

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

12 October 2022, 10am

Moot Hall, Market Cross Pl, Aldeburgh IP15 5DS

### Partnership Priorities

- Reduce social isolation and loneliness, particularly for carers, older people, and men over 40
- Encourage and enable everyone to more physically active and healthy
- Education, opportunities, and aspirations

### Meeting Goals

1. To agree support for Ease the Squeeze programme and dementia services in the area

Standing Items		Lead	Supporting papers
1	Action Notes	Alli Stone, Democratic Services Officer	Yes
2	Community Partnership Board Update	Nicole Rickard, Head of Communities	Yes
3	Current projects update	Zoe Botten, Communities Officer	None
4	Community issues, including Youth Voice themes	All	Discussion
5	Date of the next meeting	All	None
Meeting Items		Lead	Supporting papers
6	Dementia Services	Zoe Botten, Communities Officer	Yes - Discussion
Focus questions 1. Would you support a coordinated approach to dementia services in the area?			
7	Ease the Squeeze	Zoe Botten, Communities Officer	Yes - Discussion
Focus questions 1. What cost of living projects would you like to support in this area going forward?			

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

**Vice-Chair:** Cllr Julian Cusack (Middleton Parish Council)

**Communities Officer:** Zoe Botten  
[zoe.botten@eastsoffolk.gov.uk](mailto:zoe.botten@eastsoffolk.gov.uk)

**Partnership Organisations:**

East Suffolk Council  
Suffolk County Council  
Local Town and Parish Councils  
Suffolk Constabulary  
Ipswich and East Suffolk Clinical  
Commissioning Group  
Community Action Suffolk  
Leiston Together  
Business Community  
Youth Community  
Environment

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[democraticservices@eastsoffolk.gov.uk](mailto:democraticservices@eastsoffolk.gov.uk)



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

### **Action Notes of the Meeting held on Wednesday 10 August at The Fromus Centre, Saxmundham**

#### Core Membership:

ESC Councillors – Councillor Tony Cooper (Chairman), Councillor Tom Daly, Councillor John Fisher

SCC Councillors – Cllr TJ Haworth Culf

Town and Parish Councils – Councillor Julian Cusack (Middleton Parish Council), Councillor Lesley Hill (Leiston Town Council), Councillor Paul Richards (Snape Parish Council), Councillor Mary Schedrin (Friston Parish Council),

Partnership Organisations – Sharon Cuthbert (Leiston GNS), Di Eastman (IP17 GNS), Chiara Saunders (CAB)

Others present – Luke Bennett (Partnerships Manager), Zoe Botten (Communities Officer), Jo McCallum (Town Development Co-ordinator), Alli Stone (Democratic Services Officer)

Item	Discussion
1.	<b>Welcome and Apologies for Absence</b>  Apologies for absence were received from Helen Greengrass (Leiston Change Manager), Cllr Marianne Fellowes (Aldeburgh Town Council), Caroline Rinder (Leiston Town Council)
2.	<b>Notes of the Meetings of the Community Partnership</b>  The action notes of the meetings held on 18 May 2022 were agreed.
3.	<b>Community Partnership Board Update</b>  Luke Bennett (LB) updated the group on the activity of the Community Partnership Board.

	<ul style="list-style-type: none"> <li>• Recommendations from the Peer Challenge had been put into an action plan which had been shared with the agenda.</li> <li>• East Suffolk was part of a programme on the cost of living crisis, alongside the County Council, Citizens Advice and other local and county wide groups. Proposal forms for the projects coming out of this were being produced this month, and a bid would be going into the UK shared prosperity fund.</li> <li>• Ease the Squeeze website for this project would be launched early August and shared with community groups. Communities would be encouraged to set up projects such as warm rooms and community pantry.</li> </ul> <p>The CP raised the following points:</p> <ul style="list-style-type: none"> <li>• LB confirmed the next step would be to share information with Parish and Town Councils</li> <li>• Anyone interested in hosting a warm room should contact Zoe Botten (ZB)</li> <li>• LB confirmed agencies could share data on those who needed help to a certain extent, but would be aware of GDPR when doing so.</li> <li>• Chiara Saunders raised a campaign encouraging people to cancel their energy direct debits. CAB had been campaigning for people to not do this due to the potential impact on their credit score and other issues. Those who needed help understanding their bills could have help from the CAB and other groups.</li> <li>• Cllr Tom Daly (TD) asked how far the Council could realistically step in and fill the gap, caution was needed on creating the expectation that the Council could solve all the issues.</li> </ul>
<b>4.</b>	<p><b>Current Projects</b></p> <p>A project update had been shared with the agenda, ZB added the following points:</p> <ul style="list-style-type: none"> <li>• Healthy movers projects were starting in September with 7 settings signed up.</li> <li>• Majority of talking benches were in place, when all benches had been installed there would be some communications and information sent out.</li> <li>• Alde Valley High School and Saxmundham High School were signed up to the dental project. Some primary schools were taking part in a similar project being run Suffolk County Council.</li> </ul>
<b>5.</b>	<p><b>Election of Vice Chair</b></p> <p>Cllr Tom Daly nominated Cllr Julian Cusack, this was seconded by Cllr Mary Schedrin.</p> <p>By a unanimous vote, Cllr Julian Cusack was duly elected Vice Chair for the 2022/23 municipal year.</p>

6.	<p><b>Towns Development Programme</b></p> <p>Jo McCallum introduced the Town Development Programme.</p> <ul style="list-style-type: none"> <li>• Programme was focussing on work in Bungay, Halesworth and Saxmundham to support the town centres and build on existing initiatives to encourage growth.</li> <li>• Delivery would be through both the economic development team and the community partnerships.</li> <li>• Currently looking at the expansion of markets, issues with volunteer availability, dementia friendly towns, and looking at setting up pantries and other projects with the cost of living.</li> </ul> <p>The CP raised the following points:</p> <ul style="list-style-type: none"> <li>• What help was available to small business rates when rate relief schemes ended, as this tended to be when businesses had to shut.</li> <li>• Possible pedestrianisation of town centres. This was being considered but was very difficult to do due to the nature of the towns. An update on plans for Leiston town centre would be shared in due course.</li> <li>• The need to balance the requirements of those who had to drive to towns and those who could walk</li> <li>• Transport from the villages to the towns did need to be considered, both public and on demand transport, and cycling and walking routes.</li> </ul>
7.	<p><b>Annual Service Providers Forum</b></p> <p>The task and finish group had suggested holding a forum in October for service providers in the area. Helen Greengrass had identified 140 groups in the area who would be involved.</p> <p>The forum would aim to identify gaps in service and where groups could work together.</p> <p>The Community Partnership agreed that the forum should go ahead, and highlighted the following points:</p> <ul style="list-style-type: none"> <li>• Engaging an external facilitator for the day, to help widen the scope of the forum and bring in a new way of thinking</li> <li>• Organisations which could not attend to provide information packs so that they could still be represented</li> </ul>
8.	<p><b>Action Plan</b></p> <p>A workshop was held to discuss actions for the following year against the CP Priorities.</p>
9.	<p><b>AOB</b></p>

