

HELP EAST SUFFOLK EASE THE SQUEEZE

As the Cost of Living crisis unfolds, many local people in your community are finding it incredibly hard to make ends meet.

COULD YOU HELP THEM?

East Suffolk Council is co-ordinating a wide range of vital support for local residents during this difficult time. We're funding Warm Rooms, Community Pantries and cooking classes and equipment. We're encouraging people to have a go at growing some of their own food and even paying for meals in local cafes for those people and families desperately in need of a happy hour or two.

In what looks like a bleak situation, there is some good news – you can help too.

SPONSOR OR DONATE

You can sponsor or donate to any of our projects. You can give space, facilities, expertise or contribute financially.

All our sponsors or donors will be thanked publicly on our website, on our social media channels and, where possible, in local media (unless you'd like to remain anonymous).

Most importantly, you'll be thanked by those East Suffolk residents who will benefit enormously from the help you give.

OUR OPPORTUNITIES

We've set out the wide range of sponsorship and donation opportunities below. At the end, there's a form which gets more specific and identifies what's needed for each opportunity. If you'd like to help in any way (or have a new idea), please email communities@eastsoffolk.gov.uk with your contact details and which opportunity or opportunities are right for you. Thank you so much for taking the time to help your local community.

WARM ROOMS

With rising energy prices, many people in your community will struggle to heat their home this Winter. That will leave them at risk of poor physical health, due to the cold (which is particularly dangerous for babies and older people) 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, working with partners like Suffolk Libraries and the Rural Coffee Caravan, to give thousands of people somewhere to come to stay warm, connected and healthy.

HOW WE'RE HELPING:

Our funding contributes towards heating and lighting costs, and for refreshments for people using the Warm Room, in 30 venues across East Suffolk, ranging from villages halls to hotels to libraries.

HOW YOU AND YOUR STAFF CAN HELP:

- Sponsor or donate a Warm Room, keeping 100's of people warm and healthy this winter
- Donate items to keep people stimulated in a Warm Room, for example board games, DVDs and player, books, physical games

COMMUNITY PANTRIES

Community Pantries change people's lives. For a small weekly membership fee of around £4.00, local people can shop in the pantry and choose up to 10 items, significantly more food than they'd get in a supermarket. They save the average family around £780 a year, which makes an enormous difference. Pantries operate as membership food clubs and neighbourhood hubs, bringing people together around food, loosening the grip of poverty and contributing to healthier, happier lives. We'd also really like to develop a mobile pantry that visits rural communities with the same offer: affordable food with dignity.



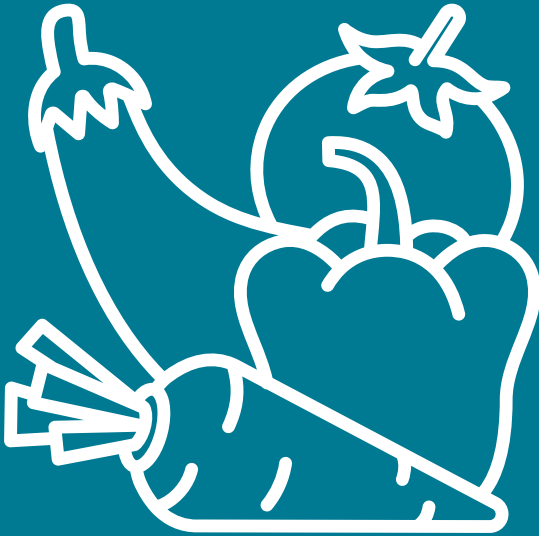
HOW WE'RE HELPING:

East Suffolk Council's funding will help open and operate 8 Community Pantries across the District.

HOW YOU AND YOUR STAFF CAN HELP:

- Sponsor a Community Pantry, helping up to 100 families save around £780 a year
- Donate equipment – for example a fridge, freezer, till or shelving
- Host or donate space for a Pantry
- Donate excess food items or hold a weekly collection in your workplace
- Volunteer at a community pantry

COMMUNITY GROWING: FIELD TO FORK



Growing food can be transformational. It gives people skills, builds community and helps families reduce their food costs, improve their diets and be more environmentally conscious.

Field to Fork provides 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.

It also works with local communities to help identify and fund community farms/allotments/gardens to make additional space available to local residents for larger scale 'grow and eat' activities.

