



East Suffolk Community Partnership Board

Update on two key Community Partnership Board programmes - Well Minds East Suffolk and Ease the Squeeze (Cost of Living)

March 15, 2023

Well Minds East Suffolk - Background

1. Mental Health and Wellbeing is one of the top three priorities for the Community Partnership Board identified through the eight workshops held to launch the Community Partnerships in November/December 2019.
2. The Board received a presentation from Jon Neil, Chief Officer of Suffolk Mind at its December 2021 meeting and, following the presentation, a Task and Finish Group was formed to develop a programme to support emotional wellbeing in East Suffolk for the March 2022 Board meeting.
3. The Task and Finish Group undertook an audit of existing activity around mental health and wellbeing in East Suffolk (and Suffolk) and focussed on identifying gaps in terms of support for East Suffolk communities, around which they designed a Stage 1 outcome proposal. The Board supported this approach, and the Board Chair signed off the Stage 2 outcome proposal in late March 2022.
4. Total funding from the Board for this programme is £122,900 - £75,923 from the 21/22 and £46,977 from the 22/23 Community Partnership Board budgets.

Well Minds East Suffolk – Progress Report

5. **Campaign** - £5,000 was allocated for a campaign to help residents, community groups and businesses to understand where and how to access information and support for a range of wellbeing issues.

Update – a new public facing portal is being developed by Norfolk and Suffolk Foundation Trust and a significant programme of work is underway through Suffolk Mind (funded through the Suffolk COMF programme), including an Emotional Needs Audit and funding for projects in Beccles, Felixstowe, Lowestoft and the Aldeburgh, Leiston, Saxmundham CP area. It was therefore agreed to align the East Suffolk campaign to these developments and campaign scoping work is now underway.

6. **Neighbourhood level funding** - £12,500 was allocated for the three Integrated Neighbourhood Teams in the south of the District and the two Primary Care Networks in the north to tackle specific mental health issues in their localities.

Update – Felixstowe INT has allocated its funding to a Mental Health Focus Day at the High School, aimed at pupils and parents/carers. Saxmundham and North East INT partners are looking to allocate its funding towards the emerging Wellbeing Hub in Leiston. The two Community Partnerships that make up the South Waveney PCN area (Beccles, Bungay Halesworth and Villages and Carlton Colville, Kessingland and Southwold and Villages) plan to allocate their £2,500 to match-fund CP funding (agreed at the February 2023 Community Partnership meetings) and expand a school counselling programme at Sir John Leman School. The Lowestoft project is likely to emerge from a new mental health and wellbeing (young people) sub group set up as part of the new Waveney Health and Wellbeing Partnership structure.

7. **Your Needs Met (Young People)** - £15,200 was allocated for 16 Your Needs Met training sessions - 'Emotional Wellbeing in the Classroom' (for schools) and 'Emotional Wellbeing in Children's Activities' (for those working with/supporting young people e.g. uniformed groups, sports coaches etc).

Update – To date Suffolk Mind have delivered seven courses to schools and activity providers. Of the seven courses, four have been delivered face to face and the other 3 delivered online via Zoom – the number of participants on each is shown below:

Emotional Wellbeing in the Classroom Primary – 3 courses delivered – 47 participants.

Emotional Wellbeing in the Classroom Secondary – 2 courses delivered – 13 participants.

Emotional Wellbeing in Children's activities – 2 courses delivered – 20 participants.

The courses have been very successful overall. Delegates who have had existing knowledge of supporting those with mental health challenges found it provided a framework to think about their own mental health and that of the students. Those with little knowledge have been able to apply this to their schools, classes and out of school activities, and had the opportunity to discuss and plan for how to meet emotional needs with other providers, as well as reflecting on their own practice. It has provided a common language and framework as the same model is being taught to the children in schools and the adults in the workplace. Feedback from the most recent course reported that 100% had said they would be extremely likely to recommend to a colleague or friend, and comments from participants include:

“Really useful session with some great tips for supporting emotional wellbeing”.

“Very informative and interesting, delivered at a good pace, very enthusiastic. Very interested in how our brains respond to different situations and why this happens. Try to be kinder to myself and take time for myself and do more exercise. Spend time validating their (the students') feelings”.

