

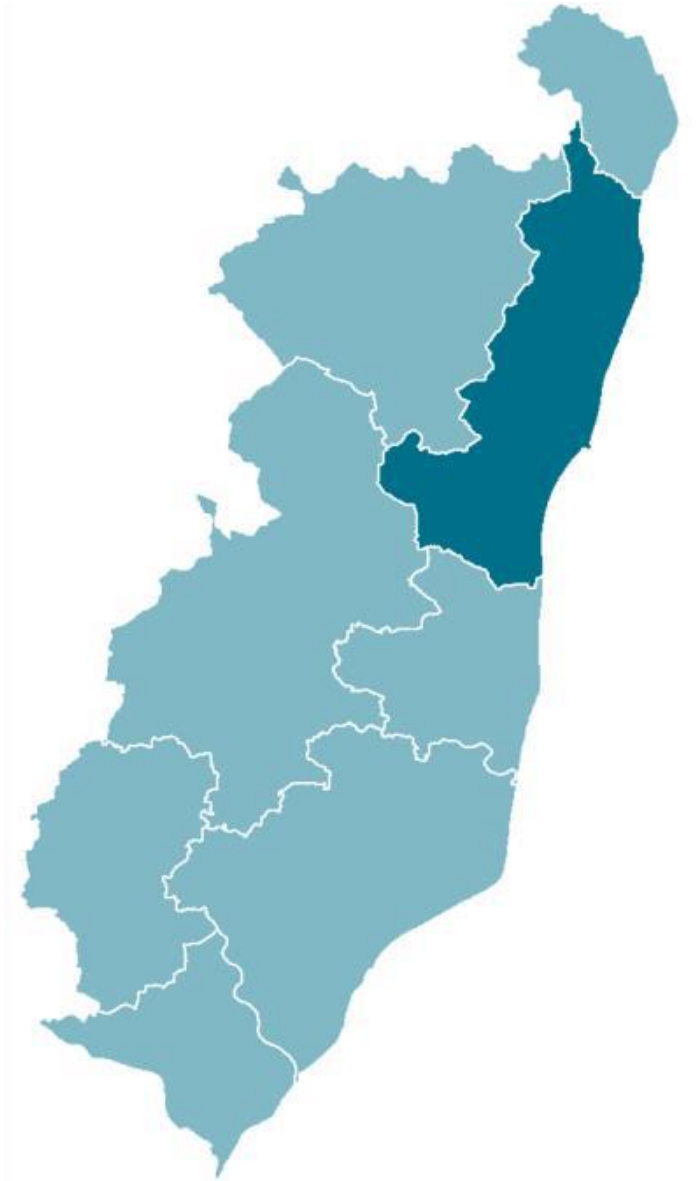


East Suffolk
Community
Partnerships
Bringing ideas to life

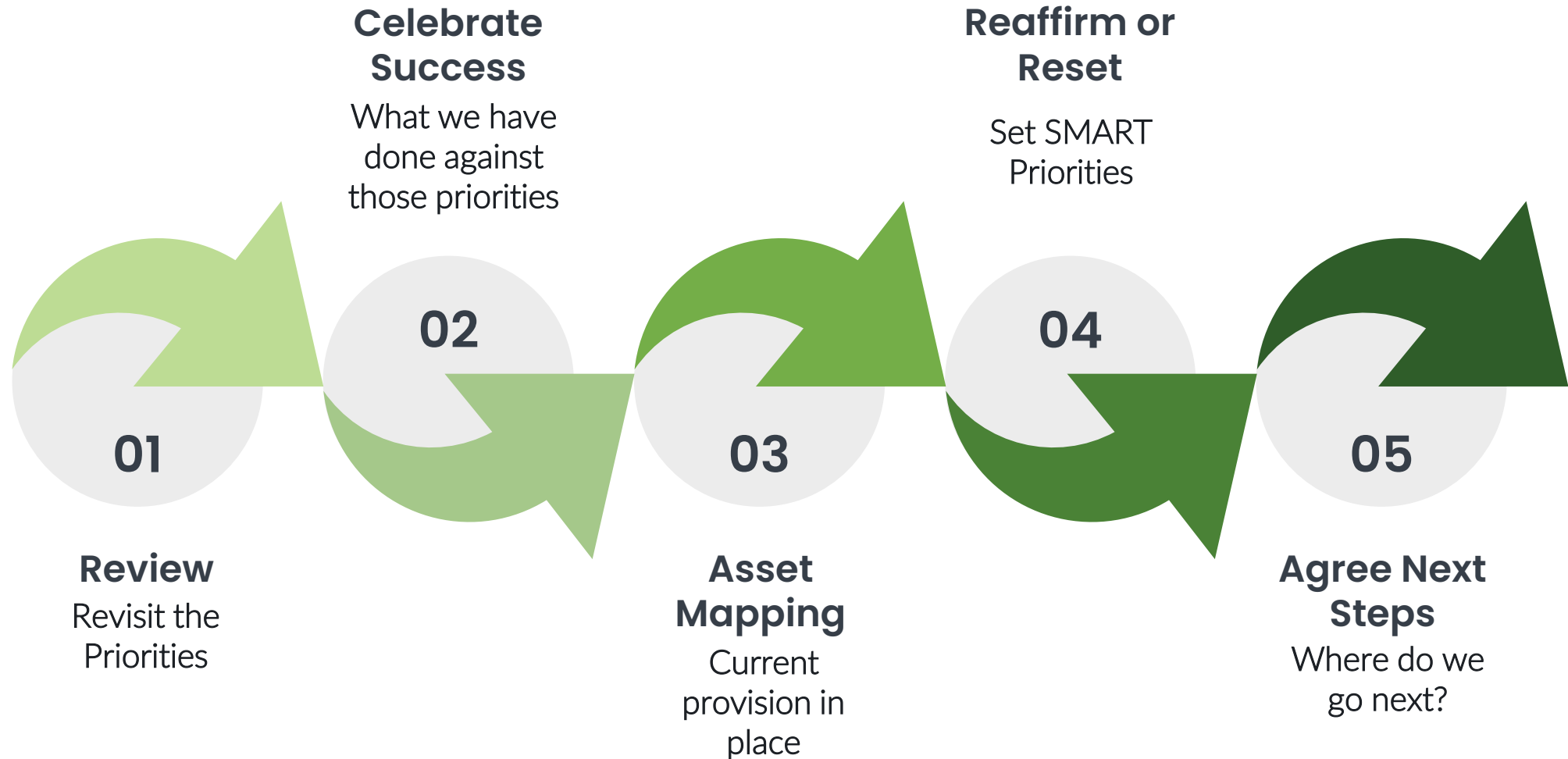
Carlton Colville
Kessingland
Southwold
& villages

Reviewing Priorities

After 3 years of the Community Partnership and the ESC Peer Review, we have been asked to review our priorities and reaffirm, adjust or reset them.



What Are We Doing Now?



Priorities Set in 2019

01

Increase active
and sustainable
transport,
particularly for
rural
communities

02

Reduce social
isolation and
loneliness

03

Facilities,
activities and
education for
young people

Priority 1

Increase active and sustainable transport provision,
particularly for rural communities



The Issues:

- Rurality
- Age demographic (larger than average elderly population).
- Deprivation and Cost of Living crisis
- Lack of volunteers for existing community services.
- Environmental concerns and the need to come away from petrol/diesel car use by individuals
- Confidence post Covid

Community/services Transport

East Suffolk bus stops

This data shows all services running on Saturday 12 March, Sunday 13 March, and Monday 14 March 2022.

Data is based on regular services only so if a service runs e.g. on one or two days a week it is not included

