

Framlingham, Wickham Market, Kelsale, Yoxford and villages Community Partnership possible projects January 2024

This is not a definitive list of project ideas. These ideas have been suggested by the Task and Finish Groups and through conversations with groups, councillors and members of the public. Some of the projects are proposed extensions of projects/activities/provision that took place earlier this year.

Members can feel free to suggest their own ideas and these can be developed by working together with support from the Communities officer. Some outline costs are included in the summaries so the Community Partnership can consider whether it would like to contribute any funding.

Please read and review these proposals with the following key questions to in mind:

- Do you agree that it meets the priority?
- Do you like the idea outlined and the cost involved?
- Do you support the proposal?

To ensure discussion time at the meeting is as productive as possible and to ensure meetings produce steers and outcomes, please email any feedback on day to day issues/concerns/views (e.g. venues, times, dates) to Sam directly. This can then be incorporated once the project has been approved (if it is approved).

Where the Community Partnership likes the idea of a project but feels it needs some more scoping, the Community Partnership can approve the idea and the spend with the relevant Task and Finish Group to then work on and report back.

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Projects already supported from this year's budget

Project	Priority	Area covered	Project cost	Progress
Intergenerational community cooking workshops	Intergenerational skills	All three wards	£5,991.87	Being refined by the Task and Finish Group
Youth Opportunity Fund	Mental Health	Organisations in all three wards	£7,000	Some delay to get this set up but now set up in January
Flood support	Mental Health	All three wards	£2,500	Needing to make it more specific but working with partners in each ward to look at this
Allocated thus far:	£15,491.84			
2023/24 budget	£25,000			
Remaining budget from this year's budget	£9,508.16			

Allocations made from the Task and Finish Group budgets (allocated in previous financial year):

Transport:

- £3200 allocated
- £800 remaining

Transport mapping happening, identifying transport needs in specific rural areas and promoting Katch

Mental Health:

- £2,550 allocated
 - £2,250 on youth MH events
 - £300 on Wild About Wickham event
- £1400 remaining – proposals put forward to this meeting

ISE:

- £4,000 remaining – proposals put forward to this meeting

Table of potential projects for consideration

Project	Area covered	Project cost
Mental Health priority T&FG		
Mental health survey	All of the area	£0
MH activities – 'try it'	All three wards	£4,000
Wild Wellbeing Day	Wickham Market ward	£1,500
Field to Fork ETS top-up	All of the area	£5,000
Total cost of projects	£10,500	
Amount from this year's budget (minus the £1400 in the T&FG budget from last year)	£9,100	

Intergenerational Skills Exchange priority T&		
WM Men's Shed	Wickham Market ward	£3,000
SAX Community Barn Project	Kelsale and Yoxford ward	£800
WM Community Choir	Wickham Market ward	£ To be determined
Hour Community Men's & Ladies Shed	Framlingham ward	£ To be determined
Total cost of projects	£6,360 (assuming £2,560.00 for WM Community Choir and contribution for Hour Community TBD)	
Amount from this year's budget (minus the £4000 in the T&FG budget from last year)	£2,360	

Project name: Mental health survey

Project summary: In-house survey promoted on social media and by community groups

What the project will do and involve?

- in-house survey promoted on social media and by community groups
- Asking residents about challenges being faced around mental health
- This should provide us with a clearer picture of needs and possible solutions which we can then look at delivering
- Outline draft questions:
 1. Parish you reside in
 2. What are the key challenges you would say you're facing around mental health and emotional wellbeing? This might include financial security/cost of living, work stress, issues in the community e.g. not getting on with neighbours, issues of integrating in community e.g. new to area and not knowing anyone
 3. What would you say are things that currently exist within your community that help your mental health?
 - Green spaces to cycle and walk at
 - Opportunities to do things you wouldn't ordinarily do to provide a bit of escapism
 - Connectivity with friends and family
 - Support services to chat and advise
 4. What do you think is missing or can be improved in the community? Please circle as many as apply
 - A 'go to' place for information
 - People to talk to about issues affecting you
 - Support and guidance
 - Activities to take your mind off things
 5. Please expand on your answer to Q4 – e.g. what specific support and guidance, what specific activities
 6. How would you say you are coping with the cost of living? 1 being coping not so well, 5 being coping really well (please circle your answer)
 7. In past 12 months, have you needed emotional support and didn't receive it?
 - Yes
 - No
 8. If yes to Q7, why? Please circle as many that apply
 - Didn't know where to go to