“I plan to use some techniques with our wellbeing and mental health champions. I plan to be aware of my needs, make time and space to fulfil them. I enjoyed it, gave opportunity for discussion and time to think. Well presented”


8. **Theatre in Education** - £10,800 was allocated to sponsor performances of the ‘The Lies You Tell’, by Yolanda Mercy as part of a Suffolk-wide programme of Theatre in Education sessions for Years 6 and 7. The CPB funding enabled these to be provided free in East Suffolk schools. The show was designed to unlock conversations about wellbeing and Suffolk Mind provided free Emotional Needs and Resources materials, and the opportunity to send up to four teachers per school to a twilight CPD session.

Update – 31 performances took place in East Suffolk schools during September – October 2022. The slides below provide an overview plus data about both the pupils and schools experience:

The Lies You Tell

The key themes that have been identified are:

- It was an immersive and impactful experience for the children with the topic resonating deeply. The children were engrossed in the show and the story it was telling, relating it to their own lives and felt like they were being spoken to by a peer.
- The cast and creatives were fundamental to the success of the show.



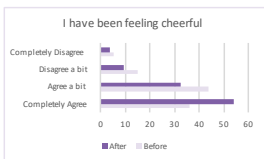
- The production hit exactly the right spot. All the different elements of the production came together beautifully. This is a demonstration of how the small, subtle details (that can be difficult to achieve) make a big difference.
- “It was bold, complex, nuanced, strong characterisation. It spoke to its audience truthfully, the mix of spoken text, movement and sound was compelling.” *TIE member*
- “The voices it represented, the subtlety of the content, its sophistication, it didn’t patronise.” *TIE member*

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The pupils experience

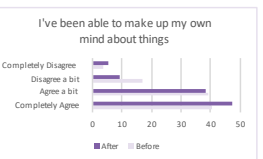
What the data tells us

I have been feeling cheerful



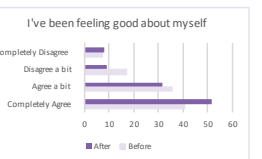
Agreement Level	Before (%)	After (%)
Completely Disagree	~5	~5
Disagree a bit	~10	~10
Agree a bit	~35	~45
Completely Agree	~50	~40

I've been able to make up my own mind about things



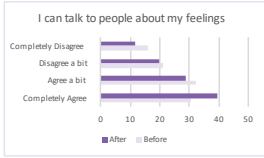
Agreement Level	Before (%)	After (%)
Completely Disagree	~5	~5
Disagree a bit	~10	~10
Agree a bit	~35	~45
Completely Agree	~50	~40

I've been feeling good about myself



Agreement Level	Before (%)	After (%)
Completely Disagree	~5	~5
Disagree a bit	~10	~10
Agree a bit	~35	~45
Completely Agree	~50	~40

I can talk to people about my feelings



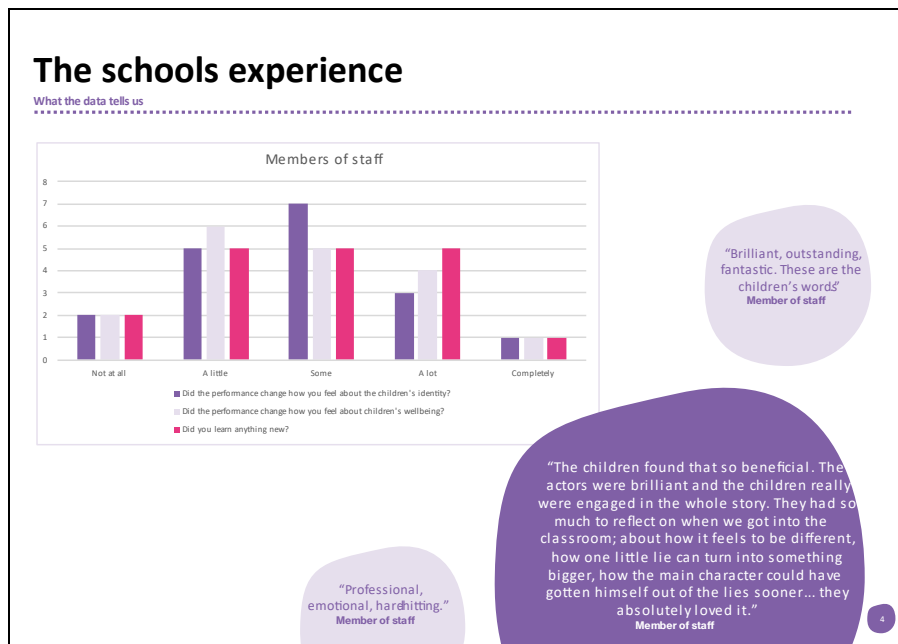
Agreement Level	Before (%)	After (%)
Completely Disagree	~5	~5
Disagree a bit	~10	~10
Agree a bit	~35	~45
Completely Agree	~50	~40

