



Project Safe community Chrudim 2009



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Report on Safe community WHO criteria fulfilling, as by November 2, 2009

Basic facts:

City:	Chrudim
State:	Czech Republic
Inhabitants:	23 173 (counted on Dec 31. 2008)
Project launched:	in 2004
Official address:	Město Chrudim, Resselovo náměstí 77, Chrudim, 537 01
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Chrudim is a mid-size town with total number of inhabitants equal to 23379; it's area covers 3321 ha (as for December 31., 2007). This town is located in eastern Bohemia, in the region of Pardubice. Main attributes of Chrudim are it's rich history and industrial background. The distance to Pardubice (capital of the region) is 10 km, distance to Hradec Králové (rather large town) is 33km.

Since 2001, Chrudim is a member of „National network of Healthy cities“ in the Czech Republic. The project “Healthy city” and local Agenda 21 are realized since then onwards, too. It is a long-term, ongoing and developing process, which focuses on health support and also on improving life quality, when rules of sustainable growth are respected.

The project “Healthy city” is a project initiated by World health organization (WHO). By approving Health city declaration, Chrudim committed itself to following guidance defined by international documents

- Health 21
- Agenda 21
- National action plan for health and environment in the Czech Republic

Indicator 1. An infrastructure based on partnership and collaborations, governed by a cross- sectional group that is responsible for safety promotion in their community

A. Reference Groups

The town of Chrudim became a member of “National network of healthy cities” in 2001. Since then onwards, the project “Healthy city” and local Agenda 21 are always active, cooperate with their partners on local, national and international levels. It is backed up by strategies of “Health 21” WHO, NEHAP and by Agenda 21.

Preventing injuries is one of the priorities of “Health and life quality plan” since the very beginning of its creation, during community planning. On April 5. 2006, Chrudim city council has agreed to enter “Safe communities project WHO”.

The project “Safe community in Chrudim” is part of community project “Healthy city” as well as part of local Agenda 21. The result of community planning is “Health and life quality plan”, which is regularly handed in to city council as well as to city vestry to be approved. Local government is not only interested in this matter, it also participates on its management. “Healthy city project commission” (Komise pro projekt Zdravé město) and local Agenda 21 were created within official town structure, the latter engaged in issues of Healthy community project. “Healthy city project commission” is a consultative body of City council. Safe community project workgroup is administratively bound to the

commission. This commission consists of town hall experts, each of them specialized in specific field such as transportation, education, seniors, working environment, sport, etc. The commission members are fully replaceable.

Safe community workgroup scheme :

This workgroup is a consultative body of Health city project commission and MA21. The workgroup submits applications for proceeding as precautionary activities.



In the scope of community planning for implementation of Safe community project, regular meetings are held with all kinds of organizations in the town. Other ways of communication are used, too. We cooperate with non-profit organizations (Maternity center Mamaklub, Czech Red Cross, organizations for seniors etc.), schools, state Police (Czech), local Police (Chrudim), surgery ambulances, the hospital of Chrudim etc.

Other partners are being gradually won for the Safe Community project. All those involved in the project form the "Big Team of Safe Community" divided into working groups by fields of interest. The make-up of the Big Team is variable.

Indicator 2. Long-term, sustainable programs covering both genders and all ages, environments, and situations

Every year, the project Healthy city and local Agenda 21 together prepare campaign “National days of no harm”, which takes place by the beginning of June. It focuses on current topics, which are declared by Czech ministry of health care, WHO and Center for injury prevention.

1. Transport Safety

Chrudim is currently overloaded by vast number of cars passing through. The infrastructure is insufficient – there is no ringroad, but it is being built step by step.

Long term town strategy includes following priorities:

- supporting ringroads construction
- supporting town public transport
- supporting construction of bicycle roads interconnecting Chrudim with other towns
- supporting pedestrian and bicycle transportation inside the town (reconstructing and constructing pavements and bicycle roads with special focus on barrier removal)
- placing safety elements at all kinds of roads

We are trying to systematically solve and implement technical precautions such as improving quality of roads (and pavements) maintenance, give shape to barrier-less places according to currently monitored situation and bicycle road construction. We gradually improve availability of complementary transportation, which includes public transportation (buses, trains) availability and using barrier-less bus. We prepare special modification of cars belonging to Social service centre (Centrum sociálních služeb Chrudim).

