

## Lowestoft and Northern Parishes Community Partnership

Priority



To improve healthy eating in children by targeting and engaging with year 5 children, staff and parents via education and communication

# Reception Year

East Suffolk CP	Value	Total pupils	% overweight or very overweight	Lower 95% CI	Upper 95% CI
Aldeburgh, Saxmundham & Leiston	48	170	28.2%	22.0%	35.4%
Beccles, Bungay & Halesworth	58	264	22.0%	17.4%	27.3%
Carlton Colville, Kessingland & Southwold	46	180	25.6%	19.7%	32.4%
Felixstowe	66	289	22.8%	18.4%	28.0%
Framlingham & Wickham Market	25	145	17.2%	12.0%	24.2%
Kesgrave & Martlesham	69	315	21.9%	17.7%	26.8%
Lowestoft	163	675	24.1%	21.1%	27.5%
Melton, Woodbridge & The Deben Peninsula	43	189	22.8%	17.4%	29.2%
All pupils living in East Suffolk	518	2,227	23.3%	21.6%	25.1%
All pupils at Suffolk schools	1,588	7,485	21.2%	20.3%	22.2%

# Year 6

East Suffolk CP	Value	Total pupils	% overweight or very overweight	Lower 95% CI	Upper 95% CI
Aldeburgh, Saxmundham & Leiston	58	153	37.9%	30.6%	45.8%
Beccles, Bungay & Halesworth	118	324	36.4%	31.4%	41.8%
Carlton Colville, Kessingland & Southwold	66	186	35.5%	29.0%	42.6%
Felixstowe	99	304	32.6%	27.5%	38.0%
Framlingham & Wickham Market	35	148	23.6%	17.5%	31.1%
Kesgrave & Martlesham	123	409	30.1%	25.8%	34.7%
Lowestoft	323	733	44.1%	40.5%	47.7%
Melton, Woodbridge & The Deben Peninsula	72	196	36.7%	30.3%	43.7%
All pupils living in East Suffolk	894	2,453	32.0%	34.6%	38.4%
All pupils at Suffolk schools	2,696	8,085	33.3%	32.3%	34.4%



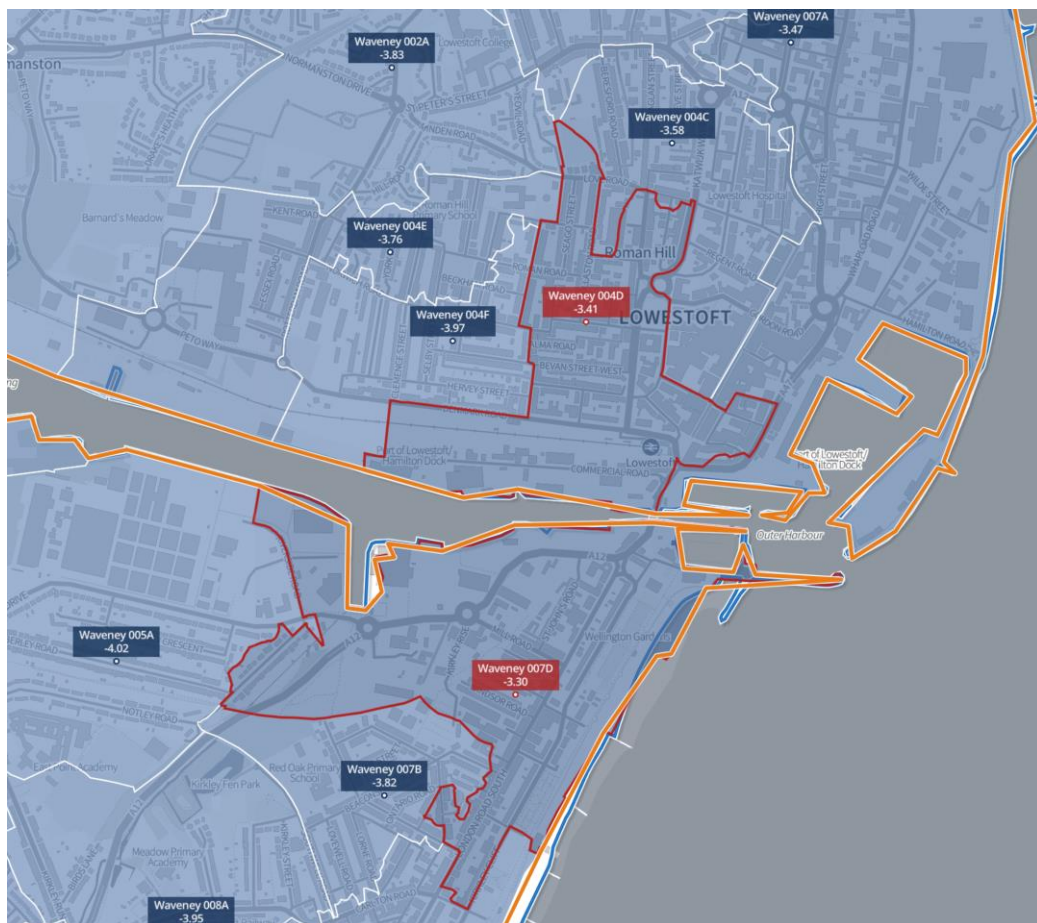
## Lowestoft and Northern Parishes Community Partnership

Priority



Reduce Social Isolation and Loneliness in Lowestoft Central, Harbour, Kirkley and Gunton West wards.

