

Lowestoft and Northern Parishes Community Partnership

Action Notes of the Meeting held on 16 April 2024

Oulton Community Centre, Meadow Road, Lowestoft

Attendees: Councillor Paul Ashdown (Chairman), Councillors King, Craig, Gooch, Back, Gee, Robinson and Whitelock, Councillor Peter Armstrong (Corton Parish Council), Councillor Miles Thomas (Chair Lound Parish Council), Phil Aves (Lowestoft Rising /Mental Health Ambassador), Councillor Andy Pearce (Lowestoft Town Council), Danny Steel (Lowestoft Vision), Simon Phillips (Somerleyton, Ashby and Herringfleet PC), Councillor James Reeder (SCC), PC Michelle Deal (Community Policing Team, Suffolk Constabulary), Sgt Rianna Coote (Community Policing Team, Suffolk Constabulary), Linda Dorset (Park Run Suffolk), Micheal Jackson (Kessingland Menshed), Rick Mullett (SCC Transport, Travel and Safety Team), Lucie Barker (Lowestoft Primary Care Network), Rev Helen Chandler (St Peter & St John Kirkley)

Supporting Officers: Katy Cassidy (Democratic Services Officer), Tracy Cotterell (Support Officer, Private Sector Housing), Caroline Mackinson (Project Manager, Private Sector Housing), Nicole Rickard (Head of Communities and Leisure), Louise Thomas (Communities Officer), Rachel Tucker (Senior ASB Officer)

Apologies: Councillor Graham Parker (ESC), Councillor Peter Byatt (ESC), Councillor Malcolm Pitchers (ESC), Sally Connick (Literacy Trust), Councillor Christine Ashdown (Oulton Broad Parish Council), Rev Damon Rogers (Lowestoft St Andrew), Claire Taylor-Haigh (Women Like Me)

Item	Discussion
1.	<p>Welcome and Apologies for Absence</p> <p>Apologies were received from:</p> <p>Councillor Graham Parker (ESC), Councillor Peter Byatt (ESC), Councillor Malcolm Pitchers (ESC), Sally Connick (Literacy Trust), Councillor Christine Ashdown (Oulton Broad Parish Council), Rev Damon Rogers (Lowestoft St Andrew)</p>
2	<p>Action Notes</p> <p>The Action Notes of the meeting held on 30 January 2024 were agreed.</p>



3.	<p>Icebreaker – What could improve the Community Partnership and why?</p> <p>The following ideas were shared from the Icebreaker activity:</p> <ul style="list-style-type: none">• Funding – combining outside funding with the grants available from East Suffolk Council to further support the community, use the expertise within the partnership to develop new ideas.• Continue to provide networking opportunities, particularly face to face.• Encourage more agencies to attend and be represented at the CP Meetings.• Share the details of all members, who they represent and why they attend the CP Meetings.• The CP has already completed great projects that have been picked up at county level, so important to keep being creative and trying new things.• Involve c community groups to talk about their initiatives and discover how the CP can support them.• Encourage grants for projects with an overriding community benefit as well as those linked to particular CP themes.• Produce regular activity reports – promote and advertise projects to date.• Create case studies of the activities that have benefited from CP funding.
4.	<p>Lowestoft Cycling Project</p> <p>Rik Mullett, Suffolk County Council advised on the cycling project aimed at promoting health and wellbeing by encouraging people to get out on cycles and walks.</p> <ul style="list-style-type: none">• Four levels of cycling• 8 weeks per level• Links with public transport• Provides an alternative to medicine and physiotherapy – the idea is to get people out and active for a whole variety of reasons. Classed as social prescribing.• Cycle rides are not too long, no one is pushed beyond their limits. Cycles are provided, normal and electric cycles. Also cater for disabilities. Always ends up with a free drink to talk and socialise and meet new people for new opportunities. Promoting through GP surgeries, linked with JPH.• Various locations to meet people.• Question whether tandem for sight impaired could be provided.• Connected with GP surgeries via scrolling screens, posters, link with GP Managers.

