



East Suffolk  
Community  
Partnerships  
*Bringing ideas to life*

Aldeburgh  
Leiston  
Saxmundham  
& villages

## Aldeburgh, Leiston, Saxmundham and villages Community Partnership

**Chair:** Councillor Tony Cooper (East Suffolk Council)

**Vice-Chair:** Vacant

**East Suffolk Councillors:**

Councillor Tony Cooper

Councillor Tom Daly

Councillor John Fisher

Councillor Russ Rainger

**Suffolk County Councillor:**

Councillor T-J Haworth-Culf

**Partnership Organisations:**

Local Town and Parish Councils

Suffolk Constabulary

Ipswich and East Suffolk Clinical  
Commissioning Group

Community Action Suffolk

Leiston Together

Business Community

Youth Community

Environment

Members of the **Aldeburgh, Leiston, Saxmundham and villages Community Partnership** are invited to a meeting to be held at the Waterloo Centre, Leiston, IP16 4HE  
on **Wednesday, 9 March 2022 at 3.30pm.**

### Agenda

### Pages

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**1 Welcome and Apologies for Absence**

**2 Action notes - 15 December 2021**

To agree the notes of the Community Partnership meeting held on 15 December 2021.

**1 - 5**

<b>3</b>	<b>Community Partnership Board Update</b> To receive a verbal update on the Community Partnership Board meeting of the 7 March 2022.	
<b>4</b>	<b>Applications for Funding</b> To consider an application for funding from ActivLives.  <b>ActivLives Proposal</b>  <b>ActivLives Budget Proposal</b>  <b>ActivLives Outcome Proposal Form</b>  <b>ActivCommunities Action Plan draft</b>  <b>ActivLives Mapping</b>	
<b>5</b>	<b>Community Partnership's Projects</b> a) To receive an update on the Talking Benches project b) To consider the Healthy Movers project  <b>Talking Benches Outcome Proposal Form</b>  <b>East Suffolk Healthy Movers Proposal</b>  <b>East Suffolk Healthy Movers Budget</b>  <b>Healthy Movers Outcome Proposal Form</b>	
<b>6</b>	<b>Update from the Leiston Early Minds Project</b> To receive an update on the Leiston Primary School Early Minds project.	<b>6 - 10</b>
<b>7</b>	<b>Core Membership</b> To review the Community Partnership's core membership for the 2022/23 municipal year.	<b>11 - 12</b>
<b>8</b>	<b>Date of Next Meeting</b> To agree Wednesday 11 May 2022 at 3.30pm as the date of the next meeting.	

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## **Aldeburgh, Leiston, Saxmundham and villages Community Partnership**

### **Action Notes of the Meeting held on Wednesday 15 December via Zoom**

#### **Core Membership:**

**ESC Councillors** – Councillor Tony Cooper (Chairman), Councillor John Fisher, Councillor Russ Rainger

**SCC Councillors** – Councillor T-J Haworth-Culf

**Town and Parish Councils** – Roz Barnett (Saxmundham Town Council), Councillor Julian Cusack (Middleton Parish Council), Sharon Cuthbert (Leiston Good Neighbour Scheme), Councillor Lesley Hill (Leiston Town Council), Councillor Paul Richards (Snape Parish Council), Caroline Rinder (Leiston Town Council)

**Partnership Organisations** – Di Eastman (IP17 Good Neighbour Scheme), Melissa Geater (Vice Chair, Avocet Academy), Sarah Mortimer (Community Action Suffolk)

**Others present** – Zoe Botten (Communities Officer), Helen Greengrass, Fiona McMillan (Youth Sport Trust), Nicole Rickard (Head of Communities), Julie Stokes (ActivLives), Alli Stone (Democratic Services Officer)

Item	Discussion
1.	<b>Welcome and Apologies for Absence</b>  Apologies for absence were received from Councillor Tom Daly (East Suffolk Council), and Councillor Mary Schedrin (Friston Parish Council),
2.	<b>Notes of the Meetings of the Community Partnership</b>  The unconfirmed action notes of the meetings held on 29 September 2021 were agreed.  Alli Stone (AS) confirmed that the cycling and walking strategy consultation would close on 10 <sup>th</sup> January and encourage members to submit their own feedback and share the strategy with their groups.