“The teenagers acted sort of like actual teenagers.”
TIE audience member

“They told an important message but made it fun.”
TIE audience member

“I like how it gave me the confidence to tell someone how I feel.”
TIE audience member

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9. **Training (Adults)** - A total of £24,400 was allocated for training around mental wellbeing and suicide awareness for those working in and supporting East Suffolk communities

Update – Suffolk Mind were commissioned to provide their ‘Your Needs Meet in the Community’ (now known as ‘The Essentials’) courses aimed at VCSE organisations and community groups. All eight sessions have now been held – four face to face and four via Zoom. More than one hundred staff and volunteers from local VCSE organisations have attended the training free of charge thanks to the programme supported through Well Minds East Suffolk.

The outstanding element of this project is work with training providers to provide bespoke training to barbers, hairdressers, tattoo parlours, taxi drivers etc who often spot signs of distress in their day to day work to ensure that they are equipped to have difficult conversations. This has been piloted in the south of the District and will be rolled out across East Suffolk during Quarter 1 of 2023/24.

10. **Cuppa and Chat** – £55,000 was allocated to commission Communities Together East Anglia (CTEA) to deliver a three tier ‘Cuppa and Chat’ service, with the overall aim of reducing loneliness and supporting people to get back to face to face groups in community venues.

Update – an overview of progress to date against each element is below:

Virtual Cuppa and Chat network - Since October 2022, CTEA have been delivering three hour long Zoom sessions each week, at different times of the day – am, lunchtime and evening - to date CTEA have logged on for more than 50 hour long sessions. Unfortunately these have been very poorly attended, despite promotion through printed marketing, face to face conversations, leaflets, social media and the Communities Team.

The plan is to continue to offer one session a week through Zoom and CTEA have also now created an online forum (Facebook closed group) that encourages people (21 members in five days) to share information about what is going on in their community, reach out for

one to one support on issues that concern them, signposting to local organisations for support as appropriate. They will also continue to offer support in assisting people to use digital tools to help with social integration.

Cuppa and Chat Befriending

CTEA are working with The Pear Tree Fund in Halesworth, who are hosting a monthly Community Cuppa through this project. To date, there have been eighteen attendees over the two months this has been running.

Rural Coffee Caravan have been asked to conduct four village visits as part of the project – in areas where they either not been able to visit before, or areas where they want to re-visit – these are likely to be chosen from the following – Sudborne, Blaxhall, Dennington, Peasenhall and Benhall Green.

CTEA are also having conversations with Hour Community in Framlingham to support with some of their face to face projects and if there is an identified need, will look to start an “All Welcome” (all age Community Cuppa) activity here.

Face to face befriending continues to be a challenge due to the recruitment of volunteers, however CTEA will focus on particular geographies and demographics to support face to face groups as well as individual face to face support.

Cuppa and Chat Grant Fund

The Communities Together Fund is now open to applications for community based projects that aim to reduce loneliness and social isolation, with a maximum award of £500 per applicant. To date there have been five applications which are currently being reviewed by the panel.

Moving Forward...

CTEA are meeting monthly with the Communities Team to update on project outcomes. They are keen to continue working on this project for an extension of three months (to end of June 2023) to gain further understanding of the issues and challenges facing people in East Suffolk (at no extra cost).

Ease the Squeeze (Cost of Living) – Background

11. At the December 2021 Board meeting, it was agreed that the Board should maintain its focus on its three priorities - Social Isolation and Loneliness, Sustainable Transport and Travel and Mental Health and Wellbeing - and to establish a new Task and Finish Group focussing on ‘Tackling Inequalities’.
12. The Task and Finish Group, supported by staff in the Communities Team at East Suffolk Council, developed a proposed approach for consideration by the Board at its June 2022 meeting. This outcome proposal focussed on priority projects against the four key areas for action to tackle the rising cost of living identified through an initial workshop held to scope the programme - Money, Food and Essentials, Energy and Fuel and Housing - and requested £100,000 of funding be allocated to the programme.

