



East Suffolk
Community
Partnerships
Bringing ideas to life

Community Partnership Board

Monday, 5 September 2022 at 4.00pm
Venue: The Conference Room, Riverside, Lowestoft

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6	Youth Voice Presentation from Alex Heys and Sam Kenward.	
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8	SPOT Wellbeing Outcome proposal and request for Board to fund health and wellbeing courses delivering appropriate exercise, health information and socialising for the over 50s in an attempt to stay as healthy as possible, both mentally and physically.	48 - 52
9	Forward Work Plan To consider items for the Community Partnership Board's Forward Work Plan.	

10	Any other business	
11	Date of Next Meeting 8 December 2022, 10.00am at Snape Maltings, Snape Bridge, Snape, IP17 1SP.	

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Unconfirmed



Minutes of a Meeting of the **Community Partnership Board** held in the
Hubble Room at BT, Adastral Park, Ipswich, IP5 3RE
on Monday, 13 June 2022 at 6.00pm

Community Partnership Board Members Present:

Steve Gallant (Chairman of the Community Partnership Board and Leader of East Suffolk Council),
Chris Abraham (Chief Executive of Community Action Suffolk (CAS)),
Chris Blundell (Chairman of the Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership),
Norman Brooks (Chairman of the Carlton Colville, Kessingland, Southwold and Villages Community Partnership),
Judy Cloke (Chairman of the Beccles, Bungay, Halesworth and Villages Community Partnership),
Tony Cooper (Chairman of the Aldeburgh, Leiston, Saxmundham and Villages Community Partnership),
Louise Hardwick (NHS Ipswich and East Suffolk Clinical Commissioning Group),
Tom McGarry (Head of Stakeholder Engagement for EDF Energy),
Lisa Perkins (Vice Chairman of the Community Partnership Board and Realisation Director for British Telecom),

Others present:

Luke Bennett (Partnerships Manager, East Suffolk Council),
Andrew Cuthbertson (Communities and VSC Lead, Suffolk County Council),
Gemma Fraser (Communities Officer, East Suffolk Council),
Nick Khan (Strategic Director, East Suffolk Council),
Joss Mullett (Communities Officer, East Suffolk Council),
Alexander Nicoll (Deputy Cabinet Member for Transport, Suffolk County Council)
Nicole Rickard (Head of Communities, East Suffolk Council and NHS Norfolk & Waveney / Ipswich & East Suffolk Clinical Commissioning Groups),
Nicola Wotton (Deputy Democratic Services Manager, East Suffolk Council)

1. Welcome and Apologies for Absence

Steve Gallant welcomed everyone to the meeting and introductions were made. Steve Gallant thanked Lisa Perkins for hosting the meeting this evening at Adastral Park and he invited her to say a few words about the venue.

Lisa Perkins stated that the site had been a Research and Development Centre since 1969 and it had been formally opened by the Queen in 1975. The site was home to 150 companies, with over 4,000 people working there. £2.5 billion was spent by BT each

year on Research and Development and the Adastral Park site undertook both national and global operations.

Apologies for absence were received from Paul Ashdown, Maddie Baker-Woods, Bobby Bennett, Sharon Harkin, Mark Jepson, Michael Ladd, Tim Passmore, Carol Poulter, Russ Rainger, Letitia Smith and Roger Wright.

2. Election of Vice Chairman

Steve Gallant sought nominations for the position of Vice Chairman of the Community Partnership Board for 2022-23. He then proposed Lisa Perkins to continue as Vice Chair for another year and this was seconded by Tony Cooper. There being no further nominations it was:

RESOLVED

That Lisa Perkins be elected Vice Chairman of the Community Partnership Board for the 2022/23 Municipal Year.

3. Minutes

Steve Gallant presented the Minutes from the last meeting of the Board held on 7 March 2022. Alexander Nicoll stated that his surname had been misspelled and requested that this be corrected. There being no further comments or amendments proposed, it was therefore

RESOLVED

That the Minutes from 7 March 2022 be confirmed as a correct record, subject to the correct spelling of Alexander Nicoll's surname.

4. Terms of Reference

Steve Gallant stated that it was good practice to review the Board's Terms of Reference on an annual basis, to ensure that they remained fit for purpose. It was confirmed that the Terms of Reference had been reviewed and no changes were proposed for this year. It was therefore

RESOLVED

That the Terms of Reference remain unchanged.

5. Focus on Community Partnerships

Steve Gallant introduced this item and those present noted the accompanying report. He then invited the presentations to commence.

Carlton Colville, Kessingland, Southwold and Villages Community Partnership

The Board received a short presentation from Norman Brooks, Chair of the Community Partnership, and Gemma Fraser, Communities Officer. The presentation covered the Carlton Colville, Kessingland, Southwold and Village's Community Partnership's three priorities which were:

- Increase active and sustainable transport provision, particularly for rural communities
- Reduce social isolation and loneliness
- Facilities, activities and employment for young people

The Community Partnership had focussed upon 6 main projects for 2021/22, namely:

- Equipment for Kessingland Men's Shed
- Equipment for Kessingland Community and Kitchen Garden
- 2 virtual walks in Carlton Colville
- Operation Outdoors!
- Sports Equality Project
- Southwold Skate Park

It was noted that the Community Partnership had also provided a Small Grants Scheme, which had assisted 11 projects, with £13,056 being awarded in total. Grants had been awarded across the CP area and would benefit a wide demographic. The 11 projects would help to address either priority 2 (Reduce social isolation and loneliness) or priority 3 (facilities, activities and employment for young people). Those projects included:

- Activities for adults with additional needs
- Enhancing facilities in rural communities.
- Improvement of park/green spaces
- Environmental/nature engagement.
- Enhancing community group facilities to allow for expanded reach.

It was reported that the work towards the post-covid reset was well underway. The next meeting of the Community Partnership was in July, where the priorities and membership would be reviewed and agreed, SMART objectives and proof of impacts would also be implemented. The new data pack was considered at the May meeting and would be reviewed and assessed at the next meeting.

Steve Gallant thanked those involved with the Community Partnership for their hard work and also for the excellent present presentation this evening.

Framlingham, Wickham Market and Villages Community Partnership

The Board received a short presentation from Joss Mullett, Communities Officer. The presentation highlighted the 3 priorities for the Framlingham, Wickham Market and Villages Community Partnership, which were:

- Developing opportunities for young people
- Reduce social isolation and loneliness
- Alternative, active and sustainable transport

It was noted that the Community Partnership would hold a workshop on 30 June 2022, which would consider the latest data pack and review the priorities for the coming year.

During 2021/22, the Community Partnership had funded 26 community projects, which were either funded as a result of members of the Community Partnership directly engaging with Parishes, community groups, or by Small Grant Schemes. The projects ranged from installing Wi-Fi at a village hall to enable community groups to run hybrid events, the Katch transport service to outdoor shelters for groups of younger people who live in rural settings.

Joss Mullett then provided an update on three projects which the Community Partnership had supported; the Hour Community wheelchair accessible vehicle to assist people in attending health appointments, the Youth Group in Wickham Market to help reduce anti-social behaviour and the Student Life project involving students from the Thomas Mills High School and Framlingham College, which focussed upon mental health, wellbeing and leisure.

The Board noted that the Community Partnership still struggled for regular attendance from Parishes, Health and Education partners, however, it was hoped that there would be good representation from them at the workshop on 30 June. It was reported that a Rural Proofing exercise recently took place, with the support of Community Action Suffolk. However, only 7 out of 40 Parishes engaged in the exercise, therefore the much needed overview of what was available in the community has not been created, which would assist with building on existing assets.

Steve Gallant thanked Joss Mullett for his presentation and he queried the sustainability of the Hour Community wheelchair accessible vehicle project. Joss Mullett provided reassurance that this was a long-term project, the vehicle was new and anyone using the services was asked for a donation to help pay for the running costs. The scheme was currently staffed by 10 volunteers and was self-funded.

There followed some discussion about the importance of communications surrounding the Community Partnership projects, general publicity and engaging with local residents. Nicole Rickard confirmed that a Quarterly Community Partnership Newsletter was being produced and the first edition was ready to be published shortly. This would contain lots of information and would be shared with groups and organisations.

Louise Hardwick reported that the Health Providers and CCG would be able to attend Community Partnership meetings to share information and assist with collaborative working, including links with the Integrated Neighbourhood Teams in the south of the District. They would also be able to share information on the work of the Community Partnerships and the quarterly newsletters, with other organisations such as mental health groups, schools and faith groups.

Christine Abraham stated the importance of rural proofing and the need to reach the rural communities, as they were often overlooked. She felt that it was very sad that

130/370 young people do not participate in any activities outside of school, possibly due to cost or distance, and she commented that it was important to drill down further to find the reasons for this.

Alexander Nicoll commented that whilst there were some Parish Councillors who may not be representative of their residents, others did an excellent job in tackling issues in their areas as they arose. It was important for the Community Partnerships to engage as much as possible, it was a two-way street.

Steve Gallant thanked Norman Brooks, Gemma Fraser and Joss Mullett for their informative presentations.

6. Implementation of the Peer Challenge Action Plan

Nick Khan gave a verbal update to the Board. It was noted that Community Partnerships were still a relatively new and innovative way of working, which had received considerable investment. Therefore, it was appropriate to request a review to see if there were any learning points that could be implemented to further improve them. The Peer Review took place in October 2021 and it had been a very positive experience. The Board's visioning event held at Trinity Park to discuss the recommendations from the review had informed an Action Plan, which was structured around 3 main priorities:

- Each Community Partnership needs to reset after lockdown:
 - Review / refresh its priorities
 - Produce a focussed Plan of what they will deliver
 - Set SMART outcomes

- Each Community needs to equip itself to deliver its Plan:
 - Build confidence to take a proactive problem solving approach
 - Engage the right people to get the job done
 - Gain the necessary skills to perform the task well

- We must all communicate what we do:
 - Community Partnerships to share best practice
 - Internally embed the process within East Suffolk Council
 - Externally promote the benefits of the Community Partnerships to residents

Nick Khan reported that each of the 8 Community Partnerships were reviewing their priorities and the process would be assisted by updated data packs for their individual areas, which would enable them to identify new trends and objectives. There was a lot of good working taking place, which was making the Community Partnerships stronger and further information would be provided in due course.