	<p>ZB confirmed that there was an updated data pack for the area which would be presented at the December meeting, a link to the pack would be shared ahead of the meeting.</p> <p>Cllr Mary Schedrin asked where people wanting to start a business could go to understand the process and get support. JM and ZB would share information with the group.</p>
<b>10.</b>	<p><b>Date of the next meeting</b></p> <p>It was noted that the next meeting would be held on the 12 October in Aldeburgh</p>

The meeting concluded at 5.25pm

## **COMMUNITY PARTNERSHIP BOARD UPDATE – 5 SEPTEMBER 2022**

HELD AT: THE CONFERENCE ROOM, RIVERSIDE, LOWESTOFT

### **1 Introduction**

All eight Community Partnerships are represented on the Community Partnership Board by their respective Chairs. The meeting agendas and papers can be viewed [HERE](#)

### **2. Report from the Tackling Inequalities Task and Finish Group**

The Board received an [Update on the Cost of Living Programme](#)

The Task and Finish Group, supported by staff in the Communities Team at East Suffolk Council, had previously developed an outcome proposal focussed on the four key areas for Action identified through an initial workshop held to scope the programme - Money, Food and Essentials, Energy and Fuel and Housing - and £100,000 of funding had been allocated to the programme.

More detail about the proposed approach and funding allocation for each of the key projects were presented at the Board meeting, plus an update on other associated activities as part of the East Suffolk Ease the Squeeze programme, including a roadshow visiting each town in the district in September, October and November. It is also proposed to hold short, virtual briefing sessions for key partners including businesses and Town and Parish Councils about the programme.

Presentation here: [Cost of Living Crisis](#)

Detailed outcome proposal here: [Outcome Proposal](#)

All eight Communities Partnerships, particularly those who have identified tackling the rising cost of living within their revised priorities are invited to consider whether they wish to supplement the funding available at District level with funding from their budget to enable additional activity in their Community Partnership area.

### **3. Focus on Community Partnerships**

The Board received the following update on activity of the eight Community Partnerships: [CP Newsletter](#)

The Board then received a short presentation from the [Beccles Bungay Halesworth and Villages Community Partnership](#) and the [Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership](#)

### **4. Tackling Isolation and Loneliness – Next Steps**

The Board received a presentation and report

Report here: [Tackling Social Isolation and Loneliness - Next Steps](#)

Presentation here: [Tackling Social Isolation and Loneliness PowerPoint Presentation](#)

When the Community Partnerships were formed in 2019, Social Isolation and Loneliness was identified as a priority by seven of the eight individual Community Partnerships and has been

a priority for the Board ever since. The Covid-19 pandemic, specifically the national lockdowns, shone a spotlight on isolation and loneliness and its impacts are still being felt by people of all ages. There is also evidence that significant numbers of people in Suffolk do not feel that it is safe to return to previous groups and activities.

At the most recent Community Partnerships Forum in March 2022, a workshop focussing on Loneliness and Isolation was one of the best attended. The workshop focussed on key data about the topic, including new data relating to loneliness during the pandemic. Some of the key results from this activity had been previously summarised in a report to the June Board meeting and more detail was provided this time.

Board members had a discussion to consider any gaps/additional ideas and each Board member was asked to complete and return a survey on existing activity to tackle isolation and loneliness, gaps and priorities for action.

It was agreed to convene a focus group of residents, reform the Task and Finish Group to consist of Board members and key partners and develop an outcome proposal for the December Board meeting.

## **5. Youth Voice**

The Board received a presentation on some of the key findings from the Youth Voice initiative to engage with young people about what is important to them.

Youth Voice is a district wide forum with a difference that provides a conduit where young people can submit their concerns for their local area and ideas on how to improve it. The main avenue is the Youth Voice form online, however, there is also direct engagement with young people in various settings such as school visits, out of school clubs and high school assemblies.

Key themes that had been raised included:

- Safety on the streets and in skate parks
- Social activities and facilities for young people
- The environment and litter
- Support around mental health, including people students can talk to

There had been considerable progress in relation to some of the concerns raised.

Presentation here: [Youth Voice Presentation](#)

## **6. Transport and Travel Task Group Update**

The Board received a presentation regarding the work of the Transport and Travel Task Group.

It was noted that Transport East, a member of the group, had been requested to review rural transport across the whole of the UK.



The Task Group is working on what can be done to improve community transport in East Suffolk. It had decided to focus on Demand Responsive Transport and BACT had recently launched the 'Lowestoft Buzzabout' pilot in the North of the District. Work is also underway to develop an App. to help improve access to, and use of, Demand Responsive Transport services.

The Board then received an update on the Katch pilot, and it was noted that a new contract had been agreed in May to extend the pilot to the end of the year. There had been a change in subsidy arrangement and a new route added towards Snape.

Presentation here: [Transport and travel Task Group Presentation](#)

## **7: SPOT Wellbeing**

The Board endorsed an outcome proposal and request for £12,600 to fund health and wellbeing courses delivering appropriate exercise, health information and socialising for the over 50s to stay as healthy as possible, both mentally and physically.

Proposal here: [SPOT Wellbeing Outcome Proposal](#)

**LKB September 2022**

Community Partnership Meeting Wednesday 12<sup>th</sup> October 2022

Officer Update Document

**Healthy Movers:-**

10 setting offered the opportunity to take part in the initiative. 7 have confirmed, 2 of those being from the Framlingham and Wickham Market CP, funding to be allocated following their CP meeting. (£8k SCC, £1k ECB underspend, £5k CP) - £2k committed from Fram/WM CP, awaiting confirmation. This funding will purchase additional equipment and merchandise for those taking part.

**Talking Benches**

Talking Benches encourage people to start new conversations with people. They remove the awkwardness that may come from meeting someone new in a public space. With this barrier removed the opportunity for tackling isolation/loneliness increases.

Benches have been delivered to all locations and installed. Will now encourage Town and Parish Councils to promote the locations and use.

**Dental Project**

We have allocated some £1k+ towards this bespoke project that can be offered to the high schools within the patch. AVA have not confirmed they would like to be part of the pilot but hoping this can be revisited. Saxmundham Set keen to be part of this.

Leiston Primary School will be taking part in the SCC Keep Smiling project, fully funded via SCC.

**Early Minds**

Really concerned at the lack of take up by the local provisions. £10k has been allocated to this which will provide support for 5 schools. Take up for this offer has still be challenging. Consider one final push to 5 settings before returning allocated funding to the budget for future projects.

### **Tasking Group – Social isolation and loneliness – update**

Group focusing on:-

1. Creative ways to provide information (work around Info Link)
2. Annual service providers event – purpose (identifying gaps, working together, commissioning services, funding opportunities etc)
3. Data Mapping – Meeting with CAS - Helen Greengrass leading on the mapping of patch
4. Minimum Standards for ALS – what does this look like, what will it include? What will the benefits be?

ALS and Surrounding villiages CP forum to be held on Wednesday 19<sup>th</sup> October 2022, 9am – 2pm The Waterloo Centre, Lesiton. Invitations have been circulated, agenda to follow.