HOW WE'RE HELPING:

We're funding 1,000 growing kits and 8 community growing spaces

HOW YOU AND YOUR STAFF CAN HELP:

- Sponsor or donate the land for a community growing space
- Help to prepare the land for a growing space
- Fund a set number of growing kits for local families
- Donate equipment: tools, seeds, compost, pallets to make planters for the growing spaces

COMFORT FOOD

Comfort Food allows individuals and families to eat for free in local cafes. Food banks and Community Pantries help support people in food need. Comfort Food does that too, but it also gives people the positive experience of eating out with their family, giving everyone a really welcome break from the everyday. Feedback from customers who visit Comfort Food venues, and from the venues themselves, is incredibly positive.

HOW WE'RE HELPING:

We're working with 32 cafes across East Suffolk to deliver a minimum of 3,200 Comfort Food meals



HOW YOU AND YOUR STAFF CAN HELP:

Donate a set number of Comfort Food meals at £10 each. Choose whether you want them to be used in a café in your town so you support a local business, or across the District.

COOKING ON A BUDGET

Many people don't have the confidence to prepare a reasonably priced, healthy, home cooked meal. Our Cooking on a Budget classes are aimed at families and give them the skills and confidence to cook for themselves. They receive one-to-one tuition and family food packs and recipe cards to take home. These classes bring families together and help them cook efficiently and healthily, helping food budgets go further and improving diets.

HOW WE'RE HELPING:

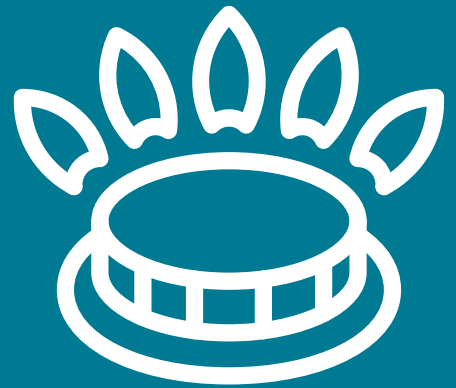
We're funding cooking classes for 160 families.

HOW YOU AND YOUR STAFF CAN HELP:

- Sponsor Cooking on a Budget workshops, giving families the confidence to cook
- Donate a venue for and/or staff to lead a Cooking on a Budget class
- Sponsor or donate the ingredients for a class
- Sponsor one of our new 'cooking on a budget with a slow cooker' or cooking on a budget with a microwave' classes

COOKING EQUIPMENT

Not knowing how to cook is one thing. Not having the equipment to cook is another challenge. Some people only have a kettle. It means their food choices are incredibly limited and they can come to rely on unhealthy, expensive (and often cold) choices. In other cases, people are so worried about the cost that they are no longer using their oven. In the worst cases, preparing food seems so difficult that they don't eat properly at all.



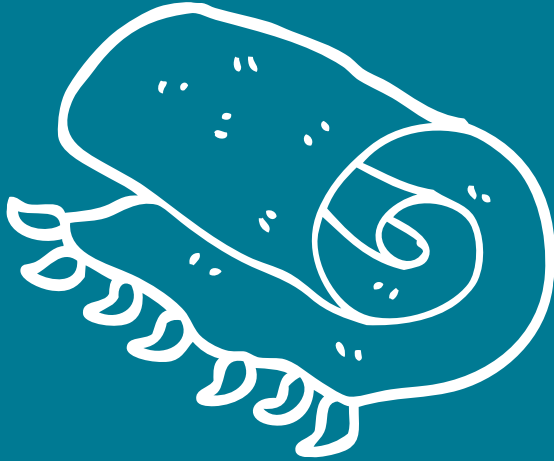
HOW WE'RE HELPING:

We're providing 90 slow cookers, 50 hobs, 40 microwaves and 100 kettle packs of food that can be cooked just using a kettle

HOW YOU AND YOUR STAFF CAN HELP:

- Sponsor the purchase of slow cookers, hobs, microwaves or kettle packs
- Donate individual items of equipment
- Donate food for the kettle packs

WINTER WARMTH PACKS AND ENERGY EFFICIENCY



More than 8,000 people die every year in the UK due to cold homes. Providing duvets, blankets, scarves and a range of other items is a key part of this programme, because it can help people stay warm even when they can't afford to turn their heating on

Poorly-insulated homes also contribute to the problem. We're helping people stay warmer with free draught-proofing and energy efficiency measures, including a handy person to fit them when they can't be fitted by a resident (or their friends and family).

