

Community Partnership Board

Monday, 7 March 2022 at 6.00pm
at the Riverside Centre, Stratford St Andrew, Suffolk, IP17 1LL

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2	Minutes To confirm as a correct record the Minutes of the Meeting held on 6 December 2021.	1 - 8
3	Focus on Community Partnerships - Aldeburgh, Leiston, Saxmundham and Villages Community Partnership - Melton, Woodbridge and Deben Peninsula Community Partnership	
4	Update from the Mental Health Task and Finish Group To receive an update from the Mental Health Task and Finish Group.	9 - 18
5	Tackling Inequalities - Focus on Financial Inequality An interactive problem solving session.	
6	Update from the Transport and Travel Task and Finish Group To receive an update from Norman Brooks and Alexander Nicholl.	
7	Presentation from the Greenprint Forum To receive a presentation from Susan Harvey and Daniel Wareing.	
8	Update on the Community Partnership Forum on 25 March 2022 To receive an update from Steve Gallant.	
9	Any Other Business	

10	Date of Next Meeting To note the date of the next meeting, which is 13 June 2022 and to consider the venue and format for this and future meetings.	
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Unconfirmed



Minutes of a Meeting of the **Community Partnership Board** held via Microsoft Teams
on Monday, 6 December 2021 at 6.00pm

Community Partnership Board Members Present:

Steve Gallant (Chair of the Community Partnership Board and Leader of East Suffolk Council)
Chris Abraham (Chief Executive of Community Action Suffolk)
Paul Ashdown (Chair of the Lowestoft and Northern Parishes Community Partnership),
Chris Blundell (Chair of the Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley
Community Partnership)
Norman Brooks (Chair of the Carlton Colville, Kessingland, Southwold and villages Community
Partnership)
Judy Cloke (Chair of the Beccles, Bungay, Halesworth and Villages Community Partnership)
Tony Cooper (Chair of the Aldeburgh, Leiston, Saxmundham and Villages Community Partnership)
Susan Harvey (Greenprint Forum)
Michael Ladd (Suffolk County Council representative)
James Mallinder (Chair of the Melton, Woodbridge and Deben Peninsula Community Partnership)
Tom McGarry (Head of Stakeholder Engagement for EDF Energy)
Russ Rainger (Suffolk Association of Local Councils)
Andrew Reid (Suffolk County Council representative)
Stephen Singleton (Chief Executive of Suffolk Community Foundation)
Letitia Smith (East Suffolk Council Cabinet Member with responsibility for Communities, Leisure
and Tourism)

Others present:

Luke Bennett (Partnerships Manager, East Suffolk Council)
Sharon Harkin (Felixstowe Town Council and Vice-Chair of the Felixstowe Peninsula Community
Partnership)
Chloe Lee (Communities Officer, East Suffolk Council)
Matt Makin (Democratic Services Officer, East Suffolk Council)
Jon Neal (Chief Executive of Suffolk MIND)
Ben Porter (Funding Manager, East Suffolk Council)
Nicole Rickard (Head of Communities, East Suffolk Council and NHS Norfolk & Waveney / Ipswich
& East Suffolk Clinical Commissioning Groups)
Louise Thomas (Communities Officer, East Suffolk Council)
Kevin Wegg (Partnerships Funding Officer, East Suffolk Council)

1. Apologies for Absence

Apologies for absence were received from Mark Jepson, Lisa Perkins, Jane Topping and
Roger Wright.

2. Minutes of the Previous Meeting

Steve Gallant presented the Minutes from the last meeting of the Board held on 6 September 2021 and it was by consensus

RESOLVED

That the Minutes of the Community Partnership Board Meeting held on 6 September 2021 be approved as a true record.

3. Community Partnership Board Priority 3: Mental Health and Wellbeing

The Community Partnership Board received a presentation from Jon Neal, the Chief Executive of Suffolk MIND, on how COVID-19 had impacted on mental health and what could be done about it. Jon Neal outlined the Mental Health Continuum Model and explained its core concept.

Jon Neal outlined the physical and emotional needs of human beings to avoid stress; he considered emotional needs to be more nuanced and summarised the key needs identified:

- Security
- Control
- Community
- Status
- Privacy
- Emotional Connection
- Attention
- Achievement
- Meaning and Purpose

Jon Neal provided the hypothetical case study of “Alex” which summarised the impact of the pandemic on his emotional needs and the knock-on effect on his mental health and wellbeing.

The Board was also provided a summary of a survey of the impact of COVID-19 on emotional needs in Suffolk; Jon Neal highlighted the largest and smallest changes over significant milestones of the pandemic.

Jon Neal outlined Suffolk MIND’s response to the pandemic, outlining the various workshops it had provided including a workshop for those working in the education sector. Suffolk MIND was also looking to develop courses on overcoming anxiety and overcoming anger. Jon Neal provided a summary of the feedback from these workshops and summarised the costs to provide each course.