3.	<p><b>Update from the Community Partnership Board held on 6 December 2021</b></p> <p>The Community Partnership received an update on the last meeting of the Community Partnership Board from Nicole Rickard (NR).</p> <p>NR provided an overview of the following points discussed at that meeting:</p> <ul style="list-style-type: none"> <li>• A presentation from Suffolk MIND on the impact of Covid-19 on mental health locally</li> <li>• A new mental health and wellbeing task and finish group to address the ongoing issues around mental health and Covid-19</li> <li>• Board priorities reviewed to include social isolation and loneliness; sustainable transport and travel; and mental health and wellbeing</li> <li>• A new workstream on vulnerability and hidden needs due to emerging issues on cost of living and living standards</li> <li>• The Peer Review of Community Partnerships</li> </ul> <p>The Community Partnership forum event was planned for 25 March 2022 at Trinity Park.</p>
4.	<p><b>Applications for funding</b></p> <p><b>Leiston Primary School Early Minds Project</b></p> <p>Melissa Geater (MG) summarised the project proposal from Leiston Primary School. The project aimed to support pupils through the continuing impact of the pandemic, with training and support from Suffolk MIND. The project would provide:</p> <ul style="list-style-type: none"> <li>• Lessons for whole classes to discuss mental health</li> <li>• Workshop and Q&amp;A session for staff</li> <li>• Resources for years three to six</li> <li>• Parent Q&amp;A session (either virtually or in person)</li> <li>• Follow up reports six weeks, eight weeks and six months later to determine the impact of the work.</li> </ul> <p>Project costs were confirmed as £2,007.</p> <p>The Partnership discussed the project and raised the following points:</p> <ul style="list-style-type: none"> <li>• Sharing project outcomes and good practise with other schools in the area.</li> <li>• Reports being shared with the CP Board mental health task and finish group.</li> <li>• The projects compatibility with the Partnerships aims.</li> <li>• Engagement with parents and home-schooled children.</li> </ul> <p>On the proposition of Cllr Lesley Hill, seconded by Di Eastman it was unanimously agreed to fund the project.</p>

	<p>ACTION - £2,007 be allocated to the Leiston Primary School Early Minds Project.</p> <p>ActivLives - ActivCommunities</p> <p>Julie Stokes (JS) introduced the proposal which was to employ an ActivLives 'Activator' post, who would work to engage people aged 50 to:</p> <ul style="list-style-type: none"> <li>• help reduce social isolation</li> <li>• provide activities to improve physical and mental well-being</li> <li>• build support networks</li> </ul> <p>Another CP was interested in similar work, and it would be possible to have a bigger project across a wider area.</p> <p>The Partnership discussed the project and raised the following points:</p> <ul style="list-style-type: none"> <li>• How smaller villages and rural areas could be reached by the project, JS confirmed that the project would include these areas.</li> <li>• Transport options to bring people from rural areas to groups, this had been difficult for groups in the area and was being discussed by the CP Board.</li> <li>• Whether the project would receive referrals from social prescribing programmes. JS confirmed it would.</li> </ul> <p>Cllr TJ Haworth Culf reminded JS that Councillors would be happy to promote any events through ward reports and other channels to ensure details were shared in smaller villages and rural areas.</p> <p>ZB suggested that considering issues around transport and rural areas, a task and finish group should be set up to ensure that all the details and measures were in place to support this project.</p> <p>The meeting agreed the project in principle subject to details being confirmed with a task and finish group to consider transport issues and the possibility of running the project across multiple CP areas.</p> <p>ACTION – ZB to organise a task and finish group on transport for community groups</p>
5.	<p><b>Consideration of the Community Partnership's Projects</b></p> <p><b>Healthy Movers</b></p> <p>Fiona McMillan (FM) from the Youth Sport Trust summarised the healthy movers programme, which provided training to early years practitioners with the aim of developing physical literacy in early years, developing self-esteem and wellbeing and helping children gain a better start in life.</p>