Some services are still running a COVID timetable

Some services are running a reduced service due to driver shortages

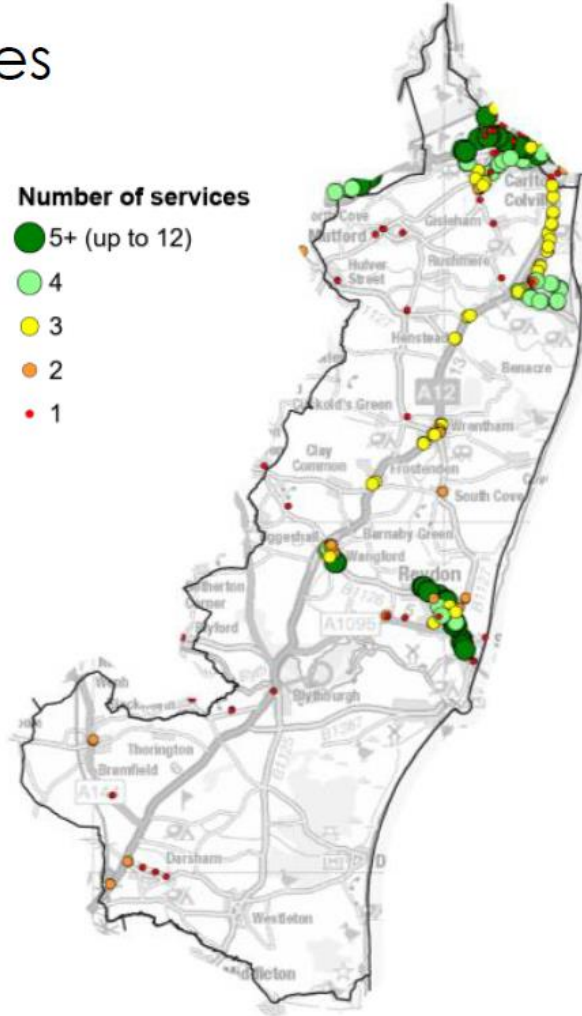
Community Transport, including the Connecting Communities Demand Responsive Transport services are not included

