



East Suffolk
Community
Partnerships
Bringing ideas to life

Community Partnership Board

Wednesday, 13 December 2023 at 10:00 AM

Venue: Orbis Energy, Lowestoft

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1	Welcome and Apologies for Absence Caroline Topping	
2	Workshop: Rural Proofing Revisited Facilitated by Hannah Reid (CAS)	
3	Minutes To confirm as a correct record the Minutes of the Meeting held on 13 September 2023	1 - 7
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5	Transport and Travel Task Group Dan Clery, Chair of the Task Group	
6	Community Partnership Update i) Presentation: MWDPCP Stephen Molyneux / Julia Catterwell ii) Presentation: FWMKYCP Sally Noble / Sam Kenward	
7	Date of Next Meeting - 7th March 2024 Venue to be confirmed	

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UNCONFIRMED



Minutes of a Meeting of the **Community Partnership Board** held at East Suffolk House

On Wednesday 13 September 2023 at 2pm

Community Partnership Board Members Present:

Councillor Caroline Topping - Chair of the Community Partnership Board and Leader of East Suffolk Council

Chris Abraham - Community Action Suffolk

Lesley Beevor – SALC representative

Councillor Bobby Bennett, Suffolk County Council Cabinet Member

Councillor John Fisher - Chair of the Aldeburgh, Leiston, Saxmundham and Villages Community Partnership

Councillor Katie Graham – ESC Cabinet Member with responsibility for Communities, Leisure and Tourism

Councillor Alan Green - Chair of the Carlton Colville, Kessingland, Southwold and Villages Community Partnership

Councillor Kay Yule – Vice Chair of the Melton, Woodbridge and Deben Peninsula Community Partnership

Councillor Rosie Smithson - Chair of the Felixstowe Peninsula Community Partnership

Danny Steele Vice Chair of the Lowestoft and Northern Villages Community Partnership

Councillor Ed Thompson - Chair of the Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership

Karen Moy- Director of Programmes, Suffolk community foundation

Others present:

Luke Bennett (Partnerships Manager, East Suffolk Council),

Nick Khan (Strategic Director, East Suffolk Council),

Nicole Rickard (Head of Communities, East Suffolk Council)

Louise Thomas (Communities Officer),

Paul Wood (Head of Economic Development and Regeneration),

Lorraine Fitch (Deputy Democratic Services Manager, East Suffolk Council)

Alli Stone (Democratic Services Officer, East Suffolk Council)

James Chandler (Skills and Investment Lead, Economic Development)

Jo Belfield (Communities Officer for Beccles, Bungay, Halesworth & Villages)

1. Apologies for Absence

Lisa Perkins - Current Community Partnership Board Vice-Chair Adastral Park & Research Realisation Director for BT

Councillor Paul Ashdown - Chair of the Lowestoft and Northern Parishes Community Partnership
Louise Hardwick - NHS Ipswich and East Suffolk Integrated Care Board
Councillor Beth Keys-Holloway - Chair of the Beccles, Bungay, Halesworth and Villages Community Partnership
Councillor Michael Ladd - Suffolk County Council representative
Councillor Stephen Molyneux - Chair of the Melton, Woodbridge and Deben Peninsula Community Partnership

2. Welcome and Introduction

Councillor Caroline Topping welcomed everyone to the meeting and introduced Lorraine Fitch the new Democratic Service Manager at East Suffolk Council.

All those present introduced themselves.

On behalf of the Partnership Board, Councillor Topping offered thanks to Chris Abraham for her dedication and work she had done in Suffolk over her time with Community Action Suffolk

Having reviewed CP Board arrangements with the Vice Chair and Strategic Director, Councillor Topping recommended the following arrangements be put in place:

Meetings from now on would begin with a performance update to summarise progress that the Board is making to deliver its four priorities. The update would focus on 'live' projects and report on their impact, together with any spend against the CP budget.

The purpose being to ensure Board members were up to speed with current activity before discussing new business at each meeting.

The second part of meetings would be an interactive workshop session to generate ideas and solutions to some of the significant issues the board are looking to address in East Suffolk.

Councillor Topping asked that every member of the Board consider leading or supporting a session to maximise on the effectiveness of each session.

The Board can also invite other partners to facilitate when it is advantageous to do so.

The purpose was to ensure every member of the Board has an equal opportunity to shape the work and contribute to successes achieved.

Councillor Topping also advised that in the usual way the meeting will aim for matters to be agreed by consensus rather than a formal vote as much as possible.

3. Minutes

Councillor Topping presented the minutes from the last meeting held on 27 June 2023. There being no comments or amendments to the minutes it was

RESOLVED

That the minutes of the meeting held on 27 June 2023 be agreed as a correct record.