HOW WE'RE HELPING:

Funding and distributing 200 Winter Warmth Packs

Funding simple draught-proofing and energy efficiency measures for up to 900 households

HOW YOU AND YOUR STAFF CAN HELP:

- Sponsor as many Winter Warmth and draught-proofing measures as you can, to genuinely save lives this winter
- Donate handy person skills or energy saving equipment e.g. light bulbs, draught proofing strips, chimney balloons

OTHER WAYS TO HELP

Sponsor or donate laptops or tablets for Warm Rooms and other projects, helping people get online and access other forms of vital support.

Work in marketing? Then why not donate skills and/or budget to help promote Ease the Squeeze initiatives to customers and volunteers.

Donate a location for another initiative like our school uniform banks

And much more...

Just let us know how you think you might help in other ways.

REMEMBER...

If you'd like to help, please email [**communities@eastsoffolk.gov.uk**](mailto:communities@eastsoffolk.gov.uk) with your contact details and which opportunity is right for you. The full list of opportunities is below – first the sponsorship opportunities and then, if you scroll down, the donation opportunities. There are suggested amounts for each opportunity but you can give the amount that's right for you.

Thank you so much for taking the time to help your local community.

CODE	SPONSOR...	TARGET	COST
1	...a Warm Room this winter or all of the Warm Rooms in one Community Partnership area	Minimum = 27 (3 per Community Partnership area (x7) and six for Lowestoft)	£2,900 for one £8,700 for three (one CP area)
2	...the East Suffolk mobile Community Pantry – whole or part sponsorship	1 for rural East Suffolk	TBC
3	...a Community Pantry	7 – one for each Community Partnership area (excluding Lowestoft)	£4,500
4	...items of equipment for a Community Pantry - fridge, freezer, till, shelving	7 Pantries	Various
5	...a Comfort Food Cafe or all of the Comfort Food Cafes in one Community Partnership area	Target = 32 – 4 per Community Partnership area	£1,000 for one £4,000 for four (one CP area)
6	...a set number of Comfort Food meals in local cafes	Target = 1,000 extra meals	£10 per meal
7	...a Community Growing Space	Target = 16 new or expanded in East Suffolk	£2,500

CODE	SPONSOR...	TARGET	COST
8	...ten Field to Fork Growing Kits	Unlimited (1,000 initially)	£100
9	...a Cooking on a Budget workshop for low income families/individuals	32 across the eight Community Partnership areas	£600 per workshop
10	...lower cost cooking equipment – hobs (£29.74 / £42,79), slow cookers (£39.99 / £41.59), microwaves (£65.99)	Unlimited	£29.74 - £65.99 each
11	...one or more Winter Warmth packs	Unlimited	£65 each
12	...Laptops and/or tablets for Warm Rooms and other projects	Unlimited	Various e.g. Dell laptops @ £554 each

CODE	DONATE...	TARGET
13	...a building or room for a Warm Room	27 across East Suffolk
14	...a building or room for a Community Pantry	7 new Pantries

CODE	DONATE...	TARGET
15	...excess food items for a Community Pantry	7 new Pantries
16	...volunteers to support one or more Community Pantries	Unlimited
17	...land for a Community Growing Space (or a loan of land for a set period)	16 new Growing Spaces
18	...items for the Field to Fork Kits or Growing Spaces – planters, tools, seeds, plants, compost, shed	1,000 Growing Kits
19	...materials to make planters for schools and community groups e.g. pallets	Unlimited
20	...equipment for a Community Pantry - fridge, freezer, till, shelving	7 Pantries
21	...a venue and/or the staff for a Cooking on a Budget workshop	32 in total across the 8 CP areas
22	...one or more low cost cooking equipment items – hobs, slow cookers or microwaves	Unlimited
23	...laptops or tablets for use in Warm Rooms, Pantries and other community locations	Unlimited

CODE	DONATE...	TARGET
24	...location for a school uniform bank	Unlimited but minimum of six additional ones
25	...budget and skills to promote ETS initiatives to end users and volunteers	
26	...handyperson skills and/or equipment for energy efficiency measures	

CODE	OTHER IDEAS
27	Staff could volunteer to support a Warm Room or Pantry Project as part of a ESV programme
28	Staff could offer specific skills e.g. setting up a Pantry, creating a budget
29	Staff to support schools to build, plant, maintain growing spaces