	<p>The project had been rolled out in other areas of Suffolk, with positive feedback particularly on the way it was perceived as a fun activity rather than exercise which often had negative perceptions.</p> <p>The Partnership discussed the project and raised the following points:</p> <ul style="list-style-type: none"> <li>• How groups could sign up to the project. ZB confirmed that it would be rolled out to 8-10 settings initially, which were identified by partners depending on need.</li> <li>• Options for match funding from Suffolk County Council.</li> <li>• How smaller groups (such as childminders) could become involved.</li> </ul> <p>The Community Partnership agreed that a firm proposal with figures be brought to the next meeting.</p> <p>ACTION – FM and ZB to bring a proposal for this project to the next CP meeting.</p> <p><b>Talking Benches</b></p> <p>ZB summarised the talking benches proposal. £1500 had been allocated to the partnership, which would fund around 4-5 benches. The Partnership could match funding to provide an additional 4-5 benches in the area.</p> <p>The Partnership discussed the project and raised the following points:</p> <ul style="list-style-type: none"> <li>• The most appropriate sites for benches, ensuring they were not too isolated.</li> <li>• The proposed signage, ZB confirmed this did not have to be used.</li> <li>• Friendship benches at the primary school, which were popular with children.</li> <li>• Siting of benches on footpaths and walking routes where people stopped and chatted</li> <li>• Whether some benches could be reserved for rural parishes, the Chair confirmed that funding would be extended as necessary to ensure all areas could have a bench.</li> </ul> <p>Partnership agreed to match funding for benches and send letter to town and parishes to confirm funding required.</p> <p>ACTION - £1500 to be provided for Talking Benches project, and a letter sent to Town and Parish Councils to gauge interest.</p>
6.	<p><b>Small Grants Scheme Update</b></p> <p>There was no update on the small grants scheme.</p>
7.	<p><b>2022 Community Partnership Priorities</b></p>

	<p>The Chair was pleased with the opportunities that had come up within the meeting that would provide a focus for the next year.</p> <p>Councillor Julian Cusack asked whether ESC had any plans for fuel poverty and whether this should be considered by the CP.</p> <p>NR responded that there was a task and finish group that had been set up by the CP board to consider food and fuel poverty across the district. County Council schemes were being promoted and there was a document available which set out all the sources of help available which was used by partner schemes, and ESC and CAB made referrals to schemes. The Council had also lobbied on payments for heating oil.</p> <p>ACTION – Details of fuel support schemes to be sent to Community Partnership.</p>
<b>8.</b>	<p><b>Date of the next meeting</b></p> <p>A date would be identified for the end of February/beginning of March and confirmed with the Community Partnership.</p>

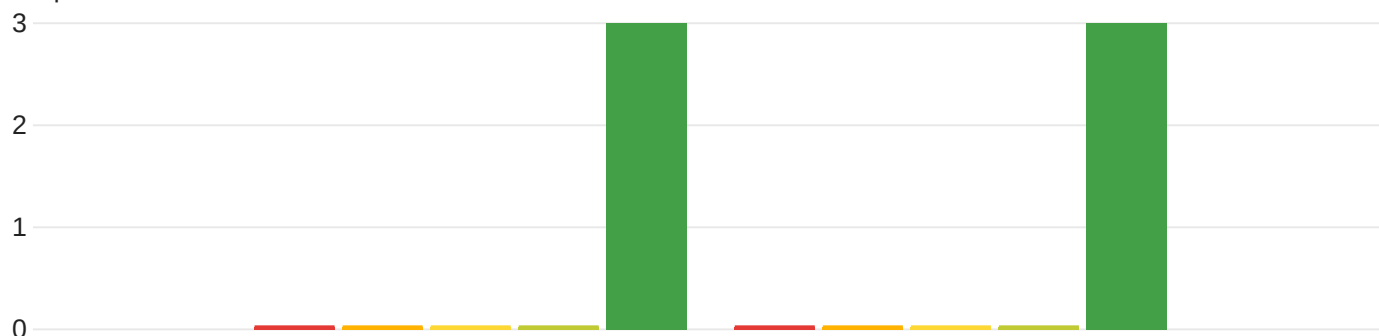




## Teacher Feedback

The content of today's session was relevant and applicable to the children in my class:

3 Responses



The content of today's session was relevant and applicable to the children in my class:

The content of today's session was effective in raising the children's awareness and understanding of their emotional needs:

● Strongly disagree ● Somewhat disagree ● Neither agree nor disagree ● Somewhat agree ● Strongly agree