4. Community Partnership Board Performance Overview

An update was provided on projects which have both been delivered and live. There will only be updates on live projects going forward. This update is to cover projects which the Board has initiated since it was set up in 2020.

The Head of Communities, East Suffolk Council presented to the board an update on priorities:

Social Isolation and Loneliness

21st Century Community Hubs is a live project in this priority area. This is a grant scheme funded through the Rural England Prosperity Fund (REPF). The aim is to encourage digital, circular economy, business space, food provision, health and wellbeing and net zero projects in community spaces.

Transport and Travel

There has been lots of work regarding transport and travel which encompasses a multi-agency group including Suffolk County Council, Transport East, East Suffolk Council and other partners. There has been a lot of officer and volunteer time in the development of work looking at responsive transport options.

Mental Health and Wellbeing – focus on young people

Well Minds East Suffolk (Live project). The programme included 'The Essentials' training for community groups/youth organisations, small grants for VCFSE organisations, Theatre in Education programme and Cuppa and Chat projects. Well Minds grant programme is live, five projects complete.

SPOT wellbeing project was an expansion on a project from Kesgrave, Martlesham, Rushmere, Carlford and Fynn Valley Community Partnership. A good example of work coming from one Community Partnership and being rolled out across others.

There have been other projects which have similarly been rolled out across more than one partnership. This is really good to see.

Tackling inequalities:

Included the following initiatives, Ease the Squeeze a live Project with £100,00 CPD funding and £870,000 match funding.

Contribution to the circa £1 million (including staffing) East Suffolk cost of living programme co-designed with partners – 12 key projects and Community Help Hub

Other areas of work have focused on supporting community members to move into paid employment or training. The CAS 'Volunteering Pathways project had 131 participants referred or attended training.

MENTA – Ambitions to employ - Programme to support emerging startups, micro-businesses and SMEs to develop their knowledge & capability for taking on employees and those looking for work opportunities. 28 participants completed the programme. Creation of peer network of SME's and micro-businesses.

East Coast College – Energise - The Energise project was set up to support adults in the coastal and rural areas of East Suffolk to develop skills and confidence to aid employment readiness and positive outcomes

5. Community Partnership Updates - Carlton Colville, Kessingland, Southwold and Villages

The first round of meetings had taken place with second meetings scheduled to take place shortly. There had been some funding for workshops to support Community Partnership chairs in their work with the partnerships.

There were 2 priorities for the partnership outlined in the presentation:

Reduce social isolation and loneliness

Facilities, activities and education for young people

Priority one - Reduce social isolation and loneliness

The issues identified:

- Rurality
- Age demographic: larger than average elderly population
- Mental health issues.
- Family situations : new parents, domestic abuse etc
- Deprivation and Cost of Living crisis
- Lack of volunteers for existing community services.
- Covid
- Digital interactions

There was a volunteering project implemented to address the issues identified.

“To implement the Suffolk Volunteering Strategy and action plan at a local level with the aim of increasing the recruitment and retention of volunteers in order to maximise the benefits of volunteering for residents and communities.”

Priority two: Facilities, activities and education for young people

- Rurality
- No secondary schools in our CP area.

- Mental health issues.
- Deprivation and Cost of Living crisis.
- Digital interactions

Actions carried out by the partnership were discussed:

1. Fund the setup costs for the THRIVE programme in two local primary schools.
2. Fund one member of staff to go through Thrive practitioner training at one primary school. They already have the full Thrive programme which is fully embedded. Kessingland have offered to mentor the other schools
3. Fund the adoption of the Early Minds approach in one of our small, rural primary schools.
4. Understanding Trauma training for 20 staff across our local primary schools and support services, led by the Solihull Approach.
5. Fund the purchase of age-appropriate emotional literacy RESOURCE PACKS for 5 settings.

Secondary School Counselling project, funding for one extra day was provide for St John Leman in 12 week blocks.

In 2022 The CP contributed funds towards the Ease the Squeeze project. These were allocated to school uniform support in areas that didn't yet have uniform banks and slow cookers/microwaves to mitigate cost of oven use or where there were no facilities. Some funds remain for winter 2023/2024.

The principles of the partnership were outlined as:

- Data and intelligence led
- Flexible and free to respond
- Good stewards
- A partnership
- Proactive as well as reactive
- Committed to equity

Councillor Topping added that the Community Partnerships can move their meetings around the localities. There would just need to be a risk assessment carried out for any new venues being used. Meetings can also take place more regularly that once a quarter if a partnership chose to.

The board discussed the mental health in young people following the presentation point on pink slips being received in school. Concerns were noted in the volume and issues being highlighted by young people.

The impact of COVID was discussed regarding the number of children who have not returned to school following the pandemic. The importance of working on early interventions to build resilience to keep people well before they experience crisis.

