and focus on relevant topics for each year once a term in order to together reflect on these themes. This is also what the parents have asked for.

Examples on support to parents:

Years	Support
0	To be parents
1	Food-diets
2	Children's playing
3	Children and books
4	To support and to stop your children
6	What stories do you want to give to your children?
7	Starting school
8	How can I help my child in school at home?
9	Children and sport activities
10	Children and technology
11	Conflict management
12	Parents of a teenager
13	Örebro Preventions Program "ÖPP"
14	Friends
15	Risks for teenagers and possibilities
15	Believing in the future
16	Sexuality
17	Relationships as an adult

Örebro Preventions Program "ÖPP"

There are five "ÖPP" instructors in the municipality. In Centralskolan this method is used each term when the instructors, the head-master and the public health planner inform the parents. Information, discussions on these questions go on all the time. In an enquiry performed among the parents, "ÖPP" gave the parents a chance to network with other parents on alcoholics, smoking and drugs. They also wished to invite the drug police and other experts. This was done last year for the first time and will continue.

Information from coordinators on respect for women, mediators, crime victim organization, traffic information and drugs are given to all concerned members of the staff.

Goal

Together co-operate on mediators with other municipalities is asked for. Mediators will be organized in the region of Skaraborg.

The plan for the municipality centre of Töreboda (lighting, meeting places, secure environment)

The development of Töreboda municipality is one of the prioritized areas described in the development and trade and industry program that was accepted by the board of the municipality council in 2007. This program has been further developed from Spring 2009 to March 2010 with the designing of Formation principles for the centre of Töreboda. In this plan we have focused on safety and security for the inhabitants. This is done with improvements of the traffic environment, accessibility, lighting, commuting and more secure meeting places.

Goal

For further development:

- a structure for businesses and the shop-owners' organization Svensk Handel,
- to create a council for industry and trade,
- to report incidences from the working-places in the municipality,
- a council for A Safe and Secure working-place,
- traffic security work belongs to the local Traffic Security Council,
- to design templates for the work with better traffic safety in the municipality
- a program for the intentions of the 0-vision:
 - evaluation of the traffic security
 - non-drinking drivers
 - less traffic incidents
 - a more safe traffic environment
 - fewer rule breaches
 - use of protections in cars
 - safer cars
 - better visibility in the traffic environment
 - to use bicycle helmets
 - to rescue, care and rehabilitate

Heart starter

Every year more than 15,000 people in Sweden experience sudden, unexpected heart stops. In more than 10,000 of the cases the catastrophe occurs outside the hospital walls. Each one of us can experience this and we are all in the hands of the people around who want to and can help correctly. Kanalskolan has a course called (*arbetsmiljö och säkerhet*) which is a course on how to handle a heart stop or air way-rescuing in the working-place. After this course they can also handle the heart starter.

In order to success using a heart starter a quick start is the most important moment. Call an ambulance direct, start at once with heart- and air-way rescuing and heart defibrillation before handing over the patient to the professionals. As a private person you can help but you have to have a heart starter.

A heart starter in the centre of Töreboda is something in order to create safety for the inhabitants. We know that the time period is very dependent of the outcome of heart stops. We also know that it takes at least 10-15 minutes before the ambulance arrives. So that is why Töreboda municipality, Kanalskolan and the industry and trade bought a heart starter. This is placed in a strategic place. The work continues.



Goals

More heart starters and instructors are needed. More education of the municipality staff I needed in heart and air-way rescuing methods and how to handle heart starters. There are at least three information boards telling where the heart starter is placed. There is co-operation with the industry and trade and the societies in the municipality.

Mental health (Methods for mental health rescuing work)

To be able to rescue a person from the water, take care of a fire or perform heart and air way-rescuing everybody is expected to manage. But when it comes to mental health rescuing work, e.g. to try to help a person that is full of anxiety or deeply depressed, who does not want to live any longer, there are usually only three words: suicidal thoughts, suicidal trials and suicide. Fear and lack of knowledge including a developed language are the greatest challenges for the warders in suicide prevention. It would be a security for mentally hard suffering people if the society took as much interest in them as in physical threats. Suicide-prevention always starts with a small talk between two people. If none of them knows what to say they go in different directions and the suicide prevention does not start at all. All people need to know something about mental rescuing. These words are elementary for deciding on working with the mental health rescuing – a method for treatment from isolation of people.