	<ul style="list-style-type: none"> • People can self-refer as well as GP referrals. Open to everyone over the age of 18. Allotted cycle routes. Clare Taylor-Haigh has done a collation of all of the walks available to map what is there, and the Suffolk County Council team have added two new routes – poster being produced compiling all the walks available. • Fleet of 2nd hand bikes that have been recycled and can be loaned indefinitely. • Project needs promoting widely to ensure take up is maximised and it is sustained. • Phil Aves to send information to the Health and Wellbeing Coaches as it fits their remit. • Ideal to be promoted to Waveney Network. • Basic bike maintenance course provided as part of the bike loan programme. • Details sent to all schools – partnership could be involved to encourage engagement. • East Suffolk Transport Strategy also has a group for cycling in Lowestoft.
5.	<p>Where are we now?</p> <p>Community Partnership Board Update – Nicole Rickard</p> <p>There are eight Community Partnerships and an overarching Board. Each Community Partnership Board meeting has a theme, previous meeting was culture at Snape Maltings.</p> <p>The newly produced Well Minds - East Suffolk booklet was shared with the group which pulls together and signposts support for mental health and wellbeing. Aimed to be a handy guide for people to help others. Printed and online page turn version created. Funded from the Community Partnership Board.</p> <p>At March Board, all remaining funding at year end was allocated to projects from individual Community Partnerships, which were:</p> <ul style="list-style-type: none"> • Tech Hub – supporting older people to get online and use technology safely. • Suffolk Mind – The Comprehensive Toolkit course for two East Suffolk CP areas. • Box Up – expansion of the Lowestoft pilot. • E Bike pilot scheme in two East Suffolk CP areas. <p>The June Board meeting will be focusing on community safety and the Right Care Right Person (RCRP) new policing model, the police will be attending.</p>



Project Updates

Paul Ashdown - Snape Maltings have Children Choirs which come out and support in the community. Group A meets every two weeks at the Seagull Theatre, Lowestoft for 8-18 years olds led by Snape Maltings.

Healthy Eating booklet - Distributed to Year 5 and 6 pupils. Confirmed it will be re-printed with slightly revised content and distributed to current Year 5 pupils district wide. It was suggested to use Suffolk Libraries for the amended content as the Literacy Trust funding was specifically targeted at wards in Lowestoft. Schools to be targeted for feedback from the Healthy Eating booklet activity, to measure impact.

Lucy Barker updated the group on **Sleep Station** project, which was funded in Lowestoft and provided an online, human guided sleep improvement project. The project is currently free for anyone with a Lowestoft postcode. Nicole Rickard confirmed a link to the programme could be added to the online Well Minds booklet.

Kessingland Men's Shed – Producing bird and bug boxes either in flat packs for groups to build or as complete pieces. Recently worked with Carlton Hall, meeting residents, talking to them whilst they worked on the boxes, providing alternative activities other than watching TV. Also worked with Marram Green in Kessingland using the boxes to encourage group activities and talking. Planning a fete to sell the boxes and boost community funds.

Box Up project - Rachel Tucker updated on Box up. Boxes due to be wrapped in East Suffolk Council logo and colours and shipped to arrive by 11/05/24. One set of boxes will be in Normanston park and one at the South Beach in Lowestoft. Users will download an app and can see location of where boxes sit. Plan for launch at Normanston park on a Saturday, big event to attract people to the park, working with Catch 22 who will be delivering games etc. The lockers will contain all free sporting equipment and users can access it via the app and have it for 3 hours, no money exchange or ID required. This is the first scheme like this in the country. Details of the launch to be sent to the Police and they will combine it with a street meet on the day.



Lowestoft Town Council are recruiting a sports development officer who will work with tennis, bowls, cricket etc to develop participation. They may not be in post until after the launch but would be keen to be involved.

Louise Gooch advised that the box content has been tailored for each site, considering the environment, courts, spaces etc, with some being for team sports and some being for individuals. In Kirkley area there is the need for a permanent net court area.

Rachel Tucker advised that the location of the beach lockers needed to be reviewed to ensure it was disability compliant. Andy Pearce suggested considering a grant application to the Town Council if there were additional costs required.

Soft launch planned for First Light Festival weekend; net should be erected for First Light Festival.