### **Tasking Group – Education, Aspirations and Opportunities –**

Briefing document to be circulated to the CP with details of a potential project from Home Start.

### **CP Priorities Action Plan**

Draft Action Plan for the 3 priorities to be circulated for comment before adopting.

**If there is any support that can be offered to the project or tasking groups by town and parish councils or local groups or services that would be much appreciated.**

Zoe Botten – Communities Officer

29/09/2022

## Dementia Friendly

### Aldeburgh, Leiston, Saxmundham, and Villages

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## Purpose of Report

The purpose of this report is to outline the need to develop a cohesive approach to supporting people living with dementia across the Community Partnership. It explores different models operating across Suffolk and seeks to make recommendation for a coordinator led approach across Aldeburgh, Saxmundham, Leiston and villages.

It should be noted that this report focuses on the voluntary support for people living with dementia at pre-diagnosis, and early post diagnosis, i.e., to support people to live well in their community. This has the outcomes of people living with dementia and their carers to be socially connected to their community to improve their resilience, mental health, and wellbeing.

## 1. Introduction

### 1.1 Dementia

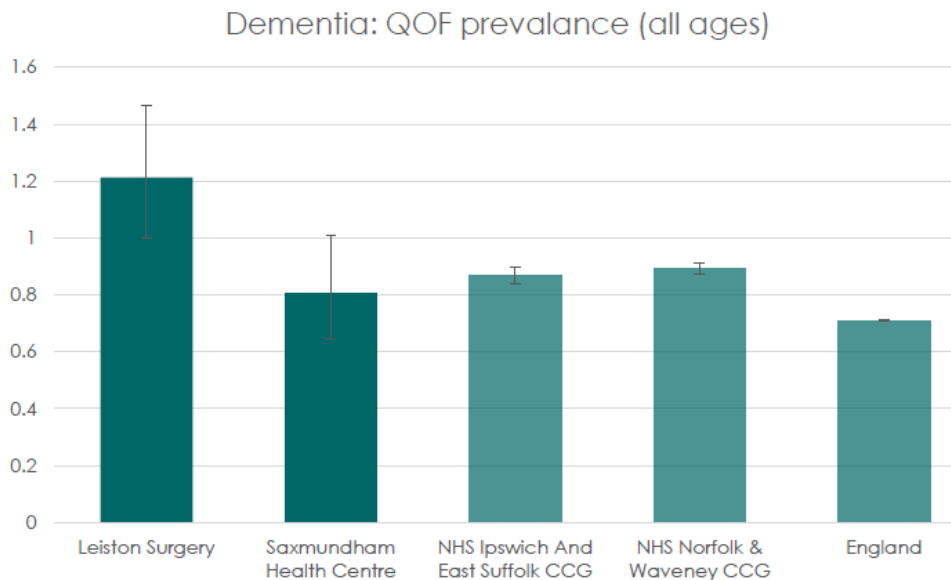
The word 'dementia' describes a group of symptoms that may include memory loss, difficulties with thinking, problem-solving or language, and often changes in mood, perception, or behaviour. Dementia is not a natural part of ageing. It occurs when the brain is affected by a disease. There are more than 100 known types of dementia. The most common are Alzheimer's disease and vascular dementia.

According to the Alzheimer's Organisation<sup>i</sup>

- There are currently around 900,000 people with dementia in the UK. This is projected to rise to 1.6 million by 2040.
- 209,600 will develop dementia this year, that is one every three minutes.
- 70 per cent of people in care homes have dementia or severe memory problems.
- There are over 42,000 people under 65 with dementia in the UK.
- More than 25,000 people from black, Asian and minority ethnic groups in the UK are affected.

### 1.2 Estimated Numbers of People Living with Dementia

England	900,000	Predicted to rise by 2040 to 21,000
Suffolk	13,000	



Prevalence of dementia is higher than the national average among patients Leiston Surgery. The estimated prevalence of dementia is also higher at Saxmundham Health Centre, but not statistically significantly so

Source: Quality and Outcomes Framework (QOF). Accessed via [fingertips.phe.org.uk](https://fingertips.phe.org.uk)

With >13,000 people living with dementia in Suffolk, and a high prevalence in Leiston and Saxmundham, it is essential to socially connect people living with dementia and their carers to improve their resilience, mental health, and wellbeing.

### 1.3 Social Isolation

People living with dementia report negative psychological and cognitive effects and are amongst the most isolated and vulnerable within our communities. Lack of social interaction increases feelings of isolation, loneliness, and reduced self-worth. Alzheimer's Society encourage communities to be dementia friendly so that people living with dementia (including their carers) can continue to live well and engage in social interaction in familiar surroundings (cafes, libraries, open spaces).

## 2. Existing Support

### 2.1 Suffolk – Dementia Connect, Alzheimer's Society

(Was Dementia Together run by Sue Ryder)

Dementia Connect is Alzheimer's Society's personalised support and advice service for anyone affected by dementia. It is a free, easy to access, and will put people in touch with Alzheimer's Society's dementia advisers. Through Dementia Connect expert dementia

advisers will listen, help with all dementia-related questions, and connect you to the support you need, from local help to phone and online advice.

Corinne Longland-Malam is the newly appointed Dementia Connect Local Services Manager for Suffolk alongside Wendy Hall and Angela Steggles as new Dementia Advisors covering East Suffolk.

[Corrine.LonglandMalam@alzheimers.org.uk](mailto:Corrine.LonglandMalam@alzheimers.org.uk)

Dementia Connect are currently recruiting for a Community Engagement post.

## **2.2 Across the Community Partnership**

A recent mapping exercise of over 200 community groups across the Community Partnership shows a lack of dementia specific support from the voluntary sector.

## **2.3 Current initiatives**

**Suffolk Dementia Action Partnership** [Dementia Action Partnership - Healthy Suffolk](#)

Over 30 different organisations have met over the past year and are working on a strategy to be completed in 2023. The strategy will be centred around 5 key themes:

1. Co-production – redesigning pathways from diagnosis to end of life
2. Dementia training/skilled workforce
3. Dementia Friendly Initiatives
4. Collaboration – stronger working relationships/sharing best practice
5. Proactive Support – social opportunities, funding, support groups

The Partnership are currently recruiting a 2-year fixed term post to support the development of the strategy.

### **Suffolk and Northeast Essex Dementia Forum (SNEE)**

A partnership that has 6 Task and Finish groups to work on various aspects of dementia at more grass roots level. SNEE Forum feeds into the Suffolk Dementia Action Partnership.

1. Memory Assessment & Diagnosis
2. Carers
3. Dementia Friendly Communities
4. Information & Advice
5. Prevention
6. Workforce

Also currently looking at intergenerational projects e.g., Archie the Scarecrow

The Archie Project is an exciting intergenerational dementia awareness project that links local primary schools, care homes, sheltered housing schemes, businesses, services, and community members to dispel the fear and stigma often associated with dementia and create more dementia friendly communities.