Regular Provision

Source: Bus stop data: Suffolk County Council

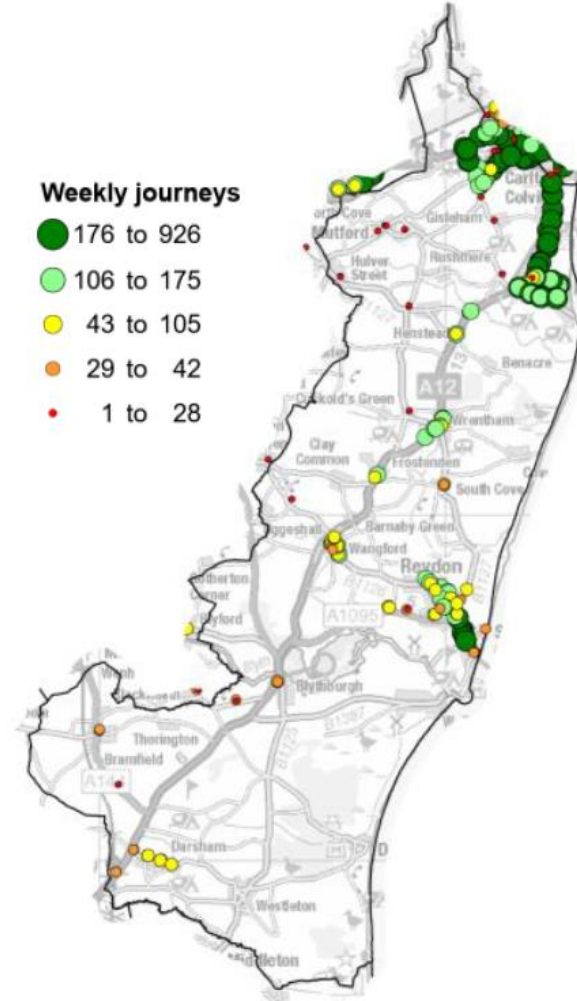
Number of services

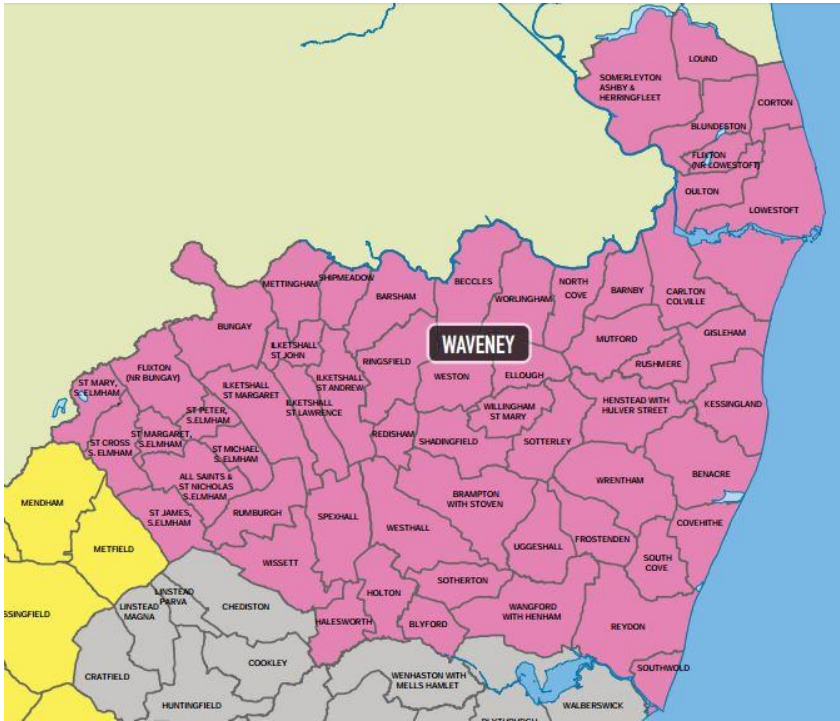
- 5+ (up to 12)
- 4
- 3
- 2
- 1



Weekly journeys

- 176 to 926
- 106 to 175
- 43 to 105
- 29 to 42
- 1 to 28





Both services
are in need of
volunteers and
have been hit by
the increase in
prices

bact
connecting people
01986 896896



Regular Provision Community Transport

CP ACTION ON PRIORITY 1 2019-2022 :

We haven't directly
funded any transport
projects

HOWEVER....



- It was recognized early on that transport is a significant issue across East Suffolk so it was set as a priority at board level and there is a dedicated task group. The expansion of BACT was an action from this group.
- Norman, our chair, is the ESC Cabinet Member with responsibility for transport so we are plugged in to wider discussions
- We are in the middle of the Active Travel Agenda process with it being presented to council Autumn 22.



Any other observations on current provision or past CP involvement?



Do we want to keep, adjust or
move on from

“Increase active and sustainable
transport provision, particularly for
rural communities”

as a priority?

If “keep” or “adjust”, how might we move forward in a SMART manner?



What assets do we already have that we could utilise, expand or promote?

- BACT
- Community transport
- Large population of car users
- Existing taxi services
- ?



What can we influence at community level?

- Public awareness of existing services?
- Volunteer recruitment?
- Enabling members of our community to feed into wider policy discussions.
- ?



What small projects could have a big impact?

- Bike or e Bike hire schemes?
- Car sharing schemes?
- Up to date and immediately available information on local transport services?
- Improved network of higher capacity EV chargers in our area?
- ?

If move on...

Do we wish to make a statement of commitment instead?

“The Carlton Colville, Kessingland and Southwold Community Partnership is committed to improving access to active and sustainable transport, particularly in rural areas.

We acknowledge that capacity for significant impact lies at board and council level and we will continue to feed into and support wider policy and projects within our locality.

Although the Community Partnership will not be taking direct action on transport, we commit to making transport and accessibility a core consideration when considering all other priorities.

HOLD THAT THOUGHT...

We'll be discussing this in the
workshop sessions

Priority 2

Reduce Social Isolation and Loneliness

The Issues:

- Rurality
- Age demographic: larger than average elderly population
- Mental health issues.
- Family situations : new parents, domestic abuse etc
- Deprivation and Cost of Living crisis
- Lack of volunteers for existing community services.
- Covid
- Digital interactions – this is complicated though!



Social Isolation:

The inadequate quality and quantity of social relationships with other people at the different levels where human interaction takes place (individual, group, community and the larger social environment).

Loneliness:

An emotional perception that can be experienced by individuals regardless of the breadth of their social networks

“Loneliness is a subjective feeling about the gap between a person’s desired levels of social contact and their actual level of social contact. It refers to the perceived quality of the person’s relationships. **Loneliness is never desired and lessening these feelings can take a long time.**

Social isolation is an objective measure of the number of contacts that people have. It is about the quantity and not quality of relationships. People may choose to have a small number of contacts.

When they feel socially isolated, this can be overcome relatively quickly by increasing the number of people they are in contact with.

That is, bringing people together to increase the number of social contacts is not an end in itself – **to combat loneliness, the quality of relationships needs to be addressed.”**

Health and Wellbeing Impact

“Loneliness acts as a fertilizer for other diseases,” Dr. Cole said. “The biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer’s disease. Loneliness promotes several different types of wear and tear on the body.”

