



East Suffolk  
Community  
Partnerships

*Bringing ideas to life*

# Tackling Inequalities in East Suffolk

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**Aldeburgh, Leiston, Saxmundham and Villages Community Partnerships**

**November 2023**

# Background

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- The Board has four priorities – Isolation and Loneliness, Transport and Travel, Mental Health and Wellbeing and Tackling Inequalities
- The focus of the Tackling Inequalities theme to date has been on the Cost-of-Living crisis
- £100k of CP Board funding in 2022 for the East Suffolk East the Squeeze programme
- 12 projects including Warm Welcomes, Cooking on a Budget classes, Food Network Co-Ordinator, Community Pantry grants, Uniform Bank grants, Field to Fork Growing Kits and Field to Fork Growing Spaces grants
- East Suffolk Council has also funded a Community Help Hub - Community Help Officers and Financial Inclusion Officers who take referrals for help

# September 2023 Board Meeting

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- In September, the Board considered a presentation on ‘Inequalities in East Suffolk’ focussed on four key areas:
  - Population Inequalities
  - Health Deprivation and Inequalities
  - Financial Inequalities and Deprivation
  - Education, Skills and Economic Deprivation
- Within these four themes, 22 key issues were identified for East Suffolk
- At the end of the workshop the Board voted on their top 5 priorities, these were Mental Health and Wellbeing, Poverty, Young People’s Health Outcomes, Access to Services and Disabilities/Long Term Health Conditions

# Tackling Inequalities Task and Finish Group

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- Met in early November
- Representatives from ESC, SCC and two Community Partnerships
- Considered the five priorities – what is already happening, gaps, links to other planned activity
- Agreed to focus on the top three priorities, but to consider disabilities within the poverty theme (at least 50% of households living in poverty include someone with a disability)

# Mental Health and Wellbeing

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CPB Well Minds East Suffolk programme – Cuppa and Chat (CTEA), Theatre in Education sessions, small grants

Suffolk Mind Emotional Needs Audit

ENA Funding – 4 x £50k per area, including the Aldeburgh, Leiston and Saxmundham CP area

Funded Suffolk Mind ‘The Essentials’ and ‘Working with people in distress’ training for community groups and voluntary organisations (including youth groups)

## New Ideas

1. A mental health and wellbeing leaflet (based on the Cost of Living one) for VCFSE organisations, Town and Parish Councils etc.
2. Focus on better sleep, including potential ‘Pillow Swap’ scheme?
3. Promote the ‘Five Ways to Wellbeing’ more widely
4. Work with the SCC Behavioural Insights Team to look at how we encourage people to seek support with their mental health earlier

# Poverty, including Absolute Poverty

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Suffolk Tackling Poverty Programme – income maximisation, food security, digital inclusion, pre-payment meter project and ‘poverty proofing’ the school day

Healthwatch ‘Tackling Poverty Together’ project

Holiday Activities and Food (HAF) programme

Ease the Squeeze cost-of-living programme

Citizens Advice, Disability Advice Service (DAS), Disabilities Advice North East Suffolk (DANES), Christians Against Poverty (CAP)

RedSTART pilot in Lowestoft Schools

## New Ideas

1. Additional investment in Ease the Squeeze
2. Funding for schools to implement the findings of ‘Poverty Proofing the School Day’
3. Establish more Community Pantries and Uniform Banks
4. Funding for DAS and DANES
5. Volunteering campaign to recruit volunteers for key VCFSE organisations
6. Food education work with families
7. Use LIFT to identify those in crisis in East Suffolk
8. Transport to Ease the Squeeze and other poverty support offers

# Young People's Health and Wellbeing

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CYP Mental Health Pilot in Carlton Colville, Kessingland and Southwold CP area

- early years – Thrive, toddler group leader training, understanding trauma training
- primary – Thrive, Early Minds and training as above
- secondary – additional counselling in one school

Lowestoft 'Healthy Habits' booklet

Four x CP funding for oral hygiene kits

Mental Health in Schools programme

Period Poverty programme

## New Ideas

1. Engage through schools to identify priorities e.g. mental health and wellbeing, healthy weight, oral hygiene, poverty, access to food etc
2. Explore ways to increase access to mentors
3. Increase access to counselling
4. Adapt the Healthy Habits booklet and expand to all CP areas
5. Fund more oral hygiene packs to be made available through schools, food projects, uniform banks etc

# Questions

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Is there anything missing from the list of East Suffolk ideas?

Is there anything specific that you think this Community Partnership should do based on or additional to these ideas – with a particular focus on the CP Mental Health and Wellbeing and Oral Hygiene priorities?