For preventing traffic accident damage, we work on many projects which consider child safety (while attending to and from school), disabled people movement issues, seniors, public transportation. Following measures were taken thanks to this :

- new lights have been installed at three dangerous zebra crossings
- new zebra crossings were built. All of them are accessible to disabled people, all have guideways for blind and weak-eyed people.
- a complex solution for safety close to elementary school ZŠ Dr.J.Malíka is being prepared
- regularly, at the times when children go to school (and when they leave school), local police officers are supervising zebra-crossings

Local police has significant role in this area of activity. In cooperation with Safe community workgroup, we prepare regular meetings of local police officers with pupils of first and fourth grade of elementary school as well as field trips into school neighborhood accompanied by local police officer, bicyclist checks with focus on wearing protective helmets etc.

Problems with addictive substances such as alcohol and drugs belong to one of the topic which are included in educational programs and projects in schools. There is a zero tolerance of alcohol for drivers of motor vehicles in the Czech republic.

2. Home and Leisure Safety. At least one activity should target fall prevention for at-risk groups, in particular, for older adults.



We are always trying to inform parents about risks of child injuries in a household. Information is spread in cooperation with pediatricians, who help to distribute promotional materials in their waiting rooms. Another important cooperating partner is maternity center Mamaklub Chrudim. Lectures and discussions for parents are organized in kindergartens and in the Mamaklub. The topics consist of various environments where child injuries can occur – bicycle, playground, at home etc. Those preventive activities have a part of it happening at the traffic playground, where real situation training is performed. It includes dexterity ride, ride in accordance with traffic rules, transportation tests, first aid and necessary equipment for each bicycle.

Chrudim town hall constantly improves its system of playgrounds maintenance, in accordance with Czech and European laws and regulations. While constructing new playgrounds, special attention is drawn to using the safest available equipment in order to precede injuries. The program concerns equipping and using sport areas suitable for free time activities of youth.

As a part of community planning, relevant target groups put together a list of requirements for playgrounds. Then, at the construction time, all the requirements are considered together with the safety while equipment is being selected. Each playground has a contact sheet with instructions and rules of stay as well as with important contacts. Playgrounds are checked regularly.



3. Children's Safety.

Part of "Safe going to school" project is mapping routes used by children to go to school. Parents of kindergarten and elementary school pupils participate in this activity. Its result is a map of risky or dangerous places. At the municipality we are trying to eliminate those dangerous places. Examples - Trees were cut where the view of a zebra crossing was blocked, new barrier-less crossings are planned, a study of safety increasing at one particular elementary school will be made.

This project is going on for three years. Control results of monitored indicators show, that more children feel safe on the way to school and more of them go to school by foot.

- **"Safe going to school"** – the goal of this project is to teach children to conduct themselves safely in environment with dense transportation. This way, number of accidents where



children take part should be significantly lowered. Each child should know the principles of first aid.

All schools in Chrudim are participating in this project (6 elementary, 6 kindergartens), target group is cca 1500 children.

- **Meetings for elementary school new freshmen pupils** – targeted on basics of safe travels on road routes in the town traffic. Safe road crossing rules are repeated here.

Fourth year of elementary school is the time to have another meeting. That would be organized in cooperation with Crime precaution manager and Town police station in Chrudim. The fourth year is chosen because children at the age of 10 can start using their bikes on drive-ways without any adult company. Policemen remind children safe behavior rules, necessary bike equipment as well as the importance of helmet wearing. Mentioned are also some risks that can be anticipated, so that children could evaluate those risks well and subsequently find and perform the most appropriate reaction. The meeting is not only theoretical lecture, children are thought by a game. Usually, about 550 children are educated this way.