Steve Gallant asked if Suffolk MIND had found it difficult to meet the needs of its services users virtually, given the increased screen time for many people due to the pandemic. Jon Neal acknowledged that the workshops worked best in a face-to-face environment and that there were some drawbacks to delivering this type of training remotely and highlighted the impact on sleep that can be caused by excessive screen time. Jon Neal noted that Suffolk MIND was able to deliver training face-to-face, should a specific organisation require it.

Nicole Rickard highlighted that item 5 of the agenda sought, amongst other things, to establish a Task and Finish Group to look at this priority in focus, with an aim to bring outcome proposals to the Board's next meeting.

Letitia Smith considered the presentation highlighted how people can be struggling with stress without realising it and how support can help them get back on track. Jon Neal gave examples of how his presentation would have been more interactive in a face-to-face setting and explained how poor sleep and irritability could be signs of stress; he said that Suffolk MIND was committed to raising the level of awareness of stress signals.

Stephen Singleton endorsed the work of Suffolk MIND and highlighted how its workshops had benefitted staff at the Suffolk Community Foundation, helping to realign thinking on mental health. Stephen Singleton considered the Mental Health Continuum model to be very important. Stephen Singleton said it was important to develop a way of providing this sort of support on a larger scale, particularly to young people and queried if other organisations could help deliver it.

Susan Harvey joined the meeting at this point (6.40pm).

Michael Ladd spoke about the importance of educating people about mental health and wellbeing and suggested that more Mental Health First Aider training be rolled out. Jon Neal spoke positively about this training but advised that this service was for those at crisis point; the examples of training in his presentation would assist in preventing people from reaching that point.

Steve Gallant thanked Jon Neal for his presentation.

4. Focus on Community Partnerships

This item was introduced by Letitia Smith, who highlighted that it was the aim for Community Partnership meetings to take place face-to-face in the future.

Felixstowe Peninsula Community Partnership

The Board received a short presentation from Sharon Harkin and Chloe Lee. The presentation covered the Felixstowe Peninsula Community Partnership's four priorities, its key achievements and the total amount of funding that had been provided to projects in the area, including how this was distributed amongst various groups. Sharon Harkin noted that the Felixstowe Peninsula Community Partnership would need to review its priorities to incorporate the high level of young people who are overweight or obese identified in the area.

The key achievements were summarised as the rural proofing exercise that had been undertaken, the establishment of a small grant scheme, and supporting 25 different projects at a total of £59,747.70. The presentation also included images from some of the projects funded.

Steve Gallant highlighted Chloe Lee's hard work across the Felixstowe Peninsula area as its Communities Officer.

James Mallinder praised the chat benches project and sought more information on how the project had been established. Chloe Lee explained that the chat benches project had been developed elsewhere in the district and that the Felixstowe Peninsula Community Partnership had identified the benefit it would bring to its own area, aiming to make its rural parishes feel more included through the provision of a useful asset.

Chloe Lee stated that the projects supported had been community focussed and discussed both in and out of the Felixstowe Peninsula Community Partnership's meetings. Sharon Harkin added that the Felixstowe Peninsula Community Partnership was always looking for opportunities in the area that aligned with its priorities.

Susan Harvey highlighted that a chat bench was being installed in Kirton and Falkenham parish and considered it to be a very good idea; Susan said she would report back on its effectiveness at a future meeting.

Lowestoft and northern parishes Community Partnership

The Board received a short presentation from Paul Ashdown and Louise Thomas. The presentation highlighted the projects funded by the Lowestoft and northern parishes Community Partnership and summarised the positive impact of these projects.

The presentation also covered future events and projects planned and pictures of cheque presentations undertaken by the Chair and Vice-Chair of the Lowestoft and northern parishes Community Partnership.

Chris Blundell asked for more information on the Boys Respect project mentioned in the presentation. Paul Ashdown explained that it was run by the Seagull Theatre in Lowestoft and worked with young boys to learn and become part of a theatre company. Louise Thomas added that the project was aimed at improving the mental health and wellbeing of the young people accessing it and that the Seagull Theatre had previously run a similar project with young girls which had been successful. Louise Thomas explained that the Seagull Theatre identified young people known to them to access the project.

Letitia Smith reminded all present that a full update on all eight of the Community Partnerships had been included in the agenda pack for the meeting.

5. What We Focus On: Community Partnership Board Priorities

The Board received a presentation on its priorities from Nicole Rickard; Nicole noted the revised data pack received from the Suffolk Office of Data Analytics (SODA) which had been included in the agenda pack and had been discussed at the visioning event held at Trinity Park on 5 November 2021.