Cole SW, Capitanio JP, Chun K, et al. [Myeloid differentiation architecture of leukocyte transcriptome dynamics in perceived social isolation](#). *Proceedings of the National Academy of Sciences USA*. 2015;112(49):15142-15147.

Economic Impact of Loneliness

1. Sick leave associated with ill health effects of loneliness costs £20 million.
2. Lost working days caring for someone suffering from the ill health effects of loneliness costs £220 million.
3. Reduced productivity costs related to lower wellbeing from loneliness are £665 million
4. Costs associated with increased voluntary staff 'turnover' are £1.62 billion.

New Economics Foundation. The cost of loneliness for UK employers



Many churches
running groups



Active Parish and
Town Councils
committed to
strong, healthy
communities

An Example of Current Provision

Not intended to be complete



Thriving pubs and
social clubs in many
of our towns/villages



Several social
prescribing schemes

Suffolk
infoLink

www.suffolk.gov.uk/infolink

Strong
voluntary/community
sector in larger
population areas

(rural areas have less
coverage and lack of
volunteers is a pressing
issue)



ESC and SCC Teams

Community Transport
Schemes

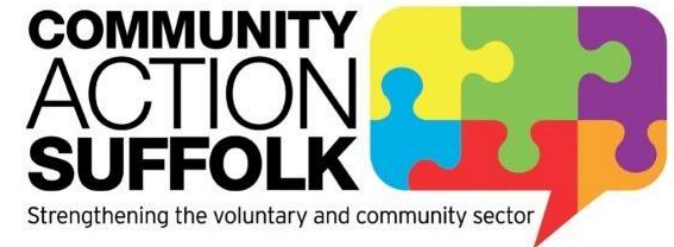


Wellbeing Team

Rural Coffee Caravan



Sporting clubs across
the area.



Many volunteering
opportunities

A Example of Current Provision

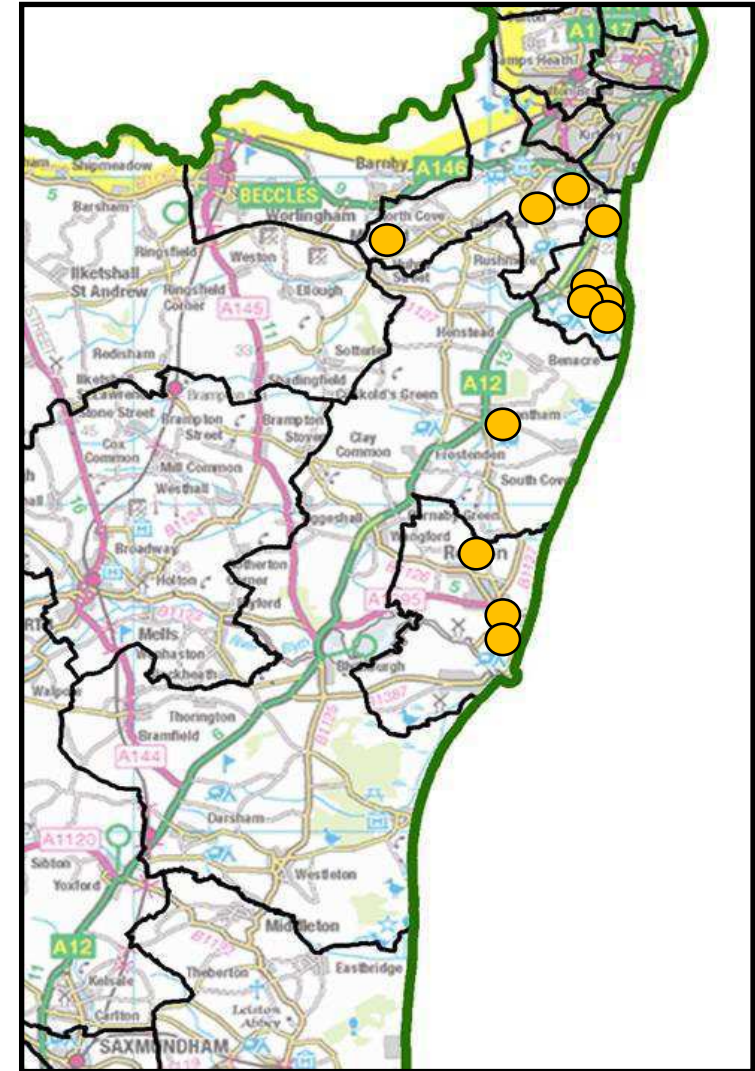
Not intended to be complete

CP ACTION ON PRIORITY 2 2019-2022 :

