

Lowestoft and Northern Parishes Community Partnership

Action Notes of the Meeting held on 30 January 2024

Over 60's Club, Lowestoft

Attendees: Councillor Paul Ashdown (Chairman), Councillors King, Craig, Byatt, Gooch, Pitchers, Back, Gee and Robinson, 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), Carol Dean (Reutilise), Cllr Neil Livingstone (Chairman, Somerleyton, Ashby and Herringfleet Parish Council), Rev Damon Rogers (Lowestoft St Andrew), Neil Coleby (Lowestoft Town Council)

Supporting Officers: Luke Bennett (Partnerships Manager), Katy Cassidy (Democratic Services Officer), Louise Thomas (Communities Officer), Rachel Tucker (Communities Officer/ASB ESC)

Apologies: Councillor Tess Gandy, Sarah Foote (Deputy Clerk – Lowestoft Town Council), Councillor Melanie Vigo Di Gallidoro (SCC), Sgt Bemment (Suffolk Constabulary), Claire Taylor-Haigh (Women Like Me)

Item	Discussion
1.	<p>Welcome and Apologies for Absence</p> <p>Apologies were received from:</p> <p>Councillor Tess Gandy</p> <p>Councillor Melanie Vigo Di Gallidoro</p> <p>Sgt Bemment (Suffolk Constabulary)</p> <p>Sarah Foote (Lowestoft Town Council)</p> <p>Michelle Blatchford – Pulsate</p>
2	<p>Action Notes</p> <p>The Action Notes of the meeting held on 28 November 2023 were agreed.</p>
3.	<p>Icebreaker</p> <p>Rachel Tucker led the ice breaker activity for the group.</p>

4.

Where are we now?

Community Partnership Board Update

Luke Bennett (LB) advised that the minutes and papers from the Community Partnership Board were published on the Council website, reminding the group that the Board was another way, via their Chair, to address issues and deliver projects. The Board has its own budget to complement the individual Community Partnership budgets.

- Key focus of the Board was Rural Proofing workshop and ensuring that the entire patch was covered. There were good examples of this happening in this Community Partnership where successful engagement takes place with the Northern Parishes.
- East Suffolk Tackling Inequalities programme led by Nicole Rickard. The Board has agreed to put £146k towards the programme with a match of approximately £140k. This has been split between different projects with the following themes, young people, tackling poverty and mental health and wellbeing.
- LB advised the partnership that the reproduction of the healthy habits leaflet across all primary schools in East Suffolk has been funded, and this project started with the Lowestoft and Northern Parishes Community Partnership.
- £18k funding has been agreed from the Board towards a proposal for transport and travel and continued funding for Buzzabout.

Project Updates

Buzzabout

Louise Thomas (LT) had an update from BACT to say that after Christmas period the uptake was slow for beginning of 2024 and reminded people that the service was not just for warm rooms it could be used for other services, eg transport to medical appointments.



Warm Rooms

- Paul Ashdown (PA) requested feedback on numbers of people using warm rooms.
- Keith Robinson (KR) advised Oulton was not very successful despite heavy advertising, main attendees were those running it.
- PA reminded group that Buzzabout transport was there to be used for warm rooms.
- Andy Pearce (AP) had met with the management committee of Gunton Community Hall, reported initial low take up but new service that needs to be promoted. Buzzabout service needed to be promoted.
- LT advised 18000 leaflets promoting Buzzabout had been distributed.
- Warm Welcomes – overall good numbers were reported, with a core group of attendees that were staying all the time.
- Damon Rogers (DR) updated on St Andrews which started in September 22 and was continuing to be successful. A number of different activities were happening to encourage attendance, such as brunch café, tots group, Realised Futures, wellbeing café, utilities advice; all of which provided a reason for people to attend.
- Miles Thomas (MT) – hard work from volunteers needed recognising. Action – partnership to send a letter of thanks.
- Rachel Tucker (RT) – Example of good practice - Fighting Cox were successfully creating their own community hub. They carried out traditional activities such as Meat Raffle. Meat donated to pub and left over raffle proceeds donated to Lord Kitcheners. A hot meal is cooked on site on a Sunday with the landlord subsidising the vegetables. RT has been supporting landlord to be a CIC and draw down funding to continue this community model. PA – this model could be advertised across the district.
- KR agreed that having activities happening within the warm rooms was essential to encourage take up.

Healthy Habits

- PA - Leaflets distributed to Years 5 & 6, now need to request feedback prior to it being cascaded across the district.
- Phil Aves (PhA), some feedback had been received and schools needed time to deliver lessons so may not have full feedback as yet.
- Peter Byatt (PB) – partnership needs to review feedback and coordinate the schools that need re-engaging.