## Why do you think this?

3 Responses

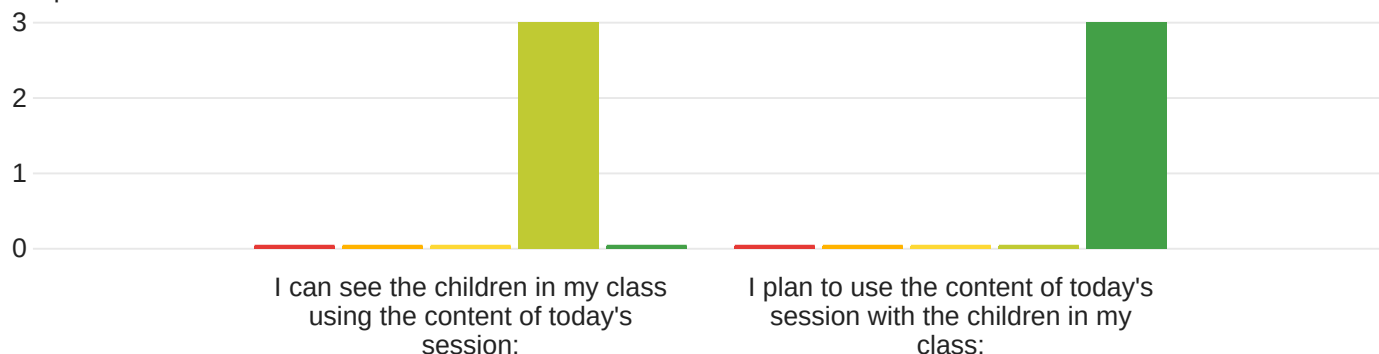
Some children in the class find it hard to manage emotions. My class seem really interested - especially the neuroscience part

There are a number of children who are unable to meet their needs both emotionally and physically. The children were engaged and were able to make connections to their own lives

This will help with emotions in class. So they can understand how to control their feelings

I can see the children in my class using the content of today's session:

3 Responses



I can see the children in my class using the content of today's session:

I plan to use the content of today's session with the children in my class:

● Strongly disagree ● Somewhat disagree ● Neither agree nor disagree ● Somewhat agree ● Strongly agree

How do you plan to do this? Or if not, why is this?

3 Responses

They'll need reminding frequently but I think they'll use it. I'll use the breathing for 'brain breaks' during lessons

Many children will use the breathing strategies and I will reinforce it daily. Some may need more support accessing it due to more significant needs. I plan to use this daily and will make a display of the needs so we can always refer to it

Children will use breathing techniques, but might not think before their actions. When children are angry I will calm them down with breathing techniques

Do you have any comments about the session in general?

3 Responses

Thank you, I think my class gained a lot from it

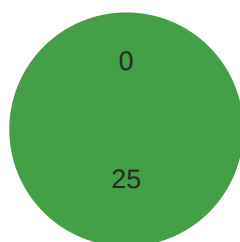
The trainer engaged the class instantly and they enjoyed contributing to the discussions

This was very well presented and the information was very interesting and helpful.

## Children Feedback

I know how to look after my mental health.

25 Responses



● No ● Yes

Write down some ways we can look after our mental health.

25 Responses

Chair push ups and 8 breathing

Breathing

Do deep breaths

If you feel angry or worried take a deep breath

Do calm breaths so they are nice and happy

Eat a lot of vegetables

Breathing, yoga, sports, biking

Eat healthy

Breathing in and out

Take deep breaths and stay healthy

Eat healthily and drink a lot of water

To drink, eat and sleep

We can breathe in and breathe out longer

Healthy food, breathe in and breathe out

Do some breathing

No screen time, no sweets

Breathe healthy

Eat healthily

Breathing in and out

Breathe

Breathing, yoga, exercise and talking to somebody

Breathing or telling funny jokes

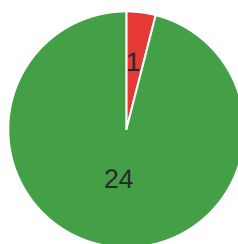
Breathe in and out

Eat healthily, don't eat or drink sugar much.

Breathe in and out to calm you down

I have learnt new skills today.

25 Responses



● No ● Yes

What skills have you learnt?