Steve Gallant stated that the Peer Review also provided the visiting colleagues with the opportunity to fact find and hopefully take away some ideas for them to consider implementing at their own authorities. He commented that it was very important to measure the outcome of any project, to make sure that it was making a difference. It was also noted that match funding was crucial to the projects and the communications needed to be in place to share all of the good practice and positive work being

undertaken. He stated that Community Partnerships were there to make a real difference to their local areas and they needed to be proactive.

7. Annual Report 2021/22

The Board received a presentation on the Annual Report for 2021-22 from Steve Gallant, who summarised the 5 original ambitions of the Community Partnerships and how far they had been achieved. The ambitions were:

a) Embed the Community Partnerships as the place to do place-based partnership work

It was noted that all of the Community Partnership's overcame the challenges of Covid to remain active, they all met virtually and made progress delivering their priorities. A total of £151,687.15 was committed to projects across all eight Community Partnerships, with 120 projects planned, completed or underway, and all had benefitted from the work commissioned from SALC to engage with Town and Parish Councils. However, there was relatively low engagement from businesses and voluntary and Community organisations and whilst positive publicity was increasing, there were low levels of awareness of the Community Partnership's amongst residents.

b) Establish a programme of activity to address the data-led priorities identified at East Suffolk and individual Community Partnership level

The Community Partnerships continued to meet virtually, which was challenging when trying to maintain momentum and engagement, however, face to face meetings started to commence from February 2022, which were very positively received. Many Community Partnerships successfully used Task and Finish Groups, between meetings, which was very positive. It was noted that there had been a heavy reliance on Grant Schemes during this time and the emphasis would now move back to generating individual projects by problem solving specific issues.

The new "East Suffolk Profile" was presented to the Board in December 2021, which was very informative and new data packs were being rolled out for each of the eight Community Partnerships, however, there were some limitations to depth and timeliness of data (e.g. lack of access to census data), which was unavoidable at this time.

c) Establish the Community Partnership Board as a strategic forum to effectively and collaboratively problem solve key challenges for East Suffolk

During 2021/22, the Board met 4 times and engagement had remained high, with membership complete, except for Youth Voice representation. It was noted that a new priority had emerged at both the individual Community Partnership and East Suffolk level, which was the focus on Financial Inequality. In order to support the priorities, four multi-agency Task Groups had worked between meetings to develop programmes and projects to tackle each priority and seven programmes/projects had received Board funding.

d) Evidence high impact investment of both Community Partnership and Board funding

The Board noted the starting balance and income for the 2021/22 year and that the vast majority of the budget had been allocated. In terms of match funding, it had been a very successful year. For every £1 spent by the Community Partnership Board, it was worth £1.77, which provided total matched funding of £184,000.00. In terms of the 8 Community Partnerships, for every £1 spent, it was worth £2.60, which provided total match-funding of £373,042.30, which was very encouraging.

e) Hold a successful Partnership Forum annually to share good practice and lessons learned

The Annual Forum took place at Trinity Park Conference Centre, Ipswich on 25 March 2022. 211 delegates attended and there were 12 x 60 minute workshop / seminar sessions to choose from (each delegate attended two). 10 delegates attended the additional breakfast session aimed at businesses, 30 organisations hosted a stall in the 'market place', three organisations had their project vehicles on display outside. The feedback from the delegates was excellent, as follows:

- 100% respondents found the event useful overall to some extent
- 100% respondents found the networking useful to some extent
- 100% respondents shared information and knowledge on challenges and opportunities in East Suffolk
- 92% respondents will change the way they work, as a result of attending the Forum

There followed some discussion in this respect and Steve Gallant confirmed that any funding spent by the Community Partnerships must be meaningful and add value. Alexander Nicoll stated that projects needed to be sustainable and SCC Councillor Locality Budgets could also add value to local projects. Steve Gallant clarified that each East Suffolk Councillor had an Enabling Communities Budget of £7,500 per year, which could be spent to support projects in their areas, as they wished.

8. Tackling Inequalities Task and Finish Group

Christine Abraham introduced the report and it was noted that the Tackling Inequalities Task and Finish Group had been created following approval from the Board meeting on 6 December 2021. The Task and Finish Group had met twice and concern was growing due to the increasing cost of living, which was rising exponentially, particularly energy costs which were due increase again in time for the winter and the ongoing recovery from Covid.

Nicole Rickard reported that the Council was already working closely with Citizens Advice and Disability Support charities, and 2 Financial Inclusion Officers had recently been appointed. The Council was currently bidding for more funding to support this emerging area of concern and was looking to provide a network of support to assist people before they got to crisis level.

The Task and Finish Group had looked at information provided by SCC in relation to the cost of living profile, information dashboard and 4 themes had been created, as a result, which were: Money, Food and Essentials, Energy and Fuel, Housing. Nicole Rickard then

went on to explain the key challenges and the existing activity already in place to address these themes and some examples against each theme are shown below:

Money

Key Challenges - Can people budget properly? Did they have access to a bank account? Were people able to afford the relevant ID documentation (eg passport or driving licence) they required to access bank accounts and other services? How to identify and assist those people who were Just About Managing (JAMs)?

Project Ideas - The need to identify any gaps in provision, boost funding available and piggy-back onto other projects. To consider the use of 'Parent Mail' to email parents and families via schools.

Food and Essentials

Key Challenges - Some people have a lack of cooking facilities, cannot afford to purchase cookers etc and have to rely on food made with hot water. Others are just unable to afford basic items such nutritious food, school uniform / interview clothes or basic items for personal hygiene, such as a toothbrush. People may also lack the skills to cook with basic, nutritious ingredients. Some people in work were in desperate need of assistance from Food Banks but were not able to attend during their opening hours.

Project ideas – A Food Network Co-ordinator appointed to oversee different groups across the district. Local Pantry's had been created, which were sustainable, and Community Fridges and Freezers enabled the sharing of food that would otherwise go to waste. Promotion of food saving apps such as Olio or Too Good To Go.

Energy and Fuel

Key Challenges – The high cost of energy to heat homes and to cook, as well as the high cost of fuel, affecting all forms of transport, both personal and public.

Project Ideas – To publicise Warm Home Offers, car sharing and the 1 degree lower campaign. To consider an oil loan scheme to spread the payment over a longer period. To encourage people to maintain boilers etc over the summer, when costs are cheaper. To encourage the use of curtains and LED lights within the home. Publicise boiler upgrade schemes.

Housing

Key Challenges – Increased pressure on the home rental sector. More people falling into rent arrears and then facing potential eviction over time. Homes falling into disrepair as homeowners or landlords cannot afford to repair them, which will exacerbate other issues such as poor health

Project Ideas – To use the LIFT software to identify those people who need support before they go into crisis. Offer reduced cost electrical testing. Publicise the Whatever It Takes funding. Working with other organisations to prevent homelessness wherever possible.

Nicole Rickard then provided the Board with a list of 65 projects for them to consider. She asked them to identify 12 projects that they felt would make the most difference in the district. These would then be collated at the end of the meeting and the results would be reported back to the Board.

Steve Gallant thanked the Financial Inequality Task and Finish Group for their hard work in this respect. He noted that the financial squeeze was only going to get worse over the coming months. He suggested that there should be some flexibility in terms of the projects that would be identified and taken forward, as circumstances may change and further issues may be identified over time, therefore a flexible approach would be prudent.

During discussions, Chris Blundell stated that there needed to be more information about how people could access the various projects and services. Steve Gallant reported that, as far as district councillors are concerned, a Member Briefing was scheduled on Monday, 20 June 2022 at 6.00pm and this would update Councillors about how they can assist their constituents who were in financial hardship.

Lisa Perkins commented that she would struggle to identify 10 projects as they all seemed very worthwhile. She stated it was hard to get an understanding of the impact that the individual projects would have. Nicole Rickard stated that the next stage would be to scope out the projects and to avoid any duplication wherever possible.

Tom McGarry stated that energy companies were raising awareness about the various grants that were available. He also stated that the Citizens Advice were extremely knowledgeable and experienced in assisting people facing financial hardship. Since the launch of the Citizens Advice for East Suffolk, he felt it would be useful if a representative could attend future Community Partnership meetings to provide an update on the work that they do, including the help and support that was available. Steve Gallant commented that the aim was to encourage and enable people to seek help earlier, before they were in crisis. Nicole Rickard confirmed that 2 Citizens Advice representatives had been involved in the workshop which created the initial list of 65 projects. She also had a meeting scheduled with the new Chief Executive of Citizens Advice East Suffolk in the near future.

Louise Hardwick commented that she was seeing more younger people who had never been in financial trouble before, they were often distressed and did not know where to go for help. Pride was also a factor, as many people did not like to admit they needed help. Alexander Nicoll commented that there were not enough resources available to assist everyone, therefore, it was important to focus on the projects that would have the greatest impact.

Chris Abraham then proposed the recommendations within the report, seconded by Tony Cooper and it was

RESOLVED

- 1) That the outcome proposal attached as Appendix 1 to the report, requesting the allocation of £100,000 to the merging East Suffolk Cost of Living programme be approved.
- 2) That a report on progress be received at the next Board meeting, to be held on 5 September 2022.

9. Outcomes from the Annual Forum 2022

Luke Bennett reported that the Board had met its target of arranging an Annual Forum for this year, which had taken place on 25 March 2022. As mentioned earlier in the meeting, the feedback from the Forum showed that it had been a success and had been very well received.