- **Gaining knowledge and skills through experience** – Chrudim town police does not only remind rules of safe traveling in environment with traffic in classrooms, but also takes children outdoor to the town. All the potentially dangerous locations near schools are pointed out so children notice them. All places where any tragic accident could happen are shown, special attention is given to all places where children often walk without realizing how dangerous it can be there. By direct experience, this goes deeper to their memory. This is another preventive precaution meant to repeat the facts children consider as already known. Regrettably, practice shows that crossroads are sometimes more complicated then expected by children. Experience oriented trips are usually visited by 200 children.

- **Town police at kindergartens** – officers of town police station spend an entire day at kindergarten. Using experience oriented methods, principles of safe road crossing, using road routes as a pedestrian, as a biker (scooter rider), as a passenger are repeated. This event is always generally oriented. It works as a reminder and one more repeating of principles. This event has very good results, as children of this age have lots of respect for police officers. In addition, this way gives rise to mutual confidence, which becomes very important at higher age (school age). This activity is attended by 700 children

- **competitions at a traffic playground** focused on training real situations. Includes dexterity ride, ride in accordance with traffic rules, transportation tests, first aid and necessary equipment for each bicycle. This event partners are – National police, Chrudim police, Besip, ČČK etc. The traffic playground is yearly visited by more than 1 500 children.

- **Campaign “Only bike with your helmet”** – promotes wearing cyclist protective helmets, especially for age group 3 to 18 years. Outcome of this campaign is supposed to be: lowering a number of head injuries due to wearing helmets, advertising of bicycling and healthy lifestyle. Target group are children of age 3 to 18 years, but also their parents and grandparents.



Whole campaign is typically – for Chrudim - split into two phases. At elementary schools, this topic is included in subjects such as homeland study, civics, physical training, fine art. It has also been part of project days. The idea of this campaign has been communicated to 3.500 children of age 3 to 18 years. There were discount coupons for bicycle shops to give 7% off while buying a new helmet. In 2007 was monitored, that 82% children uses helmet while riding a bicycle.

- **Campaign “You can see me” („Vidíš mě“)** – dedicated to increasing use of reflective materials by children. Sticker stripes made of light-reflecting materials were distributed to kindergartens and elementary schools. Children used these stripes to decorate their schoolbags, bicycle helmets, bicycles. This campaign has come in touch with 3.000 children at age of 3 to 15 years.



- **Chain of meetings “Alice is all right”** focuses on fundamentals of first aid treatment – massive bleeding treatment, resuscitation (both breathing and heart massage), minor wounds treatment and bandage techniques. The goal is to teach children how to anticipate, prevent and reduce pain as well as protect their health. Children get knowledge about health protection and life saving by playing a themed game. Child size dummies have been purchased for purposes of this activity. Children use those to practice treating minor wounds. The dummies should also allow children to better put themselves in the place of the roles represented during meetings. Contents and lineup of each meeting is determined by each teacher – a person that knows well which topics need to be practiced. The meetings help cca 500 children a year to understand first aid.

- **Canvas game “Do we use a safe road?”** uses a canvas (big or small), 2x dice and a set of YES/NO pictures. Rules of this game are simple, easily adaptable to age of children who play. The game deals with precautions and anticipating injuries in general. The goal is to draw children’s attention to potential dangers, which may occur during a stay by lakes or rivers, at a sandpit, during bicycling, walking or traveling as a passenger etc. This game should teach children the basics of safe behavior while manipulating sharp objects or hot drinks, in all mentioned situations. All campaigns and events concerning injuries, safety and health use this game. It has been played by 1000 participants.



Healthy kindergarten Dr. Jana Malíka in cooperation with Healthy high school of health care give shape to project called “**Healthy and safe kindergarten**” .



The project is based on composition of entire-city scope project. There are various goals of the project, as

- informing small children by appropriate way about dangers of everyday life
 - explain children of the kindergarten how to foresee and avoid injuries
 - show to the children fundamental principles of first aid treatment
 - explain human body composition, including facts about necessary requirements of healthy lifestyle, growth and self-development
 - establishment of mutual communication between pupils of the kindergarten, school pupils and their teachers
- develop communication skills of kindergarten and school pupils and motivate children to cooperate and help each other

Target group consists of cca 210 children at selected kindergartens, 20 pupils of second grade SŠZS Chrudim at the age of 16 – 17 years. The project is implemented at selected locations – kindergartens, where local conditions are used for its advantage. There are 9 parts of this project, which interlace