Nicole Rickard explained that the paper recapped the Board's existing priorities, the nine Strategic Partner priorities identified and the priorities that had emerged from the visioning event. Nicole Rickard highlighted that it was intended to hold a loneliness event prior to the

next Community Partnerships Forum in March 2022 and that a survey on loneliness had been conducted through the East Suffolk Magazine; the latter had identified several individuals who were keen to talk further on the issue.

Nicole Rickard outlined the proposals summarised in the report to maintain its current focus and to establish new Task and Finish Groups to consider other priorities identified.

Steve Gallant considered that the Task and Finish Groups has been successful in drilling down into and understanding issues; he added they had worked best when multiple organisations had been involved. Steve Gallant was keen to hear for as many partnership organisations as possible to be involved in Task and Finish Groups.

Steve Gallant proposed that the Board accepted the recommendations in the report, minus paragraph (e) of the third recommendation, which proposed a specific Task and Finish Group be convened to consider the issue of climate change and the role of the Board in tackling the climate emergency.

Steve Gallant considered that all of the partnership organisations in the Board was taking their own actions on the climate emergency, citing East Suffolk Council's Environment Task Group as an example, and did not want to set up a Task and Finish Group which would duplicate work already being done.

There being no further comments or questions, it was therefore by consensus

RESOLVED

That the Board:

1. Consider the data pack attached as Appendix A to the report and reflect on any additional key messages and priorities (particularly Board Members unable to attend on 5 November 2021)
2. Note the priorities identified through the exercise following the data presentation attached as Appendix B and summarised in paragraph 7 of the report
3. Agree the proposals set out in paragraphs 9 to 14 of the report:
 - a. That the Board maintain its focus on Social Isolation and Loneliness, Sustainable Transport and Travel and Mental Health and Wellbeing
 - b. That a new Task and Finish Group be convened to consider various 'hidden Needs' and inequalities, absorbing the outstanding work of the Covid Recovery Task and Finish Group and previous focus on Hidden Needs, and taking a wider perspective on vulnerability
 - c. That Board partners work through the new Integrated Care System structures in order to emphasise importance of work around health inequalities
 - d. That specific focus be placed on healthy weight in the places with the highest levels of children and adults who are overweight and obese –

namely Lowestoft and Northern Parishes CP, Aldeburgh, Leiston and Saxmundham CP and Felixstowe Peninsula CP

6. How We Work: Peer Challenge of Community Partnerships and Draft Action Plan

The Board received a short presentation on the Peer Challenge of the Community Partnerships from Steve Gallant; he summarised the challenge's process and described it as having been a positive experience.

The results of the Peer Review Challenge had been presented on 14 October 2021 and had included insights and recommendations, which were outlined in the report included with the agenda.

Steve Gallant highlighted that these results were the focus of the visioning event held at Trinity Park on 5 November 2021, which had posed questions on how the Community Partnerships could learn from and respond to the recommendations. The output from the visioning event had been collated into the draft action plan appended to the report, which had been arranged by five focus areas.

The recommendations to agree the actions to be agreed and implemented following the Peer Challenge were summarised by Steve Gallant.

Steve Gallant noted that some of the recommendations from the Peer Challenge were already being implemented; there was now a dedicated resource in East Suffolk Council's communications team for Community Partnerships and a Community Partnership e-bulletin had been proposed.

Nicole Rickard confirmed that the draft action plan would be refined and brought back to the Board at its next meeting; any feedback on the action plan was welcomed.

There being no further comments or questions, it was therefore by consensus

RESOLVED

That the Board considers the Draft Community Partnership Peer Challenge 2021 Action Plan and:

1. Agree what actions should be taken to address the issues raised by the Peer Challenge Team.
2. Task the Community Partnership Steering Group to oversee implementation of the action plan on behalf of the Board and report back regularly on progress.

7. 2021/22 Community Partnerships Forum – 25 March 2022

The Board received a short presentation from Luke Bennett on the proposals for a face-to-face Community Partnerships Forum to take place on 25 March 2022; Luke advised that Trinity Park had been booked for this date.

The purpose of the event, previously set by the Board, and the proposed offer of the event were summarised in the report included with the agenda.

Luke Bennett noted the uncertainty around holding a face-to-face event in March 2022, given the unclear picture regarding the ongoing COVID-19 pandemic.

Luke Bennett said clarification had been sought on the use of fringe events leading up to the Forum; the advice received from the East of England Local Government Association (EELGA) was that fringe events immediately prior to the Forum could draw attendance away from the main event. It was therefore suggested that any fringe events are held either further ahead of the Forum event or spread out across the year as a programme of events.

Steve Gallant considered that the possibility of any fringe or lead-in events should be reviewed by a Task and Finish Group to ascertain the value of doing so.