There had been some comments from some representatives, who had found it difficult to get to Trinity Park by the 9.30am start time, particularly if using public transport. Luke suggested that, as Trinity Park was the only venue locally which was large enough to accommodate the Forum due to the number of workshop rooms and size of the main plenary room, transport could be provided in the future, to assist those travelling by public transport. There had also been some queries about the sustainability of the Forum and he suggested that a Sustainability Appraisal be undertaken, to look at ways that the Forum's carbon footprint could be reduced in future.

Luke reminded the Board that they had previously suggested that there could be an additional, more focussed event arranged for later in the year. He suggested that, if this was to happen then it could be held in the North of the District, to focus upon 1 of the priorities of the Board. He also made the point that he was not sure that the district council would have the resources in house to manage the event and this would have to be bought in by the Board. Those present were positive about this suggestion, but Steve Gallant was concerned about overloading staff by organising a second major event. Luke agreed to scope what was required to take this forward.

Steve Gallant was very supportive of the suggestions put forward by Luke and he thanked him for all of his hard work in relation to the Forum. Steve Gallant moved the recommendations in the report, seconded by Tony Cooper and it was

RESOLVED

- 1) That the impact of the Forum event, set against its original purpose, be noted.
- 2) That the lessons learned from the Forum be used to help inform future events.
- 3) That the suggestion of having another event, later in the year to focus upon a single Board priority be investigated.

10. Mental Health Task and Finish Group Report

Nicole Rickard provided the Board with a brief update on progress since the last meeting on 7 March 2022, in respect of Well Minds East Suffolk.

The Board noted the progress made to date in respect of:

- The Campaign to publicise where and how to access information and support a range of wellbeing issues.
- Neighbourhood Level Funding
- Your Needs Met (young people)
- Theatre in Education
- Pilot projects to support wellbeing in young people
- Training (Adults)
- Cuppa and Chat

It was noted that the total funding from the Board for this programme was £122,900 (£75,923 from 2021/22 and £46,977 from 2022/23) Community Partnership Board Budgets.

11. Forward Work Programme

Steve Gallant commented that there was a lot of work going on, which was extremely positive. He suggested that, as a result of the point made in the Annual Report about the lack of business engagement in the CP's a Scoping Group be created to look at ways for the Community Partnerships to engage with local businesses in their areas and report back to the next meeting.

RESOLVED

- 1) That a Scoping Group be set up to look at ways for the Community Partnerships to engage with local businesses in their areas.
- 2) That an update on the proposals from the Scoping Group be brought to the next Community Partnership Board meeting, to be held on 5 September 2022.

12. Any Other Business

Alexander Nicoll advised that Suffolk County Council would be hosting a Rural Transport Seminar which would be taking place on 22 July 2022. They would offer transport and collect people from Ipswich Train Station. They would be discussing a wide range of transport matters, including the East Suffolk Line.

Chris Blundell reported that his Community Partnership had supported a very successful Spot Wellbeing Project. This involved a small group of people taking part in exercise with a responsible, trained person, which had reduced their social isolation as well as their overall health and wellbeing. Of those who had attended these sessions, 86% reported feeling less lonely and 92% reported an improvement in their wellbeing. He suggested that, as the scheme had been so popular in his area, that it could be piloted in the other Community Partnerships too and he sought funding from the Board to achieve

this, and to extend the project in his own Community Partnership. Steve Gallant stated that this appeared to be a good project, however, as there was insufficient detail for the Board to consider Chris Blundell's request at this meeting, that an outcome proposal be brought to a future Board meeting for consideration.

Nicole Rickard stated that she was still collating the votes for the 65 projects in relation to Financial Inequality, which had been considered earlier in the meeting, at Item 8. She confirmed that she would circulate the voting results and the projects which would be supported, outside of the meeting.

13. Date of Next Meeting

It was noted that the next meeting would be held on Monday, 5 September 2022 at 4.00pm in the Conference Room at Riverside, Lowestoft.

The meeting concluded at 8.25 pm

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Chairman



East Suffolk Community Partnership Board

Report from the Tackling Inequalities Task and Finish Group

September 5, 2022

Introduction and Background

1. 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 establish a new Task and Finish Group focussing on 'Tackling Inequalities'.
2. The Tackling Inequalities Group was tasked to focus on four key areas - Young People, Ageing Population, Income Deprivation (all age groups) and Groups left behind in the recovery from Covid-19. At the first meeting it was agreed that the initial focus of the group would be on the Income Deprivation priority, specifically reducing the impact of the emerging and deepening Cost of Living crisis in East Suffolk.

Cost of Living increases

3. The 'cost of living' is the average amount of money that individuals need to be able to cover basic living expenses, such as food and housing. The cost of living is rising across the board – housing costs, energy and water costs, fuel and food have all risen rapidly in price over recent months.
4. The impact of these rises, combined with the residual impact of the Covid-19 pandemic, rising inflation, and the consequences of the invasion of Ukraine by Russia, is likely to hit hard particularly as we move into the Autumn and Winter. Suffolk County Council has produced a Cost of Living Profile which can be found at: [Making-ends-meet-the-cost-of-living-suffolk.pdf \(healthysuffolk.org.uk\)](https://www.healthysuffolk.org.uk/making-ends-meet-the-cost-of-living-suffolk.pdf) which is accompanied by an interactive dashboard which will be updated as more information becomes available and is therefore a good source of data about local impacts and trends.

Tackling Inequalities Task and Finish Group

5. The Task and Finish Group, supported by staff in the Communities Team at East Suffolk Council, developed an outcome proposal for consideration by the Board at its June meeting. This outcome proposal focussed on the four key areas for action 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 to be allocated to the programme.

6. The Task and Finish Group has established the key challenges in relation to each of these four themes, identified existing activity to address these themes and proposed innovative ideas for action. A partner workshop was held in May at Halesworth Golf Club to enable co-design of the emerging programme and provide an opportunity for wider discussion and prioritisation. The workshop included representatives from Access Community Trust, Citizens Advice East Suffolk, East Suffolk Council, Ipswich and East Suffolk CCG, Lowestoft Rising, Suffolk Community Foundation, Suffolk County Council and MP Peter Aldous. The outcomes of this workshop session were fed into the outcome proposal that was agreed at the June Board meeting.

7. The priority projects, identified through voting at the end of the workshop sessions and the June Board meeting are:
 - a. Network of 'Warm Rooms' (E3)
 - b. Food Network Co-ordinator (F1)
 - c. Community Pantries (F3)
 - d. Handyperson project (E9)
 - e. 'Cooking on a Budget' classes (F7)
 - f. Microwaves, Hobs and Slow Cookers (F11/15)
 - g. Comfort Food – hot meals and drinks (F5)
 - h. ID document fund (M8)
 - i. Field to Fork projects (F8)
 - j. Winter Warmth packs (
 - k. Digital and Phone projects (M5)
 - l. Clothes Banks (including uniform and interview) (F14)

8. At that meeting it was confirmed that more than £300,000 of funding had already been secured for specific elements of the programme. Additional funding has since been secured bringing the total confirmed funding available currently to £551,401. Specific projects within the programme have now been included in the UK Shared Prosperity Fund bid for East Suffolk under the Communities and Places theme. If the UKSP bid is approved in October 2022 and a proposal for £50,000 of funding from the ESC Business Rates Equalisation Reserve is also supported, the total available will be £829,501. Less the ESC funding already allocated for the Financial Inclusion Officers this leaves £633,501 for project activity.

Outcome Proposal – Tackling the Rising Cost of Living in East Suffolk

9. The Stage 2 Outcome Proposal, developed following the Board meeting in June and signed off by the Chair of the Board last month, is attached as Appendix 1 to this report. Project leads in the Communities and Housing Teams of East Suffolk Council have developed each priority project (12 of the 70+ identified, plus a campaign and roadshows) and completed a scoping template. Although the Task and Finish Group has not met to consider these following the deadline of 19th August given the difficulties of diaries over the summer period, they have been circulated to all members of the group for their consideration and comments.

10. More detail about the proposed approach and funding allocation for each of the key projects will be presented at the Board meeting, plus an update on other associated activities as part of the East Suffolk Ease the Squeeze programme, including a roadshow visiting each town in the district in September and October. It is also proposed to hold short, virtual briefing sessions for key partners including businesses and Town and Parish Councils about the programme.
11. All eight Communities Partnerships, particularly those who have identified tackling the rising cost of living within their revised priorities are invited to consider whether they wish to supplement the funding available at District level with funding from their budget to enable additional activity in their Community Partnership area.

Recommendations

It is recommended that the Board:

- 1) Note progress in relation to developing the priority projects in the 'Ease the Squeeze' programme to tackle the rising cost of living in East Suffolk**
- 2) Consider whether their organisation/partnership could provide support for the programme in any way**
- 3) Receive a report on progress at the meeting to be held in December 2022, including about take up of and demand for the various projects.**

Nicole Rickard, Head of Communities

East Suffolk Council, on behalf of the Task and Finish Group

Full Outcome Proposal to the East Suffolk Community Partnership Board - FY2022/23 (Stage 2 Proposal)

1. Details of project / activity:

Project Name	'Ease the Squeeze': Tackling the Rising Cost of Living Programme
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Name of Project / activity lead:	Lead Contact Name: Nicole Rickard Organisation: ESC
Name of East Suffolk Community Partnership Board Member supporting the project:	Name: Chris Abraham CAS

The key outcomes and brief description of the project / activity.

Outline the project that you are seeking funding for (up to 200 words):

Through a series of Task and Finish Group meetings plus three workshops (one for ESC staff, one for ESC Councillors and one for partners), a programme has been developed which sets out 1) Challenges, 2) Existing Activity and 3) Project Ideas, against our four priority themes of Money, Food and Essentials, Energy and Fuel and Housing. The project ideas represent our ambitions to mitigate the impact of the ongoing cost of living rises on the East Suffolk population.