- Prefer to manage myself
 - What was on offer 'wasn't right'
 - Services too busy
 - Barrier to it - transport
 - Not ready
 - Barrier to it - cost or perceived cost
 - Service I need is not available locally
 - Don't believe in sharing issues with others
9. What specifically would support your mental health and emotional wellbeing? Any particular activity or project you would like to do?
10. Anything else you'd like to add?

How this project will address the Community Partnership priority?

Mental health priority as developing sense of key needs within the community which the Community Partnership can help around

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none"> Will develop sense of key needs which we can work further around
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none"> 100 responses to the survey
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none"> Promoting with community groups and on social media
Relevant – what is the need? Data?	<ul style="list-style-type: none"> Will provide further information for us to consider when looking at projects
Time bound – what is timescale for delivery?	<ul style="list-style-type: none"> Survey responses by Easter

How will it integrate community/stakeholders?

- Promoted through stakeholders and community groups as well as local facebook groups

Budget:

£0

- Is there match funding? **N/A**

Accountable body/bodies:

- Communities Officer

Monitoring and evaluation:

- How will it monitor?
 - Survey responses
- How will it present back?
 - Survey findings

Partner groups involved:

- Local community groups

How will it be publicised and promoted?

- Through local community groups to share with users and via social media

How will it be sustainable?

- Will develop sense of key needs which we can work further around – so action will go beyond this project as will be implementing findings

Does it align with SCC and ESC priorities and policies?

- Shares focus of mental health

What is the environmental impact/legacy?

- Focus mainly online with limited print runs for community groups that would like them

Project name: MH activities – ‘try it’

Project summary: Grant fund for organisations to run activities in their area that are providing an opportunity to try something residents wouldn't be able to do otherwise – e.g. DJing workshop, film making workshop

What the project will do and involve?

- Grant fund that organisations can apply for to run activities in the patch
- Organisations apply and a panel decides where to approve funding
- Suggested focus on rural areas to try and run something in the parish itself to save needing to travel – e.g. something for older people that is different to coffee morning, something different for young people etc

How this project will address the Community Partnership priority?

Mental health priority as having the opportunity to try new activities will boost sense of wellbeing as being able to have additional sense of fulfilment from a different activity and meeting new people

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none"> • Provides boost for wellbeing as meeting new people and fulfilment of doing something a bit different that they are interested in
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none"> • Projects to benefit at least 15 residents per session
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none"> • Can be delivered by locally rooted organisations who know their communities well and can identify what ‘try it’ activity would work well – e.g. DJing workshop where young people have expressed interest in music
Relevant – what is the need? Data?	<ul style="list-style-type: none"> • Many of the opportunities are in larger areas where transport can be an obstacle to get to – putting opportunities into rural areas will help access to trying something

	different that can carry mental health and social interaction impact
Time bound – what is timescale for delivery?	<ul style="list-style-type: none"> To be completed by end of 2024

How will it integrate community/stakeholders?

- Opportunity to apply for grant will be shared through local networks
- Then the funded projects will be promoted through local networks to generate attendance and participation

Budget:

£4,000

- Is there match funding? **No.**

Accountable body/bodies:

- Funded organisations
- Communities officer

Monitoring and evaluation:

- How will it monitor?
 - Staff observations about interactions
 - Case studies
- How will it present back?
 - Impact report

Partner groups involved:

- Organisations that receive funding

How will it be publicised and promoted?

- Through organisational networks to generate grant applications
- Through social media, newsletters, posters, leaflets to generate attendance and participation

How will it be sustainable?