There being no further comments or questions, it was therefore by consensus

RESOLVED

That the Board:

1. Agree the approach being taken to plan the next Annual Forum
2. Make every effort to attend the event and consider what you could each contribute to the proposed programme.

8. Any other Business

Steve Gallant considered that meetings of the Board should be held face-to-face in future, suggesting that this would benefit networking. Steve Gallant proposed that the Board's next meeting on 7 March 2022 be held in-person.

Several members of the Board supported this proposal and noted the advantages of face-to-face meetings over virtual meetings.

It was therefore by consensus

RESOLVED

That the Community Partnership Board meeting scheduled for 7 March 2022 be held face-to-face.

9. Dates of Next Meeting

7 March 2022, 6pm, venue to be confirmed.

10. Dates of Future Meetings

The future dates of the Community Partnership Board meetings were noted as:

- 13 June 2022

- 5 September 2022
- 5 December 2022

The venues for these meetings would be confirmed in due course.

11. Forward Plan – March 2022: Focus on Greenprint Forum

It was noted that the next meeting of the Board would focus on the Greenprint Forum.

The meeting concluded at 7.40pm

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Chairman



East Suffolk Community Partnership Board

Report from the Mental Health and Wellbeing Task and Finish Group

March 7, 2022

Introduction and Background

1. Mental Health and Wellbeing is one of the three priorities for the Community Partnership Board, identified through the eight workshops held to launch the Community Partnerships in November/December 2019.
2. At the last meeting of the Board on 6 December, a presentation was received by the Board from Jon Neil, Chief Officer of Suffolk Mind. Jon introduced the Suffolk Mind 'Your Needs Met' model to the Board and talked about the impact of the Covid-19 pandemic on Emotional Wellbeing in Suffolk as well as outlining how Suffolk Mind could potentially support improved emotional wellbeing in a number of community contexts.
3. Following the presentation, it was agreed that a Task and Finish Group should be formed to explore the concepts introduced by Jon and to develop one or more outcome proposals to feed back at the next Board meeting.

Mental Health and Wellbeing Task and Finish Group

4. The Task and Finish Group met for the first time on 11th February, chaired by Christine Abraham from Community Action Suffolk. Other organisations represented on the Task and Finish Group included Suffolk Community Foundation, Suffolk Mind, Norfolk and Suffolk Foundation Trust, Britten Arts, Suffolk County Council and East Suffolk Council.
5. The Group undertook an audit of existing activity around mental health and wellbeing in East Suffolk/Suffolk, including the £2.5 million COMF funded programme being led by Suffolk County Council Public Health Team. The conversation then moved on to identifying gaps in terms of emotional wellbeing in East Suffolk communities and these are summarised within the sections below.

Outcome Proposal – Emotional Wellbeing in East Suffolk

6. Attached as Appendix 1 to this report is the Stage 1 Outcome Proposal developed on the basis of the discussion at the Task and Finish Group meeting. This sets out a proposed programme of projects to support Emotional Wellbeing consisting of seven distinct projects. Complementing this programme of activity is work already planned by East Suffolk Council to provide Boost Mental Health and Wellbeing grants totalling £50,000 to be launched at three networking events across the District in March.

7. The overall cost of the programme is £203,900. It is proposed that the remaining funding in the budget for 2021/22 - £63,923 - be allocated towards the programme, plus an additional £58,477 from the 2022/23 budget.
8. The Task and Finish Group will meet again between the March and June Board meetings to progress the individual projects in the Programme and develop the Stage 2 Outcome Proposal and provide a further report on progress to be considered at the June 2022 meeting.

Recommendations

It is recommended that the Board:

- 1) Consider and approve the outcome proposal attached as Appendix A to this report which proposes the allocation of £63,923 from the 2021/22 budget and £58,477 from the 2022/23 budget – total funding of £122,400**
- 2) Receive a report on progress at the meeting to be held in June 2022.**

Nicole Rickard, Head of Communities

East Suffolk Council, on behalf of the Task and Finish Group

Initial Outcome Proposal to the East Suffolk Community Partnership Board - FY2021/22

(Stage 1 Proposal)

1. Key outcome(s)

Please detail the KEY OUTCOME(S) (Measurable and time specific) the proposal is looking to achieve:

- Improved mental health and wellbeing for young people and adults in East Suffolk
- Increased awareness of how communities, voluntary organisations and businesses can support improved mental health and wellbeing
- Reduced social isolation and loneliness through increased connections to community
- Increased awareness of support at community, East Suffolk/Suffolk and national level for emotional wellbeing

2. How has the need been identified?

Mental Health and Wellbeing is the third priority for the East Suffolk Community Partnership Board based on the votes from across East Suffolk at the workshops held in 2019. It is also a priority for several of the individual Community Partnerships (Lowestoft and Northern Parishes, Beccles, Bungay and Halesworth and Felixstowe Community Partnerships). Seven of the eight Community Partnership have Social Isolation and Loneliness as one of their three priorities.