The Ease the Squeeze programme includes a list of 65 project ideas, which have been prioritised to identify 16 projects which received the most votes across the different workshops and events to discuss the emerging programme, these are as follows:

- E3 Network of 'Warm Rooms' for Winter 2022/23
- F1 Food Network Coordinator
- M3 Expand the Family Early Intervention Model
- F3 Expand 'Your Local Pantry' across the District
- M1 Develop a comprehensive ES Financial Inclusion Framework
- E9 Handyperson to fit draught excluders, curtains, LED bulbs etc
- F7 Expand 'Cooking on a Budget' classes
- H5 Use data to identify people who need support asap
- F11 and F15 Fund microwaves and slow cookers (and energy cards)
- F5 'Comfort Food' project – a free hot meal and drink at a local café
- M8 A fund to pay for people to access ID documents
- M7/M12 MECC for key workers / workers to go where people are
- F8 Food to Fork projects – community allotments/gardens/planters
- E12 Access to clean, warm bedding

M5. Build on digital projects (libraries) to make kit and support from digital champions available
F14 Fund School Uniform, Prom and Interview clothes

It is intended that the CPB funding will be used to support the first four of these initially (matched with UK Shared Prosperity Funding) – Network of Warm Rooms, Food Network Co-ordinator, Network of Community Pantries and Handyperson scheme. The Financial Inclusion Framework does not require funding and discussions are underway about alternative sources of funding for the Early Intervention Project, including through the Collaborative Communities Board.

Please detail the key project outcomes (measurable and time specific):

The proposed outcomes that this programme of work will deliver to mitigate/reduce these impacts include:

- Improved resilience to the impact of rises in the cost of living within the East Suffolk population
- Improved mental health and wellbeing for residents due to a reduction in anxiety and stress
- Fewer people reaching the point of extreme, costly interventions e.g. home repossession or eviction due to non-payment of rent/mortgage
- Reduced social isolation and loneliness

Smart outcomes will be identified for each individual projects in the Ease the Squeeze Cost of Living programme.

Project start date: September 2022

Project end date: March 2025 (CPB funding requested for initial 9 months)

How has the need for this project / activity been identified?

The 'cost of living' is the average amount of money that individuals need to be able to cover basic living expenses, such as food and housing. The cost of living is rising across the board – housing costs, energy and water costs, fuel and food have all risen rapidly in price over recent months. The impact of these rises, combined with the ongoing impact of the Covid-19 pandemic on individuals, families, communities and the voluntary sector is likely to hit hard, particularly in Winter 2022/23. Inflation continues to climb, and the invasion of Ukraine by Russia has further increased pressures at a local and national level.

A wide range of services have been impacted – food banks are seeing higher usage than ever (with lots of first-time users, including those in work), Citizens Advice are dealing with unprecedented demand and our two Disability organisations are struggling to cope with requests for support.

Suffolk County Council has produced a cost-of-living profile for Suffolk which was considered at the May 2022 Health and Wellbeing Board Making-ends-meet-the-cost-of-living-suffolk.pdf (healthysuffolk.org.uk). This includes a wealth of information, but some notable points include:

- The March 2022 Office for Budget Responsibility, Economic and Fiscal Outlook identified that peak CPI inflation could reach 8.7% in the final quarter of 2022, leaving the average household £1,000 worse off than in 2021/22
- As inflation exceeds increases in wages, many individuals face the equivalent of a real term pay cut
- National Insurance contributions rose by 1.25% in April 2022, the energy cap rose by 54% (also in April) and the price of petrol has increased by more than 40p per litre
- Gross weekly pay for Suffolk residents is already £40 lower than England and £55 lower than the East of England

- An additional issue for those on low income is the ‘poverty premium’, where those on low incomes often pay more for basic goods and services including food, fuel and power - with those in the lowest 10% income decile spending more than double those in the highest 10% income decile
- An estimated four in five households will receive £150 via the Council Tax system and everyone will receive a £200 Energy Bills Rebate this Autumn, however this will not be enough to balance the books for most households
- ONS data from March 2022 indicates that 90% of respondents said that their increase in the cost of living was mainly due to an increase in the price of food. Food accounts for 14% of expenditure in lower income households compared to 8% for the highest income households
- Other key aspects include the rise in heating oil prices, the cost of childcare and the impact on health of cold homes
- 39% of adults in 2018 said that they did not feel confident in managing their money

Through a programme of meetings and workshops, including the Community Partnership Board Task and Finish Group focussing on Inequalities (which has made the Cost of Living increases its immediate priority), the key challenges have been identified against four key themes – money, food and essentials, energy and fuel and housing. These are shown below:

Money – The Challenges

1. Dealing with debt, affordable payment plans, loan sharks, conciliation loans, debt relief orders
2. Reducing spending e.g. energy, phone, TV packages, housing costs
3. Affordable credit and ethical loans
4. Help with budgeting, including in schools/with families
5. Cohorts who are asset rich but cash poor
6. Maximising income – benefits and grants
7. Digital exclusion
8. Lack of access to a bank account and no ID documents
9. Just About Managing families – in work and not on any benefits, miss out on most support provided
10. Parents unable to afford university costs
11. Disposable income squeeze – leisure, health, childcare
12. Potential increase in addictions e.g. substance misuse and gambling

Food and Essential Items – The Challenges

1. Increasing food costs and supply issues
2. Lack of skills to cook healthy meals
3. Reducing donations to food banks and loss of volunteers
4. Lack of cooking facilities/fridge/freezer
5. Access to toiletries and sanitary products
6. Affordability of clothes, even from charity shops, including school uniforms and interview clothes
7. Oral hygiene – lack of access to toothpaste and toothbrush
8. The media telling people that healthy food is more expensive!
9. Loss of volunteers since Covid – fear, need a rest, cost, re-entered labour market

Energy and Fuel - Challenges

1. Increasing cost of gas and electricity and increase in energy cap
2. Increase in heating oil price
3. Cost of wood and fuel for open fires and wood burners
4. Rising cost of petrol and diesel and supply chain issues
5. Impact on VCSE organisations/community hubs e.g. loss of community transport drivers due to increased petrol costs
6. Net zero and climate change activities may disadvantage those on lower incomes

7. Stop start nature of energy efficiency programmes
8. Heat the Person not the Home v avoiding damp/disrepair and resultant health issues
9. Government support not reaching the most vulnerable
10. Volume of potential need due to energy price increases

Housing – Challenges

1. Less Money = non-payment of rent/mortgage
2. End of evictions moratorium and increased evictions
3. Discretionary Housing Payment allocation cut by 30%
4. Increase in families presenting as homeless
5. Rapid increase in house prices (second homes issue), rental values and larger gap in LHA rates
6. Lack of private rented and social housing / pressure on temporary accommodation / insecurity of tenure
7. Net Zero – landlords selling up/increasing rents to cover energy improvement costs
8. Homes falling into disrepair because people can't afford to maintain
9. HMO issues – quality, unregistered, occupants not eligible for refunds/benefits
10. Lack of supported housing beds

Cross Cutting Projects

In addition, there are a number of important cross-cutting projects/activities that underpin the programme:

1. Take a data-led approach to identifying both those in crisis and those who can be supported through prevention and early intervention activities to ensure that they do not slip into crisis
2. Develop a simple referral form (based on HBNA during Covid) and case management system
3. Develop a webpage which brings together information about all areas of 'cost of living' challenge into one portal
4. Use Suffolk Information Partnership (SIP) Warm Handover process to refer to other organisations where relevant
5. Targeted East Suffolk-wide campaigns e.g. 'Max Your Money', 'What to Donate', 'Food Myths', 'Home Energy Efficiency', 'Loan Sharks' focussed on messaging about being thrifty and helping others rather than needing help/charity
6. Co-production through the Connect workshops in each town in East Suffolk Summer 2022, information giving, advice, engagement
7. Use East Suffolk Neighbours network to get information out into communities

What organisations have agreed to be involved and how (through time / money / facilities etc)?

We are working with a wide range of partners, including through the Suffolk Poverty Partnership Group. Specific input from local partners includes:

Community Action Suffolk – Board sponsor and potential host of the Food Network Co-ordinator post

Suffolk Community Foundation – Task and Finish Group partner

Citizens Advice East Suffolk - collaborating on the Money / financial inclusion aspects of the project

Suffolk County Council – data and lead for countywide programmes that complement the local programmes e.g. Local Welfare Assistance Scheme, allocation of funding through the Suffolk Household Support Grant

Businesses – potential support, financial or in kind, for East Suffolk programme or individual projects

Town and Parish Councils – potential partners in specific projects in their communities

VCSE organisations – lead for individual projects e.g. food projects, warm rooms, cooking on a budget classes.

East Suffolk Council – money from Councillor Enabling Communities Budgets and Covid Recovery Funds

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Who and how many people will benefit from the project / activity?

We anticipate that thousands of people will benefit from the programme overall. Individual project proposal forms will detail this, for example we anticipate that the funding proposed for Warm Rooms over 6 months will benefit 16,000 people (albeit some will be repeat visits) and that the funding package for Comfort Food will support more than 5,000 people to access a free hot meal and drink over a six month period.

Each Project Lead (in the East Suffolk Council Communities Team) is currently working up a detailed proposal including costings and beneficiaries and this information will be available by end August.

2. How the project / activity will be resourced:

Provide information about match funding here (including in-kind staff time):

Source of match funding	Funding confirmed?	Amount (£)
Covid Community Fund/Covid Corporate Reserve	Yes	£196,000
Covid Community Recovery Fund	Yes	£44,000
Enabling Communities Budgets (2021/22)	Yes	£18,000
Enabling Communities Budgets (2022/23)	Yes	£52,500
Boost Sustainable Food Funding	Yes	£40,000
Household Support Fund 2022/23	Yes	£25,000
Donation from EEM	Yes	£1,600
Reallocated from Hidden Needs	Yes	£5,000
Household Support Fund 2021/22 (underspend)	Yes	£94,301
UK Shared Prosperity Fund	No	£228,100

Total project / activity cost	£804,501
Total of confirmed match funding	£476,401
Total amount of East Suffolk Community Partnerships Board funding required	£100,000

Explain here how the project / activity will be sustained after the funding period (if appropriate).