[The Archie Project - Dementia Friendly Communities - Alzheimer's Society - YouTube](#)



### **3. Models supporting people living with dementia across Suffolk**

#### **3.1 Dementia Action Alliances (DAAs)**

The Dementia Action Alliance (DAA) was launched in 2012 as part of the Prime Minister's Challenge on Dementia. DAA's aims to improve the lives of people living with dementia and their carers through coordinated local action. A Local Dementia Action coordinates action and is recognised as dementia friendly community via the Alzheimer's Society's Recognition scheme.

DAA's are a voluntary collaboration and have been responsible for raising awareness of dementia:

- encouraging businesses and voluntary organisations to be more dementia friendly
- recruiting volunteer dementia champions to deliver information awareness sessions
- encouraging individuals to become dementia friends and committing to action/s to raise awareness of dementia in the community.

Most dementia initiatives across Suffolk have been developed through the DAAs including the services provided by the Good Neighbourhood Scheme in Leiston.

**NB:** Alzheimer's Society have recently changed their model to recruit volunteer Ambassadors to fundraise rather than champion greater awareness of dementia and promoting dementia friendly towns and communities who can no longer apply to be a Dementia Action Alliance.

The Suffolk Dementia Action Partnership is currently reviewing the old Dementia Friends and Dementia Friendly Community model and working toward a local model for dementia friendly Suffolk expected to be available in Autumn 2023.

**There is no doubt that raising awareness of living with dementia and supporting communities to be more dementia friendly remains a key need. However, a more urgent and pressing need is to re-engage and kickstart the voluntary support groups who are key to providing social interaction and social connection.**

Checking the DAA website there appears to be active DAAs in Newmarket, Ipswich and Needham market and Inactive Daas in Bury St Edmunds, Felixstowe, Haverhill, and Stowmarket.

### **3.2 Hour Community, Framlingham [Forget Me Not Club | Framlingham | Suffolk \(hourcommunity.co.uk\)](https://forgetmenotclub.co.uk/)**

Hour Community's Forget Me Not Club is a dementia friendly lunch club run by some fantastic volunteers who provide a whole host of activities and entertainment to over 30 people each month. The Forget Me Not Club is a place to come and meet new people, socialise, eat, and enjoy activities with others, in a safe and welcoming environment.

### **3.3 The Debenham Project [The Debenham Project – Welcome \(the-debenham-project.org.uk\)](https://the-debenham-project.org.uk/)**

Dedicated to giving practical and emotional support to all in the Debenham area who care for those with dementia. The Debenham Project aims to help all those families in the area who are having to cope with the impact of dementia on their lives - to offer them the practical and emotional support which can make "living with dementia" a better place than when they were "on their own" - to show that that their community cares and wants to support them in their difficulties - and that there are those around them that have "been there" and understand the problems and emotions that they are going through.

### **3.5 Memory Lane, Felixstowe**

The Felixstowe Dementia Action Alliance was set up in June 2015. It had 3 areas of focus to support people with dementia:

1. Ensure the sustainable future of a local support group
2. Clear signposting to support agencies
3. Raise awareness of dementia

By 2019 the FXDAA had established Memory Lane Support Group providing a weekly support group to approx. 30 people with an emphasis on providing stimulating and engaging activities. It had achieved 800+ Dementia Friends, 148 Digital Friends, 12 Dementia Champions, and 40 Alliance Business Members.

In 2019 the FXDAA revisited its terms of reference and developed a delivery plan, however due to Covid the plan has not been possible to action to date. The long pause in FXDAA delivery led to a loss in momentum and provided an opportunity to reflect on the purpose and future of FXDAA. As a result, going forward, the FXTDAA has been dissolved, moving away from a national umbrella and framework to a local model working for, and with, local people affected by dementia. Whilst the support group had acted on an entirely voluntary



basis it was felt that the clients – people living with dementia – would benefit from an experienced and trained dementia support worker, especially when families were moving into crisis, and a more structured approach to the activities. It has since entered a collaborative agreement with Home Instead, a home health care service, and has secured funding for a paid trained coordinator. Within this model it has opened a second Memory Lane in Trimley St Mary responding to increasing need across the Felixstowe Peninsula.

### **Leiston-cum-Sizewell Dementia Support Group and Good Neighbour Scheme**

The Leiston Dementia Project started in 2017, again as a local DAA and recognition for being a 'Dementia Friendly Community' under the Alzheimer's Society scheme. The project also had an objective which was about improving support networks for people living with dementia and family carers. This led to setting up the Leiston Good Neighbour Scheme in 2018 with the help of volunteers. The scheme provides support to a wide range of people in the area including people living with dementia. It also provides a drop-in centre at Leiston Town Council.

It continues to work with other providers e.g., the sessions at the Waterloo Centre run by young musicians from Britten-Pears.

### **Community Partnership Recommendations:**

To agree a coordinated approach to Dementia Services in the Community Partnership area.

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<sup>i</sup> [Facts for the media | Alzheimer's Society \(alzheimers.org.uk\)](https://www.alzheimers.org.uk/facts-for-the-media)

## How are we helping East Suffolk residents to manage the rising cost of living?



**EASE THE SQUEEZE** EASTSUFFOLK COUNCIL

**ARE YOU, OR SOMEONE YOU KNOW, WORRIED ABOUT THE COST OF LIVING?**

We are helping East Suffolk **Ease the Squeeze** on the cost of living by making it easier to access the support available.

If you can't access the website at home, you can contact us by phone on 03330 162000 or we have **digital champions** who can help you to get on line.

Appointments are available at the Marina Centre on Tuesdays and Thursdays (10am – 4pm) and at desks within Halesworth, Aldeburgh, Woodbridge and Felixstowe libraries, please call 03330 162000 to book.

For information about cost of living support visit:  
**[WWW.EASTSUFFOLK.GO.UK/SQUEEZE](http://WWW.EASTSUFFOLK.GO.UK/SQUEEZE)**

We have set up new pages on our website to provide information, advice and links to organisations that can help:

[Ease the Squeeze on cost of living » East Suffolk Council](#)

We have developed a contact form for people who need help to access food and essential household items, to manage their money and with housing issues:

[Cost of living referral - My East Suffolk](#)

We have three Financial Inclusion Officers who can help with benefits checks, grant applications, budgeting, advice about debts and general money support. If debts are multiple or complex, we will refer on to our close partner Citizens Advice East Suffolk.

### The East Suffolk Ease the Squeeze Programme

We held a series of workshops over the summer for staff, Councillors and partners to identify challenges, map existing activity and new ideas against our four priority themes:

- Money
- Food and Essentials
- Energy and Fuel
- Housing

More than 70 new project ideas emerged from the workshops, from which 12 priority projects were identified. East Suffolk Council has committed more than £300,000 to the Ease the Squeeze programme to date and we are hoping to secure more funding. We want to work with public sector partners, Town and Parish Councils, local voluntary organisations, community groups and businesses to deliver the best support that we can to residents.

We are holding 17 money roadshows – at least one in each town in the District between September and November 2022.

**Read on to find out more about the 12 projects...**

## Warm Rooms

**Warm Rooms** were successfully piloted in Bungay last winter and involve a community venue opening for use by local residents. We will provide grants to cover heating, lighting and basic refreshments for a minimum of three warm rooms in each Community Partnership area. Ideally some of the Warm Rooms will be sponsored by/provided by local organisations and businesses. Where possible, we will try to combine Warm Room provision and existing activities to make budgets go further.