Working-groups are created that give education to the staff working with children and youngsters at first and then we continue to other groups. Some of the staff in the elderly care and the family care have already got this education. After that the intention is to educate some people who can act as supporters of the staff in a special situation. This education is meant to help all staff being able to talk about existential questions, life, death and suicide – to talk about not being afraid of it and to know about the basic facts for suicides, anxiety and depressions. They should also know how to handle this in discussions and to whom they can refer.

IT-security

The pupils' care-team at Centralskolan has had an education on IT-security. All teachers are informed in order to inform all pupils about being careful when searching on the Internet.

THE PRE-SCHOOLS work with social interaction and security in pre-school.

In the pre-schools there are several children who have difficulties in social interaction with other children and adults and in expressing their feelings. This is due to a lot of different reasons, some just for a certain period, but many children need help from pedagogues as well. This is nothing new in the groups of children but there is a tendency that more and more children have problems in their interaction, partly because their mental health is not good. Among the children we work much with the training of their social abilities in plays and daily routines in the pre-school in trying new methods.

We work with social emotional training such as the children learn how to say how they feel and to differ between different feelings and how to handle their feelings.

The "quality goals" on which we focus are topics coming up during the school-year. Several pre-schools have social interaction and security as their quality goal. We work continuously with these goals and evaluate them during the school-year among the staff and with the parents in discussions and enquiries. The pedagogues at the different pre-schools meet and discuss their experiences of how to work with the children's' social and emotional training programs. All pre-schools have a plan against discrimination and trespassing treatment in which advice and tips are given when a child is attacked.

We hope to be better in helping the pre-schools to help and support the children who have problems with their social interaction and otherwise need support of their mental health.

Working with Green Flags

One of the pre-schools is certified with A Green Flag. Their work was connected with the pre-schools' education plan where democratic working methods of the children's impact and participation is the foundation of how we plan and perform this. The goals of the pre-schools are for example knowledge about our nature and mathematics on recycled materials, so recycling is next theme coming up.

Technology and research is proven in our yards. We have given great importance to health and life style as we want to teach the children how to eat good food and motivate them to moving and activation which is good for the body. The children start their lunches with just vegetables in order to learn to like it when still hungry. Further on there is gymnastics and movement, such as sponsored "jogging races".

The work continues with anti-mobbing in the "Friends" project for class mate supporters, the Amore-group, and in the equality treatment plans.

The goals of Centralskolan are:

- No one is to be discriminated, trespassed on or treated in a bad way
- In school everybody has a right to feel safe and secure
- Everybody has a right to be respected due to sex, beliefs or ethnics, disabilities or sexual dispositions

In order to reach a safe school environment for all pupils, much preventive work is needed as well as mapping and analysis. For example you have to talk with all, make enquiries, give incidence reports, use class mate supporters, listen to observations by the Amore-group, perform evaluation and co-operation tasks in the breaks and on the buses as well as have clear rules/norms that are discussed with the pupils.

Starting in the school-year of 2010/11, each week there is a lesson on Life, where discussions on how to treat other people and that all is equal.

The Amore-group consists of 35 pupils and 15 adults. The pupils in each working-team (teams A-D/E) discuss regularly the mobbing situation with the adults. The adults then work on the reports from the pupils. Each month all adults meet the representatives from the Amore-group in order to discuss and inform about the actions taken.

Visions

Another goal of the schools is that:

- No one is to be discriminated, trespassed upon or exposed to bad treatment
- In school all has a right to feel safe and secure
- All has a right to be respected for their sex, beliefs, ethnics, disabilities, sexual dispositions

In order to reach a safe school environment for all pupils much preventive work is needed as well as mapping and analysis. For example you have to talk with all, make enquiries, give incidence reports, use class mate supporters, perform evaluation and co-operation tasks in the breaks and on the buses as well as have clear rules/norms that are discussed with the pupils.