The programme consists of 16 projects, each of which has their own timescale and plans for future sustainability. Up to £130,000 of the overall funding allocation will be spent on the Food Network Coordinator post and funding for the start-up of the each of the Community Pantries. We hope that once a network of these have been established around the District, they will become self-sustaining through the weekly membership fees.

As outlined above, we have submitted a bid to UK Shared Prosperity Fund for over 200,000 and this funding is over a 2.5 year period which will enable some of the projects to last well beyond the initial funding period for the CPB Funding.

3. Communications and stakeholder engagement

How information is conveyed to the relevant people or teams involved, how there is adequate consultation with users, and successes are publicised.

Identify the key people / groups that need to be aware and involved in the project / activity, and how they will be communicated with effectively.

The key target group for the programme is the residents of East Suffolk - particularly those individuals and families who are struggling to manage the rising costs of living. Alongside the project activity outlined in various sections above, East Suffolk Council is developing an 'Ease the Squeeze' section of its website which will include a wide range of useful information and sources of support against the four themes as well as an opportunity for people, who can afford to, to help others. The website will also include a self-referral form for help which in most cases is likely to lead to support with budgeting, accessing benefits and/or grants, debt managing and accessing credit from the Financial Inclusion Officers.

We are also planning to engage local businesses as relevant in the East Suffolk wide programme and individual projects in specific locations to understand how they could support the programme.

Detail how and when the project / activity will be promoted / publicised.

We will start to promote the website and the key projects in the programme from September onwards. We are keen to involve wider partners, for example businesses, through workshops in September to help them to understand our ambitions and potentially sponsor the programme or individual projects in particular locations e.g. Warm rooms or Comfort Food in a specific town.

Detail how the project / activity will report on lessons learned?

Lessons learned will be captured for each individual project in the programme (outlined on Page 1 above) – these will be captured in an overall report.

4. Monitoring and reporting on progress

Identify how the impacts, issues and risks of the project / activity will be gathered, monitored and reported. (Quarterly monitoring information will be required):

Each project has specified target outcomes and outputs as set out in the proposal forms currently being developed. Progress against these will be monitored on a quarterly basis and reported to the Board and to the funding partners, including (in anticipation of the project being supported) UK Shared Prosperity Fund. Wherever possible we will look for opportunities to involve other partners and to secure additional funding for the programme as a whole and the individual projects within it.

5. Equalities impact assessment

Has an Equality Impact Assessment of the project been carried out?

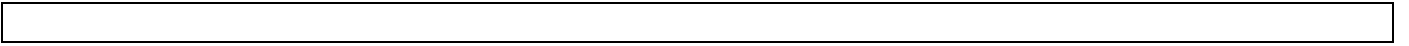
YES:

Where can the document be accessed?

NO: No EqlA has been carried out on the overall programme

Justification

It is intended to complete EqlAs on the individual projects as relevant, but the aim of the programme is to make a positive impact on the 10th East Suffolk 'protected characteristic' which is deprivation/socio-economic disadvantage.



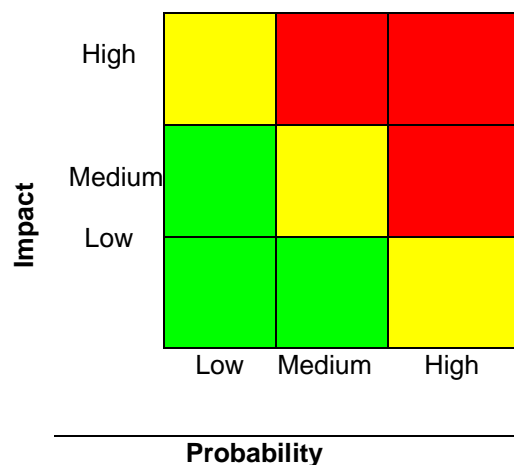
6. Identify measurable outcomes and show specifically where the East Suffolk Community Partnerships Board budget will be spent (quarterly financial monitoring information will be required):

Outcomes (MUST be measurable)	Action / outputs to deliver the outcomes (include by who and by when)	Breakdown of costs to deliver the outcomes here (£):
1st quarter Clear outcomes defined for each project in the programme	Project proposal forms completed by the Project Leads in the Communities Team and assessed against budget available. Launch of overall Ease the Squeeze Programme Start of delivery of each of the projects in the programme	£25,000
2nd quarter To be defined	On-going delivery of the 16 projects	£50,000
3rd quarter To be defined	On-going delivery of the 16 projects	£25,000
4th quarter To be defined		
5th quarter		
6th quarter		
Add more quarterly outcomes for longer projects / activities below.		

7. Risk Management:

Identify conditions or circumstances that exist outside of the control of the project / activity team that will have an adverse impact if they occur.

Apply the 'probability' of the risk occurring combined with the level of the 'impact' if it did occur and that will give you the overall level of the risk.



Impact:

High Would cause project / activity to fail, stop or cause significant delay or cost to project/activity.

Medium Would cause some delay or increased costs to the project/activity impacting on delivery

Low Would cause some hindrance to the project/activity but will not cause delays or costs.

Probability:

High Is likely to happen at some stage during the project/activity

Medium May happen at some stage during the project/activity

Low Is unlikely (but possible) to happen at some stage during the project/activity.

Risk No.	Date	Description	Probability	Impact	Mitigating action	Actions to date	Last reviewed
1	August 2022	Insufficient funding available for programme – including unsuccessful UKSP Fund bid	Medium	Medium	Continue to explore and apply for additional sources of funding. Prioritise the programme further both between and within projects	60+ projects prioritised down to 16 initial areas of focus	
2	August 2022	High demand for support across the different projects within the programme	High	Medium	Continue to explore and apply for additional sources of funding. Triage calls for support and allocate more to other partners where possible. Review all projects to understand which are most effective	Significant funding secured for the programme. New Financial Inclusion Officers at ESC to undertake preventative work with residents.	
3	August 2022	Lack of response from communities and businesses to host warm rooms, pantries/fridges and Comfort Food	Medium	High	Promotion of the opportunities and funding available. Explore transport options where there are gaps	Work with CAS to engage the VCSE sector Workshop for Businesses Financial Inclusion Roadshows in all market towns in the Autumn	


8. Declarations:

I confirm that all information contained in this proposal is accurate and that the proposal has my support.

East Suffolk Community Partnership Board Member

Name: Christine Abraham

Date: 11th August 2022

Signature: 

Lead Organisation Data Protection Declaration:

I am authorised and eligible to sign and approve this proposal on behalf of the lead organisation and declare the information included in this proposal is true and accurate.

By signing below, the information you have supplied is being collected to allow us to process your application. By completing this form, you consent to East Suffolk Council using your information in this way.

I understand that in the assessment of this proposal the Council may share information contained within it, with other core funders for funding programmes we have applied too, relevant Council directorates and committees. If you do not provide your consent, we will not be able to process this proposal. Your information will not be used for any other purpose unless we obtain your consent. Your information will be retained for 7 years.

Data will be processed and held securely and in accordance with the UK General Data Protection Regulation (and any updates).

Further information about data protection can be found on the East Suffolk Website <http://www.eastsuffolk.gov.uk/assets/Your-Council/Access-to-Information/Privacy-Notices/Communities-Privacy-Notice.pdf>

Please enter your name below only if you agree to be bound by the terms set out in this form. We will treat this as your signature of the form.

Name:

Signature:

Date:



Please submit this proposal to the Funding Team grants@eastsuffolk.gov.uk Hard copies can be submitted and returned to: Funding Team, East Suffolk Council, East Suffolk House, Station Road, Melton, Woodbridge, IP12 1RT.



East Suffolk Community Partnerships

Bringing ideas to life

August 2022 Newsletter

Welcome

to a brand-new newsletter, providing quarterly updates and information about the fantastic range of work of East Suffolk's Community Partnerships and the difference it is making.



What's inside?

- About Community Partnerships
- Why is Social Isolation a priority?
- Community Projects
- Funding
- News from across the Community Partnerships
- Other news

About Community Partnerships

East Suffolk Community Partnerships are an innovative way for East Suffolk Council, partners and communities to informally work together through workshops, events and Task and Finish Groups to understand the root causes and the impacts of the challenges people are facing locally. This work is then used to develop innovative solutions together, sometimes requiring funding but more frequently using existing resources more effectively, enabling Town and Parish Councils, community groups and local organisations to lead work in their areas and make a difference on the ground in our communities.

Overseen by the Community Partnership Board, there are eight Community Partnerships, each establishing a programme of activities to address priorities in their area.

Each Community Partnership, and the Community Partnership Board, has identified its own priorities based on both data and local insight about what matters to the people living in each area.

Community Partnerships represent a major investment by East Suffolk Council, with a total delivery budget of **£1,730,000** over four years.

The data packs that inform these priorities are currently being refreshed and each Community Partnership is holding a workshop to review its priorities. As an example of these renewed priorities, the Felixstowe Peninsula Community Partnership has agreed to focus on the cost-of-living crisis.

The main Community Partnership Board priorities for East Suffolk as a whole are:

- Tackling isolation and loneliness
- Transport and travel
- Mental health and wellbeing
- Covid impact
- Financial inequalities



Each edition of this new newsletter will focus on one of these priorities and review the progress made so far. We start with tackling social isolation and loneliness.



*Why is tackling **social isolation** and **loneliness** a priority?*

The people most in need of support with loneliness are young people, men, single parents, those over 80 years old, people with long-term health conditions and/or mental health issues, carers and BAME communities.