Warm Rooms enable people to stay warm without increasing their own energy bills and provide an opportunity to connect with others in the community, reducing isolation and loneliness, and for agencies to work with them to offer help and advice on everything from reducing their energy costs to managing their money. We are also working with the Rural Coffee Caravan to identify and support Warm Spaces in rural communities across East Suffolk.

**Target** = at least two large and one small Warm Room per Community Partnership area.

**Cost** = **£69,300 per year** (£8,700 per Community Partnership area, double in Lowestoft) **UKSP Project** plus **£15,000** for rural Warm Spaces in East Suffolk to be identified and supported in conjunction with Rural Coffee Caravan

**Our Offer** = £2,860 for a large Warm Room (£65 per six-hour session) and £1,980 (£45 for a six-hour session) for a small Warm Room, twice a week (minimum), 6 hours a session for 22 weeks between mid-October and mid-March. There can be flexibility on the time and length of session, depending on the circumstances.

### Our Ask

- Help us to identify potential Warm Room locations, providers and sponsors
- Help us to promote Warm Rooms to the local community and share ideas to maximise their potential
- Sponsor a Warm Room (see costs above)
- Donate tea and coffee or other items (e.g. games, biscuits etc.) for a Warm Room
- Volunteer in your local Warm Room

## Food Network Coordinator

We will build on the 2021/22 pilot in Lowestoft (funded through the Suffolk Collaborative Communities Board) and recruit a **Food Network Coordinator** who will establish a Food Network covering the whole of East Suffolk, working alongside the existing Lowestoft Food Network. The aim is to:

- Open up food pathways by bringing together foodbanks, pantries, suppliers and producers to ensure better co-ordination, fair distribution of food, less waste, increased sustainability and more visibility for local food producers and businesses
- Give individuals, families and communities access to sufficient key food items in accessible locations via food banks and other food projects, including Community Pantries, to improve health and wellbeing and reduce anxiety

**Target** = Food Network Coordinator in post for 2.5 years working across the district

**Cost** = **£103,738 for a Coordinator for 2.5 years.** **UKSP Project**

**Our Offer** = The Coordinator will work with Town/Parish Councils and local groups to identify opportunities to increase access to food, including locations for Community Pantries, and with food providers and suppliers to increase food supply.

### Our Ask

- Work with the Coordinator to identify new sources of excess food in East Suffolk
- Donate unwanted food and other essential items, including baby and pet food, through the Food Network to ensure it reaches the places it is most needed.

## Community Pantries

The Food Network Coordinator will work with the Communities Team and local communities to identify locations for **Community Pantries**. Community Pantries developed through the 'Your Local Pantry' franchise are run by local community organisations, churches or village halls. They have a membership from the local community who each pay a set amount (normally £3.50 - £5.50 per week) for a set number of items, plus any additional items donated by the local community.

The first 'Your Local Pantry' in East Suffolk, the Kirkley Pantry in Lowestoft, is going from strength to strength with almost 150 members and an associated café. We are exploring the idea of a mobile Community Pantry that can cover multiple, more rural, locations. Community Pantries are a proven model that deliver significant economic, social and environmental benefits, with each family saving between £500 and £750 a year and each pantry reducing food to landfill by 2.5 metric tonnes.

**Target** = at least one Pantry per Community Partnership area (there is already one in place and two in development in Lowestoft)

**Cost** = £31,500 for 7 Community Pantries **UKSP Project**

**Our Offer** = £4,500 per Community Pantry to cover Year 1 franchise fee, fridges and freezers, racking and till

### Our Ask

- Help us to identify suitable locations and host organisations for Community Pantries
- Help set up a donation scheme locally (through the Food Network Coordinator) to ensure a steady flow of donations
- Sponsor your local Community Pantry
- Promote your local Pantry to your local community
- Donate food and other essential items to your Pantry
- Donate (or sponsor) electrical goods to your local Pantry (fridge, freezer etc.)
- Volunteer in your Community Pantry
- 

## Community Fridges: Hubbub Foundation/Co-Op

If you are a not-for-profit organisation, would prefer to set up a Community Fridge for your neighbourhood and are intending to do so within six months and sustain it for at least three years, you could apply for funding from the Hubbub Foundation and Co-Op.

They are looking for applications in regions with a sparsity of Community Fridges – which includes Suffolk/East Suffolk - and will prioritise Community Fridges that support groups in areas with high levels of multiple deprivation.

Each successful applicant will receive £3,000 to cover the initial costs of setting up the fridge, and a further £1,000 one year after opening. **Deadline to apply is 30 October 2022.**

**Web-Site for details/applications** [Community Fridges | Hubbub Foundation](#)



## Handyperson Scheme

This project will install low-cost energy efficiency measures in the homes of people on low incomes or with health conditions, who live in private rented or owner-occupied housing, cannot carry out the work themselves and cannot afford to pay for someone else to do it. People who can afford to pay for the work will be able to benefit from access to trusted traders.

A **network of 'handy people'** across the district, who can fit low energy LED bulbs, draught-proofing for windows and doors, reflective panels behind radiators, curtains, chimney balloons and loft-hatch covers, will be identified. The support may open up access to other schemes such as the Warm Homes, Healthy People project, Surviving Winter Fund and Green Homes Fund

**Target** = The projects should result in reduced energy losses and **warmer homes for up to 900 households** across an 18-month period.

**Cost** = **£94,560** for an 18-month project

**Our Offer** = Local groups and projects can refer people into the Handyperson scheme

### Our Ask

- Promote the scheme across East Suffolk to help people stay warm this winter
- Help identify specific homes where residents might benefit
- Sponsor or donate energy saving kit e.g. LED light bulbs
- Identify local tradespeople who could be part of the East Suffolk Handyperson Network

## Cooking on a Budget classes

We are funding **Cooking on a Budget classes** aimed at giving families the skills and confidence to cook healthy, balanced meals on a tight budget. Ideally these classes will include some locally grown ingredients – potentially those grown from the Field to Fork starter kits (see next page)!

Participants would eat together following the 'Cooking on a Budget' class and receive take home family food packs and recipe cards to enable them to practice their new found skills. They will also be encouraged to stay in touch with each other for ongoing support. We would like to evolve the Cooking on a Budget sessions into 'Cook and Share' sessions in community venues (F23) as people become more confident in their cooking skills. Participants could also access a piece of low energy cooking equipment (see below).

**Target** = **32 workshops** in two phases – **at least four classes per Community Partnership area**

**Cost** = **£17,304 per year UKSP project**

**Our Offer** = Four classes in each Community Partnership area

### Our Ask

- Provide or help us to identify a venue for the workshops
- Sponsor a 'Cooking on a Budget' session or series of sessions in your local area
- Sponsor or donate the ingredients for one or more session
- Help us to promote the sessions to target families and individuals

## Low Energy Cooking Kit / Kettle Packs

ESC Officers have identified that a proportion of the population don't have the facilities and/or cannot afford to heat food and are therefore living off sandwiches and cold food. This project will involve purchasing a stock of energy efficient **microwaves**, small and large **slow cookers** and one and two ring **electric hobs** for distribution. We will provide an energy card alongside the items to help mitigate any additional energy costs and a relevant recipe book to accompany their new equipment. We'll also provide an email address and phone number for ongoing support with using their items.