Suffolk Mind 'Your Needs Met'

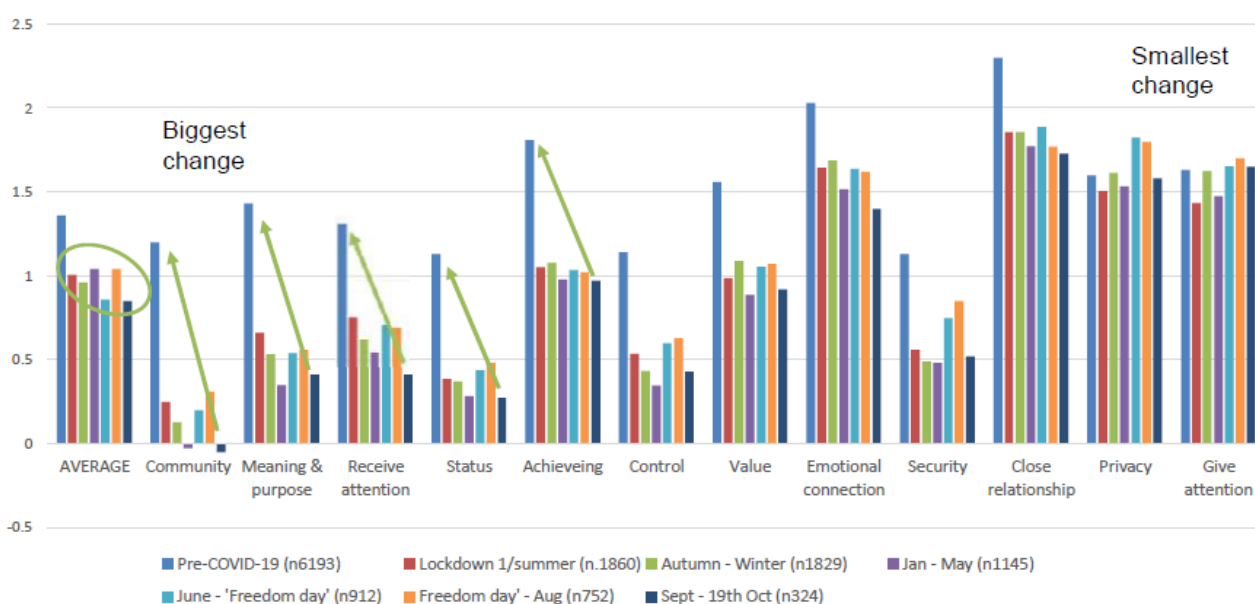
The Suffolk Mind Your Needs Met model identifies 12 different and specific aspects of life that need to be in balance for us to feel like our needs are being met:

What do we need?



Mental Health and Wellbeing has been impacted by the Covid-19 pandemic, with particular impacts being felt by young people (see below for further information), men and those with pre-existing mental health conditions. The Suffolk MIND Emotional Wellbeing Survey (see slide below) shows that the biggest changes between pre-Covid scores and those in Autumn 2021 were in relation to 'community' and 'meaning and purpose' with the smallest changes between 'privacy', 'close relationships' and 'give attention'. This means that the areas of 'community' and 'meaning and purpose' have been slower to recover than the other ten areas following lockdowns.

How lock down affected us



 mind Suffolk

'My Health, Our Future'

Phase 5 of '**My Health, Our Future**' (2021) represents the voice of more than 4,500 students across Suffolk. The report found higher incidence of low wellbeing, self-harm, low self-esteem and reports of online bullying and need for support for LGBT*Q+ young people:

1. The data continues to indicate inequality. Some groups e.g. young people from multi-ethnic communities, students with disabilities and LGBT*Q+ young people are disproportionately impacted by mental health and emotional wellbeing concerns.
2. Average wellbeing scores have fallen since 2019.
3. Between 2019 and 2021, young people's average resilience has dropped into a 'low resilience' classification. Students who described their gender in their own way were the least resilient group.
4. Eighty-six percent said their school or college gave them information about mental health, but 43% felt it did not cover things they wanted to learn about.
5. Rates of reported 'current' self-harm have increased since 2019. 9% of young people said they currently self-harm and 16% said they would prefer not to say. Of 339 students

who said they 'currently' self-harm, 175 identified as LGBT*Q+.

Suffolk Health and Wellbeing Board

£2.5 million of COMF funding has been allocated to the Suffolk Health and Wellbeing Board. This funding will enable Board partners to develop a programme that focus on the 'protective factors for Mental Health and Wellbeing' and builds on existing models and projects including the Co-op 'People-Relationship-Place' model, Infolink and Warm Handover, the Emotional Wellbeing Group and the Suffolk Mind 'Your Needs Met' model.