Solitude is the joy of being alone, whereas loneliness is the pain of being alone.



Companionship, friendship and a sense of belonging are basic human needs. Loneliness carries physical health risks and can be as detrimental to a person's health as smoking 15 cigarettes per day.

Loneliness is associated with high blood pressure, heart disease and stroke, as well as increasing the risk of depression, cognitive decline and dementia in later life.

Loneliness is likely to increase your risk of death by 26%

Social isolation is often associated with older people however during a recent survey in East Suffolk, more young people aged 16-24 reported feeling lonely.

In East Suffolk, it is estimated that 10,000 people often or always feel lonely.

The Covid-19 pandemic and associated lockdowns exacerbated the feelings of isolation for many people and was particularly difficult for those who were already struggling to connect with their communities.

Half a million older people across the UK go at least 5 or 6 days each week without seeing or speaking to anyone at all.



What are the Community Partnerships doing?

Community Projects

As well as providing financial support to local projects, the Community Partnerships have instigated their own projects which aim to reduce loneliness, working with local partners and the East Suffolk Communities Team.



EAST bags

In January 2021, 2,000 'EAST bags' were delivered to vulnerable older residents who were identified as being at risk of loneliness.

Funded by the East Suffolk Community Partnership Board and Ipswich and East Suffolk Clinical Commissioning Group, the EAST bag (Everyone Active, Supported Together) was a reusable jute bag

containing items to help recipients to stay active, both physically and mentally, during the winter months. This included resistance bands and exercise cards, a water bottle, hand warmer, recipe cards, freezer boxes,

a puzzle book and some seeds to plant when the weather improved. As an extra treat, the bags also included soft drinks and chutney, kindly donated by Adnams, tea bags and biscuits.



Grandpads

Grandpads are specifically designed around the need of older adults, and the large buttons and intuitive operating system make it easy for older people to use the device to connect with loved ones and the outside world without the complicated features of other tablets.

Launched during the Covid-19 pandemic, the East Suffolk Grandpad Loan Scheme aimed to tackle social isolation amongst older residents or those who struggle to use technology, particularly those who have little or no contact with loved ones or the outside world due to a lack of Wi-Fi, equipment and/or skills.

175 Grandpads were made available free of charge to older residents across the district during the pandemic who have been identified as being socially isolated.

Initially launched in July 2020, the scheme was extended until July 2022 thanks to funding from 11 East Suffolk Councillor's Enabling Communities Budgets, Councillor Steve Wiles' Suffolk County Council Locality Budget, Government Covid funding, East Suffolk Council's

Covid Community Recovery Fund, the Ipswich and East Suffolk CCG Prevention Fund and the East Suffolk Community Partnership Board.



Lowestoft Mile

People living in the Lowestoft area who may be unable to get outside to get active can join in [the Lowestoft Mile](#), a virtual walking project launched in March 2021.

Funded by the Lowestoft and Northern Parishes Community Partnership, the Lowestoft Mile currently comprises four virtual walks around the local area, filmed using 360 ° virtual reality and drone footage.

Developed by the East Suffolk Communities Team, all the walks

are approximately one mile and have been created especially for people who are unable to leave their homes, including elderly people and those with health conditions. The videos can also be used with virtual reality goggles which work with a smartphone to give the user an immersive experience.

If able, viewers are encouraged to walk on the spot, take seated steps or just move their arms whilst watching the walk.



‘Happy to chat’ benches

New benches have been installed across East Suffolk to encourage residents to speak to each other in an effort to tackle social isolation and loneliness.

One example is those funded by the Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership, where it is hoped the benches will help people to start a new conversation with someone and encourage people of all ages to start talking to one another more.

The benches, which have ‘Happy to Chat’ plaques donated by Healthwatch Suffolk, have been located at Martlesham Heath, Grundisburgh, Swilland, Witnesham, Great Bealings, Charsfield and Rushmere St Andrew.



At the end of last year, the Felixstowe Peninsula Community Partnership awarded £5,500 to enable the purchase of ‘chat benches’. Those parishes who took up the offer were able to choose a bench suitable for their location and given a plaque to fix to the bench encouraging users to sit and talk. Since January, the chat benches have started to arrive, including this one in Nacton.

Covid Buddies

The Community Partnership Board provided just over £10,000 for a buddy programme run by Community Action Suffolk to support residents to feel confident to re-join, or begin attending, local groups and activities. The programme provides reassurance and practical support, including the option of attending the first meeting with a ‘buddy’.

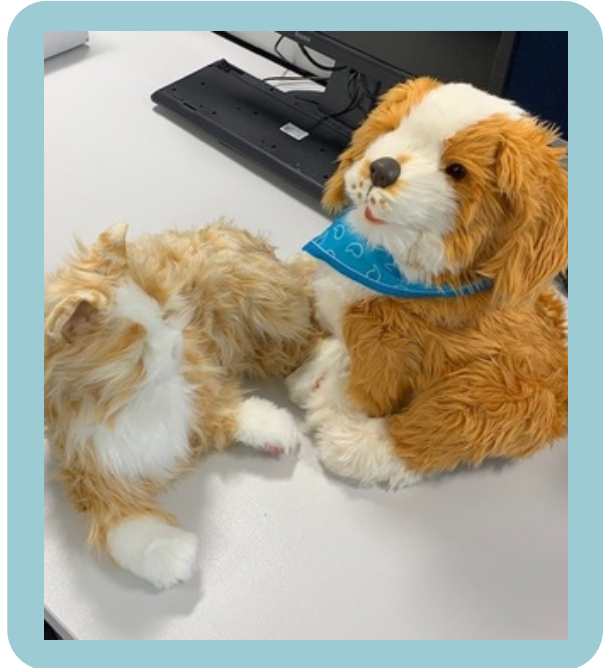


Robopets

To help older residents, especially those living with dementia, 20 companion pets were purchased for local dementia groups and care homes across the district.

The pets, which are robotic cats and dogs, provide the interactive companionship associated with owning a pet which can be therapeutic for many people, especially those living with dementia. Animal therapy is widely recognised to bring calm and comfort to people with dementia and these realistic 'robopets' are a practical alternative to introducing live animals into a residential home, whilst still providing the same benefits.

As part of the Council's Covid Community Recovery Plan, companion pets have so far been donated to the Sole Bay Health Centre in Reydon, Glebe House in Hollesley, the Pear Tree Centre in Halesworth and the Forget Me Not Café in Kesgrave. More pets are on their way!



Voice of a Friend

The Lowestoft and Northern Parishes Community Partnership funded the 'Voice of a Friend' befriending programme through Citizens Advice North East Suffolk.

This programme built on the telephone support provided by East Suffolk councillors and staff through the Home But Not Alone response service during the first Covid-19 lockdown.



Christmas Card Campaign

In December 2021, Christmas cards were sent to some of the most vulnerable residents in East Suffolk. As well as a festive message, the Christmas cards included information on organisations and services available to those who may need help or advice over the winter months.

As well as a festive message, the Christmas cards included information on organisations and services available to those who may need help or advice over the winter months.



Funding

Community Partnerships are tackling social isolation through a range of funding schemes, which support projects specifically helping people struggling with loneliness. These schemes include the Hidden Needs Grant Scheme and Boost grants.



29 projects focusing on reducing social isolation received Hidden Needs grants of between **£2,057** and **£10,000**.

Hidden Needs Grants

The Hidden Needs grant programme, developed by the former East Suffolk Partnership, previously focused on older people and families with limited access to resources. However, during the Covid-19 pandemic, the criteria for the scheme were updated to cover people of all ages in East Suffolk experiencing loneliness or isolation.

The programme funded projects which support people who are more likely to be socially isolated and lonely

Hidden Needs funding has supported dementia-friendly cinema screenings, volunteer training, the purchase of a mini-bus to enable isolated residents to attend a club, a befriending programme for those affected by eating disorders, pop-up cafés, singing sessions for people with Parkinson's Disease, telephone befriending, support for new mothers unable to access parent and baby groups during the pandemic, befriending for deaf older people and support for people with spinal injuries and sight loss.

Boost Grants

Launched as part of the Council's Covid Recovery Plan, the East Suffolk Boost Grant Scheme focuses on supporting clinically vulnerable people and specific groups who were directly impacted by the pandemic, including people with disabilities, dementia and visual and/or hearing impairments with two additional themes focussed on sustainable food and getting active.

£100,000 of funding has enabled more than 60 groups and buildings to open their doors again to residents – reducing loneliness and isolation by connecting people with their community.

Boost offers grants between £250 and £5,000 to voluntary and community groups as well as town and parish councils who are tackling the needs of these groups. Boost grants have so far supported the purchase of outdoor gym equipment to help residents keep active, a community café, performing arts sessions for visually impaired communities, a community larder, a dementia group and cooking classes for bereaved adults.

Community connections

The Community Partnerships and their partners continue to promote the wide range of opportunities for community connection wherever possible, to encourage people to come out and meet others.



This includes Meet Up Mondays (supported by the Rural Coffee Caravan), Worry Tree cafés, Good Neighbour Schemes, Men's Sheds, Chin Wags, lunch clubs, singing and theatre groups, sports, crafts and youth clubs and faith groups to name a few. There are opportunities for community connections across the district, utilising local spaces such as pubs, allotments, village halls, libraries and schools, with more options continually being explored.

Meet up Mondays...



Social isolation and loneliness workshop

In a workshop held at the recent Community Partnership Forum, more than 50 delegates worked in groups to discuss what they felt could help to mitigate loneliness and how more community connections such as groups and clubs can be provided. The groups also looked at the sources of support available locally, and where there are gaps in groups of people who are not currently being considered.

Amongst these gaps, it was felt that children and young people were a key group who are not being sufficiently provided for when it comes to social isolation, as well as single parents and men of all ages.

Improved communication and coordination were key suggestions from the workshop on how to support community groups, with support for the idea of a central signposting resource and community mapping to avoid duplication of services.