Play-grounds

This project was started last year and today it is finished together with the project coordinator and a working-group (the children and education council, the employment unit, the municipality board, the technical section and the public health council). A special play-ground is situated in the centre of Töreboda with the aim of benefitting physical activities and as a meeting place for all which was finished in Spring 2010. The back-ground of this was the number of accidents with children registered by the primary care centers in Skaraborg.

The form to fill in has questions like: Where did the accident happen? What type of accident? When did it happen? What age-group and sex of the hurt child?

Mr. Allan Dale, MD, PhD, a researcher on social medicine and public health at the Academy of Sahlgrenska University in Gothenburg, has studied accident statistics in Töreboda and Mariestad. In his report there is said that the age-group 0-5 years in Töreboda have more accidents than other groups of children in the same age and they usually occur at home. Mr. Dale asks himself why this is the case. Why are they hurt at home and why are they not outdoors? Mr Dales' theory is that the children stay in-doors as there are no good play-grounds in the municipality of Töreboda. This background made us ask the parents and then this play-

ground in the centre of Töreboda was created. It fills a lot of functions, situated behind the primary care centre building which most parents visit now and then and it is not in a housing area. You have to walk there specifically and it has a lot of greens and trees and you can meet other children and parents there.



Goals

To further develop the existing play-grounds and offer more of them also in the outskirts of the municipality centre of Töreboda.

Groups in school and pre-school to year 5

In school welfare-officers and a nurse work in groups. Since many years there is a group for girls in grade 4. The girls in this age-group needed support. The aim is to strengthen their self-esteem, prevent mobbing and build communities. The group consists of one group for each class. The number of girls in each group varies with the number of girls in the classes. There are group meetings in school once a week and each meeting have a theme such as friendship, mobbing, and different roles in a group, adolescence etc. All girls also privately meet with the welfare-officers to talk about their feelings in school in order to map the group before they start. Teachers and parents are informed about the groups in due time. At the end of the group meetings there are evaluation on what the girls liked most with the group and the less, new themes, more tasks etc. and this work has been highly appreciated.

There has also been wishes to start with boy-groups and so will be performed by now if possible.

Together with the social service/Flexus there are also groups working with children's and youngster's health with a welfare-officer and a social worker attending. The aim is to reach children who needs support, to prevent destructive behavior and mobbing. To create groups of boys and girls early so they feel that they have a community and are impacted in positive way. They discuss ethics and morals and about their own and other people's feelings. This is after-school activities such as bowling, fishing-trips and coffee-breaks.

In the year of 2010 welfare-officers and social workers from Flexus arranged an ART-education (abbr. for Aggression Replacement Training). The basics of ART are that aggressively behavior is an educated behavior, not a native. Among children and youngsters today there are many who cannot handle their feelings, which leads to unsocial behavior and

aggressive behavior. This method give the children and youngsters tools to handle their feelings in a constructive way. The aim is to have several ART-groups working together.

Visions

So called Friends-schools are important with class mate supporters participating. A "school mate supporter-day" will be arranged. The groups of boys and girls are much asked for, see above. The groups give hope for continuing working on this. We have during Autumn 2010 met the pupils at Centralskolan in this group twice a week.

Grades 6-9

As already said above there is from the year of 2010/11 a planned lesson on the topic of Life about how to treat other people and that all are equal.

In the Amore-group there are 15 adults. The pupils in the different groups regularly meet with the adults and discuss security in their group. The adults listen to their observations and take actions which are then reported.

In the future the pupils will be working also during their lessons with this every week in order to learn to respect all people's equal value. A co-operation project was started in "Oasen" in the municipality of Vara where all teachers discussed how to work with this in school.

Education on mopeds

Centralskolan has a co-operation with NTF (National Traffic Preventions) on information. The classes in grade 8 have been shown a film on facts about moped rules in the traffic environment. We plan to continue this work and expand with the pupils of grade 6. It is necessary to take care of the information and training in grade five and deepen this information.

Fire safety

There is information on fire safety in the school given by the local fire brigade. There is also training in reality for the pupils in grades 6 and 7 once a year at the local fire brigade station.

"Last night with the gang"

The pupils of the last grade 9 are invited to a drug-free party. This is offered by Centralskolan and the public health council.