It will include five key areas of focus:

- i. **Measurement of Wellbeing across Suffolk** - to establish a baseline and understand where emotional and physical needs are/are not being met to ensure that support and resource can be targeted appropriately
- ii. **Understanding of Wellbeing** (what is needed for good mental health), and the development of the skills needed to support good mental health
- iii. **Targeted Support and Enablement** (specific group/community level) - to ensure that local provision/current community assets match needs identified for specific population groups, and that individuals are aware of what is available.
- iv. **Universal Support and Enablement** (population level) - to respond to the collective trauma faced by everyone through COVID-19 by promoting resources to support and enable wellbeing at population level.
- v. **Public Mental Health 10-year strategy** - to put in place a long-term plan that changes cultural thinking about wellbeing and emphasises the fact that it is the responsibility of the collective system to support good mental health and not just down to clinical services

Key actions include:

- undertaking a Suffolk wide survey of Public Mental Health to establish a Wellbeing baseline
- using this baseline data and local information to develop a systematic plan of where to invest funding in the protective factors of public mental health
- convene a Public Mental Health Strategy Group to develop a 10-year strategy
- identifying capacity to support the delivery of interventions to promote positive wellbeing
- working with the Health and Wellbeing Board 'Health and Work' group to explore how to support the development of good/supportive managers

East Suffolk overview

Existing activity in East Suffolk includes:

- Three mental health events – at Lowestoft Community Church, Martlesham Heath Community Hall and Riverside Centre at Stratford St Andrew - to be held on 4th, 9th and 16th March 2022 respectively
- 'Boost' Mental Health and Wellbeing grants to be launched at the events (£50,000 pot, grants of between £50 and £5,000)
- The CPB funded Student Life Mental Health Peer Ambassador project in 6 schools
- Beccles, Bungay and Halesworth CP have funded a Mentally Health Towns project in the three market towns
- ESC used its Covid Community Recovery funding to support two programmes of 'Mental Health First Aid Introduction' and 'Working with People in Distress Training' and sponsored 12 places on full MHFA course for VCSE organisations
- Work in secondary schools through the INTs in the south of the District, including a Mental Health working group at Farlingaye High
- Saxmundham and North East INT Mental Health Task and Finish group established and supported by partners
- Mental Health themed 'Connect & Catch-up' session - supported by Suffolk MIND, Kooth and Wellbeing Suffolk

- Christmas card campaign for almost 4,000 residents – details of Mental Health support included
- Working with Suffolk Family Carers on a befriending project for East Suffolk carers who have not engaged recently - to be funded from Covid Community Recovery pot

The three INT Connect spaces in the south of the District all focussed on Mental Health and Wellbeing at their February meetings. The key themes that came out of these meetings were as follows with the top two being the priorities:

- 1. Communication/Signposting**
- 2. Loneliness and isolation**
3. Waiting Well
4. Financial Challenges
5. Parents and families (including pregnancy support and children with older parents)
6. Young People
7. Workforce - caring for MH workforce and access to services outside of 9-5
8. Men's Mental Health 45+

3. Who will benefit from the outcomes?

This outcome proposal sets out our ambitions to develop a programme of activity in East Suffolk that will complement and supplement Suffolk-wide programmes, with a specific focus on community, voluntary sector and business awareness, capacity and skills to engage in this key area of activity. This links directly to the Board's priority around social isolation and loneliness as both can eventually manifest themselves in poor mental health, including anxiety and depression.

The East Suffolk programme will benefit:

- Young people across a range of settings, including schools and colleges, youth settings and families
- Adults through work with businesses (including hairdressers and barbers who often engage in key conversations with their clients), community groups and voluntary organisations
- Those who are isolated and lonely by enabling and facilitating links to communities

4. How will the outcomes(s) be sustained after the funding period (if appropriate)?

The proposals set out in this document build on existing work around emotional wellbeing undertaken by a number of Board partners. The emphasis is on raising awareness and capacity of local groups, organisations and businesses around mental health and wellbeing in a post-Covid world and the programme includes specific initiatives to help local individuals and families to connect to others in their community and to their community itself again, to be more aware of how they can help themselves in terms of maintaining their emotional wellbeing and about pathways to accessing support.

This programme will complement the £50,000 of Boost grants provided by East Suffolk Council and build on the three networking events planned for March 2022.

