



As well as good housing and choice of education, it's reassuring to know that crime barely registers and there's plenty of space to live a healthy lifestyle.

Indeed, life expectancy is above the national average and there's a growing interest in staying fit. A recent (April 2014) survey from Sport England showed that the number of people in West Suffolk playing sport every week is between 26-32%, similar to other affluent areas of the country.

West Suffolk has plenty of organised sport and leisure centres, as well as the chance to watch top-class professionals or horseracing at Newmarket. Our gently rolling landscape is ideal for cycling and running – with many more people taking to the outdoors to enjoy them since the 2012 Olympics.

# Well balanced

The cost of running a business in West Suffolk may be low but the quality of life is high.



**"Suffolk is the 13th safest county in England and Wales"**

(HMIC Crime Figures)

## Health and wellbeing

The 2011 census told us about the percentage of people who considered themselves to be in good or very good health.

SEBC

**83.1%**

very good or good health

FHDC

**83.6%**

very good or good health

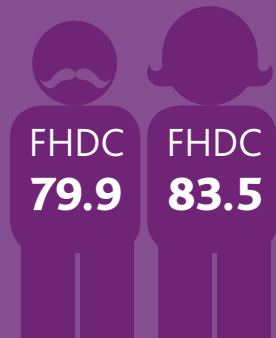
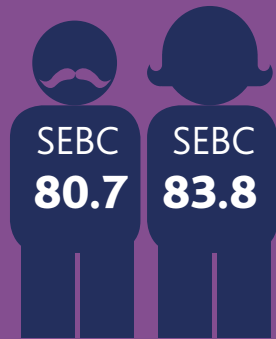
England

**81.4%**

very good or good health

## Life expectancy

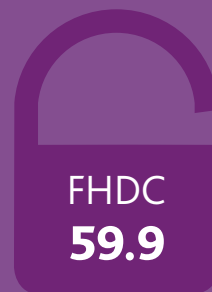
Both men and women in West Suffolk can expect to live longer than the national average:



## Crime

Suffolk is one of the safest counties in the country. In 2013/14, recorded crimes fell by 9% and detection rates increased.

Crime total per 1000 population:



The forest near Brandon and Lakenheath provides off-road challenges and also a chance to get away from it all. This area is part of The Brecks, an ancient heathland which is home to many protected species of breeding birds.

As one of the least densely populated areas of the country it is not surprising that the countryside and wildlife are a major draw.

Theatres, cinemas, galleries, festivals, concerts, historic houses, country pubs, farmers' markets and an abundance of independent shops will all help you to live life to the full.