- Review monitoring at the end of the funded 'try it' projects to see if there is scope for it to continue – if so, is it through additional funding (if so, what?) or through a self funding or partial self funding model

Does it align with SCC and ESC priorities and policies?

- Aligns with focus on mental health and social isolation

What is the environmental impact/legacy?

- N/A

Project name: Wild Wellbeing Days at Foxburrow Nature Reserve

Project summary: Funding Wild Wellbeing Day for local residents including funding for transport to Foxburrow Nature Reserve

What the project will do and involve?

- Fund 3 days (36 total places available) for local residents to explore the venue and connect with nature
- Residents are referred for this by doctor surgery, occupational therapists, Good Neighbour Schemes, community group, school etc
- £300 fund for transport to get there
- The format of the day takes the focus of 10am-2.30pm with four activities on and around the site
- Some themes of the days on offer include 'Prescribing a dose of Vitamin "N" – Let's spend a day unwinding and being immersed in the natural world, taking a good dose of nature to promote our wellbeing' and 'Let's spend a day learning how to work with the sun to create artistic images using natural forms, while strolling through this serene landscape'
- Activities include:
 - Immersive and sensory experience – green crafts e.g. willow weaving, stick wrapping and whittling
 - Wildlife walk
 - Reflection in the woods
 - Making a bee log

How this project will address the Community Partnership priority?

Mental health priority as connecting and engaging with nature can boost mindfulness and reflection

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none">• Providing opportunity for people to connect with nature and reflect in nature
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none">• At least 25 places a day filled – 75 total
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none">• Delivered in partnership with Suffolk Wildlife Trust who run Foxburrow Reserve
Relevant – what is the need? Data?	<ul style="list-style-type: none">• Examples from other areas suggest providing a cohort with the opportunity to connect with nature leads to positive impacts on mental health and social interaction
Time bound – what is timescale for delivery?	<ul style="list-style-type: none">• Run between April and October 2024

How will it integrate community/stakeholders?

- Ask partners including schools, doctors surgeries, occupational therapists, Good Neighbour Scheme and community groups to refer people for this or recommend people for this – so it is focused and targeted

Budget:

£1,500

- £1,200 – 3 days at Foxburrow Reserve x £400
- £300 – transport funds to enable people to get there

- Is there match funding? **No.**

Accountable body/bodies:

- Suffolk Wildlife Trust

Monitoring and evaluation:

- How will it monitor?
 - Staff observations about interactions
 - Case studies
 - Survey before and at the end about impact on mental health
- How will it present back?
 - Impact report

Partner groups involved:

- Suffolk Wildlife Trust
- Referral partners – e.g. schools, doctor's surgery, occupational therapists, Good Neighbour Scheme, community groups, social prescriber
- Transport provider – e.g. CATS

How will it be publicised and promoted?

- Promoted to referral partners to refer residents for this

How will it be sustainable?

- Following review of the project, can see what other schemes/projects the cohort can be referred to/signposted to

Does it align with SCC and ESC priorities and policies?

- Aligns with focus on mental health and connecting with nature

What is the environmental impact/legacy?

- Increased awareness and appreciation of nature and benefits for mental health

Project name: Field to Fork Ease the Squeeze top-up

Project summary: Purchasing 500 packs to distribute to local schools and community venues to supplement central Ease the Squeeze scheme

What the project will do and involve?

- Following successful scheme last year, purchase 500 packs to distribute to local schools as well as libraries and other groups
- Only Wickham Market Primary were part of the scheme last year due to deprivation statistics – extend the opportunity to all schools and other community locations e.g. libraries
- Packs include a small planter, compost pellets, seeds and a growing guide

How this project will address the Community Partnership priority?