6. UK Shared Prosperity Fund Skills Programme Update

Following the main Board meeting of the East Suffolk Community Partnership, the East Suffolk Economic Development Team and colleagues from the Suffolk County Council Skills Team led a workshop on the UK Shared Prosperity Fund (UKSPF) people and skills programme in 2024/25 in order to identify local priorities for the use of the funding.

Ahead of the workshop there was a briefing pack circulated that provides data and the current context of the skills landscape, which is re-attached to this pack, and at the meeting a presentation was provided (slides also attached).

During 2024/25, East Suffolk Council will be investing £250,107 into an East Suffolk specific local economy led skills programme. This is in addition to the £396,001 that is allocated to a Suffolk wide skills programme which will address county wide challenges and opportunities whilst achieving economies of scale.

Within the workshop, participants were asked to note down what they consider their top-5 gaps in local skills provision they feel exist and up-to 5 suggested programmes that could address these. These were then discussed in groups and collective responses were compiled.

Following a full review of the responses individually and as groups, the following key themes have been identified:

- Employer Engagement
- Apprenticeship Support
- Youth Employment
- Personal Development
- Adult Inactivity/Accessibility

Local Programme for East Suffolk will be looking at:

- Local Careers Fair/Activity
- Youth Enterprise
- Youth Employment Service
- Business Mentoring

Suffolk County focus is on Personal Development Service, Adult Economic Activity and Apprenticeship Support.

During 2024/25, East Suffolk Council would be investing £250,107 into an East Suffolk specific local economy led skills programme. This is in addition to the £396,001 that is allocated to a Suffolk wide skills programme which would address county wide challenges and opportunities whilst achieving economies of scale.

UK shared prosperity fund. Approaching the 3rd year People and Skills. 2.75 million. Allocated mostly.

7. Community Partnership Annual Forum 2024

The Partnerships Manager outlined the plans for the upcoming Community Partnership Annual Forum which was scheduled for 22nd March 2024 and would be held at Trinity Park

Positive feedback was received from the last event:

Delegate feedback (approx. 110 responses).

- **98.17%** found the event useful.
- **97.25%** will change the way they work because of attending.

The Partnerships outlined the offer for delegates attending:

- Excellent networking opportunities across a range of different sessions.
- Get up to speed on what is happening and what is on the horizon in East Suffolk.
- Opportunity to collaborate and improve life for everyone who lives and works in East Suffolk.
- A platform to promote their organisation or business to a wide audience.

Theme: East Suffolk: Sustainable Communities and there will workshops, seminars, a keynote speech, a market place and an opportunity for agencies to network.

A link will be sent to Board members who are encouraged to share with their networks.

8. Taking Inequalities Workshop

Community Foundation- philanthropic hub using the interest from an endowment fund, to fund grants across Suffolk. This has included cooking courses for families, food bank work, pop up pantries for churches. There has been work in Ipswich focusing on hypertension issues within BAME communities.

There was a women and girls fund which includes projects regarding raising aspirations for young females with mental health needs and wider health / lifestyle needs.

The Break through fund was highlighted, funding individuals up to £500 for items such as purchasing a bike so could employment could be accessed. Another example offered was funding to buying clothing for an interview. It is an open project.

A new digital inclusion project was due to launch in a few weeks time.

Surviving winter was discussed and funding opportunities available to support communities who cannot afford to access fuel payments or pay their own bills. Food poverty will also be looked as lots of people are accessing food banks.

Feedback from workshop

Joined two together and the following themes were discussed:

A lack of access to service, disabilities for long term illness

Remove barriers to accessing services, group support and accessing GP support

Issues identified: Focussed on absolute poverty Increasing numbers of families creeping into this bracket at the importance of early intervention in families and people not feeling done to.

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Chair



East Suffolk Community Partnership Board

Report from the Tackling Inequalities Task and Finish Group

December 13, 2023

Introduction and Background

1. Following the Covid-19 pandemic, a new, fourth, 'Tackling Inequalities' priority was identified for the Community Partnership Board. The pandemic shone a spotlight on existing and new inequalities within and between communities and data available through both Integrated Care Systems that cover East Suffolk (including new Population Health Management data) and the Suffolk Office of Data Analytics, as well as the East Suffolk Data Dashboard, reinforces this.
2. The Board agreed that the initial focus of the Tackling Inequalities programme would be on helping to mitigate the impact of the cost-of-living crisis in East Suffolk and allocated £100,000 towards the Ease the Squeeze programme in June 2022. This funding has been used to support 12 key projects including Community Pantries, Uniform Banks, Warm Rooms/Welcomes and 'Cooking on a Budget' classes. For an update on Ease the Squeeze see [Ease the Squeeze on cost of living » East Suffolk Council](#)
3. Following the East Suffolk Council elections in May 2023, the refreshed Board met in June and an overview of the current priorities and projects was presented to the meeting. The Board agreed that Tackling Inequalities was still a clear priority but that they would like to broaden the focus out from (whilst still including) cost of living to consider other types of inequality.
4. At the September 2023 Board meeting, the Board received a presentation of key data on Inequalities in East Suffolk (see: [CPB September 2023 Tackling Inequalities Presentation](#)) and heard about what was already happening in East Suffolk to address a range of inequalities. Through a workshop in the second half of their meeting, the Board identified priorities against four key themes highlighted by the data:
 - Population Inequalities
 - Health Deprivation and Inequalities
 - Financial Inequalities and Deprivation
 - Education, Skills and Economic Deprivation
5. Following table discussions, Board members voted to identify the top priorities for action across the 22 priorities within the four themes, with the five areas receiving the most votes being:

- **Mental Health and Wellbeing – higher levels of both depression and self-harm in East Suffolk**
 - **Poverty, particularly families living in absolute poverty - more than 40% of children in some areas of East Suffolk are on Free School Meals**
 - **Young People’s Health outcomes – social, emotional and mental health needs, high levels of obesity in some area, hospital admissions and dental problems**
 - Access to Services – this was the lowest score in the ONS Health Index for East Suffolk
 - Disabilities and Long-term Health conditions
6. At the meeting, it was also agreed that a Task and Finish Group would be formed to consider the priorities identified by the Board and develop a programme for consideration at the December Board meeting.

Tackling Inequalities Task and Finish Group

7. This group, which included the Cabinet Member for Communities, representatives from Suffolk County Council and individual Community Partnerships and the ESC Head of Communities, met on November 1st. At the meeting the Group considered what is already happening against each of the five priorities and action planned in order to fill the gaps identified.
8. The group proposed that the focus should be on the first three themes – Mental Wellbeing, Poverty and Young People. However they also agreed that a focus on Disabilities (identified in the fifth priority) should be included. Disability runs through the first three priorities - mental health and wellbeing, families living in absolute poverty and children’s health and wellbeing - as a causation factor. When things get bad it is worse for the less well-off and worst of all for those who are disabled or living with someone who is – see the DAS [research article](#), "The disabled and poverty go hand-in-hand".
9. The Task and Finish Group felt that many aspects of both Access to Services and Long-Term Health Conditions were being picked up by other groups – including the CP Board Transport and Travel Task and Finish Group, the Waveney Health and Wellbeing Partnership and the three Integrated Neighbourhood Teams (INTs) in the south of the district.
10. It is important to note that Mental Health and Wellbeing was the top priority in the prioritisation exercise at the Board meeting under the Tackling Inequalities theme but is another of the Board’s four priorities in its own right. This outcome proposal therefore covers two of the four Board priorities – Tackling Inequalities and Mental Health and Wellbeing and is a funding request to deliver against both priorities.

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

11. Attached as Appendix 1 to this report is the Stage 1 Outcome Proposal developed on the basis of the discussion at the Task and Finish Group meeting, and the mapping attached as Appendix 2. The voting on Inequality priorities from the September Board meeting is attached as Appendix 3. The outcome proposal sets out an emerging diverse programme

of activity that addresses both the Mental Health and Wellbeing and Tackling Inequalities priorities.

12. The proposal to the Board is therefore that £146,000 be approved towards the programme, to be allocated by the Task and Finish Group against the three priority themes identified in 5. above. This approach will provide the flexibility to allocate the funding where it will achieve greatest impact. A Stage 2 Outcome Proposal will be developed for consideration and sign off by the Board Chair.

13. The Task and Finish Group will continue to meet – additional Board members would be very welcome to join the group – and will report back to the March Board meeting.

Recommendations

It is recommended that the Board:

- 1) Consider and approve the outcome proposal attached as Appendix 1 to this report which requests the allocation of £146,000 from the CP Board 2023/24 budget to the emerging Tackling Inequalities (including Mental Health and Wellbeing) programme**
- 2) Receive a report on progress at the meeting to be held in March 2023.**

Nicole Rickard, Head of Communities

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

Initial Outcome Proposal to the East Suffolk Community Partnership Board – FY2023/24

(Stage 1 Proposal)