Young people's meeting place/Flexus

In year 8 this team is visited by the pupils. They get information on sexual health and are meant to make it easier to visit there and ask for help.

NTF (National Traffic Prevention Society) and the police co-operate on information on mopeds for pupils in grade 8

As mentioned above Centralskolan has a working co-operative project on this in year 8 as a continuation of the information given in grades 5 and 6 in order to deepen the knowledge.

Visions

From August-September 2010 NTF has a two year long national projekt on moped-driving. Here they work on the speeds and the use of helmets outside about 70 schools in Sweden.

Following this NTF visits these schools in order to discuss the safety around mopeds and speeds, the use of helmets, rules and tips to parents. The results will be presented and the goal is to reach the parents of 15-year old pupils. The last part of the project is due in 2012. The local police-men will participate and information material will be sent to all parents.

C Program directed towards high risk groups and –environments benefitting safety for special exposed groups

This program is meant for all ages, environments and situations and at all actions special care is taken to the high risk groups (children and elderly) and the environment (housings and traffic). The work is aimed to create equality for all groups. All public places have to be accessible for disabled persons.

In the accident preventing work at the primary care centre a working group for the families with small children are especially taken care of. There are check lists, bicycle helmets to receive and information is given. The reports of accidents started in 1998 and make the local public dental care and the primary care important partners in the accident preventive work. There is an agreement between the different actors in the public health and primary medical care on the accident preventive work since a long time ago.

(I överenskommelsen mellan Hälso- och sjukvårdsnämnden i Östra Skaraborg och Primär- och Tandvårdsstyrelsen står det att:

Primärvården och Folk tandvården aktivt ska delta i det lokala folkhälsoarbetet och samverka med lokala aktörer. Primärvården och Folk tandvården har att delta vid analysen av Hälso- och sjukvårdens behovsunderlag och att medverka i framtagandet av Folkhälsoplaner/verksamhetsplaner för folkhälsoarbetet).

Family centre Spindeln

The family centre Spindeln started its work in 2003 in co-operation with the children's and education/culture section and the primary care section. There are activities for parents with small children in an open arrangement. The education of the parents is performed here. And a parent's group "Friday group" offer meetings with advice on the daily life in a family with different themes as pregnancy, children's development, conduction and borders, accidents, sleeping habits, food, economics, relations and health. Pre-school teachers, special pedagogues, psychologist, mid-wife, nurse and social workers participate in these meetings. There is also a baby-cafe two hours a day for parents with babies and once a month there is a topic to discuss from NTF, public dentists, child care-minders etc. All parents of babies are offered baby-massage, strolling tours, meeting in the evenings on First Aid for children arranged by the local Red Cross section in eight lessons. There are information on safety for children in- and out-doors and risks in everyday life. (Here is also a meeting place for youngsters located under the roof of the maternity care centre (MVC)).

Visions

More of co-operation is planned. Money has been applied for together with the Public Health Council for more support to parents.

FLEXUS

Flexus is a treatment team within the social service working with families on demand of the social secretary for families asking for help. All is documented but there are no medical journals. Flexus has secrecy and an obligation to report if something has to be done in the family situation.

Flexus work with:

- Family treatment and therapy where different methods are applied (environment therapy, cognitive discussion therapy, motivating discussions etc.)
- Support and advice to the parents
- Co-operation discussions and social dealings for separated parents
- Anonymous advice
- Private discussions with youngsters
- Group activities (for parents, for boys and for girls)
- Discussions with children in violent families
- Net-working (the client's net-work)
- Mediation/conflict management
- Programs for youngsters judged to care within the social services
- Pre-evaluations of decisions for treatment or not
- General support to parents in their roles, private support to parents, advice on family treatment, changes in the family and conflict management when relation problems; to arrange co-operation discussions with separated parents.

No documentation is made and the family is not in the social register. A working plan is designed in co-operation with the family and the actions are fulfilled when the goal is reached. The parents can interrupt the actions when they want to.