Mental health priority as link to wellbeing and mental health for families and individuals as gardening and growing can help to soothe around worries elsewhere in your life

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none"> Community gardening projects in the area are popular so this would be good to build on Provides families and individuals with an opportunity to grow food when they might not be able to afford it or might not know how to start
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none"> 500 people to benefit
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none"> Achievable as the funding would go to the Ease the Squeeze project as a top-up and they can then order more resources with the funding as part of the roll-out of the general project – these additional 500 packs will be ringfenced for this patch
Relevant – what is the need? Data?	<ul style="list-style-type: none"> Conversations with stakeholders have shown that community growing is very popular and this would be a good way to extend the opportunity to more families in the patch
Time bound – what is timescale for delivery?	<ul style="list-style-type: none"> Packs to be distributed in Spring 2024

How will it integrate community/stakeholders?

- Contacts with schools and libraries, community groups etc

Budget:

£10 per pack x 500 = £5,000

School	Number of students	Number of packs (50%)
Sir Robert Hitchams	350	175
Easton	74	37
Thomas Mills	0	0
Wickham Market	169	85
Dennington	77	39
Yoxford and Peasenhall	90	45
Kelsale Primary	164	82
Total for schools		463
Community groups		37

- Is there match funding? **No**

Accountable body/bodies:

- Field to Fork Ease the Squeeze lead
- Communities Officer

Monitoring and evaluation:

- How will it monitor?
 - Number of packs distributed
 - Survey to monitor progress
- How will it present back?
 - Impact report

Partner groups involved:

- Schools
- Libraries
- Community groups/venues

How will it be publicised and promoted?

- Packs will be distributed by ESC staff at school picking up time – this visit will be publicised by the school
- Packs will be placed in community venues

How will it be sustainable?

- Potential to support schools/families to set up ‘growing clubs’

Does it align with SCC and ESC priorities and policies?

- Aligns with cost of living priority
- Also aligns with environmental priorities around sustainability and food

What is the environmental impact/legacy?

- Educating about growing food and where food comes from
- Also helps set patterns of growing food and thinking about food sustainability

Project name: Wickham Market Men’s Shed

Project summary: Support to make essential works to the shed

What the project will do and involve?

- Works to include:
 - Assess electrical circuit and ensure fit for purpose (it looks good at the moment – each unit has its own fuse board).
 - Install additional board to install two emergency cut-off switches.
 - Install additional double sockets in workshop (doubling up of existing and adding 5 additional double points on opposite side for work stations and on end elevation)
 - Install additional double sockets in middle portacabin (probably two in number).
 - Supply electrical certificate.
 - Up to one week’s labour

How this project will address the Community Partnership priority?

Intergenerational skills exchange by providing a functional space where likeminded people can come together AND exchange skills and make/repair things. Not necessarily skills sharing across different

generations but enabling skills to be shared in the community that lead to tangible outcomes (e.g. things repaired/mended and works done in the community by the community).

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none"> • Providing a functional space where skills sharing can happen
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none"> • Currently engaging 5 members – can grow with more functional facilities
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none"> • Can be delivered by a contractor • Will make the space more functional for sessions and activities
Relevant – what is the need? Data?	<ul style="list-style-type: none"> • Works needed to make the space more functional
Time bound – what is timescale for delivery?	<ul style="list-style-type: none"> • By end of 2024

How will it integrate community/stakeholders?

- Will provide more functional facilities for existing and new members of the Shed to use

Budget:

£3,000

The broad quote given is £3k but it could be less (they asked for a maximum cost given that they needed to apply for a grant). They will do a full spec once they can give the contractor the go ahead for the work.

- Is there match funding? **No.**

Accountable body/bodies:

- Wickham Market Shed

Monitoring and evaluation:

- How will it monitor?
 - Case studies
 - Photos
- How will it present back?
 - Monitoring report

Partner groups involved:

- Wickham Market Shed
- Already establishing links with other groups in the area (e.g. refurbished benches for PC and church) and can further embed with more of a base

How will it be publicised and promoted?

- Through press and website

How will it be sustainable?

- Will mean the space can be used for longer as more functional space

Does it align with SCC and ESC priorities and policies?

- Aligns with general working in the area of Men's Sheds playing pivotal roles in the community

What is the environmental impact/legacy?

