

Carlton Colville, Kessingland and Southwold CP Workshop notes

Social Isolation Groups 1 & 2 Discussion Points:

Acknowledged social isolation impacts across all age groups.

Young people becoming isolated – lack of confidence in going out

Increase in severe mental health issues in young people, noticed behaviour changes and have got used to not socialising. Withdrawn in own homes on computers/electronic devices etc.

Mental health support services stretched to provide support – firefighting

Lots of activities and clubs shut down due to Covid – Volunteers given up (due to isolating or general restrictions).

No natural community in some areas (Carlton Colville)

Consider various initiatives – Music sessions, Meet up Mondays/Chin Wags

Intergenerational work to share experiences and build confidence

Lots of people suffered in silence – how do we identify those

Anxiety both in those who need support and those who provide it

Provide a venue for people to chat and come together – accessibility, different people feel lonely and isolated at different times, ie weekends

Lack of volunteers – how can this be addressed many older people who may have traditionally volunteered no longer do so

Need for younger volunteers but acknowledge that this is difficult due to family commitments/ work etc.

Consider volunteering scheme through employers – release employees to support various projects, ie lunch clubs/food banks etc

Youth Groups 1 & 2 Discussion Points:

Youth groups hosted Waterlane leisure centre, could be a good place for promoting things.

Kessingland youth club went from 7 children to 51. Want to replicate it in the northern part of Lowestoft. Corton and Gunton parish councils are also keen to start youth groups and get involved. Trying to get the community engaged and receive feedback in April.

Issues with children being bored, important to keep them off the streets and out of trouble.

The Seagull and the Lowestoft Football Club are doing events still for young people despite Covid.

Carlton Colville Brownies haven't got space to store equipment, large store spaces needed. Issues with Covid, no regular people attending means they are struggling with funding.

Children need to be encouraged to take part in clubs and activities from a young age.

Carlton Marsh are keen to get involved with young people more. It's about getting the parents aware, better publicity.

Parish councils are quite keen to get things up and running for young people again but are unsure where to start. Covid has disrupted a lot of things.

Important to help children who have had difficult backgrounds and those who suffer from bullying. Support needs to come from other places besides schools.

How can we better promote existing clubs like Cubs and Brownies?

The reason why some groups have grown so large is because they have well trained staff and the positive news spread among parents. Promoting the groups on social media helped reach more parents. Advertised it through CAS and managed to get additional volunteers through that channel.

People have gotten used to not volunteering because of Covid and are now out of the loop. Difficult to get back into the swing of things with so little recent experience.

Idea for a printed youth directory. It could list everything that is going on in an area, or even the whole CP. It could then be put online and updated regularly if there is high enough demand for it.

Volunteer Suffolk was suggested as being a helpful tool to recruit new volunteers for groups and clubs.

"Time credits" schemes. Those who volunteer build up credits which they can then spend on a swim course or a class at the leisure centre. A good incentive to encourage people to volunteer.

Some of the activities that appeal to youngsters are expensive and are out of reach for a lot of families. Some parents just can't afford it. We could set up a scheme to help subsidise these activities and get more people attending.

Taking dogs into care homes, get kids involved as well. This could be a cross generational project as it benefits both young and old people and gets them connected.

Suggestion to "transport-proof" any new projects coming through the partnership to ensure everyone can access it.

More facilities to make existing services more accessible to more people.