The need for more transport options was also raised as a key way to reduce isolation, which is another of the Community Partnership Board's priorities.

The Community Partnership Board is setting up a Task and Finish Group focusing specifically on social isolation and loneliness to consider the ideas from the forum and develop a programme of activities for the coming year.



News from across the Community Partnerships

Community Partnership Forum

Taking place on Friday 25 March at Trinity Park Conference and Events Centre, the annual East Suffolk Community Partnership Forum was attended by representatives from local communities, businesses, voluntary organisations, public services, town and parish councils, faith groups, healthcare and more!

Through a packed programme of presentations, workshops, seminars and displays, the forum offered a chance for people to look at the issues affecting those living and working in East Suffolk and explore how people can work together to address them.



SALC Support

Suffolk Association of Local Councils (SALC) have been recommissioned to support Town and Parish Councils/Meetings to participate in Community Partnerships for the next 12 months.

Each Community Partnership Chair will be contacted by SALC to ascertain where they may be able to assist and can be flexible to the individual needs of each Community Partnership.

SALC may be able to help introduce Town and Parish Council representation onto those Community Partnerships where there are vacancies, identify wider Town and Parish Council participation in specific Task & Finish Groups, promote a Community Partnership's priorities and successes to Town and Parish Councils in the relevant area to raise the profile of the Partnership and help to flag up relevant issues which a Town and Parish Council may need support to address.

Events

Now that Covid restrictions have eased, more events have been taking place across the Community Partnership areas.

A series of 'pop along' events has been launched in Beccles, Bungay and Halesworth where local residents are invited to chat with a local councillor, an officer from the Council's Communities Team and a representative from a local organisation.

A free showcase event in Halesworth, organised by the Beccles, Bungay and Halesworth and villages Community Partnership takes place in May, enabling members of the public, local community groups and businesses to meet members of the Community Partnership and hear more about projects that have been supported.

And in March, the Lowestoft and northern parishes Community Partnership held a successful engagement event, attended by over 70 people. Representatives from more than 20 organisations were present, including BACT Community Transport, Suffolk Police, Everyone Active, Waveney Youth Council, Access Community Trust and Lowestoft Foodbank.

Small Grants Scheme

In January, the Beccles, Bungay, Halesworth and villages Community Partnership provided £436 in funding through its Small Grants scheme to enable Beccles Rotary Club to replace a bench near to St Michael's Church Tower in Beccles. The bench was originally installed in 2005 and has become a popular spot for local people to sit, chat and meet new people.

Meanwhile, the Melton, Woodbridge and Deben Peninsula Community Partnership awarded Hollesley Village Hall Committee with £10,000 towards replacing the village hall roof. Hollesley Village Hall is used widely by local residents and those from surrounding villages for social clubs, functions and activities including tai chi, karate, pilates, yoga, drama, whist and a youth cub, as well as providing a base for medical appointments.

Additionally, the Felixstowe Allotment Association's new headquarters is now complete, thanks in part to £3,000 in funding from the Felixstowe Peninsula Community Partnership. The building will be used as a meeting place for allotment holders and as a venue for the community and local schools when they visit.



Rendlesham Community Radio, which provides opportunities for local young people to gain experience as presenters or producers, while supporting local musical talent and offering life-skills training to those in need of assistance, has also been awarded £1,443.17 from the Melton, Woodbridge and Deben Peninsula Community Partnership.

Other news

To help shape the future work of the Melton, Woodbridge and Deben Peninsula Community Partnership, a survey was undertaken in February. The results showed the strong support for the partnership to continue to focus on reducing social isolation and also that respondents were keen to be kept informed of Community Partnership activities.

The Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership has been encouraging students from Kesgrave High School to give their views as part of East Suffolk Youth Voice, which is the district-wide forum serving local young people.

Both the Lowestoft and northern parishes and the Aldeburgh, Leiston, Saxmundham and villages Community Partnerships surveyed their communities earlier this year about local transport options. Working with BACT Community Transport and Coastal Accessible Transport Services (CATS) respectively, a printed survey was delivered to households in the partnership areas and was also made available online, supported by a social media campaign which reached over 89,000 people. Following this, a new community transport service, Buzzabout, [was launched in July serving the villages north of Lowestoft.](#)



The Community Partnership Board also supports KATCH, a sustainable electric taxi-bus service for Wickham Market and Framlingham. KATCH provides vital connection for many people with journeys that can be booked on-demand by telephone or on the app.



East Suffolk Community Partnership Board
Social Isolation and Loneliness in East Suffolk
September 5, 2022

Introduction and Background

1. Since the Community Partnerships were formed in 2019, Social Isolation and Loneliness has been the top priority for the Board and identified as a priority by seven of the eight individual Community Partnerships.
2. The Board and Partnership have invested more than a million pounds in projects aimed at reducing the levels of Isolation and Loneliness in East Suffolk, including:
 - a. Four rounds of ‘Hidden Needs’ grants targeting isolation and loneliness ‘hot spots’
 - b. ‘Boost’ grants aimed at reducing isolation and loneliness in specific groups - those with dementia and their carers, those with disabilities, and people experiencing mental ill health
 - c. ‘Bounce Back’ (East Suffolk) and ‘Community Restart’ (Suffolk) grants to enable community groups and voluntary organisations to ‘open up’ again after the pandemic
 - d. Grandpads – simplified tablets for older people launched as part of the Covid-19 response in East Suffolk
 - e. Virtual Walks e.g. Lowestoft Mile
 - f. Voice of a Friend befriending in Lowestoft, Kessingland and Carlton Colville
 - g. Covid Buddies (funding provided to Community Action Suffolk)
 - h. Talk and Chat benches
 - i. EAST (Everyone Active, Supported, Together) – Christmas 2020
3. The Covid-19 pandemic, specifically the national lockdowns, shone a spotlight on isolation and loneliness and its impacts are still being felt by people of all ages. There is evidence that significant numbers of people in Suffolk do not feel that it is safe to return to previous groups and activities.

Defining Loneliness and Isolation

4. Loneliness is a mismatch between the relationships we have and the relationships that we want – the pain of being alone. Isolation is where there is no choice but to be alone. The Campaign to End Loneliness talk about the link between poor health and loneliness but also about the health risks of being lonely.

5. During a presentation at the meeting, data about loneliness and isolation in East Suffolk will be explored further. Despite the headlines and focus of activities to combat loneliness being on older people, the prevalence of people who said that they 'often/always' feel lonely is highest amongst 16-24 year olds. Having said that there are significant numbers of people who often/always feel lonely across all age bands.

Loneliness and Isolation Workshop – 2022 Forum

6. At the most recent Community Partnerships Forum, held at Trinity Park in March 2022, a workshop focussing on Loneliness and Isolation was one of the best attended on the day. The workshop focussed on key data about the topic, including new data relating to loneliness during the pandemic (which will be part of the presentation to the Board).
7. The focus questions for the interactive part of the session were:
 1. **What already exists in East Suffolk to reduce isolation and loneliness?**
 2. **What are the gaps – who and where?**
 3. **If you had no budget but willing partners, what would you do to support the groups and places identified?**
 4. **If you had a magic wand and unlimited budget, what would you do to support the groups and places identified?**
8. Some of the key results from this activity were summarised in the Forum report to the June Board meeting and more detail is provided below. An overview will be provided at the September meeting as part of the presentation and Board members are asked to consider any gaps/additional ideas.

Q1a. Sources of Community Connection

- Meet Up Mondays (CAS/RCC)
- Worry Tree Café's
- Rural Coffee Caravan
- Coffee and Friends Events (RCC)
- Good Neighbour Schemes (CAS)
- Men's Sheds/Menders Sheds
- Chin Wags (BSEVC)
- Hearts and Minds (BCS and ACT)
- Digital Champions
- Robopets (ESC)
- Christmas Card Campaign (ESC)
- Support/Peer Support Groups (e.g. dementia, carers, disability, mother and toddler)
- 'Living with / health recovery groups
- Compassionate Communities/Companions
- Environment / Nature Groups
- Park Runs
- Befriending support
- Art/Craft Clubs
- Courses – e.g. photography
- Lunch Clubs e.g. Over 60's
- Social Prescribing
- Community Café's
- Walk & Talk Events
- Theatre / Dance groups
- Choirs/Singing for Health
- Knit and Natter Groups
- Membership Groups
- Youth Groups/Clubs
- Sports clubs/teams e.g. football, boxing, walking football
- Uniformed Groups - Brownies, Guides, Cubs and Scouts
- Faith Groups
- Book / Reading Groups

Q1b. Places of Connection

- Village Halls / Community Centres
- Leisure Centres and Gyms
- Community Café's
- More than a Shop (RCC)
- Top Up and Pop Up Shops
- Supermarkets
- Allotments
- Pubs
- Care Farms
- Dementia Day Centres
- Churches
- Libraries
- Schools
- Supported Housing
- Citizens Advice
- Parish Council offices
- 'Warm Rooms'

Q2. Who are our Priority Groups in terms of isolation and loneliness?

- Early years, particularly children born during the pandemic
- Children
- Young people aged 16 – 24
- Children in care
- Young people leaving care
- 25 – 29 year olds
- Working age males
- Men aged 40 plus
- Single parents
- Aged 50 - 64 - preventative ageing
- Older people 65 plus
- Older people 80 plus
- People who are new to an area
- With mental ill health, particularly Men
- With long term/acute health issues
- Discharged from hospital
- Carers – need respite support
- Non-drivers (particularly rural areas)
- New mum's
- BAME communities
- Refugees

Other issues of concern include affordability, accessible technology and holding social groups in evenings.

9. In terms of the ideas generated under both of the 'no money but connections' and 'magic wand, unlimited funding' scenarios, these will be discussed and prioritised in more detail at the Board meeting.