1. Name of Project/activity that will deliver the outcome(s)
East Suffolk Tackling Inequalities Programme
2. Key outcome(s)
<ul style="list-style-type: none"> • Improved mental health and wellbeing in East Suffolk communities • Reduced numbers of families living in poverty and particularly absolute poverty • Reduced impact of the cost-of-living crisis on individuals and families in East Suffolk • Improved mental and physical health and wellbeing for young people in East Suffolk • Improved quality of life for people with disabilities and long-term health conditions
3. How has the need been identified?
<p>Following the Covid-19 pandemic, a new ‘Tackling Inequalities’ priority was identified for the Community Partnership Board. The pandemic shone a spotlight on both existing and new inequalities within and between communities, and new data available through both Integrated Care Systems that cover East Suffolk (including Population Health Management data) and the Suffolk Office of Data Analytics, as well as the East Suffolk Data Dashboard, reinforces this increasing inequality gap.</p> <p>The Board agreed that the initial focus of the Tackling Inequalities programme would be on helping to mitigate the impact of the cost-of-living crisis in East Suffolk and allocated £100,000 towards the Ease the Squeeze programme in June 2022. This funding has been used to support 12 key projects including Community Pantries, Uniform Banks, Warm Rooms/Welcomes and Cooking on a Budget classes. For an update on Ease the Squeeze see Ease the Squeeze on cost of living » East Suffolk Council</p> <p>When the refreshed Board met in June 2023, an overview of the current priorities and projects was presented at the start of the meeting. At the meeting, Board members agreed that Tackling Inequalities was still a clear priority and that they would like to broaden the focus out from (whilst still including) cost of living to consider other types of inequality.</p> <p>At the September 2023 Board meeting, the Board received a presentation of key data on Inequalities in East Suffolk (see: CPB September 2023 Tackling Inequalities Presentation) and heard about what was already happening in East Suffolk to address inequalities including:</p> <ul style="list-style-type: none"> • Ease the Squeeze Cost of Living programme, East Suffolk Community Help Hub, Cost of Living referral process, financial inclusion work • Food Poverty/Network work with Community Action Suffolk (funded through the Collaborative Communities Board and UK Shared Prosperity Fund) including a new Food Network and Pantry Development role at CAS and a Community Pantry grant scheme (two Pantries funded to date) • Outreach into communities by the ESC Community Help Hub – including St Andrew’s and Bridge View (Lowestoft), Bungay Community Support, joint sessions/work with Citizens Advice

- Prevention work with our two ICS health systems including Cold Homes and Making Every Contact County pilot with James Paget University Hospital (Norfolk & Waveney ICS) and the Be Well bus (Suffolk and NE Essex ICS)
- Successful £150k bid with Public Health/Norfolk and Waveney ICB for funding for a 'Healthy Heart' CVD programme in Lowestoft
- UKSP fund programmes – Employment, Skills, Business Support, Towns/Communities (ends 2025) – the latter is funding four Ease the Squeeze projects
- Rural England Prosperity Fund (REPF)/CP Board Project – Community/Business Hubs in rural areas programme (now live and two projects funded to date)
- Feel Good Suffolk (Healthy Behaviours Programme) developed in partnership by SCC/all Districts/Boroughs, ICSs – Smoking, Physical Activity, Healthy Weight
- £101k per year for three years secured through SCC Public Health for a Community Centred Approaches to Health and Wellbeing programme
- Work to establish East Suffolk as an 'Age Friendly Community'

Through a workshop in the second half of their meeting, the Board identified priorities against four key themes highlighted by the data:

- Population Inequalities
- Health Deprivation and Inequalities
- Financial Inequalities and Deprivation
- Education, Skills and Economic Deprivation

Following table discussions, Board members voted to identify the top priorities for action across the four themes, with the five areas receiving the most votes being:

1. Mental Health and Wellbeing – higher levels of both depression and self-harm in East Suffolk
2. Poverty, particularly families living in absolute poverty - more than 40% of children in some areas of East Suffolk are on Free School Meals
3. Young People's Health outcomes – social, emotional and mental health needs, high levels of obesity in some area, hospital admissions and dental problems
4. Access to Services – this was the lowest score in the ONS Health Index for East Suffolk
5. Disabilities and Long term Health conditions

A Task and Finish Group was formed to consider the priorities identified by the Board and develop a programme for consideration at the December Board meeting. This group, which included the Cabinet Member for Communities, representatives from Suffolk County Council and individual Community Partnerships and the ESC Head of Communities, met on November 1st. At the meeting the Group considered what is already happening against each of the five priorities and action planned against the gaps identified.

The group proposed that the focus should be on the first three themes – Mental Wellbeing, Poverty and Young People. However they also agreed that a focus on Disabilities should be included. Disability runs through the first three priorities - mental health and wellbeing, families living in absolute poverty and children's health and wellbeing - as a causation factor. According to research by the Joseph Rowntree Foundation (JRF) in 2018 nearly half of people locked in poverty are disabled themselves or live in a family with someone who is. Also, according to JRF, one in eight people in the UK is in persistent poverty (i.e. they are in poverty now and have been in poverty in at least two of the previous three years) but persistent poverty is highest for those in workless families and disabled families. Since 2018, the pandemic and the cost-of-living crisis have made things much worse. And when things get bad it's worse for the less well-off and it's always worst of all for those who are disabled or living with someone who is.