4 projects funded and
supported in 19/20 and
20/21

9 projects funded and
supported in 21/22

Total Spend: £22,936



● DANES, Voice of a Friend and Talking Benches in multiple locations

CP ACTION ON PRIORITY 2 2019-2022 :

**4 projects funded and
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20/21**

**9 projects funded and
supported in 21/22**

Total Spend: £22,936

- Talking Benches
- Voice of a Friend
- Sole Bay Arts Centre
- DANES

- Kessingland Men's Shed x 3
- Kessingland Community and Kitchen Garden
- Greener Growth
- Mates on Mondays
- Involve Active
- Pakefield Singers



Any other observations on current provision or past CP involvement?

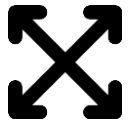


Do we want to keep, adjust or
move on from

“Reduce Social Isolation and
Loneliness”

as a priority?

If “keep” or “adjust”, how might we move forward in a SMART manner?



How can we strengthen or expand the existing services we already have?

- What issues do our services face?
- What's working well and could be rolled out elsewhere?
- Is the issue isolation or loneliness? What difference might that make to our response?
- What else do we need to consider?



Are there any gaps that we can fill?

- Do we need to facilitate engagement with rural communities?
- Can we get “upstream” and address any of the root causes of isolation/loneliness as set out above?
- What else do we need to consider?



How can we create sustainable solutions rather than short term fixes?

- How can we enable communities to find answers that work for them?

If “move on”...

Do we feel there are enough interventions already in place?

Do we feel that we have had enough of an impact in the last 3 years
and can move on to something else?

Do we feel there are more pressing priorities?

HOLD THAT THOUGHT...

We'll be discussing this in the
workshop sessions

Priority 3

Facilities, Activities and Education for Young People



The Issues:

- Rurality: Can make access to facilities, activities and desired educational opportunities difficult
- No secondary schools in our CP area. This means young people have to travel to attend school and might not have local peers
- Mental health issues.
- Deprivation and Cost of Living crisis. We have pockets of significant poverty and a significant rise in Universal Credit claimants in the last 3 years
- Digital interactions – this is complicated though!



Youth Groups

Eg Kessingland
Southwold/Reydon

Access to groups in
other areas eg
Lowestoft, Bungay,
Beccles and Leiston

A Picture of Provision for Young People

**Detached Youth
Work**
Carlton Colville



**Skate Parks and
Shelters**
Kessingland
Southwold
Carlton Colville



Uniformed Groups
Across the area



Sports Clubs
Primarily, but not
exclusively, bigger
population areas

**Access to Further
Education and
Apprenticeships**



Youth Voice



CP ACTION ON PRIORITY 3 2019-2022 :

**3 projects funded and
supported 19/20 and
20/21**

**3 projects funded and
supported in 21/22**

Total Spend: £21,850

- The Loft Youth Centre
- Detached Youth Work
Carlton Colville
- Kessingland Youth Café

- Southwold Skate Park
- Gisleham Outreach
- Sports Equality across area



Any other observations on current provision or past CP involvement?

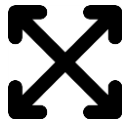


Do we want to keep, adjust or
move on from

“Facilities, activities and education
for young people”

as a priority

If keep or alter, how might we move forward in a SMART manner?



How can we strengthen or expand the existing services we already have?

- What issues do our services face?
- What's working well and could be rolled out elsewhere?
- What else do we need to consider?



What can we influence at community level?

- Do we need to facilitate engagement with young people in rural communities?
- What else do we need to consider?



What might we focus on?

- “Do few things but do them well” *St Francis of Assisi*
- How can we make it specific, measurable, achievable, realistic and timely?

If “move on”...

Do we feel there are enough interventions already in place?

Do we feel that we have had enough of an impact in the last 3 years
and can move on to something else?

Do we feel there are more pressing priorities?



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