24 Responses

8 breathing

Dragon breathing

That you can always calm your brain down

To land a backflip on my trampoline

Breathe calmly so you won't be worried or sad

Got good at karate now I'm on my 4 belt

Biking

Climbing

That it's ok to not feel ok

I have learnt to think of good things not bad things

I have learnt to drink more water to stay hydrated

Being brave and confident

Breathe in and out

Dragon breathing, emotional needs

That breathing helps you calm down

How to breathe

Dragon breathing

To calm down faster

Breathing in and out

Now I can breathe in and out

Dragon breathing and to be calm

Breathe in then breathe out for longer

I have learnt breathing in and out

We learnt to breathe in and out

Can you tell us about a time when you needed to feel calm and in control and didn't know what to do?

17 Responses

On a rollercoaster

When I got locked in the car and I didn't know what to do

When my brother starts a fight

I do sometimes feel calm

When I first had my bike I was scared that I would fall off and then I felt calm and rode it

Climbing

When I was very stressed

When I thought too much and needed time alone

I would get really stressed

When I couldn't ride my bike

We were on a holiday and we decided to go on the edge of a hill and I was super scared

When I didn't know how to swim

Going out because we lost our car mat and we couldn't control ourselves we were too worried

Normally I'm in the car alone and my dad goes to the shops and I think what if he's gonna leave me. I know he wouldn't but I thought I saw him run over there

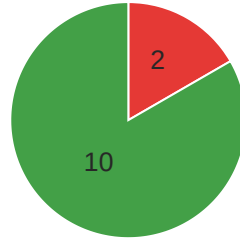
When I was late for school

When my family members are annoying

I was stuck with my maths and didn't know what to do so I told my parent for some help

## Would you do something differently now?

12 Responses



● No ● Yes

## What would you do now?

13 Responses

I would now do some deep breathing to calm myself down

Tell my mum

Dragon breathing

Take a deep breath

Go into my room and grab a fidget toy and play

Dragon breathing

I'll breathe deeply

I will breathe and be brave

Breathe in and out

Dragon breathing

I would calm myself down

Breathe in and out

I would tell the grown-ups to help me



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### **Aldeburgh, Leiston, Saxmundham and Villages Community Partnership**

#### **Core Membership (Voting Members)**

<b>Name</b>	<b>Representing (A-Z)</b>
Cllr Tony Cooper	CP Chairman
Mel Geater	Vice chair, Avocet Academy
Cllr Marianne Fellowes	Aldeburgh Town Council
Stuart Watson	Cyds Project
Cllr Tom Daly	ESC Ward Member for the Aldeburgh and Leiston Ward
Cllr Russ Rainger	ESC Ward Member for the Aldeburgh and Leiston Ward
Cllr John Fisher	ESC Ward Member for the Saxmundham Ward
Cllr John Staff	Knodishall Parish Council
<i>Vacant</i>	Clerk, Knodishall Parish Council
Cllr Lesley Hill	Leiston Town Council
Caroline Rinder	Town Clerk, Leiston Town Council
Cllr Julian Cusack	Middleton Parish Council
Cllr Stephen Brett	Theberton & Eastbridge Parish Councils
Cllr Mary Schedrin	Friston Parish Council
Roz Barnett	Clerk, Saxmundham Town Council
Cllr Paul Richards	Snape Parish Council
Di Eastman	IP17 Good Neighbour Scheme
Sarah Mortimer	Community Action Suffolk
Emma Ratzer	CEO Access CT
Sharon Cuthbert	Leiston GNS
Cllr T-J Haworth Culf	SCC Councillor

#### **Non-Core Membership (non-voting)**

Other representatives who may attend in future, depending on priorities etc:

<b>Name</b>	<b>Representing (A-Z)</b>
Morag McInnes	ESC Economic Development Officer
Daniel Wareing	ESC Green Print Forum
Maddie Baker-Woods	Ipswich and East Suffolk CCG
Supt Kerry Cutler	Southern Area Commander for Suffolk Constabulary

February 2022

Becki Gaunt Housing Manager	Flagship Homes
Tim Roberts	IP17 Good Neighbour Scheme (not PC representative)
Antony Parke	Access CT
Mark Taylor	Places in the South

**Support for the Community Partnership Meetings:**

<b>Name</b>	
Nicole Rickard	Head of Communities
Luke Bennett	Partnerships Manager
Zoe Botton	ESC Communities Team
Alli Stone	ESC Democratic Services Team