5. Name of Project/activity that will deliver the outcome(s)

Well Minds East Suffolk - 'Communities and services working together to improve the emotional wellbeing of all residents'

6. Brief description of the project / activity that will deliver the outcome(s).

Whole Population

Project 1 - A user friendly and easy to navigate local **campaign** led by the Board and the eight Community Partnerships (and linked to the work at Suffolk level-led by the Health and Wellbeing Board). The campaign will focus on making it clear how East Suffolk residents can connect to a range of services and support in Suffolk/East Suffolk and in their local community. These include Five Ways to Wellbeing, Take 5 Challenge, Stand Tall and Kickstart initiatives, as well as East Suffolk initiatives and support. The campaign will cover everything from grass roots support for isolation and loneliness to crisis interventions and include specific dimensions/topics such as self-harm, eating disorders and suicide prevention. The campaign will include delivering key messages and offers of support through virtual/online platforms, including the new digital mental health 'hub' being developed for Norfolk and Waveney and the revamped Infolink and consider how to get information to those without digital access.

Cost – £5,000 for printed materials

Project 2 – Co-production between statutory services and VCSE organisations that are part of the three Integrated Neighbourhood Teams (INTs) and Connect spaces in the south of the District and two Primary Care Network (PCN) areas in the north of the District with their Community Partnerships to deliver mental health and emotional wellbeing initiatives to tackle the specific issues in these localities. For example, this could include initiatives to help people to 'wait well' i.e. stay mentally well and resilient during long wait times for treatment, support or an operation, and organisation of awareness raising and/or networking events.

Cost - £12,500 (£2,500 per INT/PCN x five)

Young People

Project 3 – Work with Suffolk Mind to **adapt the 'Your Needs Met' training for schools and those working with/supporting young people** including uniformed group leaders, sports coaches, youth groups, teachers and parents, and deliver this across East Suffolk. Two specific courses – 'Emotional Wellbeing in the Classroom' and 'Emotional Wellbeing for Children's Activities' (16 courses with 16 people on each if on Zoom or 12 people if face to face at £950 per course). Work with the emerging Family Hubs across the District to identify families who would benefit. N.B. Need to ensure added value to the Schools Mental Health programme in Lowestoft.

Cost - £15,200

Project 4 – commission **additional Theatre in Education sessions** around Emotional Wellbeing for Years 6 and 7 in East Suffolk schools in the summer and autumn terms of 2022. The standard offer would be 20 performances at a cost of £175 per school (4 free). The proposal is to boost the offer by 2 additional weeks (20 performances) and to offer all performances free of charge to schools in order to maximise uptake. This would mean 40 free performances in East Suffolk.

The piece will combine great storytelling, performance and music, with key messages about mental wellbeing. It will be designed to enable teachers to open up conversations about mental wellbeing and to explore and promote positive approaches to mental health. It is being produced through a collaboration between New Wolsey Theatre, High Tide Theatre and Theatre Royal Bury St Edmunds and will be an original piece, written by award winning writer, and Ipswich resident, Yolanda Mercy. Suffolk Mind has been actively involved in the development of this project and all schools booking the show will receive some of Suffolk Mind's Emotional Needs and Resources materials focusing on EARLY minds AND will be invited (at no additional cost) to send up to 4 teachers to a two-hour twilight CPD session, delivered by Suffolk Mind.

Cost - £10,300

Project 5 – Pilot small scale projects to support wellbeing in young people (including older young people) e.g. talking café for those aged 16-25 years in Felixstowe. Explore opportunities for young people to hear from people like them with lived experience.

Cost – None (funding can be accessed through Boost programme) and the programme will be promoted through the Communities Officers and Community Intervention Team)

Adults

Project 6 – A programme of additional training for those based in and working in East Suffolk communities. A combination of 'Your Needs Met', The Outsiders CIC/Twelfth Man and The Lions and 'Working with People in Distress' training which would target barbers, hairdressers, shop workers, taxi drivers etc, as well as voluntary organisations and community groups about how to start/have difficult conversations and spot signs of distress.

10 x Your Needs Met in the Community Sessions - £1,140 each = £11,400

Commissioning The Outsiders CIC/The Twelfth Man/The Lions - £8,500

Working with People in Distress – VCSE organisations = £4,500

Cost - £24,400

Project 7 – 'Cuppa and Chat'

Commission one or more VCSE organisations to lead the activities set out in i) to iii) below:

- i) to **convene a virtual Cuppa and Chat peer support network** for those unable to or lacking confidence to venture outside (essentially a virtual 'Meet up Monday'). Could possibly link to digital inclusion projects and use of second-hand technology plus skills development to enable people to participate
- ii) to **work proactively with communities** to encourage local volunteers and existing local groups (including Good Neighbour Schemes and Meet Up Mondays), churches, WIs or village halls to provide the individual support set out in iii) and to enable the face-to-face opportunities identified in iv) below:
- iii) to provide **individual support** for people to get back to face to face engagement in community settings – various stages from telephone/video call support, to home visits (a cuppa in the garden) to supporting people to attend social events or meetings and culminating in the person attending themselves without support
- iv) Ringfence an allocation within the Boost Grant Programme for delivery of face-to-face **Cuppa and Chat projects that enable conversations and connection.** The ambition is to provide a range of opportunities at community level (e.g. community talking cafés, community gardens, walk and talks that end in a café) for people to meet, talk and share their experiences across East Suffolk. Boost could fund the extension of existing activity (Meet Up Mondays, CAFÉ, 'more than a shop', Good Neighbour Schemes, Men's Sheds, Friends around the Table, Repair Café's and other such community projects) or groups that want to offer new opportunities.