	<ul style="list-style-type: none"> • Additional planters have been ordered with funding balance, to be distributed to schools. • Surplus funding available for planter supplies from Lound Garden Centre, advise PA and vouchers can be allocated. • PhA – this was a specific a specific Lowestoft project with health inequalities which targeted where the need was. Surprised it is being rolled out to every year 5 and 6 across east Suffolk, is there a need that supports health inequality? Action – LB to feed back to board. • PhA – 12 schools had signed up to daily mile, further work with other 9 to engage them. In process of setting up junior park run, lots of potential but needs an organisation and volunteers to get it moving. <p>Box Up</p> <ul style="list-style-type: none"> • RT advised order is with company, due to be delivered March. Funded two locations, one on beach, exact location to be decided. Agreement from Lowestoft Town Council to have one in Normanston Park. Launch early April, tied in with Catch 22 to run launch event. Contracts in place, meeting early March to finalise. GK – requested ideas for launch event. • PA – important to target those inactive children. • AP advised Town Council looking at prioritising lighting for parks and requested feedback on any demand for lighting, particularly if safety issue. Action RT
5.	<p>Workshop Session</p> <p>The Community Partnership took part in a workshop activity with each group focusing on one of the priorities below to identify next steps and possible project ideas.</p> <ul style="list-style-type: none"> • Group 1 - Mental Health and Wellbeing, facilitated by Louise Thomas • Group 2 - Social Isolation, facilitated by Rachel Tucker • Group 3 - Healthy Eating, facilitated by Danny Steel/Paul Ashdown



Feedback

Group 1

- Discussed the 'Daily Mile' and whether CP replicates similar offering resources. CP to consider how we can encourage all schools to do the daily mile? There is an officer named Linda Dorset who is the Daily Mile Officer. Can she be invited to CP meeting?
- Our CP to request the next year 5 group to be issued with a Healthy Habits booklet funded by the CP Board.
- CP should be supporting initiatives that are already running that focus on social isolation & loneliness. Who are they?
- We need a directory - Could utilise GP directory – Solutions.
- A project idea – Gaming convention. Could utilise East Point Pavilion which 'First Light' have management of. Could contact BT and Lowestoft College to see if they would be interested in hosting it or be involved. Could it launch at First Light festival 2025.
- Warm Welcomes – CP could 'enhance' the offer eg; Bingo, and other activities. Consult with current attendees, what would bring them there?
- Could we promote CP projects via Taxi firms and local buses.
- Ask organisations to do a 10 min presentation at our CP meetings. Not only will this promote their work to us but gives them opportunity to attend future meetings and learn about work of CP's.
- Create subgroups to engage with clubs eg, bowl/Brownies/guides. Do they have ideas about combating social isolation and loneliness.
- Could we have Men's Shed doing 'Makers Markets' showing off skills and teaching others new skills.

Group 2

- Discussions on needing to go to GP where social prescribing is placed and a lot more surgeries now have wellbeing/wellness groups. This was based on needing to know more of what is out there for both practitioners and clients and some acknowledgement that Suffolk info link is not necessarily up to date and not all groups are registered on their platform. The need is for an up-to-date directory; however, this is reliant on regular input of information by someone/agency/commission for this to happen. Recognise there is a lot of ready information via VASP and Health & wellbeing network/newsletters.
- Demographic of population – do we need to look at a set age group but this was felt this was not necessary as enough data to support all age groups re mental health.

	<ul style="list-style-type: none"> • Still on the demographic of who we target, discussed those groups or individuals who were hard to reach or hidden but felt that it would be easier to target the audience we already have, for example; warm welcomes and foodbank/pantry volunteers. All felt that staff/volunteers would benefit from MHFA or MIND training – PhA confirmed at feedback after workshop that he has already planned/paid for MHFA training for agencies and also young people later in the year. (MHFA 2 day course to be held at Carlton Marshes) • Stakeholders Event – going back to updating practitioners, the need for time to network and pass on good practice. An event not for the public and suggested that this could be our “Starting Point.” All agreed that this needs to be commissioned, example given by Luke re Trinity Park vent management group/commissioned? <p>Group 3</p> <ul style="list-style-type: none"> • Master Chef style competition using some of the produce grown in the planters – considered this as too bigger project at this time, more information needed to take it forward. • Feedback needed from the schools on Year 5 and 6 Healthy Eating project and how many schools have planters. Visits to be arranged after half term using the Lound Planter Centre voucher scheme to boost usage. • Link in with Pulsate for additional menus using both meat and vegetable along with pulses, but still needs to be affordable. • Competition basis getting the schools to grow their vegetables and have a competition for the largest vegetable and give prize, work in with partner organisations for recipe and menu ideas. • Trial a cooking competition using the five Pupil Referral Units for those not attending routine school as they have the kitchens and facilities. Link into home craft lessons. • Blank Page project for 10 to 16 year olds, link into the school holiday club – PB to share information with LT.
6.	<p>Date of Next Meeting</p> <p>16th April – Oulton Community Centre</p> <p>25th June – Lowestoft and Yarmouth Rugby Club (to be confirmed)</p>