13. A Stage 2 Outcome Proposal was developed following the Board meeting and signed off by the Chair of the Board in August 2022. The Board received presentations on the programme at the September 2022 and December 2022 Board meetings to update on progress.

14. Key achievements since August 2022 include the following:

- **Seventeen roadshows** held in towns across East Suffolk between September and November 2022 in partnership with a range of organisations to promote the support that is available for residents struggling with the rising cost of living
- Workshops held to promote the Ease the Squeeze programme with **business leaders, Town and Parish Councils and East Suffolk Councillors**
- A **Rural Ease the Squeeze Workshop** was held at East Suffolk House in January 2023
- **Virtual Cost of Living drop-in information sharing and networking event** held in January with over 40 people attending (next event to take place in March)
- East Suffolk Council has received **more than six hundred referrals** through its website and Customer Services Team for help with money, support to access food and other essentials, help with fuel and energy and housing issues. These referrals are from residents across the District and cover a range of needs, including some very complex and multi-faceted cases
- **More than forty projects** have been funded through the Cost of Living Community Grant Fund, established with funding from Suffolk County Council, for projects to protect people from respiratory illnesses this winter
- Worked with bus companies to secure **100 discount bus tickets** to enable residents in Lowestoft to access food banks and pantries

15. Twelve priority projects were identified as the foundation of the Ease the Squeeze programme – an update on each of these is below:

EAST SUFFOLK WARM ROOMS **EASE THE SQUEEZE** EASTSUFFOLK COUNCIL

CAN YOU PROVIDE A VITAL WARM ROOM FOR YOUR COMMUNITY THIS WINTER?

With rising energy prices, many people in your community will struggle to heat their home in the Winter months. That will leave them at risk of poor physical health, due to the cold, and struggling with their mental health due to social isolation.

So East Suffolk Council is co-ordinating a network of Warm Rooms across the District to give people somewhere to come to stay warm, connected and healthy.

HOW IT WORKS

We need safe, inviting spaces that are heated for 6 hours a day, 2 days a week, for 22 weeks over Winter.

You can donate your Warm Room or we can contribute towards your heating and lighting costs and pay for hot drinks for your guests.

Your guests will be able to keep warm, socialise and access additional support from other providers where appropriate.

You'll make an enormous difference to people's lives at this difficult time.

HOW TO SIGN UP

Please complete the grant application form we've attached. If you need any help or have any questions, please see our Frequently Asked Questions on page 2 of this document, the Grant Guidance notes or email community@east Suffolk.gov.uk.

Please return your form to the same email address by midnight on Wednesday 12th October 2022.

Network of Warm Rooms

32 Warm Rooms have been funded through the programme, plus the Suffolk Libraries 'Be Kind in Kind' project which was funded through the Community Grant Fund. In addition, networks of Warm Rooms have been supported in Beccles and Felixstowe meaning that, in total, over 50 Warm Rooms are operational in East Suffolk. A full review of impact of Warm Rooms will be undertaken in April/May – but it is clear that the most successful ones have been those where existing groups or activities take place at the 'Warm Room' venue and where the 'offer' is more than just a warm room and hot drink.

Food Network Coordinator

ESC has just completed procurement for a VCSE organisation to host a Food Network Coordinator role for the District - the successful organisation was Community Action Suffolk. This is a two year role, with a focus on opening up food supply pathways and supporting the establishment of Community Pantries and will commence in March 2023.

Community Pantries

A grant scheme has just been launched to provide year one funding for communities to set up a Community Pantry, including the Your Local Pantry membership fee, shelving and storage, fridges/freezers and initial stock. The fund is now live for applications and successful applicants will be supported by the Food Network Coordinator and the Communities Team. This scheme is a 3 year programme, with funding for up to 4 pantries in year 1. In addition, Enabling Communities funding has been secured for a part time pantry coordinator in the Carlton Colville, Kessingland and Southwold CP area as a pilot.