Violence in family relations

The social administration organization participates in the co-operation organization for violence against women called Utväg Skaraborg that works with individual discussions and group activities for men, women, children and youngsters as well as preventive work. Utväg Skaraborg consists of a lot of authorities and societies involved and there is a women house, Tranan, and help can be had from the crime victim organization (Brottsofferjouren). The staff is duly educated in all questions among violence in family relations and reactions among men, women and children.

There is also a co-operation between Töreboda Mariestad, Gullspång municipalities, the police, the public prosecutor, primary health care and the psychiatrists. A working-group discuss regularly how to develop its work.

Family support

Family support helps with physical, mental and social support in order to make it easier for family members caring. This is quality of life both for the caregiver and the family member being cared for. There is no two equal situations so it is all individually based on different support forms in combination such as advice and support, daily activities, recreation places and relieving opportunities.

Preventive home visits

Since 2007 the municipality offers everybody older than 75 years a home visit in order to check what is needed. At the visit we talk about health and everyday life, offer information,

advice and support and take a look in the building in order to prevent falling accidents. There is an education on fire protection and information.

Medical treatment support

An overview of the care taker's medical treatment is offered three months after coming to a special home or registration in the home care service.

Dentists

The public dentists work preventive in order to give a good oral health to all ages according to the vision *Frisk i munnen hela livet (Oral health for life)*

- The maternity care centre and the children's health care centre inform the parents on the oral health for children etc.
- In the pre-schools they let the children brush their teeth once a day. The aim is to strengthen the good habit of brush the teeth. In school there is fluor treatment for all children in grades 6, 7, 8, 9 once a term.
- In school there is also information on diets and on tobacco.
- The dentists together with the school and the Public Health Planner work with the food in the schools.
- Health discussions (diet, oral health, drinks, tobacco) is held for all children and youngsters by the dentists.
- There is also responsibilities towards children that have bad family situations and never come to the dentists or if abused by their parents.
- Young adults are stimulated to regularly control their oral health with offerings of a lower price for examinations.
- Elderly patients are visited by the dentists at home.

Heart, lung rescuing, HLR at the public dentists

The staff has education according to the national directions on HLR.

There are written routines and the staff is educated on heart starters + HLR. The same for children's HLR will be performed in 2012. There are also instructors among the staff.

Threats and violence against politicians and administrators

The demand from the citizens on more openness and accessibility in the society requires well-designed directions and routines in order to meet situations of threat and violence actively prepared for. Violence and threats at work is a serious working-area problem. If someone in the staff is exposed, physical accidents as well as mental disorders can be long-lasting. An active work is performed in Töreboda, Mariestad and Gullspång on preventive actions. The municipality's directions on threat and violence are here used.

Safety work in the municipality

In order to achieve safety the administration need to be in good order and have well-designed directions and routines. The routines must be adapted to the demands of the situations. The routines have to be well known and accepted and must be followed-up. Safety needs a well-educated staff and an organization of preventive work that follow the routines. Technical safety devices can never replace routines. If needed also special instructions have to be

designed and also these have to followed-up. Good safety work thinks about lives and health and is needed in order to reduce the costs for insurances, repairs, disturbances and production losses. A successful security work gives resources to ordinary administration.

The municipality's directions on the safety work aims to have a common safety work and a will to support the safety work in Töreboda.

The aim is to

- Protect lives, properties and environment
- Reduce the costs for accident and protection
- Safety in production and administration
- Raise the safety consciousness among the staff and motivate them to accident preventive actions
- Preserve a sound risk economy

In order to reach the goal good safety it is most important that all staff actively take part of the security work and are well informed of actual and planned actions. Risk analysis are the basic statistics for the on-going safety work.

The safety work should

- Raise security levels within the municipality activities
- Raise security for our clients
- Minimize the consequences of an accident within the municipality activities
- Minimize risks for consequences of interruptions for service to the public
- Continuously work with risk analysis
- Raise the crisis management in the municipality

Goals

The municipality's vision in the safety work is to create a common platform for the safety work, co-operate with industry and trade and the authorities. Develop the accident preventive work with both the municipality activities and industry and trade participating in planning the society and the infra structure together in a safety perspective.

