



Discussed at Task & Finish Group and to be agreed upon

- SPOT WELLBEING COURSE For Over 50s x 2 = £3,000

Each course runs over six weeks, one half-day session per week. Each session has three elements to it – an exercise session tailored to the needs and abilities of those attending, a socialising element to develop relationships with local, like minded people, and an information element about a different topic each week – for example nutrition, falls prevention or common health conditions.

Referrals are received via several routes – either through health professionals such as GP surgeries or social prescribers, through friends and families, or as a self referral. SPOT Wellbeing already have the contacts within the health services to ensure that those who would benefit from the course are able to access it.

Participants are assessed prior to the course to ensure they are suitable and to make any amendments to the provision in order to be accessible for all. SPOT Wellbeing will also advise where to go if participants have similar health related queries, ensuring that additional concerns are addressed promptly. Locations will be agreed based on local need, taking in to account Index of Multiple Deprivation and identifying those areas where there is greater health related deprivation.

A maximum of 14 people may attend each course.

- Participatory Budgeting for young people x2 = £2,000

The target audience will be young people within their school setting. Our task and finish group have identified Ormiston Denes Academy and The Ashley School for £1,000 each. **Yet to confirm/discuss with schools.**

The idea is that they decide to allocate funding to something or do something themselves that has longevity and is thought through that covers our CP priorities. For example, setting up a new games club or producing a monthly wellbeing newsletter? We are lacking any buy in from young people and schools for our Community Partnership and wanted to give two schools the opportunity to become part of our CP and our three priorities. Hopefully this will give pupils an insight into what a CP is and how the council works in partnership.

- Warm Rooms £4,080

Previous information identified in overall ESC Warm Rooms regarding cost of living and the need to provide a warm, safe space for several hours and provide hot drinks and some activity. Warm rooms is funded until the end of March but we would like to hold on those residents that have used the different venues over the winter period to still have access to somewhere safe, secure and somewhere that offers support.

We will use monitoring of attendance at venues in Lowestoft to identify the venues with the most attendance to use as Warm/Social rooms. Name suggested for those warm rooms continuing during spring/summer is **Warm Welcoming Room**

Agreed at last CP meeting in principle

- Pulsate! To promote budget healthy eating for families £1,000

A day-time event in the May half-term, so that people can walk or bus into town feeling safe (to be held after the ESC elections) . Held at a location in central Lowestoft with a kitchen and preferably an open one for demonstrations. A cooking demonstration of three or so pulse-based dishes, ideally inclusive and therefore representing different national cuisines, demonstrated by some as yet to be determined chefs, who volunteer for the FISH programme. Samples could then be tasted by those families present. Food packages with necessary ingredients could be issued to those attending. Supermarkets could be asked to promote “Donate for Pulsate!” in the month before for customers who make a contribution.

Agreed for Warm Rooms out of £16 CP warm rooms money

- Board Games in lots of £100 x 10 = £1,000 to be distributed amongst our Warm Rooms. Sold to build 10 wooden boxes to house games for each venue, approx. £300.
- Top Up Winter Warmth Bespoke packages – option A is basic items, Option B is bespoke up to £65. We have added £3,500 to top up 100 bespoke packages to £100 as demand has driven up costs of certain items, for example low energy electric throws.