1. safe home
2. from baby to schoolchild
3. what a person needs to grow and live healthy way
4. safety in winter
5. safe biking
6. safety in the streets
7. safe in the gardens
8. first aid treatment principles
9. the human body

As a part of water related injuries preventing, “Dozen rules of safe water stay” were brought together. In cooperation with Water lifeguard service and Red cross we prepare an event called “**Help! I am drowning!**” every year. This event’s target groups are elementary and high school pupils. Work of lifeguards is shown here as well as Red cross work. Water games and child competitions take place here too. “Dozen rules of safe water stay” are pointed out. Shown are practices of real-like wound mocking as well as practices of first aid treating.



Participants have the possibility to try to resuscitate a dummy, dress a wound and save drowning people. Talks and meeting, which are part of this event, are visited by 600 students and pupils every year.

4. Elderly Safety.

Risks and injuries prevention in seniors were the topics of lectures and meetings, which were part of activity programs of “Senior club” of “Third age University in Chrudim”. The main attention is drawn to household management, using practical tools and first aid treatment for this specific age group.

Seniors are taking part in a program called “Safe home” („Bezpečný domov“), which consists of meetings for seniors with safety and security topics, especially focused on door-to-door sales (by peddlers). Program also distributes two kinds of stickers that are meant to be placed at house’s door. Apart of direct distribution, the stickers are also available at Chrudim’s infocenter as well as in Social services center (Centrum sociálních služeb a pomoci Chrudim).



BEZPEČNÝ domov
Vaši totožnost si ověříme před otevřením dveří!

- zbytečně nezvoňte
- nic nekupujeme ani neprodáváme
- přicházíte-li ve věci služební, úřední, prokažte se služebním průkazem nebo legitimací

PREVENGE KRIMINALITY CHRUDIM



POZOR!!!
PŘEMÝŠLEJTE!!!
KDO stojí za vašimi dveřmi?
Neotvírejte dveře svého bytu neznámým lidem.
Zeptejte se:
Co potřebujete, proč přicházíte?
Můžete se prokázat nějakým průkazem?

Máte-li pochybnosti o totožnosti osoby za vašimi dveřmi, neotvírejte!
V případě nebezpečí volejte:

158 POLICIE 155 ZÁCHRANNÁ SLUŽBA
156 MĚSTSKÁ POLICIE 150 HASIČI

PREVENGE KRIMINALITY CHRUDIM

There is a signalization system available for seniors, for cases of emergency. We are trying to precede injuries by making seniors live more active way – we prepare activities to improve and sustain their physical condition, such as

- sportive programs for seniors
- actuation programs for seniors
- health educational programs
- recondition and physiotherapeutic programs for people with walking stability disorder
- healthy lifestyle supporting activities

We are trying to improve the living environment gradually – we remove barriers in households, at public places, in public transportation. We have mapped barriers in the town and step by step try to remove each of them.

Social service centre (CSSP) is an allowance organization of Chrudim. CSSP supports and helps senior population in the town. One of it's many activities are social acquisition services for seniors and for disabled people. Those activities help to develop or sustain personal and social skills and abilities, also support social integration.

CSSP prepares programs, which should affect senior population by prevention. The programs are focused on healthy food, drinking habits and exercise at senior age. Those programs should help understanding senior age risks, that may influence life quality. By focused activities, we try to help people to take responsibility for their own health, to look for alternatives, to find healthy lifestyle, to reach self-satisfaction – all because we realize that many diseases and health problems have psychosomatic origin as a product of the lifestyle.

Within the scope of daily activities in CSSP, we prepare regular exercise. We care about handrails placement, so that they are easily reachable. We remove small carpets and all kinds of objects from corridors and passages to avoid falls. We care about sufficient amount of light inside CSSP building, we advise which types of shoes are suitable etc.

An important activity of CSSP is lending health equipment and accessories (walkers, canes,...). For endangered seniors, we provide so-called "emergency care".

5. Occupational Safety.

There are checks of security conditions, safety trainings, first aid training, using protection hardware.