Project "På väg mot ett ökat oberoende" for more independence

In March 2010 a project was started within the elderly care in order to try a new working method for the individual's participation and independence after moving home again after a period in hospital or asking for caring within the primary health care. Within the frames for this project there are opportunities to a common evaluation of the individual's needs of actions both from the social service law and the health- and caring law.

In practice this means another direction of the decisions on the planning of hospital-care after an examination that has to be taken together with the individual himself. The aim is that the same team going to the hospital to plan for the return home for the patient, also takes care of the patient when arriving home. This team consists of action administrator, nurse, physiotherapist and occupational therapist. At home the patient then a chance to discuss on the planning of the home care actions needed for rehabilitation and further actions from the home-care when needed. As the team arrives home to the patient they can at once find out what need to be done according to preventive safety aspects.

This new working method will be tested in a group during one year. It has the basis in an activating way of looking at the problems.

Västbus

In the year of 2005 the Västra Götalandsregion and the municipalities commonly accepted directions to co-operate in the work on children and youngsters with complicated psychological/psychiatric and social diagnosis.

Co-operation is founded on these criteria:

- Common basic evaluations
- Making clear whose responsibility it is:
 1. For all children. The social service preventive work, pre-school, school and school health care included maternity care, children's health care and primary care and youngsters care centers.
 2. Specialists for the few children who need that. Social services (IFO), disability care, children and youngster medical specialists, habilitation, children and youngsters psychiatric clinic and children's neuropsychiatric clinic.

Every administration is responsible for the resources for their tasks:

- Co-operation obligation – information obligation
- Common competences development – School/ IFO/BUP
- Co-operation around the individual
- Common net work-meetings performed with the family and the professions involved. The aim is to get a common and total picture, making clear about the child's/family's situation according to resources needs and connect professional resources to the needs in designing a common care plan/action plan and make the responsibilities visible and last but not least evaluations. Common responsibilities of care, treatment and results when the child cannot stay at home.

Goals for the group directions include children and youngsters who need cross-professional competences from different actors.

The goal of the groups is to avoid non-individual work and instead work together according to Västbus' recommendations of co-operation.

SMADIT

The social service coordinate this work; SMADIT (Samverkan mot alkohol och droger i trafiken) – co-operation against alcohol and drug abuse in traffic situations. This is founded on the knowledge that people are most susceptible to accept help for their abuse when having been taken for drunken driving. SMADIT is a method from Skellefteå talking about a professional and humane point of view where co-operation between different are formed to an offer to have an appointment with the drug therapists within 24 hours.

Goals

Reduce the number of drunken/drug drivers in reducing their repetition. Raise the opportunities of drunken/drug drivers to take care of their problems.

Neighbors' co-operation

The working-group has for a long time pursued work for **neighbors' co-operation** and today at least 100 contact persons and about 2,000 households participate. The work consists of co-operation between the municipality, the police and the house owners. Up-to-date statistics is sent twice a year to all households. There is also a lecture for the contact persons and a continuously co-operation with the police.

BOJ

The municipality of Töreboda pays 2 SEK per inhabitant to BOJ, Brottsofferjouren, who help crime victims. This institution offer support to the victims in discussions and witness support and co-operates with the police officers in charge who inform BOJ.

Lyftet – the lift

The aim with this group is to activate the individual to stay in contact with former employers. In trying no ways unemployed people are given new chances. There should be a lot of things to choose among. It is very important to start freshly after a long time of unemployment. To create a network there can be new ways out and easier to get a new job. .

Home helper

Since 2008 there is a person helping people at home. He is a part of safety preventive work for old and disabled people. The aim is to prevent falling accidents and accidents at home for elderly and disabled people. The home helper is a service function for elderly and disabled people in their homes. This is only for small not time-consuming errands under 60 mins.

Tasks and errands for the home helper:

- Checking safety and fire protection according to the check lists
- Changing bulbs and fuses and batteries to the fire alarm.
- Air the elements.
- Put up pictures, hooks, blinds, window shades etc.
- Put up and take down curtains
- Fetch or put up things from the attic, basement, garage or cupboards very high up
- Move smaller pieces of furniture between rooms
- Oil locks, doors etc.
- Fasten flexes and slippery mats etc.
- Sanding and salting when slippery out-doors

Goals

The home helper has to co-operate with Rådningstjänsten Östra Skaraborg to enable to make the fire protection at home even better. A special check list is written.