- N/A

Project name: SAX Community Barn Project (located in Kelsale)

Project summary: Contribution to the Barn project

What the project will do and involve?

- The SAX Community Fridge was able to start the SAX Community Allotment project using the East Suffolk Council's Field To Fork grant in February 2023. They are now looking to expand its operations based on our experience gained so far and the vision and enthusiasm of the allotment's land owner
- On the allotment is a large barn in need of renovation. This SAX Community Barn would provide a dry, covered area primarily to be used to by the volunteers of the SAX Community Allotment, but this could be expanded to enable it to hold a variety of educational events such as growing workshops, cookery demonstrations (utilising the herbs and vegetables from the allotment which is about 100 yards from the barn) for both adults and school children, outdoor nature events, community events and facilitate links with forestry schools. The presence of rewilded land on the farm and the recent appearance of an abundance of wild orchids together with the location of the farm next to woodland areas means that local flora groups might also be attracted to use the barn as a base for associated activities.
- They are in talks with both the Saxmundham Health nurses and the local Connect for Health social prescribing team to have weekly sessions for patients/referrals and carers.
- The money would contribute to linking electricity and renovating the barn as a dry space during inclement weather

How this project will address the Community Partnership priority?

Intergenerational skills exchange by bringing people together to facilitate opportunity to chat and share experiences.

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none"> • Creates a more functional space where people can meet, chat and share experiences and skills
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none"> • Average of 20 per session
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none"> • A large amount of the fundraising has been done – this is to support them to 'get over the line'
Relevant – what is the need? Data?	<ul style="list-style-type: none"> • This has been popular within the local area and supporting it to have a more functional indoor space will mean it can do more to bring people together
Time bound – what is timescale for delivery?	<ul style="list-style-type: none"> • By end of 2024

How will it integrate community/stakeholders?

- Will provide more functional facilities for existing and new users to use

Budget:

£800 being asked for

Cost of works is £11,000 – including making the barn dry during inclement weather and linking electricity to the site

The quote was originally for £9,500 but quote for electricity increased from £3,500 to £5,000 leaving them with a deficit of £800. Please note that they are in the process of getting further quotes.

Therefore they are asking if it is possible for us to make up some of this amount from our fund. As above, the barn would be used to tackle mental health issues, social isolation and the produce from the allotment would also promote healthy eating and alleviate food poverty.

- Is there match funding? **Yes - £10,200**
- Hubbub, the environmental charity – £3,700
- An anonymous donor – £1,000
- A fundraising event – £500
- Not yet confirmed but applied for: £5,000 from the East Suffolk Connect team

Accountable body/bodies:

- SAX Community Fridge

Monitoring and evaluation:

- How will it monitor?
 - Case studies
 - Photos
- How will it present back?
 - Monitoring report

Partner groups involved:

- SAX Community Fridge

How will it be publicised and promoted?

- Through press and website

How will it be sustainable?

- Will mean the space can be used for longer as more functional space
- Could be a base for the intergenerational community cooking

Does it align with SCC and ESC priorities and policies?

- Aligns with general working in the area of strengthening facilities to offer more benefit for users

What is the environmental impact/legacy?

- N/A

Project name: Wickham Market Community Choir

Project summary: Support the Community Choir to continue

What the project will do and involve?

- It is a choir that was started with a grant from the community partnership once before and it now has around 20 members and grows each term
- They perform at the Christmas and Summer markets and in 2023 and 2024 are performing at the local care home in Wickham, improving their enrichment
- Some people travel from local villages to join in and there is a mix of younger users and older users
- The funding will help keep it running and keep it free for local people so that it is truly accessible for everyone in and around Wickham Market
- This is for funding to run the choir for a full year, from Summer Term 2024 to the end of Spring Term 2025.

How this project will address the Community Partnership priority?

Intergenerational skills exchange by bringing people together to facilitate opportunity to chat, share experiences and bond over music.