6. Intentional injury prevention.

There is also a crime prevention program in Chrudim. As a part of this program, camcorder monitoring system has been installed. Among other uses, this system is used to map and monitor dangerous locations.

Another implemented program is called "Complex care about victims of domestic violence". That program consists of two parts – one part for the victims, another part for the offenders. The offenders program is made for wrong-doers, who realize the problem and willingly want to solve it. There is a complete set of psychological help procedures, covering many topics, as

- responsibility for domestic violence
- anger control
- rules and models of partnership
- communication between partners
- many others

Victims are helped not only psychologically, but also - in case of need - offered accommodation at secret location.

Crisis centre / Complex care about domestic violence victims

The crisis centre provides services in consulting, education (for lifestyle), domestic violence problems, law etc. The centre also helps people who need psycho-social services in critical situation, that endangers their life or significantly lowers their life quality, situation that requires immediate interference. The help is meant for victims of domestic violence – children, adults, seniors, women, men.

Main strategic goal is to immediately solve problems of people whose life or health is in danger, while they cannot overcome the situation themselves.

As a preventive measure, seminars about domestic violence are held for pupils of elementary schools. Information about domestic violence is passed there. Main focus covers key characteristics, manifestations and risk factors. Thanks to lecturing this topic, overall knowledge about this serious problem visibly rises.

During 2008, 80 clients – victims of domestic violence - were helped. 21 clients were under 18 years old. Cooperation with 5 aggressors was established. 5 women and 8 children were brought in on stays program. During 2008, 4 weekend training sessions for the children of ill-treated mothers were organized. All together, approximately 500 consultations took place.

Indicator 3. Programs that target high-risk groups and environments, and programs that promote safety for vulnerable groups

Low-income groups - The Crime Prevention program also includes **other social projects**. There is an area in Chrudim where, over the years, the number of “socially weak” citizens has been increasing. It is considered to be a “problematic” locality. The street social work is chiefly directed at seeking out and contacting children and young people exposed to danger or harm. The task is based on getting and stimulating their confidence.

The low-threshold Club Futur provides advisory, social and other services of social contact work . The club differs from other hobby and interest groups in that anybody can come and go at any time and there is no fee to be paid.

Older people – Risks and injuries prevention in seniors were the topics of lectures and meetings, which were part of activity programs of “Senior club” of “Third age University in Chrudim”. The main attention is drawn to household management, using practical tools and first aid treatment for this specific age group. Seniors are taking part in a program called “Safe home” there is a signalization system available for seniors, for cases of emergency.

- *Project - “Safe going to school”*
- *Gaining knowledge and skills through experience ”*
- *competitions at a traffic playground*
- *Campaign “Only bike with your helmet”*
- *Campaign “You can see me*
- *Chain of meetings “Alice is all right”*
- *Canvas game “Do we use a safe road?”*
- *“Healthy and safe kindergarten”*
- *“Dozen rules of safe water stay”*

People with mental illnesses, developmental delays or other disabilities – There are two day centres for people who need support. The day centre “**Pohoda**” (Good State of Mind and Body) provides appropriate day care to senior citizens and adults with physical or mental handicap and help their families when they are at work. Thus the clients may stay at home in their natural surroundings. The mission the day centre “**Jitřenka**” (Morning Star) set up for itself is providing assistance to children and young people with mental or combined disability in their journey to a valuable and independent life.

In order to prevent injuries connected to drug abuse, bullying, religious sects and extremism, a preventive plan has been designed. This plan includes individual consulting, escorting to a specialist's office, discussions and lectures for students and teachers, sociometric enquiries in classrooms (especially when bullying is suspected). Two, three or four times a year we arrange trainings for teachers in which teachers learn to use various experience-based techniques. Those trainings are a very good and well-proven way of preventing bullying.

Civil association Laxus provides social and healthcare services to self-drug-injecting people in town. The goal is to allow clients of field program to find and develop normal lifestyle as much as possible. We actively search drug addicts and work in their natural environment.

We lead clients to adopting rules that lead to lowering risks of drug abuse. We cooperate with them to accomplish stabilization of their social situation and health. We allow them to use publicly available services. We support changes in their lifestyle.