Temporary housing

Temporary housing for those who need that is given for 2-3 days by a social secretary. There are two flats.

Adapted housing

Temporary housing is possible for people who want to work on their motivation to reduce or give up their alcohol or drug abuse. Staff is available round the clock. There are eight flats, but two of them are only for women. The social secretary helps hiring out.

Support flats

There is drug-free housing in order to work on the motivation to giving up their abuse. The social secretary helps hiring out.

Own housing

When you yourself have a contract and pay by yourself.

Support housing

A contact person plans the support housing to the individual and is in the treatment plan of the social secretary. In the support housing there are help with contacting authorities and in the motivation of becoming drug-free. Support housing is also given to an individual who has got a flat of his own or in the ordinary housing.

Abuse centre MTG offers the following:

- Cognitive behavior therapy (individual/groups)
- Treatment in 12 steps (individual/groups)
- Motivating discussions
- Treatment discussions
- Treatment groups
- Women's group
- Net-working
- Recurrence prevention
- After treatment group
- Family support
- Coaching of groups, family members etc.
- Antabuse distribution due to the doctors
- Tests for drugs

The future meeting place: Mariestad, Töreboda, Gullspång (MTG)

Medical care and caring in the MTG-area was started in a project in 2010-2013. This is built on social enterprises. The point of views and the working methods are under Kasam or motivating discussions, coaching and participation. The aim is to create motivation and innovation among the participants in order to help them socialize freely.

This a project under three years financed by the EU from April 1, 2010 to January 31, 2013. The project includes Töreboda, Mariestad and Gullspång and hopefully leads to a development of social enterprising in this region. Primarily the project is meant for adults with abuse or drug problems but also other non-employed groups can be included.

Aim

- Create self-esteem and give the individual their own responsibilities in order to interrupt their isolation and raise the occupational rates for persons who for a very long time have been out of the employment market.
- Quality of Life with better health, less consumption, better economy and a job of their own, better social situation with a flat of their own and a social network.
- Development of social enterprising in the MTG-area in order to give employments.

Project planning:

This project involves all the three municipalities and it consists of the following parts:

- A meeting place in each municipality in order to establish contacts with participants and offer them to socialize and grant responsibilities and participation. The meeting place has to have place where they can meet and experience contacts and innovative solutions to the way back to the working-life. It is important with a broad co-operation and to make it clear so the individual can receive adequate help from the authorities.
- The education package in social enterprising give the individual's knowledge about the reason for this kind of enterprising. It present what is needed and what rules there are. Furthermore there is education in computing, marketing, socializing with other enterprises. Retorics, book-keeping and competition rules are also taught.
- Social enterprises in Töreboda, Mariestad, Gullspång are started as a way of offering more working places in our municipalities. The profit is re-invested in the business which means more jobs for a constant development.

Visions

- The quality of Life for the participants is raised considerably medically, socially and economical. The grade of self-esteem is raised which means that motivation follows to more freedom in the housing and working market.
- To reduce the consumption of drugs for persons who depends on drugs.
- 60% of the participants (60 persons) are going towards an employment with the help of our project.
- 40% of the participants are sure to have an occupation during the last year of the project, on the regular employment market or alternatively in a social enterprise.
- This group obtains more influence in this region
- Reduce poverty, homelessness, unemployment, and strengthen their social networks
- Raise the knowledge of social enterprising among the public, medical care and caring, industry and trade and the authorities which creates new ways for groups outside the ordinary employees market
- To be a complement to the municipalities of the MTG-area open treatment of abuse and handling its bad consequences.

D Program documenting frequency and cause of accidents and accident

The accident incidences reports is basic statistics for preventive activities and are used for planning and information on high risk environments and groups. It is a minute analysis of accidents and makes it possible concretely find out what is going on and then being able to take actions correctly. Since 1998 there has been a total accident reporting in Skaraborg at all primary health care centers, dentists and emergency wards.