Cost – up to £55,000

We know that there is an intrinsic relationship between mental health and debt/money worries – issues around financial inclusion will be picked up through the new Tackling Inequalities Task and Finish Group of the Board which meets for the first time in March 2022. Their initial focus will be on financial inequalities exacerbated by the cost-of-living crisis.

Project / activity START DATE; April 2022

END DATE: March 2023

7. Who is involved?

Who is involved in developing this outcome proposal?

Project / activity lead: East Suffolk Council – Nicole Rickard/Stuart Halsey/Sharon Harkin

Who will deliver the project/activity?	Name: Various
Name of East Suffolk Community Partnerships Board Member supporting the project:	Organisation: Telephone: Email: Name: Chris Abraham

8. Give information about match funding here:		
Source of match funding:	Funding confirmed?	Amount (£)
East Suffolk – Boost Grants	YES	£50,000
East Suffolk Council – Covid Community Recovery	YES	£24,000
IES CCG match-funding for MH projects in 3 x INT areas	YES	£7,500

Total project / activity cost	£203,900
Total of confirmed match funding	£ 81,500
Total amount of Strategic funding required NB to be split across two financial years	£122,400 £63,923 2021/22 £58,477 2022/23

9. Identify where the Community Partnership Board Strategic Budget will be spent:	
Description of activity or item (by who and by when where appropriate)	Cost (£)
1. East Suffolk Emotional Wellbeing Campaign	£5,000
2. Co-production of solutions to local needs with the 3 INTs in the IESCCG area and 2 PCNs in the NWCCG area	£12,500
3. Your Needs Met training for those working with young people – Emotional Wellbeing in the Classroom and Emotional Wellbeing for Children's Activities	£15,200
4. 40 Emotional Wellbeing 'Theatre in Education' sessions for Years 6 and 7 pupils in East Suffolk Schools (in conjunction with Arts Development, SCC)	£10,300
5. Pilot small scale projects to support wellbeing in young people	£0
6. Additional training for businesses and communities – various providers including Suffolk Mind and The Outsiders CIC 10 x Your Needs Met sessions (Suffolk Mind) - £11,400 The Outsiders CIC (TBC)(Businesses) - £8,500 Working with People in Distress (VCSE) - £4,500	£24,400
7. Commission a VCSE organisation/organisations to deliver three levels of Cuppa and Chat	£55,000

10. How will the project / activity be monitored, and outcomes reported (including project risks)?
Each project within the programme will be monitored individually as well as ESC considering the impact of the programme as a whole. Each element will be scoped in detail before submission of the Stage 2 outcome proposal and checked against the Suffolk COMF funded programme to ensure added value and avoid duplication of effort. Progress against outcomes will be captured and reported quarterly.

Community Partnership Board Member Declaration:

I confirm that I support this proposal:

Name: Christine Abraham

Signature:

Date:

Lead Organisation Declaration:

I am authorised and eligible to sign and approve this proposal on behalf of the lead organisation and declare the information included in this proposal is true and accurate.

By signing below, the information you have supplied is being collected to allow us to process your application. By completing this form, you consent to East Suffolk using your information in this way.

I understand that in the assessment of this proposal the Council may share information contained within it, with other core funders for funding programmes we have applied too, relevant Council directorates and committees. If you do not provide your consent, we will not be able to process this proposal. Your information will not be used for any other purpose unless we obtain your consent. Your information will be retained for 4 years. You can request that your information is deleted at any time.

Privacy Notice

Data will be processed and held securely and in accordance with the UK General Data Protection Regulation (and any updates).

Further information about data protection can be found on the East Suffolk Website

<http://www.eastsuffolk.gov.uk/assets/Your-Council/Access-to-Information/Privacy-Notices/Communities-Privacy-Notice.pdf>

Please enter your name below only if you agree to be bound by the terms set out in this form. We will treat this as your signature of the form.

Name:

Signature:

Date:

Please submit this proposal to the Funding Team at grants@eastsuffolk.gov.uk Hard copies can be submitted and returned to: Funding Team, East Suffolk Council, East Suffolk House, Station Road, Melton, Woodbridge, IP12 1RT.