Disability Advice Service provide an overview in their [research article](#), "The disabled and poverty go hand-in-hand". And the gaps between the experience of the disabled compared to others under many headings (e.g. income, cost-of-living, domestic abuse, homelessness, and unemployment) is covered [here](#): "The (Uncomfortable) Truth About Disability".

Key aspects of both Access to Services and Long-Term Health Conditions were being picked up by other groups – including the CP Board Transport and Travel Task and Finish Group, the Waveney Health and Wellbeing Partnership and the three Integrated Neighbourhood Teams (INTs) in the south of the district.

It is important to note that Mental Health and Wellbeing was the top priority in the prioritisation exercise at the Board meeting under the Tackling Inequalities theme, but is another of the Board's four priorities in its own right. This outcome proposal therefore covers two of the four Board priorities – Tackling Inequalities and Mental Health and Wellbeing and is a funding request to deliver against both priorities.

4. Who will benefit from the outcomes?

The main beneficiaries will be:

- Community groups and voluntary organisations supporting people struggling with their mental health and wellbeing
- Individuals struggling with their mental health and wellbeing
- People with disabilities and their families/carers
- Individuals and families living in poverty, particularly those living in absolute poverty
- Schools and youth organisations working with young people
- Young people and their families/carers

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

This will vary depending on the project – this proposal includes a range of projects that form a programme that focusses on three key priorities.

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

The Task and Finish Group would like to propose a programme that includes the following key elements (a more detailed overview is provided in the Appendix to the report/outcome proposal):

Mental Health and Wellbeing

1. A **Mental Wellbeing leaflet** for organisations and groups supporting individuals and families in East Suffolk (similar to the Cost-of-Living leaflet produced at Suffolk level)
Cost – £0 no additional cost as the funding for this is already available through the Well Minds East Suffolk programme
2. Pilot projects developed with the SCC Behavioural Insights Team to **encourage people to take steps to support their own mental wellbeing**
Cost - £0
3. **Projects focussed on promoting sleep** e.g. sleep hygiene leaflet (including mindfulness Apps), a potential 'Pillow Swap' programme, mattress toppers, SAD daylight lamps and promotion of Winter Warmth Packs available through the Warm Homes Team at East Suffolk Council
Cost - £TBC

Tackling Poverty

4. Additional funding for the **East Suffolk Ease the Squeeze cost of living programme to be used for practical, urgent support for people this winter** (including emergency food, hat, glove and scarf sets, bedding, underwear and cooking equipment, plus furniture and household items through Emmaus) and to fund transport to enable people to access food banks/pantries, Warm Welcomes etc.
Cost - £35,000 – as this element is needed now, it is requested that the Board treat this element separately and approve this £35k as of the date of the Board meeting given that it builds on the existing Ease the Squeeze programme

5. A pot of funding to work with East Suffolk schools to **implement the key findings of the ‘Poverty Proofing the School Day’ report** commissioned by SCC
Cost - £10,000

6. Workshops and funding for **uniformed and church groups to do work around food education** linked to the work being led by the East Suffolk Food Network Co-ordinator.
Cost - £3,000

7. A pot of funding to provide food banks and other food projects with **supplies of infant formula**. Currently supermarkets cannot legally accept loyalty points, vouchers provided by foodbanks/local authorities or store gift cards as a form of payment for infant formula. As prices have increased, families are struggling to cover the cost of around £90 per month. Foodbanks are always asking for donations of formula, but they have to be sealed and completely damage free to be passed on to needing families - there isn't enough to go round, as soon as formula is donated it is gone the same day. For more information, please see Petition · Allow UK families to spend store points and gift cards on infant formula · Change.org. The funding would be used to provide additional supplies of infant formula to food banks and pantries in East Suffolk.
Cost - £3,000

8. A pot of funding to be allocated in conjunction with Disability Advice Service and Disability Advice North East Suffolk for **projects to benefit people with disabilities living in poverty**:
Disability Advice Service have identified two areas of focus to enable them to reach those who could benefit from DAS services but do not access them for various reasons – these are 1) promotion: advertising in e.g. local Flyer/In Touch magazines, leaflet drops (targeted at more deprived post codes) and development of their website; and 2) the establishment of outreach centres on similar lines to Citizens Advice in key towns with a target of 4 or 5 of these up and running by the end of 2024.
Disability Advice North East Suffolk have indicated that they would use additional funding towards 1) repeating their “Warm & Well in Waveney” project targeted towards people in poverty, 2) setting up a carers support groups, 3) additional support for cancer patients, increasing outreach (particularly into rural locations) and home visits, 4) awareness raising and 5) helping clients to access transport support to support groups, including the new DANES ‘Warm Welcome’.
Cost - £20,000

9. An **East Suffolk volunteering campaign to help key VCFSE organisations to recruit volunteers**
Cost - £0 as funding already in place for this project although some funding could be allocated towards a pot for volunteer travel expenses i.e. to support volunteers from one part of East Suffolk travelling to another to volunteer