The accident statistics is based on the number of accidents reported from the medical centers in Skaraborg. Here you can find sexes, age-groups, accident places, situations and causes pro municipality.

In order to take right measures it is important that the questions **where, when, how and why** can be answered.

Since 2001 the statistics are presented in life cycle perspective, which was decided on by the Västra Götalandsregion and also the public health work is administered like that. This model follows the WHO indications of "A Safe and Secure Community".

Computer support in care and caring, Procapita

The social service administration registers all cases in this computer program, Procapita, where the statistics can be searched on the individual level and what preventive measures can be made for this individual. The non-fitting facts is concluded by the medical responsible nurse in the municipality (MAS) and is reported to the social council once a year. The computer support makes it possible for all who work with this program to easily find and document situations for each case in a better way than before.

Quality register

During the autumn we will expand our preventive work with a national quality register called "Senior Alert". This includes risk evaluation, preventive measures and follow-up of risks for malnutrition, falls and bedsores. An individual evaluation and action plan with measures is offered all people in the home caring and in caring homes.

E Evaluation of the program processes and consequences of changes

The evaluation of the accident preventive work includes both the range of the accidents, the process, and the methods used. The evaluation is done out of the set goals: directions, and efficiency. The range and causes of the accidents are mapped in the reports.

If the goals are reached depends on how the work has been performed. Are all involved in the process? What methods are used and are they successful? What was actually done? How did they do it? Why did they do that? Who participated? What are the cost? Who is responsible? Is this the right group of people? These questions are important in the follow-up of how the process goes on.

The accident preventive work in Töreboda is lead by a management group, placed under the local public health council. The different subgroups: Brottsförebyggande arbete (BRÅ), Barn och ungdomars hälsa (BUH), Barn och ungdomssäkerhetsgruppen (BUS) and Äldre och funktionshindrades hälsa, perform the preventive activities needed in their special area.

The Public Health Planner is placed both within the management group and in the public health council and is so over bridging these two groups. In the budget of the public health council there is a certain sum deposited for "A Safe and Secure Community".

Co-operation contract and action plan for the municipality and the police

The action plan for developing crime prevention and safety benefitting work in the municipality was designed in co-operation with the police. They have decided on prioritized areas to reduce crime and raise safety levels in the municipality. BRÅ is responsible for the co-operation contract and that the work continues within the prioritized areas. The co-operation contract between the municipality and the police for prioritized areas is to be updated towards the end of each year.

All prioritized areas have an action matrix where goals, actions/operations, responsible partners and a time-table. The action plan is the tool for the municipality and the police to follow and follow up. In more detail every responsible actor has a tool for their work within the åtagandebilaga. This is a diary of the actors' activities.



F On-going participation in national and international networks for A Safe Municipality

Töreboda municipality has participated in international conferences and workshops in Stockholm, Skövde and Praha. There were also meetings arranged in Latvia and experiences shared with our twin town Iecava as well as in the network "Safe Community" in our own region of Skaraborg

Töreboda municipality seeks the award "A Safe and Secure Community" in 2012

Our work here presented is the results of a cross-sectorial work. Many participates today in different working groups or have in other ways participated in the accident preventing work.

We work together with the other municipalities in the region of Skaraborg together with the municipalities of Borås and Uddevalla. This network co-operate in different questions according to security and safety for our citizens. In this network also the county and region of Västra Götaland participate through the public health council and its planner of public health.

Contacts with our twin town

For many years Töreboda municipality has an on-going work with Iecava, a municipality in the south of Latvia. These two twin towns meet regularly and inspire each other and share knowledge and experiences from different areas. Iecava, for example has inspired Töreboda in the cultural area.

Our goal is to continue this co-operation

The writing of this document

This application describes the accident preventive work in the municipality of Töreboda. Many people have participated, as politicians or in different working groups and in their ordinary working positions. To be successful many people are needed and without them this document had not been written. There are many professionals in Töreboda who work hard in order to share their knowledge and engage other for developing Töreboda municipality as “A Safe and Secure community”.

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7. Riktlinjer för utvecklingsarbetet av Töreboda centrum i Töreboda kommun, Gestaltungsprinciper, antagen av kommunfullmäktige
8. Kostvision och policy