Handyperson Project

The Warm Homes Team is leading a new project to link residents who need low impact energy improvements (draught proofing, low energy light bulbs, loft hatch covers, chimney balloons etc.) to their home, and can't do them/can't afford to pay for someone to do them, with a local handyperson.

ID Document Fund

The ESC Financial Inclusion Officers have a small fund to enable residents to access a replacement birth certificate and/or driving licence – essential for opening a bank account.

Cooking on a Budget classes

This project involves putting on 32 classes across the District to give families the skills and confidence to cook healthy meals on a budget. Each class will involve a cooking demonstration, eating the meal and a package of ingredients and recipes to take home. Delivery dates are being agreed and full details will be made available once finalised. Advertising the workshops will primarily be via schools and East Suffolk Council's Family Intervention Team to ensure that those who need the provision most can access it.

Cooking Equipment

The Council has a stock of small and large slow cookers, single and double hobs and microwaves for allocation to residents who don't have a way to cook hot meals. There is also a stock of kettle packs for those who only have access to boiling water and cannot use the other items due to lack of space or a chaotic situation, and some 'Taste Packs' of herbs and spices to add flavour to food packs.

Digital Projects

10 laptops have been ordered for Warm Rooms to enable residents to access the internet and/or for Warm Room locations to support residents with digital skills. 6 have been allocated to date to the Warm Rooms at Carlton Marshes, Kirkley Centre, Lound, Somerleyton, Bungay and Leiston Long Shop.

Comfort Food

This project is delivered in partnership with local cafés and food outlets who provide a free hot meal and drink on presentation of a 'Comfort Food' card which is provided by a range of referral partners. There are currently 18 locations across East Suffolk offering Comfort Food (see below). Establishing the network of venues and referral partners has taken time and some referral partners haven't issued any vouchers, so they are being reallocated to where they can be used. But we have delivered over 250 meals to date and feedback from venues is that the experience of eating out makes a real difference to people in need.



EASE THE SQUEEZE
EASTSUFFOLK COUNCIL

**DONATE TO
EAST SUFFOLK
COMFORT FOOD
HERE**

Comfort Food provides free meals to people in need, here and in other venues across East Suffolk.

Add £5 (or any amount) to your bill to buy a meal for someone who needs it.



Comfort Food		
CP area	Live venues	Budget allocated
Aldeburgh, Leiston, Saxmundham & villages	2	£1,000
Beccles, Bungay & Halesworth	3	£1,500
Carlton Coville, Kessingland and Southwold	1	£500
Felixstowe Peninsular	4	£3,000
Framlingham, Wickham Market & Villages	2	£1,000
Kesgrave & Martlesham	2	£1,000
Lowestoft	2	£4,000
Melton, Woodbridge & Deben	2	£1,000
	Total allocated	£13,000
	Budget remaining	£19,000

School Uniform Banks

This project will be developed further and launched in time for the summer term of the 2022/23 academic year, building on Uniform Bank projects already available locally, for example in Lowestoft and Bungay. The offer will include funding for vouchers for shoes and name tags, as well as for storage facilities to enable more Uniform Banks across the District to open and provide school uniform and sports kit to families struggling with the cost of living.

Winter Warmth Packs

The Warm Homes Team are running a scheme where residents can be referred in by both partners and ESC staff for a Winter Warmth pack which includes items like hats, gloves, scarves, blankets, duvets, baby sleep bags, hot water bottles, LED bulbs, draughtproofing strips and more.

There are two options – a standard pack and a bespoke pack and the take up for each as at 20/02 is shown below.

The Lowestoft and Northern Parishes Community Partnership has boosted the offer with heated items available for residents in their catchment area.



WINTER WARMTH

Are you working with a resident or patient who is struggling to afford to heat their home?

Do you support families who sleep in one room as they don't have enough bedding to go round?