We will also be providing '**kettle packs**' of food items for people who only have access to boiling water from a kettle and for various reasons can't use the cooking items above. The need for this was proven through the Access Community Trust pinkorange project during the pandemic.

**Target** = **90 Slow Cookers** (50 large and 40 small), **50 Hobs** (25 two ring and 25 one ring), **40 microwaves** and relevant cookbook for each item of equipment initially. **100 Kettle Packs** initially.

**Cost** = **£9,492**, Kettle Packs funded through SCC

**Our Offer** = We will identify people who would benefit and take referrals so do let us know if you have anyone in mind. We will hold stock for distribution or can provide you with stock if you would like to hold a set.

### Our Ask

- Help us to promote the 'low-cost cooking kit' scheme
- Identify individuals who would benefit
- Sponsor or donate new electrical items or energy vouchers
- Support and encourage people to use their item
- Sponsor or donate food items for the kettle packs

## Comfort Food

**Comfort Food** is based on the Thin Ice project run by Access Community Trust at Sam's Café in Lowestoft last winter. We are looking for up to four local cafés in each Community Partnership area who will receive funding to provide a hot meal and drink on presentation of a Comfort Food card. These cards will be distributed by selected partners including food banks, Citizens Advice East Suffolk, Disability Advice Service and Disability Advice North East Suffolk, Town and Parish Councils and ESC staff.

Residents will be encouraged to participate by donating a meal/drink for someone else in the community as part of a 'pay it forward' initiative. We will also be seeking sponsorship from other local businesses. This project benefits local food businesses as well as the individuals and families who access the hot meals and offers an opportunity for our Financial Inclusion Officers to engage with residents about other ways in which we can support them to manage their money.

**Target** = **at least four Comfort Food locations per Community Partnership area** (there is already one in place at Sam's Café in Lowestoft)

**Cost** = **£32,200 per year**

**Our Offer** = Up to £1,000 per Comfort Food venue (£500 to be paid up front) x four Comfort Food locations per Community Partnership area

### Our Ask

- Help us to identify suitable food businesses to host Comfort Food and encourage them to participate
- Sponsor a set number of additional meals/drinks at your local Comfort Food location
- At an individual level, donate a meal and drink for someone else in the community

## Field to Fork

**Field to Fork** involves providing starter growing kits to residents in 23 of the most deprived areas of the district to inspire, educate and enable people to grow their own fruit and vegetables. The kit will include recycled plastic window planters, seed packets, compost, gardening gloves, tools and full instructions.

Alongside the starter kits to increase interest in the idea of 'grow your own', we will provide small grants to community farms/allotments/gardens to make additional space available to local residents for larger scale grow and eat activities.

**Target** = **1000 growing kits** across the 23 most deprived LSOAs and **at least eight grants** to Community Gardens/Allotments per annum

**Cost** = **£26,190 per year** **UKSP Project**

**Our Offer** = Grants of up to £2,000 per Community Garden/Allotment to help local people to grow their own food together and Starter Growing Kits for some of your most vulnerable residents

### Our Ask

- Help us to identify new community spaces where food could be grown and groups and individuals who could support growing projects e.g. by advising new growers
- Sponsor a community growing space
- Help us to promote the growing kits to our target families
- Encourage local people to donate excess food and seeds
- Sponsor the growing kits (£50 per kit) or equipment for the growing spaces (e.g. spades, seeds, plants, gloves)

## Winter Warmth Packs

Building on the work of the Warm Homes Team last winter, we are proposing to work in partnership with Access Community Trust to develop expanded Winter Warmth packs which can be posted out/delivered to residents. Recipients will be able to choose from a menu of items, depending on their circumstances and needs, up to a maximum value of £50. Options will include a duvet, fleece blanket, hat, gloves and scarf, LED light bulb pack and letterbox, window and door draughtproofing strips and heated items e.g. hand warmers, heated blankets or heated seat warmers.

A bid is being submitted for a Suffolk-wide offer, but the ETS funding will boost (from 110 to 310) the number of packs available in East Suffolk for residents of all tenures. We are also exploring additional heated items that can be included in the packs or provided separately e.g. hand warmers, heated vests and/or heated blankets.

**Target** = **310 Winter Warmth Packs** if SCC funding secured, 200 Winter Warmth Packs if just ES funding

**Cost** = **£11,500 per year**

**Our Offer** = **Funding for Winter Warmth packs and their administration.** Local groups and projects can refer people for a Pack

### Our Ask

- Help us to promote the Winter Warmth scheme and refer people in
- Identify additional items that could be part of the Winter Warmth Packs
- Sponsor/donate items to be included in the packs
- Encourage businesses and organisations to donate items

## Uniform Banks

The cost of a school uniform per year can be up to £315 per child and it is estimated that 1.4 million items of school uniform are thrown away each year. The aim is to build on existing successful **School Uniform Banks** such as those in Lowestoft and Beccles to develop a network of uniform banks across the district (at least one in each Community Partnership area).

Following a scoping exercise to ensure that we understand what is already in place through schools and community groups, we will identify potential locations and host groups. New clothes banks will be provided with a grant to set up the uniform bank, including for racking, storage and publicity but the host location will cover rent and bills. Where banks are already in place, we will provide a voucher for shoes and possibly shirts and adhesive labels for clothes to stop them going astray.

**Target** = at least one Uniform Bank per Community Partnership area (in addition to the Lowestoft and Beccles ones)

**Cost** = £21,000

**Our Offer** = £3,000 per Community Partnership area (six CP areas) for each new Uniform Bank, to include equipment, promotion, vouchers for shoes and vouchers for labels, and £1,500 for existing Uniform Banks for vouchers/additional stock (two CP areas)

### Our Ask

- Help us to identify a host location for a Uniform Bank
- Sponsor or donate items for the Uniform Banks and/or vouchers for shoes
- Help promote donation to the Uniform Bank
- Volunteer in your local uniform bank



## 2022 Action Plan

*Patch Aldeburgh, Leiston and Saxmundham*

### Priorities, Objectives & KPIs – eg/...

Priority	Smart Objectives	Indicators of change/ KPIs
Reduce social isolation and loneliness particularly carers, older people, and men over the age of 40	Increase the number of groups available within the community partnership offering support to carers, older people and men over the age of 40 by XX% March 2023	Identify how these barriers can be overcome and assess the increase in overall attendance (DATE)
	Identify and use the best methods of promoting local groups to increase group membership/attendance by xx%, with a particular focus on rural communities and those without digital access, by March 2023.	Identify the increased methods of promotion and monitor overall attendance.
	Work with existing groups to map service provision post covid. CAS to support T&F group to map provisions within the patch. Paying particular attention to gaps in services for more rural communities.	Provide a full overview of services available.
	Commission at least one new service to address the gaps in provisions for specific groups that are identified through the CPs and attending partners at the community event.	Host a community group/ service event for partners to come together within the patch to identify gaps in service, produce a forward work plan with possible 'pledge' to encourage better promotion. October 2022 – measurement of pledge
	Support the creation of a dementia service in Saxmundham to deliver a programme of events to at least 10 people and their carers by March 2023	Commission at least 1 service to address an identified need for the CP patch
	Identify xx 'quick wins' to address issues around loneliness and social isolation. Eg [ie/ a number] Talking Benches to be installed throughout then CP supported	Dementia group created to support carers as well as those diagnosed with dementia in Saxmundham.
		Once all installed, promote/ launch purpose of the bench, monitor use and request feedback from the community to support need and success.