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none">• Singing is an impetus to create a sense of community and bonding and this can lead to people making friends and sharing skills and experiences• This then spills over beyond the choir as people catch up outside and share insights
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none">• Increase usage from 20 users currently to 25
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none">• Already running and becoming more and more established so continuing it to embed and grow further
Relevant – what is the need? Data?	<ul style="list-style-type: none">• Already has usage of 20 people so continuing it will help it grow in numbers and as a platform for people to come together and share stories and skills
Time bound – what is timescale for delivery?	<ul style="list-style-type: none">• Summer Term 2024 to the end of Spring Term 2025

How will it integrate community/stakeholders?

- Open for all and being fully funded means barriers are minimised to get involved

Budget:

T&FG suggestion is a contribution to be determined at the meeting with this to be the last award from the CP and support to be provided by the CO to support to become more sustainable

Cost of project is £2,560.00

- £2,000.00 for the choir lead

- £560.00 for the village hall hire
- Is there match funding? **No.**

Accountable body/bodies:

- WM Parish Council

Monitoring and evaluation:

- How will it monitor?
 - Case studies
- How will it present back?
 - Impact report

Partner groups involved:

- WM Parish Council
- Choir leader
- Village Hall (hired)

How will it be publicised and promoted?

- Social media
- Posters
- Word of mouth

How will it be sustainable?

- Will seek further grants and funding to keep the community choir going
- CO to support to be sustainable going forward

Does it align with SCC and ESC priorities and policies?

- Aligns with focus on mental health and social isolation

What is the environmental impact/legacy?

- N/A

Project name: Hour Community Men's & Ladies Shed

Do have a site - detail

Project summary: Contribution towards costs of the Men's and Ladies shed

What the project will do and involve?

- Contribute towards costs of the shed
- Background and latest information below:
- In the 13 yrs. that Hour Community have been operating in and around Framlingham it is noticeable that the majority of clubs in the town that have been set up to give older people somewhere to go, are, in the main, frequented by women, so in 2021 they set up a Men's Shed.

- The aim of this was to provide a space for men to go and regain some purpose in their life, and a Men's Shed would appear to be the best tried and tested way of doing this. The Men's Shed could be deemed a gender specific project but if you look at it from a family point of view it will be someone's father, grandfather, or even husband, who just needs something to give them a reason to get up in the morning, which will have an impact on that family.
- In 2020, they set up a Furniture Project which enables people to donate unwanted furniture items, knowing that they will be recycled and put to good use in helping others to improve their living conditions and benefiting the most vulnerable members of their local community. The basic concept of a Furniture Project is based on reduce, reuse, recycle; allowing unwanted furniture to be upcycled and then resold at a low cost to those in receipt of benefits or on low incomes, thus reducing waste, which dovetails with the men's shed from the point of view of providing projects to repair and upcycling.
- Men's Shed has been running for two years and has proven very popular. Those attending have enjoyed making/repairing things and have also benefited by engaging with fellow volunteers. They now see the Men's Shed and Furniture Project as partner projects.
- In July 2022 following an approach by two ladies who wanted to start a Ladies Shed, they set aside a three-hour session for them on a Wednesday evening, and it has proven very popular. The ladies have indicated that they would like to do more painted/decoupage work rather than carpentry, which is a great addition to the work being carried out by the men's Shed.
- They have a Volunteer manager for the project, and they have also been able to offer someone with learning difficulties work experience which has been very successful and much appreciated by him and his family.
- The Renovation Project 2024: In October 2022 they acquired a 'Gypsy Bow Topped Wagon' (a Vardo) as a restoration project for both sheds which has now been delivered to site.
 - Why a Vardo – The thinking behind this initiative was to have a project that everyone who attends the Sheds can help with and once completed can be used as an example of what can be done at men's and ladies sheds. It will also be used for promotional work for the charity as a whole.

How this project will address the Community Partnership priority?

Intergenerational skills exchange by providing a functional space where likeminded people can come together and exchange skills. Not necessarily skills sharing across different generations but enabling skills to be shared in the community.