10. Use the Low Income Family Tracker (LIFT) to **identify families in absolute poverty and provide support through the ESC Community Help Hub**, including financial inclusion work
Cost - £0 direct support will be funded through 3

Young People’s Health Outcomes

11. Undertake a **programme of engagement with schools to understand needs and priorities** around a range of issues including mental wellbeing, poverty, oral hygiene, obesity and self-harm
Cost - £TBC funding required for projects to be identified following engagement with schools and youth settings (including through the East Suffolk Youth Priority Action Group – ESYPAG – and Youth Voice) which will be undertaken by ESC staff

12. Explore ways to increase **access for young people to both adult mentors and to counselling provision**

Cost - £TBC

13. **Reproduce the Lowestoft and Northern Parishes CP Healthy Habits booklet** for all primary schools in East Suffolk
Cost - £8,000
14. Fund **oral hygiene packs to be made available through schools, uniform banks, food projects** plus further work to be defined through forthcoming meetings with the Dental Wellness Trust
Cost - £6,000

The proposal is therefore to allocate the following amounts per theme:

Mental Health and Wellbeing - £25,000 – plus the £18,000 remaining in the Wellbeing Minds East Suffolk programme

Tackling Poverty - £71,000 - including the £35,000 Ease the Squeeze allocation for this winter

Young People’s Health Outcomes - £50,000

Total £146,000

Start and End dates: December 2023 for the Ease the Squeeze Winter Support, January 2024 for all others, with varying end times

7. Who is involved?

Who is involved in developing this outcome proposal?

The Tackling Inequalities Task and Finish Group has supported the development of this proposal, but a much wider range of partners including disability organisations, schools etc will be engaged in the next phase of the development of the Tackling Inequalities programme. It is important to note the connections to Suffolk-wide programmes, including the Tackling Poverty programme - the projects in this proposal have been chosen to compliment not duplicate these.

Who will deliver the project/activity?

Various, depending on the project

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

Sarah Whitelock, Cabinet Member for Communities

8. Give information about match funding here:

Source of match funding:	Funding confirmed?	Amount (£)
East Suffolk Ease the Squeeze programme (range of funding origins)	Yes	£30,000
ESC – core funding for DAS and DANES	Yes	£24,000
Low Income Family Tracker (Suffolk allocation for East Suffolk)	Yes	£75,000
ES Volunteering Campaign and VCFSE organisation support	Yes	£10,000

Individual Community Partnerships (Lowestoft and Northern Parishes CP 'Healthy Habits' booklet, Carlton Colville, Kessingland and Southwold CP Children and Young Person's Mental Health Programme and Aldeburgh, Leiston, Saxmundham and villages CP Oral Hygiene Project (£5,800)		
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Total project / activity cost	£285,000
Total of confirmed match funding	£139,000*
Total amount of Strategic funding required	£146,000

*** plus the funding available through individual Community Partnership for aligned projects and through the CP Board for the Well Minds East Suffolk programme (£18,000)**

9. Identify where the Community Partnership Board Strategic Budget will be spent:	
Description of activity or item (by who and by when where appropriate)	Cost (£)
See above – more detail will be available for the Stage 2 outcome proposal	
Total	£146,000

10. How will the project / activity be monitored, and outcomes reported (including project risks)?
Each project in the programme will be monitored individually by the project leads and an overview report produced for the Board

Community Partnership Board Member Declaration:

I confirm that I support this proposal:

Name: Sarah Whitelock

Signature:

Date: 01/12/23

Lead Organisation 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 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 or unless permitted by law.

Due to corporate retention requirements for financial information, your information will be retained for 7 years. You can request that your information is deleted at any time.

Data will be processed and held securely and in accordance with the UK General Data Protection Regulation and the Data Protection Act 2018 (and any updates).

Further information about data protection and the full Communities Team privacy notice 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.

Full Name: Nicole Rickard

Signature:

Date: 01/12/23

Please submit this proposal to the Funding Team at 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.