Paul Ashdown – School Planter project – 16 schools provided with planters made by Pakefield Menshed, a further 10 on order. Schools allocated to members of the Community Partnership to seek feedback on planter activity. Members to visit to review the planter activity and distribute £20 Lound Plant Centre vouchers. These visits could be used for Healthy Eating booklet feedback too.

Warm Welcomes – Louise Thomas advised 2000 people accessed the service as at the end of February. Some Ease the Squeeze and Community Development would be continuing April to September in Gunton, Seagull, Over 60's (name changing to Evergreen), St Andrews and Reutilise.

Spot Wellbeing courses – there were no applications for the March courses. Going forward it was agreed to work with Active Suffolk to look at feedback from the rural locations and deliver courses that match the needs of those rural communities.

Park Run and Children's Park run. Completely free initiative for public to take part, a Social enterprise with volunteers. They offer a 2km course for children on a Sunday and 4–14-year-olds can take part until the Sunday before their 15th birthday. It is a physical activity without competitiveness and a great opportunity for parents to take part too. Plan to start one in Lowestoft, all of the start-up costs have been sourced, lots of advertising has been sent to local schools, Active Suffolk, East Suffolk Council and already had potential volunteers come forward. Normanston Park would be the venue, risk assessment and contracts being finalised and looking at a launch at the end of the Summer holidays.

Daily Mile is a school activity which is 15 minutes of physical activity for the children, it helps with learning, fitness, self-confidence, mental health. They work

	<p>with Suffolk Mind, need to encourage schools to fit it into their day. Quite a few signed up in Lowestoft but still several not doing it. Activity promotion to go into the Well Minds booklet.</p> <p>Phil Aves - Mental health update. Funding for Waveney befriending scheme, a dedicated telephone befriending scheme. Idea being to build up telephone contact and eventually link with warm rooms activities. Volunteers have been commissioned.</p> <p>Mental health first aid training – 32 people trained from voluntary sector in Lowestoft. In July there will be 16 school staff. PA advised there was sufficient money left for at least one more course, and with Suffolk Mind funding the potential to do another 2 in Lowestoft.</p> <p>Andy Pearce advised Lowestoft Town Council will be working with Norfolk and Waveney Mind for Festival of Kindness at Sparrows Nest. The Lowestoft Pride event is also scheduled for the same weekend. A note was made that it clashes with the Gala in Oulton Broad as it was Bank Holiday weekend and consideration should be given to that.</p>
<p>6.</p>	<p>Draft Collaborative Agreement</p> <p>Draft collaborative agreement previously sent around to all members. Any further comments to be sent to Louise Thomas or Rachel Tucker. Action – send round to all attendees.</p>
<p>7.</p>	<p>Emerging Priorities – What do we need to adapt to meet them?</p> <p>Warm Rooms – Nicole Rickard confirmed there was another year’s funding, therefore need to be looking further ahead at alternative funding to ensure initiatives are sustained.</p> <p>Nicole advised that they would not be providing 100% grant funding upfront to encourage monitoring information.</p> <p>Action – costings to be put together for warm rooms.</p> <p>Priorities remain the same, mental health and wellbeing, social isolation and children’s health and wellbeing. Group agreed to progress with these and develop new projects accordingly but be flexible enough to adapt and take up challenges as new priorities emerge.</p>

	<p>AP advised that Lowestoft Town Council had £15k for food network which people could bid into, and this needed to be used collaboratively with other initiatives.</p> <p>Household support fund – helping people apply for Suffolk welfare assistance fund – funding emergency food and fuel. Risk of this fund not continuing, Lowestoft Town Council to ringfence budget from their main funding to support. Action Andy Pearce to meet with Louise/Nicole.</p> <p>Note that homelessness could be an emerging issue as people could come to Lowestoft as there were services but there isn't the accommodation.</p>
8.	<p>Update and Discussion from Task and Finish Group Activity</p> <p>Rachel Tucker updated the Task and Finish Group Activity.</p> <p>Warm Welcome – Louise Thomas to email round the Warm Welcome activity update.</p> <p>Louise Thomas updated on the planned mental health conference, advising they were currently looking at venue and it would be run in the same way as the CP forum, with key speakers and workshops.</p>
9.	<p>Date of Next Meeting</p> <p>25th June – Lowestoft and Yarmouth Rugby Club</p>

The meeting concluded at 8.05pm