# Parts of Lowestoft are at high risk of loneliness



- Lowestoft Central and Lowestoft Harbour and Kirkley each contain an LSOA that is flagged in the 10% of LSOAs with the highest risk of loneliness (ShapeAtlas)
- There are no other areas flagged in the Waveney area.

## Population Key facts



Total population

**66,700**



Largest age group

**70-74**



Smallest age group

**85+**



Around

**1 in 6**

people are aged  
under 16

17.5%; national average 18.9%



Just over

**1 in 4**

people are aged 65+

25.9%; national average 18.7%



**2,400**

people aged 85 or  
over

3.6% of total population; national  
average 2.5%

Source: ONS 2020 mid-year population estimates

Largest CP: Lowestoft 66,700

Smallest CP: Aldeburgh, Saxmundham & Leiston: 17,000



# Deprivation

- Harbour and Normanston ward has a IMD score of 48.8 (compared to 18.5 average) and is the most deprived ward in Suffolk. Kirkley and Pakefield is third with a score of 35.3.
- 20% of households in Lowestoft are income deprived
- More than 25% of children live in income deprived families
- Lowestoft Harbour and Kirkley MSOA has the highest % of households with 4 dimensions of deprivation (1.1%) and 3 dimensions (8.9%) in Suffolk [employment, education, health and housing]
- Gunton West MSOA (22.0%) had the highest % of households in Suffolk deprived in two dimensions, followed by Harbour and Kirkley (21.8%) and Pakefield North (21.8%) MSOAs. These three had the lowest % of households not deprived in any dimension in Suffolk



## Lowestoft and Northern Parishes Community Partnership

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Improve Mental Health and Wellbeing by following the 5 Ways to Wellbeing. Connect/Get Active/Take Notice/Learn/Give



# 5 Ways to Wellbeing

## 5 Ways To Wellbeing

### CONNECT

Positive social relationships are essential to wellbeing and recovery. These may come through family, friendships, mutual aid, peer support, work, education, clubs, associations, sports and other community activities. Invest time in your relationships.

### BE ACTIVE

Exercise makes us feel good and improves health. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness

### TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, wherever and with whomever you are. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. You will feel good when we you learn and master new things. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun

### GIVE

Do something nice for someone. Thank somebody. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections around you.



## Parts of Lowestoft have the highest percentage of people who are economically inactive for health reasons in Suffolk

- Harbour and Kirkley (10.6%), Central (9.2%), Gunton West (8.6%) and Pakefield North (6.6%) had the highest percentage of people “economically inactive: long-term sick or disabled” in Suffolk (Census 2021)
- 3.6% of people in Suffolk, compared to 4.1% in England (and East Suffolk) as a whole were “economically inactive: long-term sick or disabled”

## Health and social care

### Physical activity



**37.3%**

of adults complete 2+ hours of  
exercise per week

Lowest CP: Lowestoft 37.3%  
Highest CP: Kesgrave & Martlesham 43.9%  
UK average: 39.1%



**32.0%**

of adults do not exercise

Lowest CP: Kesgrave & Martlesham 22.1%  
Highest CP: Lowestoft 32.0%  
UK average: 29.5%

Source: Experian, Mosaic 2021

### Lowestoft key Health Issues (PCN)

- High blood pressure
- High levels of smoking
- High Severe Mental illness
- High levels of Chronic Obstructive Pulmonary Disease (COPD)
- High level of Cancer (and late diagnosis)

# The percentage of patients with depression is significantly higher than England in most Waveney GP practices

Lower Similar Higher Not compared

Recent trends: — Could not be calculated    ➡ No significant change    ⬆ Increasing    ⬇ Decreasing

Depression: QOF prevalence (18+ yrs) **New data** 2021/22

Proportion - %

Area	Recent Trend	Count	Value		99.8% Lower CI	99.8% Upper CI
England	⬆	-	12.7		12.6	12.7
Waveney	—	-	15.2*		14.9	15.5
D83002 - Alexandra & Crestview Surgeries	⬆	-	22.6		21.4	23.8
D83047 - Rosedale Surgery	⬆	-	16.9		15.9	17.9
D83035 - Cutlers Hill Surgery	⬆	-	16.0		14.8	17.2
D83009 - Beccles Medical Centre	⬆	-	15.9		15.1	16.8
D83030 - Kirkley Mill Health Centre	⬆	-	15.4		14.0	17.0
D83016 - Victoria Road Surgery	⬆	-	14.7		13.6	15.9
D83010 - Longshore Surgeries	⬆	-	14.5		13.1	16.0
D83608 - andaman Surgery	⬆	-	13.9		12.5	15.4
D83023 - High Street Surgery	⬆	-	12.3		11.3	13.4
D83011 - Bridge Road Surgery	➡	-	12.2		11.2	13.2
D83034 - Bungay Medical Centre	⬆	-	12.1		11.1	13.1
D83022 - Sole Bay H/C	⬆	-	10.3		9.0	11.7