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"> • Well Minds East Suffolk (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 • SCC and Suffolk Mind Emotional Needs Audit Reports (funded by SCC). Focus on 4 areas in East Suffolk (see below for details of £50k x 4 areas funding): • £50k funding for Beccles - Early intervention ambassadors, counselling funding pot, Hub Coordinator at Beccles Community Hub, local grants, suicide prevention and awareness, funding awareness publicity and awareness sessions • £50k funding for Lowestoft – ideas include - Mental Wellbeing Training – adults, Singing, Dancing and Storytelling in Warm Welcome venues, Boxing Sessions, Befriending Scheme (also South Waveney), Chair Based Exercise • £50k funding for Felixstowe – Felixstowe Wellbeing Hub • £50k funding for Aldeburgh, Leiston, Saxmundham CP area – Wellbeing Allotment Gardens, Life Skills Programme, CommuniTEA Chinwags, Photo Shed • Additional £25k allocated for Mental Wellbeing amongst the CEV cohort in East Suffolk – the most popular idea is to extend the CTEA befriending programme across the district (proposal to be developed for SCC) <p>Comments £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"> 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) 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 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 <p>Anti-social behaviour: impacts on individuals and local communities - GOV.UK (www.gov.uk)</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"> • Field to Fork Growing Kits (ETS) – distributed through schools in more deprived areas of ES • Field to Fork Growing Space Grants – 14 grants awarded to date, next round early 2024 • Winter Warmth Packs (ETS) – produced and distributed through the Warm Homes team – standard or bespoke pack 	<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

Priority 4: Lack of Access to Services - lowest score in the ONS Health Index for East Suffolk

- **CPB Transport and Travel programme** – funding for Katch 1 and 2 (links to Wickham Market), Buzzabout (Northern Parishes area) and a new Transport App pilot
- **21st Century Community Hubs programme (CPB)** – 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
- **Rural Coffee Caravan** – focus on isolation and loneliness in rural areas, support Meet Up Mondays, distribute heated and cooking items, More Than a Shop etc.
- **Wellbeing Bus** mobile provision funded and supported by Ipswich and East Suffolk Alliance – to launch shortly
- **WoW (Wellbeing on Wheels) Bus** – mobile working mainly in Lowestoft with themed sessions e.g. cancer, maternity, supported by ESC Community Help Hub
- ESC is exploring opportunities to develop a **mobile Pantry and Advice Hub** (Communities and Customer Services teams) focussing on the middle third of the district

Comments

ESC is exploring additional opportunities to work with and support Community Hubs (funding in place through the 21st Century Hubs programme)

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.

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).

Population Inequalities

Challenge	Votes
Population Growth - slow population growth – but Over 65’s have increased by 21.3%	0
Ageing Population - the most over-represented group in East Suffolk is 85+	5
Income Deprivation (Older People) - 7,000+ older people affected by income deprivation	3
Lack of Diversity - Only 1 in 14 people in East Suffolk was not White British in 2021	1
Lack of Access to Services - the lowest score in the ONS Health Index	11
Prevalence of Dementia - 2,650 people in East Suffolk have a dementia diagnosis	3

Health Deprivation and Inequalities

Challenge	Votes
Young People’s Health outcomes - social, emotional & mental health needs, obesity, hospital admissions in under 5’s	13
Life Expectancy - 9.4 years difference in life expectancy for men, 10.1 years for women	3
Disabilities/Long-Term Health Conditions - higher levels of difficulty in daily life/physical health conditions in East Suffolk	10
Mental Health and Wellbeing - 13.8% prevalence of depression, rate of self-harm statistically higher	15

Financial Inequalities / Deprivation

Challenge	Votes
Entrenched Inequalities - deep and entrenched in some areas – no change since 2015	6
Core 20 (most deprived) Area - 20 East Suffolk LSOAs in the most deprived 20% in England	1
Income Deprived Families – deprivation affecting primary and secondary children in some areas	5
Absolute Poverty - 40% or more of children in some areas on Free School Meals	14
Rising Cost of Living - impacts – cost of food, energy, fuel – on life expectancy	7
Income Deprivation - above Suffolk level for children/working age population	2
Fuel Poverty - 15.3% of households are in fuel poverty	7

Education, Skills and Economic Deprivation

Challenge	Votes
Educational Attainment - in 2022, 45% of pupils in East Suffolk achieved GCSE grades 5-9 in English & Maths	8
Skills Levels - lower levels of people with NVQ3 and 4	3
Low Wages - across all quintiles – between £21 and £82 difference per week	5
Economic Conditions - challenging economic conditions e.g. impact on High Streets	4
Sector Skills/Balance - more in caring, leisure, elementary, fewer in professional/managerial roles	3

Teal = top 5 priorities

Initial ideas generated in the workshop

For consideration by the Task and Finish Group

Absolute Poverty

- Moved into intergenerational poverty – intergenerational mobility
- Free school meals
- Uniform Banks
- Early family intervention – education
- Financial planning for families – adviser/coach/co-ordinator
- Community engagement
- Key milestones – new job, new baby, new house
- Key people who are in contact with families

Disabilities/Long Term Health Conditions

- Ability to physically access key services
- Remove barriers to accessing services, groups, support, engagement etc.
- Access to GPs – perception

Young People's Health Outcomes

- Engagement with parents – early years/primary to focus on prevention/community development/health and safety
- Build trust and relationships
- Mental health support – student voice
- Need outlets/space, access to the environment
- Reduce pressure to achieve