Next Steps

10. As part of its resident's survey in 2021, East Suffolk Council included the question 'How often do you feel lonely' with the response options 'Always', 'Often', 'Sometimes' and 'Never'. Fifty respondents selected the 'Often' or 'Always' options and it is proposed to convene a focus group of a subset of those respondents (those who said that they would be happy to be contacted again) to ensure that we understand the reasons for their loneliness and what solutions could be supported.
11. This workshop will be held between the September and December Board meetings, and it is proposed to convene a new iteration of the Isolation and Loneliness Task and Finish Group to help plan the focus group and to consider the outcomes from it, alongside the outcomes from the Forum workshop that will be presented at the Board meeting
12. Board Members are asked to consider whether they or someone else within their organisation or partnership could participate in this Task and Finish Group.
13. An outcome proposal, including a request for funding, would then be developed for consideration at the December Board meeting.

Recommendations

It is recommended that the Board:

- 1) Note the ideas from the Forum workshop about key sources and places of connection to reduce loneliness, and priority groups, and consider any gaps prior to the meeting**
- 2) Receive a presentation at the meeting including key data and input into identifying our key areas of focus**
- 3) Endorse the proposed approach to convene a focus group of residents, reform the Task and Finish Group and develop an outcome proposal for the December Board meeting**
- 4) Consider participation in the Task and Finish Group – either the Board Member or someone else from their organisation/partnership.**

Nicole Rickard, Head of Communities, East Suffolk Council

Nicole.rickard@eastsuffolk.gov.uk

Initial Outcome Proposal to the East Suffolk Community Partnership Board – FY2022/23

(Stage 1 Proposal)

1. Name of Project/activity that will deliver the outcome(s)

SPOT Wellbeing - Health and Wellbeing Courses

2. Key outcome(s)

The courses aim to impact attendees mental and physical health in a positive way. Four separate measurement tools are used by the SPOT Wellbeing team at key points throughout the delivery to ensure accurate measurement of outcomes.

- EQ-5D-5L (EQ VAS) – standardised measure of health through a questionnaire looking at five dimensions, including both physical and mental health.
- UCLA Loneliness Scale – a ‘before and after’ scale used to identify changes in people’s sense of loneliness before and after the course.
- Feedback Forms – provided at the end of the course to all participants and then fed back to the team and the funding organisation.
- An end of course impact report

A copy of the results from one of the previous courses run within the Kesgrave, Martlesham... CP area is attached to demonstrate the impact of the course on people’s health.



Outcome measures
 ppt for health and we

It is anticipated that following completion of the six-week course, participants will see improvements in the dimensions reviewed in the documents stated above. In practice, the course aims to reduce feelings of isolation, loneliness, and anxiety. Much of the action taken towards this is done through the socialising element of each session, along with delivering group work sessions with likeminded people attending.

Participants will also be working towards improved health outcomes, with the aim of EQ VAS scores improving between the beginning and end of the course. Each person’s understanding of their own health will inform the answers they submit, ensuring that the course is relevant for all who attend. EQ VAS scores are chosen by the participants themselves through self-reporting at the beginning and end of the course.

It is also anticipated that participants will feel less lonely because of attending the course. This will be measured through the UCLA Loneliness Scale as mentioned above.

Added value benefits will be identified through the review of Feedback Forms at the end of the course. Although we cannot prepare for the feedback received, we can refer to previous comments made and additional outcomes. For example, following a course held in Grundisburgh, several of the

participants started their own weekly walking group around the local area. this was started by a member of the course who, before attending, stated he had done no exercise for over 20 years.

3. How has the need been identified?

SPOT Wellbeing were previously commissioned by the Kesgrave, Martlesham Rushmere St Andrew, Carlford/Fynn Valley Community Partnership to deliver six courses across the area – 4 in the more urban areas, and two within the local villages.

The original six courses were funded as a means of reducing isolation and loneliness and helping people to age well. The courses were based across Kesgrave, Martlesham, Rushmere St Andrew and Grundisburgh and each were fully booked shortly after promotion. Engagement with the social prescribers, health professionals and public advertising led to a successful take up.

The final two courses were run in Grundisburgh and were fully booked within 24 hours, primarily through health professional referrals. This indicated a clear demand for such unique services that requires further investment and provision to meet the local need.

The design of the course leads to positive outcomes in different dimensions. The exercise element improves physical health and is designed to be repeated at home in the long term. With an ageing population in East Suffolk, enabling residents to 'stay well' will become ever more important in the future.

The socialising element brings likeminded people from the same community together over a shared purpose. This acts as a catalyst for improved personal relationships and a way of reducing loneliness and isolation, a priority for many of the Community Partnerships across the district.

The education element of the course also enables people, allowing them to make informed decisions about the behaviours they exhibit, the routines they have, and how to make positive changes where necessary. Whilst much of this information is available elsewhere, the courses deliver it in a way that is designed to be as easily accessible for the participants as possible. It also leads to further conversations with staff, signposting to the most relevant support available locally for their concerns.

4. Who will benefit from the outcomes?

Adult residents who experience feelings of isolation, loneliness, and anxiety.

5. How will the outcomes(s) be sustained after the funding period (if appropriate)?

The funding will pay for the delivery of nine courses. There are no ongoing costs at this point.

Once the feedback is received following the two courses, the data will be reviewed, and further discussions will be had at a CP level to agree next steps. We will share the findings with our health partners to evidence any need for consistent provision in the future if appropriate.

6. Brief description of the project / activity that will deliver the outcome(s).

The proposal is to fund 9 courses of SPOT Wellbeing's Health and Wellbeing course as follows.

- 2 courses within the Kesgrave, Martlesham, Rushmere St Andrew, Carlford and Fynn Valley – match funding two courses already approved for this CP as of July 2022.
- 1 in each of the other 7 Community Partnership areas to expand the provision across the district on a trial basis. Venues, etc. will be confirmed in partnership with SPOT Wellbeing.

The health and wellbeing courses are unique. They do not duplicate existing health services currently provided privately or by the NHS and are focused on helping people to stay well for as long as

possible. This is done by enabling them to have the relevant skills and knowledge to make long term changes and improvements to their circumstances.

Each course runs over six weeks, one half-day session per week. Each session has three elements to it i) an exercise session tailored to the needs and abilities of those attending, ii) a socialising element to develop relationships with local, likeminded people, and iii) an information element about a different topic each week – for example nutrition, falls prevention or common health conditions.

SPOT Wellbeing is run by three healthcare professionals that use their existing experience to deliver these interventions. Although their skills include, but are not limited to, physiotherapy and occupational health, the services provided are not a replacement for the provision available elsewhere. We are not aware of a similar offer available in East Suffolk.

Referrals are received via several routes – either through health professionals such as GP surgeries or social prescribers, through friends and families, or as a self-referral. SPOT Wellbeing already have the contacts within the health services to ensure that those who would benefit from the course are able to access it.

Participants are assessed prior to the course to ensure they are suitable and to make any amendments to the provision to be accessible for all. SPOT Wellbeing will also advise where to go if participants have similar health related queries, ensuring that additional concerns are addressed promptly.

Locations will be agreed based on local need, taking in to account Index of Multiple Deprivation and identifying those areas where there is greater health related deprivation.

A maximum of 14 people may attend each course, including carers of participants. In terms of value for money, the funding request equates to £100 per person per course. This means the cost of hall hire, staffing, equipment and the assessment/review equates to £16 per person per session.

Please include Start and End Dates: TBC – dependent on availability of staff, suitable locations

7. Who is involved?

Who is involved in developing this outcome proposal?

Who will deliver the project/activity?

Name of East Suffolk Community Partnerships Board Member supporting the project:

Chris Blundell

- SPOT Wellbeing will be the main provider of the service, and responsible for resourcing, advertising, accepting referrals and delivery of the course in full.
- East Suffolk Council and the eight Community Partnerships will support with the promotion of the courses through agreed routes.
- Communities Officers in the south of the district will act as a conduit for information between SPOT Wellbeing and the Integrated Neighbourhood Team to ensure suitable potential referrals are identified and signposted towards the support.
- Communities Officers in the north of the district will work with Waveney Health and Wellbeing Partnership partners and encourage suitable potential referrals into SPOT wellbeing

8. Give information about match funding here:		
Source of match funding:	Funding confirmed?	Amount (£)
The Kesgrave, Martlesham... CP has already approved funding for two courses in the area which will be supplemented by the further two being requested in this proposal. Referral rates for previous courses strongly suggest a continuing demand for such provision.	Yes	2,800

Total project / activity cost (For	15,400
Total of confirmed match funding	2,800
Total amount of Strategic funding required	12,600

9. Identify where the Community Partnership Board Budget will be spent:	
Description of activity or item (by who and by when where appropriate)	Cost (£)
9 courses of SPOT Wellbeing's Health and Wellbeing course as follows. <ul style="list-style-type: none"> 2 courses within the Kesgrave, Martlesham, Rushmere St Andrew, Carlford and Fynn Valley – match funding two courses already approved for this CP as of July 2022. 1 in each of the other 7 Community Partnership areas to expand the provision across the district on a trial basis. Venues, etc. will be confirmed in partnership with SPOT Wellbeing. 	12,600
Total	12,600

10. How will the project / activity be monitored, and outcomes reported (including project risks)?
<p>Four separate measurement tools are used by the SPOT Wellbeing team at key points throughout the delivery to ensure accurate measurement of outcomes.</p> <ul style="list-style-type: none"> EQ-5D-5L (EQ VAS) – standardised measure of health through a questionnaire looking at five dimensions, including both physical and mental health. UCLA Loneliness Scale – a 'before and after' scale used to identify changes in people's sense of loneliness before and after the course. Feedback Forms – provided at the end of the course to all participants and then fed back to the team and the funding organisation. End of course impact report compiled by SPOT Wellbeing

Community Partnership Board Member Declaration:

I confirm that I support this proposal:

Name:

Signature:

Date: