

Challenge	What is already happening?	New Ideas
<p>Priority 1: Mental Health and Wellbeing – higher levels of depression and self-harm</p>	<ul style="list-style-type: none"> <li>• <b>Well Minds East Suffolk</b> (funded by CPB) – programme included ‘The Essentials’ training (Suffolk Mind) for VCFSE Groups/Youth organisations, Well Minds grants (£2,500 per INT/PCN area x 5), Cuppa and Chat (delivered by Communities Together East Anglia) and Theatre in Education sessions – funded free places for ES schools</li> <li>• SCC and Suffolk Mind <b>Emotional Needs Audit Reports</b> (funded by SCC). Focus on 4 areas in East Suffolk (see below for details of £50k x 4 areas funding):</li> <li>• <b>£50k funding for Beccles</b> - Early intervention ambassadors, counselling funding pot, Hub Coordinator at Beccles Community Hub, local grants, suicide prevention and awareness, funding awareness publicity and awareness sessions</li> <li>• <b>£50k funding for Lowestoft</b> – ideas include - Mental Wellbeing Training – adults, Singing, Dancing and Storytelling in Warm Welcome venues, Boxing Sessions, Befriending Scheme (also South Waveney), Chair Based Exercise</li> <li>• <b>£50k funding for Felixstowe</b> – Felixstowe Wellbeing Hub</li> <li>• <b>£50k funding for Aldeburgh, Leiston, Saxmundham CP area</b> – Wellbeing Allotment Gardens, Life Skills Programme, CommuniTEA Chinwags, Photo Shed</li> <li>• Additional £25k allocated for Mental <b>Wellbeing amongst the CEV cohort</b> in East Suffolk – the most popular idea is to extend the CTEA befriending programme across the district (proposal to be developed for SCC)</li> </ul> <p><b>Comments</b> £18,728 funding remaining in the WMES pot (for campaign work and training)</p> <p>Right Care, Right Person initiative now live in Suffolk – Police not now responding to calls for mental health support</p>	<ol style="list-style-type: none"> <li>1) Produce a leaflet – similar to the Cost-of-Living Winter 2023/4 leaflet - to summarise sources of support for mental health and wellbeing (print and online) COST: £0 (from WMES funding)</li> <li>2) Engage with the Behavioural Insights Team at SCC about the best way to engage adults about mental (and physical) health and wellbeing to encourage sustainable behaviour change COST: NONE</li> <li>3) Explore ways to support better sleep - GPs in the Waveney area can refer people into the Sleep app, but other opportunities to improve sleep include a Pillow Swap scheme, access to mattress toppers to counteract poor mattresses, promotion of the Winter Warmth Packs available through the Warms Homes Team as well as encouraging access to free mindfulness Apps COST: TBC</li> </ol> <p><a href="https://www.gov.uk/government/news/anti-social-behaviour-impacts-on-individuals-and-local-communities">Anti-social behaviour: impacts on individuals and local communities - GOV.UK (www.gov.uk)</a></p> <p>Less commonly reported emotional impacts of ASB included difficulty sleeping (22%), anxiety/panic attacks (19%), shock (18%), depression (15%), embarrassment/shame (13%), loneliness/isolation (10%) and crying (9%).</p>

Priority 2:  
Absolute  
Poverty –  
more than  
40% of  
children in  
some areas  
on Free  
School  
Meals

- Suffolk **Tackling Poverty Programme** – includes a new Income Maximisation Fund (through Suffolk Community Foundation), use of Low Income Family Tracker (LIFT) to target support to those in most need and for prevention (pilot in ES, next phase funded via the Collaborative Communities Board – CCB), Food Security Programme, Poverty Proofing the School Day campaign, Digital Inclusion Fund and a Pre-payment Meter project led by Warm Homes
- **Tackling Poverty Together initiative** led by Healthwatch with ‘experts by experience’ – ESC is a civic partner, launched in October
- **Citizens Advice East Suffolk** (ESC and SCC funding) – wide range of support and advice around debt and money
- **Christians Against Poverty** work in various locations in East Suffolk including courses and one to one support
- **RedSTART pilots** in Lowestoft schools working with business and public sector partners to deliver workshops for school children about money
- **Holiday Activities and Food (HAF) Programme** – Easter, Summer and Christmas provision for children on free school meals
- **FISH** (Food in School Holidays) in Lowestoft run by the network of churches
- **Ease the Squeeze** programme of 12 projects and direct support to individuals and families including through the ESC Community Help Officers and Financial Inclusion Officers (see specific projects below)
- **Warm Welcomes (ETS)** (was Warm Rooms) – network of spaces in communities to reduce isolation and loneliness and support residents over the winter period
- **Uniform Banks (ETS)** – Bloodmoor Community Centre (Lowestoft and Waveney), Pushchair Pitstop in Felixstowe
- **Community Pantries (ETS)** – 3 x Lowestoft (Kirkley, St Andrews, Beresford Road), Bloodmoor CC, Bungay Community Support
- **Community Fridges/Larders** – various across the district
- **Food Network Co-ordinator (ETS) role and Food Support role** (both hosted by Community Action Suffolk)
- **Cooking on a Budget classes (ETS)** – through schools, aimed at families

- 1) Additional investment in the Ease the Squeeze (Cost of Living) programme (core funding ends March 2024, Community Help Hub in place to March 2025). Ideas include funding for emergency food/vouchers, bedding, underwear and cooking equipment, additional funding for furniture and household items through Emmaus plus Fund transport to enable people to access projects e.g. Warm Welcomes, Community Pantries etc  
COST: £35,000
- 2) Allocate funding to implement the findings from the ‘Poverty Proofing the School Day’ report (Suffolk-wide including two Lowestoft schools)  
COST: £10,000 (estimated)
- 3) Work with the new CAS Food Network Co-ordinator to establish more Community Pantries in East Suffolk and support other food projects to enable a move away from dependency  
COST: NONE (already funded)
- 4) Train and fund uniformed groups/churches to do food education work  
COST: £3,000
- 5) Funding for food projects to access supplies of infant formula which parents are currently unable to use loyalty points, food vouchers or store gift cards to purchase  
COST: £3,000
- 6) Engage with Disability Advice Service (DAS) and Disability Advice North East Suffolk (DANES) about support for people with disabilities – where could we add most value?

	<ul style="list-style-type: none"> <li>• <b>Field to Fork Growing Kits (ETS)</b> – distributed through schools in more deprived areas of ES</li> <li>• <b>Field to Fork Growing Space Grants</b> – 14 grants awarded to date, next round early 2024</li> <li>• <b>Winter Warmth Packs (ETS)</b> – produced and distributed through the Warm Homes team – standard or bespoke pack</li> </ul>	<p>COST: £20,000 (see detail in outcome proposal)</p> <p>7) Build on the Volunteering Pilot in the Carlton Colville, Kessingland and Southwold CP area around volunteering to support Community Transport, with an East Suffolk campaign to support organisations helping those in poverty to secure and sustain volunteers (up to £10k of existing funding available for work with CAS). Explore options for creating a fund for travel expenses for volunteers to travel to underserved areas to volunteer. COST: Up to £10,000 (in place)</p> <p>8) Use LIFT (Low Income Family Tracker) to identify families in absolute poverty and link them into LWAS and other sources of support – consider what additional support is needed COST: NONE</p>
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Priority 3:  
 Young People's  
 Health  
 Outcomes –  
 social,  
 emotional and  
 mental health  
 needs, obesity,  
 hospital  
 admissions

- **CYP Mental Health pilot** in Carlton Colville, Kessingland and Southwold CP area and Beccles, Bungay and Halesworth CP area:
  - 1) Early Years - Thrive social and emotional development programme (2 schools), training for toddler group leaders, Understanding Trauma online training for 10 staff/volunteers, Social and emotional development resource packs.
  - 2) Primary – Thrive project and Early Minds programme plus training courses (as above)
  - 3) Secondary - Counselling in schools - 1 extra day a week of counselling at a cost of £180 a day.
- **Lowestoft Healthy Habits** booklet produced by the Lowestoft and Northern Parishes Community Partnership
- **Oral Hygiene Kits** - funded through four Community Partnerships in 2022 and distributed through schools, along with information booklets about oral hygiene
- **Mental Health in School programme** – additional MH resources in Lowestoft schools

**Comments**

NB role out of Mental Health in Schools Support roles not now going ahead in South Waveney – ES pilot was meant to bridge the gap until the new service commenced

High levels of Obesity in some Community Partnership areas

- 1) Engage through schools – Lowestoft Heads Networks and the Family Hubs Pastoral Networks to understand needs around mental health and wellbeing, poverty, oral hygiene and physical health and wellbeing (including obesity), opportunities to provide subsidised fruit etc.  
 COST: NONE
- 2) Explore ways to increase access for young people to adult mentors and counselling provision  
 COST: TBC
- 3) Increase access to information about sources of support with mental wellbeing for both young people and their families (see Priority 1)
- 4) Adapt the Lowestoft Healthy Habits booklet developed by the Lowestoft and Northern Parishes Community Partnership area for primary schools in the other seven CP areas and look at opportunities to engage parents and carers in the exercises and activities. Consider developing a version aimed at teenagers/young adults  
 COST: £8,000
- 5) Fund more oral hygiene packs to be made available through schools, uniform banks, food projects etc.  
 COST: £6,000

N.B. Look at opportunities to fund the CYP Mental Health work in South Waveney through the Community Centred Approaches to Wellbeing

<p>Priority 4: Lack of Access to Services - lowest score in the ONS Health Index for East Suffolk</p>	<ul style="list-style-type: none"> <li>• <b>CPB Transport and Travel programme</b> – funding for Katch 1 and 2 (links to Wickham Market), Buzzabout (Northern Parishes area) and a new Transport App pilot</li> <li>• <b>21<sup>st</sup> Century Community Hubs programme (CPB)</b> – grants (via UKSPF with CPB revenue match funding) to enable existing Community Hubs to expand their offer e.g. digital improvements, net zero upgrades, digital or business hubs, space for community and health-based activities e.g. Pantries, chair-based exercise, Uni form Banks, EV charging points – first Panel meeting 06/11/23</li> <li>• <b>Rural Coffee Caravan</b> – focus on isolation and loneliness in rural areas, support Meet Up Mondays, distribute heated and cooking items, More Than a Shop etc.</li> <li>• <b>Wellbeing Bus</b> mobile provision funded and supported by Ipswich and East Suffolk Alliance – to launch shortly</li> <li>• <b>WoW (Wellbeing on Wheels) Bus</b> – mobile working mainly in Lowestoft with themed sessions e.g. cancer, maternity, supported by ESC Community Help Hub</li> <li>• ESC is exploring opportunities to develop a <b>mobile Pantry and Advice Hub</b> (Communities and Customer Services teams) focussing on the middle third of the district</li> </ul> <p><b>Comments</b> ESC is exploring additional opportunities to work with and support Community Hubs (funding in place through the 21st Century Hubs programme)</p>	<p>The Task and Finish Group felt that further work on this priority depends on decisions taken about the future focus of the Transport and Travel Task and Finish Group. Project suggestions included work with our existing Community Transport projects and Communities Together East Anglia and improving the links between transport and winter provision such as the Warm Welcomes and these will be fed into the T and F Group.</p>
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Priority 5:  
Disabilities and  
Long-Term  
Health  
Conditions

- **Disability Forums** – Suffolk Coastal and Waveney, funded and supported by ESC
- **Disability Advice Service** and **Disability Advice North East Suffolk** – both receive a small amount of funding from ESC, plus access other grants to support their work e.g. Cost of Living Community Grant Fund
- **Changing Places Toilets** – ESC is supporting the inclusion of CP toilets in regeneration programmes and key public locations where possible
- **N and W ICS (North) - Waveney Health and Wellbeing Partnership** – focus on respiratory conditions, CVD and diabetes
- **Lowestoft Health Hearts project** – funding secured from SCC for a targeted programme of work in Lowestoft (led by SCC Public Health, Norfolk and Waveney ICB, ESC)
- **Suffolk and NE Essex ICS (South) – work through the Felixstowe, Woodbridge and Saxmundham and North East INTs** - each has a Delivery Plan and uses Population Health Management data to identify priorities
- **Work with SPOT Wellbeing (CPB)** – keeping people mentally and physically well
- **Work with SCC on Community Centred Approaches to Wellbeing** – funding of £101k per annum for 3 years which could be aligned to CP, INT and Waveney HWB Partnership priorities

**Comments:**

More than 50% of households in Poverty included someone with a disability in 2021

ESC is considering an increase in funding for DAS and DANES to reflect the increasing demands on their services

The Task and Finish Group felt that the Long-Term Health conditions element of the priority is being covered by the Waveney Health and Wellbeing Partnership and the three Integrated Neighbourhood Teams in the south of the district (and the ICS structures above these), and would be picked up through the Community Centred Approaches to Health and Wellbeing work (see second column).

The Task and Finish Group agreed to focus on Disabilities as part of the poverty priority (Priority 2).