Targets

SMART	This project
Specific – how does it meet the need?	<ul style="list-style-type: none"> • Providing a functional space where skills sharing can happen • Benefits of the provision: <ul style="list-style-type: none"> ○ Improves health and wellbeing by alleviating health issues, isolation, and depression ○ Improves social interaction especially for those who have recently retired ○ Provides the opportunity to learn new skills, share existing skills, ideas, and knowledge

	<ul style="list-style-type: none"> ○ Environmental benefit through recycling furniture instead of giving to landfill. ○ Provides low-cost furniture for low earners and those in receipt of benefits ○ Creates goodwill within the community
Measurable – what are the targets of numbers engaged/participating?	<ul style="list-style-type: none"> ● Sessions to have at least 10 attendees
Achievable – is it achievable and how can it be delivered efficiently?	<ul style="list-style-type: none"> ● Achievable as building on success to date ● Will make the space more functional for sessions and activities
Relevant – what is the need? Data?	<ul style="list-style-type: none"> ● Research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently they have seen more evidence come to light that shows loneliness and isolation can be as hazardous to their health as obesity and excessive smoking. Surveys from mental health charities are finding that millions of people report feeling lonely daily. ● Men typically find it more difficult to build social connections than women, and unlike women of a similar age, less older men have networks of friends and rarely share personal concerns about health and personal worries. It is not the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost. Men's Sheds can change all of that. ● Sheds are about meeting like-minded people and having someone to share your worries with. They are about having fun, sharing skills and knowledge with like-minded people, and gaining a renewed sense of purpose and belonging. As a by-product of all of that they reduce isolation and feelings of loneliness, they allow men to deal with mental health challenges more easily and remain independent, they rebuild communities and, in many cases, they save men's lives. ● Funding further supports momentum to continue
Time bound – what is timescale for delivery?	<ul style="list-style-type: none"> ● Ongoing

How will it integrate community/stakeholders?

- Will provide more functional facilities and services for existing and new members of the Shed to use

Budget:

Contribution to be decided

Over the last three years they have raised, and invested, over £50,000 in this project and now have a well-equipped shed and shop but, as with every project, like this, there are ongoing cost that have to be met on an annual basis, and these are what they seek funding for.

The Vardo renovation project is now fully funded as is the rent for the year, but after budgeting for income from the furniture project and odd jobs that the Shed does for the town council, of £9600, they are left with a shortfall of £5520.

	Budget 2024 £	Funded
DBS	50	
TRAINING	300	
ADVERTISING (leaflets and posters)	100	
ADMIN (5 hours per week at £14.50 per hour)	3770	
ELECTRIC (£50 per week)	2600	
OFFICE EXPENSES	100	
EQUIPMENT (tools)	1000	
TOILET HIRE	1400	
INSURANCE Building & liability	2400	
INSURANCE OFFICE	100	
TELEPHONES	240	
ACCOUNTANCY	100	
BOOK KEEPING	400	
WEBSITE	150	
VAN INSURANCE	1000	
FUEL	1200	
TAX	210	
RENT	9000	9000
Vardo Restoration	10000	10000
TOTAL	34120	19000
BALANCE		15120
INCOME from sale of furniture and odd Jobs		9600
Shortfall		5520

- Is there match funding? **Income from sale of furniture and odd jobs for Framlingham Town Council**

Accountable body/bodies:

- Hour Community

Monitoring and evaluation:

- How will it monitor?
 - Staff observations about interactions
- How will it present back?
 - Impact report

Partner groups involved:

- Hour Community

How will it be publicised and promoted?

- Through press

How will it be sustainable?

- Funding will support them to continue and further build momentum – also allows more time to fundraise for future years and using this funding as leverage and match funding for this

Does it align with SCC and ESC priorities and policies?

- Aligns with general working in the area of Men's Sheds playing pivotal roles in the community

What is the environmental impact/legacy?

- Supporting people to develop skills around repair and upcycling
- Users repair and upcycle items that can then be sold on via the shop – promoting an attitude of buying items that have a prolonged and repurposed life