In cooperation with local police of Chrudim, regular controls of under-age drinking take place in selected restaurants and bars. In 2008, 17 restaurants were controlled. This year, since January till May, 120 controls were done. During the controls, 12 violations of underage drinking law were discovered. All violations were solved by a fine for the restaurant.

Suicide statistics

In 2008, 15 suicides were monitored. In 2009 (as for October 31, 2009) it was 5 suicides. There was no bullying attempt noticed.

Safety of playgrounds is regulated by european norms. After accepting these norms, all dangerous items and equipment were removed from playgrounds. This significantly lowered the usability of playgrounds, so the city hall destined bigger financial support for playgrounds reconstructions.

New playgrounds are built in accordance to valid ground plan and in cooperation with citizens. As european norms require, usage rules and visiting rules are available for reading at the playgrounds. Regular controls check all equipment pieces and grounds. Once a year, general control of all playgrounds and close environment takes place.

Indicator 4. Programs that document the frequency and causes of Injurie

Within the scope of the whole project, there is **special data selection**, which allows us to monitor injuries and their cause.

The data supplied by statistical office and other organizations was not suitable for our needs. That is why we have implemented this special data collecting, which is based on practical experience from Kroměříž – an already certified safe community.

We have established cooperation with surgical ambulances, pediatricians and medical specialists.

Data collecting is realized by filling record forms concerning the injury. This kind of data is being continuously collected since 2004..

This data collecting process was broadened to other adjacent villages around Chrudim between 2005 and 2006. We found that we could not really influence the life of people are not Chrudim inhabitants (their official address is placed outside of Chrudim). We can only have effect on Chrudim (seen as administrative unit). That is the reason why in 2007 the data collecting process was refocused to Chrudim inhabitants only.

This statistics give us clear view of the problems with injuries in Chrudim.

Indicator 5. Evaluation measures to assess their programs, processes and the effects of change

In 2008 we recorded 1.077 treated injuries, it is 4,6% from number of the population (23 173).

Sort by gender: men – 59% of injuries, women 41% from general number. Most numerous group of population in connection with injuries: 19 – 59 years old – 51%, followed by group of children in age 7 – 15 years old – 19% and people older than 60 – 15%. Most frequently months of injurie: May (127 treated injuries), october (109) a april (104). At least at December. Most frequently place of set injuries is household (42% from general number), on the streets (23%) on the playground (13%). Most frequently conditions of set injuries: others – 33% for example during walking the street, on the work– 31% unorganized sport – 19%. Kind of injuries: injuries of skin (raws etc.)– 59%, broken bones – 20% and other– 19%. Relevance of injuries: 63% light relevance injuries. Hospitalization in 2008: 7% (76).

The program is designed to be long-term. A safe community plan has been formed - its motto is:

***“The injury rate will decrease
when safe environment in all areas will have been ensured
and schemes of this plan will have been fulfilled.***

The plan consists of seven parts, each of them covering one field:

1. Data – information – promotion
2. Children
3. Seniors
4. Workplaces
5. Transportation
6. Sport
7. Household

Priorities are described here, as well as arrangements and actions leading to fulfilling those priorities.

The plan itself is being managed by an interdisciplinary group of experts consisting of representatives of public administration, representatives of non-profit organizations, doctors and other experts. Uninitiated public has the option to bring up remarks and suggestions to the plan. The information is displayed at these web addresses:

<http://www.chrudim-city.cz/index.asp?p=20&s=217&id=229&u3=974>
<http://dataplan.nszm.cz/index.shtml?apc=1238004q1938960p>

Indicator 6. Ongoing participation in national and international Safe Communities network

Project “Safe community Chrudim” is based on fundamental principles applied within the scope of both “Healthy city” project and local Agenda 21. “Safe community in Chrudim” embodies community planning, cooperation and creating long-term plan including processing remarks and suggestions of wide public.

The town of Chrudim has partner towns in the Netherlands, in Poland and in Sweden. International cooperation with a city called Ede (NL) is established within the scope of crime prevention project. Cooperation of national level is established with Czech town Kroměříž – it is a certificated safe community.