	<p>by marketing of the locations and purpose of the facility.</p> <p>Improve access for rural communities to attend groups by supporting the costs of 4 appropriate volunteer driver's licenses by April 2023.</p> <p>Use the knowledge of social prescribers, dementia project etc to help with the identification of need and success of project especially for hard-to-reach groups</p>	<p>Support organisations with the request for volunteer/ paid drivers. CP to support costs of appropriate licences (? 4 recruited and trained by April 2023)</p> <p>Monitor the provisions and attendees from men between the age of 40-60 years with the view of being and increased figure.</p>
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## Risks/challenges and mitigation

Risks/Challenges	Mitigation
Funding or available resources to expand services	Support existing services to help address gaps or barriers. Work with the funding team to identify opportunities.
Information is not regularly updated and available consistently	Town and Parish councils to take more of a lead to ensure the take responsibility of website, newsletters etc.
Services not available to commission	XX
Dementia project commissioning – expanding existing services –	Requirement for the dementia services to be streamlined across the patch. Working with Nicole Rickard and Helen Greengrass to develop a model
Transport opportunities from existing providers (CATS/ The Wardens) non availability, lack of volunteers	Volunteering strategy – use guidance to support increase in recruiting volunteers. Work with providers to see if the CP can support with the promotion and funding for the appropriate licensing etc

## Additional goals

Goal	Actions
Groups and services working together, sharing resources and expanding existing services	Patch conference October 2022
Talking Bench Promotion/ openings	To be developed once installed
Volunteering project??	Be clear on what is required

## Key partners to work with (existing or required)

Partner	Reason
CAB, Town and Parish Council, CATS, The Wardens, PPG, INT, Dementia	Direct contact with groups or service users.

Group, GNS, Social Px, GPs, The Art Station, Fromus Centre	

## Quarterly Activity Summary

Q1	Q2
<p>T&amp;F Group – established. Development of a forward work plan – including service provider annual event ALS</p> <p>Talking Benches being installation.</p> <p>Development of the work plan and those involved to be identified to take projects forward</p>	
Q3	Q4

# 2022 Action Plan

*Patch Aldeburgh, Leiston, Saxmundham and Surrounding Villages*

## Priorities, Objectives & KPIs – eg/...

Priority	Smart Objectives	Indicators of change
Education, Opportunities and Aspirations	This priority runs through that of the other 2. Without the opportunities or indeed the aspirations, there will be no opportunity for growth.	Projects or commissioned activities to address the identified concern/ opportunity for the future benefit of the individual or community.
	Work with Schools to identify areas of difficulty or where community investment would be beneficial	EFIO – referrals for support and outcomes
	Duke of Edinburgh offer for harder to reach young people due to funding.	Child care provisions locally (not a CP priority but has a knock on effect)
	Working with business to support the upskilling of young people in key skills i.e. communication, working life	Feedback from Students Youth voice School/ Student council Young person representative to attend the CP meeting
	Employability skills sessions – expand offer for within schools. Both high schools to sign up – targeting 1000 students	
	Encouraging Economic Development team to be more actively involved with the CP, schools, colleges, employers	Social mobility
	Adult education opportunities and accessibility	

## Risks/challenges and mitigation

Risks/Challenges	Mitigation
Engagement	Working with agencies already have the engagement of stakeholders
Capacity/ Curriculum constraints	
Identifying opportunities	
Financial restraints	Making use of financial support opportunities. Low/ zero cost training opportunities. Evenings and weekends

## Additional goals

Goal	Actions
Readily available opportunities without fear for those delivering or receiving the opportunity.	

## Key partners to work with (existing or required)

Partner	Reason

## Quarterly Activity Summary

Q1	Q2
Q3	Q4

## 2022 Action Plan

*Patch Aldeburgh, Leiston, Saxmundham and Surrounding Villages I*

### Priorities, Objectives & KPIs – eg/...

Priority	Smart Objectives	Indicators of change
Encourage and enable everyone to be more physically active and healthy.	Map the groups and services currently available within the CP.	Expansion of groups and services, (locations, number of sessions etc)
	Support the promotion of the clubs to increase participation. Encourage those involved to use existing advertising opportunities. (Park Run)	Work with the local town and parish councils to promote activities through their existing methods. Perhaps offer discount vouchers to help record how individuals have heard of the group.
	Engage the support of Social Prescribers to advise the CP as to what the community are asking for	Work with existing groups to explore shared use of facilities, transport opportunities. Increase in rural offer previously not available
	Ascertain the barriers for groups and services to offer sessions or encourage more to become involved (transport)	
	Commission one new service to deliver a activity within specific age groups	Increase in number of those attending activities. Community requesting particular activities.
	Support the promotion of holiday activities for young people	Use existing data for those attending holiday activities to increase future participation. Ensure there are a range of activities that include health, activity and nutrition.
	Work with existing providers around loyalty schemes and promotions to encourage participation/ taster sessions.	Engage groups/ services to sign up to a loyalty scheme/ taster session. Gather data to advise if this has been successful.
	CP to work with the INT on projects and overlapping priorities	INT and CP to support at least one joint initiative based on the priorities
	Hold at least 1 activity in a school setting focusing on family cooking/ budget/ healthy eating	Use questionnaires and anecdotal evidence to gauge the success and or appetite for future family cooking sessions.
	Focus/ promote Cycle and walking strategy for our CP. Event with schools to encourage walking to school (safety) Incentive opportunities	Event/ publicity regarding Cycle and Walking strategy. (safety measures to be put in place).





## Risks/challenges and mitigation

Risks/Challenges	Mitigation
Constant changes for groups and services	Encourage groups and services to advise local area to changes and what is available. I.e., town and parish council website and publications
Being unaware of what is required, requested and available	Continue the working relationships with key stakeholders i.e. social prescribers. – support of commissioning of services
Transport	Provide information to the board regarding transport issues. Groups working together and making use of existing opportunities (CATTS/ School minibus)
Advertising, promotion	CP to create guidance for groups and services to promote services.
Duplication	Ensure that the work of the INT/ Board/ CP and other activities around supporting families is co-ordinated. Take advise from those leading on strategy promotion etc.
Funding/ Engagement – for schools projects	
Mobility considerations/ disabilities	Ensure there are Equality Impact Assessments to ensure available to all.
Safety	

## Additional goals

Goal	Actions
Inclusivity	
Increase in activities and engagement	
Education and awareness	

## Key partners to work with (existing or required)

Partner	Reason
Town and parish councils, Cyds, schools, CAB, CATS, PPG, Dementia projects, GNS, Social Prescribers, The Art Station, Fromus Centre	Well know within the community, existing knowledge, and engagement
Ultimate boxing, Footstars, Leisure Centre, Waling/ Cycling Strategy leads	Support activities, increase learning opportunities.

## Quarterly Activity Summary

Q1	Q2
Q3	Q4





### **Introduce your group project.**

HSIS aims to a further support Group for parents with children with additional needs. Currently, we have a virtual Group already running on-line monthly for 1 hour; this new funding would allow us to expand our offer and run an additional new SEN group specifically to service the geographic area of Leiston, Saxmundham and Aldeburgh. Families have been requesting that virtual group work revert or evolve to 'face to face' work again as the pandemic restrictions have been lifted and the need for 'live' meet ups and their benefit to both a parent and to a child's social learning, interaction and engagement were even more evident. This new SEN offer would allow 10 places at each fortnightly Group; this is likely to aligned by age range of the children; with us not capping the number of times a family can attend, we are looking at supporting a combined minimum of 15 to 20 families across the eight months of the project funding.

### **How do you know that this group is needed?**

Meeting with a member of the East Suffolk Council SEN Referrals Team confirmed our understanding that there is a huge need in this area of the county. Of their own Referral Lists 64% of Open referrals being around a child with unmet SEN needs and 45% of Waiting referrals are around a child with unmet SEN needs. HSIS has seen both a greater number of referrals and of increasing complexity of cases and by far the majority of referrals are through the professional routes via health, education, early years services. East Suffolk Council have been mapping assets and their Saxmundham, Aldeburgh and Leiston Partnership has highlighted both the lack of provision and high referral rates. Parental support group work is very limited, even Suffolk Family Pathway has a waiting list, and a family would only be eligible for six sessions. Of particular need, is for support for parents of school years 5 and 6; by this point a SEN child may already have become a school refuser, NEET or isolated through home education; potentially then culminating in anti-social behaviour. Commonly, those with ASD, ADHD and moderate learning difficulties are on the associated Waiting Lists. Even previously existing groups, such as "Little Stars" for younger children is no longer running in the area and the Community-led "Smile Café" which had weekly SEN and summer holiday activities, was not resurrected after the pandemic. Thus, even those children eligible to an allocated personal SEN budget, presently have no groups to access.

Scrutiny of 2019 Indexes of Deprivation, supports the focus for HSIS to concentrate on expanding its capacity around the Leiston hot spot; with the proposed Group being centred at the Leiston Family Hub - there is public transport routes directly to this location, including from our other target area of Saxmundham. Further, to this, at 11.6% the proportion of Saxmundham and North East INT pupils recorded as having a special educational need (SEN) is higher than the proportion for Suffolk (10.1%). Similarly, 3.5% of pupils have an EHCPs in place, higher than the 2.9% level in Suffolk. Analysis by SCC has further shown that the numbers of children with SEN in Suffolk may increase by up to 18.0% in the next three years. SEN resources are acknowledged as being stretched in Suffolk and feeling isolated is accentuated for those with caring responsibilities for those with additional needs.

### **How will your group reduce loneliness and isolation?**

Social interaction has of course been constrained over the pandemic and this further accentuated the feeling of social isolation felt by individuals and families. Reducing levels of social isolation can promote sustainable, supportive positive communities within which individuals and families are likely to require less external help and intervention in the future and solutions can be generated more from within communities rather than authorities 'firefighting' to cope with the negative consequences of social isolation including those of mental health, poor school attendance and behaviour.



This HSIS group work will bring families together and by doing so facilitates the beginning of them building their own network and friendships, a realisation that they are 'not alone' in itself is powerful. The impact of HSIS intervention will be both to the individual families supported but will build community resilience. As clients start to reduce their own social isolation, they become also part of the solution for others as a web of interaction and connectivity develops. As carers become more confident themselves, communities can continue to contribute their own solutions.

HSIS has shown demonstrable impact on those we support as exemplified through records in CharityLog management system. Of more than thirty Coping Needs Areas we currently track for those we work with, loneliness and isolation are best categorised under Parents Mental Health (B3), Coping with Isolation (B4) and Parents Self Esteem (B6); these on average in Waveney record 45%, 56% and 60% improvement between scores noted at the start of work with a client and that then achieved at the end of HSIS work with a family.

### **Provide some examples of activities the group will offer**

For each session we have out a range of age-appropriate toys for the children to choose independently. They are a mixture of things that can be played with alone and those that encourage co-operative play. Each week we include items that are based on the individual children's interests or things they have particularly enjoyed playing with from the previous session. Equipment is put out that encourages development of both fine and gross motor skills including threading, cutting and a crawling tube. We always have out some musical instruments and some of the children have started copying the adult when they play simple rhythms. Each week there is a different activity that promotes basic speech such as counting or colours. There is a dark den which they can use if they become overwhelmed. All equipment is chosen carefully as many of the children are still mouthing objects and two of them have Pica. We have introduced a sensory or messy play activity within the session, but this has to be limited due to one of the children's extreme allergies. Water play is very popular, and we have included pouring and measuring, puddle making and washing dolls. We have a quiet corner with books, cushions, and sensory lighting. At the end of the session, we have a story which the children can choose to sit and listen to or carry on playing. We then put some 'tidy up' music on to signal to the children this is home time. The children have all started joining in with tidying up to their own level, but parents are also welcome just to leave as the end of the session can be a stressful time when the children realise a change is coming. The sessions are free flowing and there is no pressure for the children to join in with anything. The staff and volunteers play with or alongside the children, whichever they are comfortable with, which provides the opportunity for the parents to talk to each other while their children are kept entertained and safe.

### **When will the group start, how long will it run for?**

This group initially will run every two weeks through the eight-month life of this grant. Beyond this, we would be evaluating the outcomes ready to apply for other sources of funding, given the current unmet need in this part of Suffolk is not expected to lessen in the near future.

### **What will this funding mean for your organisational sustainability?**

This funding would simply allow us to offer this important support to help fulfil an unmet area of need. As always, we try to align our grant schedule to allow our work to continue and extend. This particular need cannot be met without these funds, though as we head towards the tender process for our work for Suffolk County Council, a more sustainable income may be available for future years, dependent on the full remit of any tender for which we are able to bid.



July 2022 to March 2023 (8-mths)

VENUE -> Leiston Family Hub = free

<b>"SEN" @ Leiston Family Hub</b>	<b>Fortnightly</b>
Family Support Navigator - SEN (6 hpw)	£2,858.10
NI	£249.56
Pension	£228.65
Management salary towards project (1 hr pw)	673.14
NI	68.72
Pension	53.85
Administration salary towards project (2 hr pw)	810.8
NI	63.6
Pension	64.86
Staff travel (40 miles Rtn trip @ 0.45 ppm)	360
<b>Resources per year (x 10 attendee families per session)</b>	
Visitors & Activity resources & Snacks	2500
<b>TOTALS</b>	<b>£7,931.28</b>