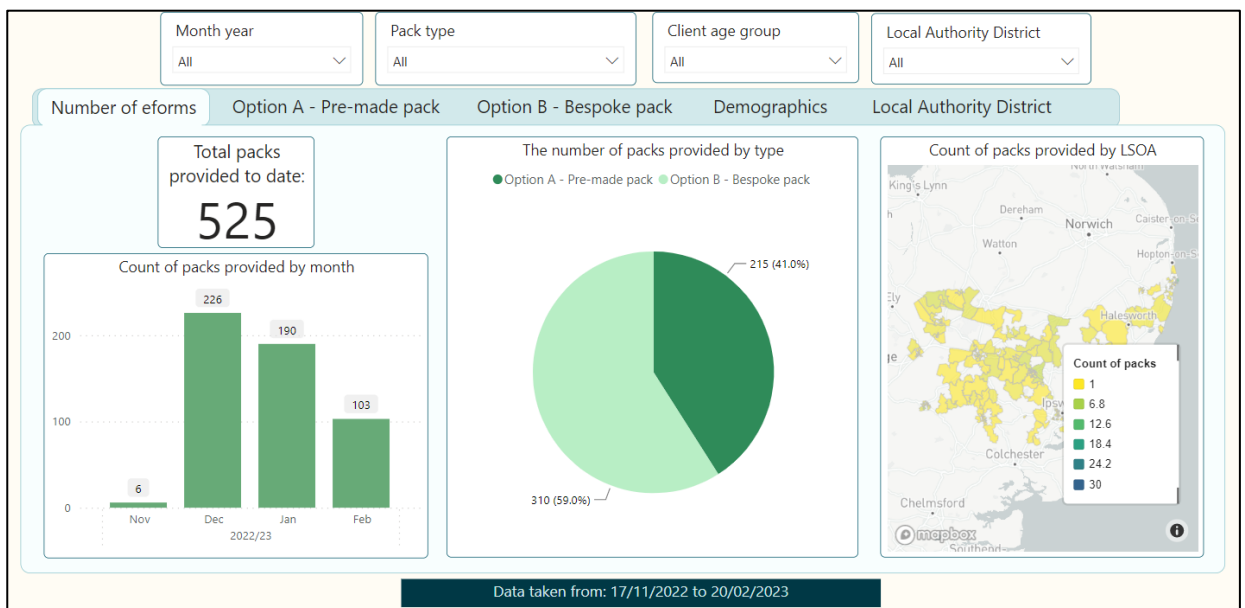
Would some simple items of clothing, bedding or draught-proofing make a difference?

SUFFOLK WINTER WARMTH PACKS ARE NOW AVAILABLE

The referral process is really simple!

Using our standard form please:

- Record your details.
- Record the client's details (so we can get their consent to the information being shared with us and contact them to arrange delivery).
- Either select a standard winter warmth pack on the form (option A) or create a bespoke warmth pack by adding items (option B)
- If you cannot access the webform we can supply in alternative format to then email to winterwarmth@eastssuffolk.gov.uk requesting a copy.



Field to Fork

There has been a really positive take up of the Field to Fork Growing kits which are targeted at some of the most deprived communities in East Suffolk where residents are less likely to have ever 'grown their own'. Because of the levels of interest from Primary Schools (see list below), the number of kits has increased from 1,000 to 1,600 with additional funding from the budget underspend and a £2,000 contribution from the Lowestoft Community Partnership for schools in their area.



Agreed School	Date
Kyson	02/03/2022
Leiston Primary	27/02/2023
Saxmundham Primary	02/03/2023
Wickham Market PS	08/03/2023
Albert Pye PS	03/03/2023
Langer Primary	01/03/2023
Grange Primary, FS	01/03/2023
Corton Primary	14/03/2023
Westwood Primary	10/03/2023
Grove Primary	06/03/2023
Poplars Primary	15/03/2023
Phoenix St Peter Academy*	15/03/2023
St Margaret's Primary	09/03/2023
Dell Primary	07/03/2023
Blundeston Primary	13/03/2022

The starter kits are currently being packaged up. Each includes a cotton bag, pack of hand tools, gardening gloves, compost pellets, a window planter trough, four packs of seeds and an information sheet. Recipients will remain in contact through monthly e-newsletters (opt in required). Round One of distribution is focused on Primary Schools, with 15 currently due to be visited over the coming weeks (see list and dates above).

Seven Growing Space Grants have been awarded to date and around £12,000 allocated to growing spaces with the intention to increase long term engagement with local residents. The second round of grant funding will launch on 1st April.

Recommendations

It is recommended that the Board:

- 1) **Note the progress report on the Well Minds East Suffolk programme**
- 2) **Note the progress report on the Ease the Squeeze programme**

Nicole Rickard, Head of Communities, East Suffolk Council and various members of the Communities Team