

BBH Community Partnership Task and Finish Group Meeting

Proposed actions and projects

On 31st January 2022, the Task and Finish Group met virtually to discuss the outcomes from the Physical and Mental Health and Wellbeing workshop which was held in November 2021. They scoped out the ideas further and the following actions and projects are proposed for the Community Partnership to consider adopting.

1. Networking events for VCSE groups in South Waveney
2. CP to be a conduit to provide and enable the opportunity for ECCH to work with stakeholders
3. CP to set up a catch up with Access Community Trust about the information coming forward from Bungay and then Halesworth and Beccles
4. CP to draw up a list of community assets and resources that can be provided to schools so they're aware
5. Target contacts in educational establishments (schools and PRU) – i.e. Pastoral and Family Liaison member of staff – some can be plugged into the school council
6. CP to include in criteria when considering funding projects for young people that it is important to think about the knock on effects – e.g. can the family as a whole be supported by it?
7. Look into how to engage with the Homeschooling community
8. CP to engage with schools about communication about projects and services can best be done – i.e. what do schools feel are the best ways to communicate to students and parents and how the CP can tap into that
9. Explore bike storage like bike sheds to store bikes
10. Promote what is out there (e.g. Beccles bike shop hires out bikes) so people have the information about things to do and setting fun challenges for people to do when getting active
11. CP make representations to relevant organisations (e.g. Suffolk County Council) about lighting for cycling and walking
12. Engage with schools to see how we can encourage other modes of transport instead of car
13. Invest in places on Learn to Ride bike schemes for adults to increase confidence – free or low cost
14. CP to offer maintenance opportunities for people to get bikes fixed
15. Mike can speak with Alex Bond about offering health walks in the area
16. Speak with larger businesses/organisations including Bungay pool about how we can incentivise people to walk and cycle through things like rewards in local businesses
17. CP to fund Community marketplaces and infomarkets – making them regular and at certain points of the year
18. Signpost what is already happening and see where services can be expanded and use what is already happening in villages to engage more with local people
19. Support local groups to build capacity around H&W

Networking events for VCSE groups in South Waveney

- The events will be in person and hosted at different venues across the South Waveney area (rotated each time) – e.g. Halesworth, Kessingland etc
- The networking group will be open to groups like churches, hubs, food banks and some organisations that work on more regional level e.g. Work Well Suffolk
- The group will be open to all areas (market towns AND rural communities)
- The events will enable:
 - Sharing of what is happening in the area, what is working and how to work together to meet needs
 - Best models to be shared and used and enable the development of innovation
 - Emergent themes to be captured and then shared at CP level and with the appropriate local health structures
- The Pear Tree Fund are happy to 'hold' this and can convene the group and carry out tasks including:
 - Hosting events
 - Arranging logistics (including booking venues and doing risk assessments),
 - Providing refreshments,
 - Holding mailing lists of group members.
- Look to cooperate with the Carlton Colville, Southwold, Kessingland and village Community Partnership so it covers the South Waveney area – if this is not possible, this CP area could start it as a pilot and go from there
- Frequency? Host around the patch – 6 a year?
- Budget?

CP to be a conduit to provide and enable the opportunity for ECCH to work with stakeholders

- ECCH will meet with stakeholders both on the T&FG and on the CP
- Nick can be the contact to see how difficulties such as getting hold of the local practices can be changed/improved

CP to set up a catch up with Access Community Trust about the information coming forward from Bungay and then Halesworth and Beccles

- The catch up will:
 - Scope learning from this about businesses experiences of mental health and wellbeing
 - Assess any additional needs that have surfaced which partners can consider

CP to draw up a list of community assets and resources that can be provided to schools so they're aware

- Throw out a call to community groups to populate the list

- E.g. spaces, free resources etc

Target contacts in educational establishments (schools and PRU) – i.e. Pastoral and Family Liaison member of staff – some can be plugged into the school council

- This will mean content is going to the right person in the school and they will likely be dealing with these issues on a regular basis
- Also approach Academy Trusts – e.g. Asset Education
- Look to build connections with school councils

CP to include in criteria when considering funding projects for young people that it is important to think about the knock on effects – e.g. can the family as a whole be supported by it?

Look into how to engage with the Homeschooling community

- Explore how we can reach out – speak to local vicar in Bungay
- Explore Facebook groups
- Establish a link to Ringsfield Eco centre where some home schooled children attend workshops and contact the Beccles Forest School and Halesworth Kinda forest school who may know some home schooling families

CP to engage with schools about communication about projects and services can best be done – i.e. what do schools feel are the best ways to communicate to students and parents and how the CP can tap into that

Explore bike storage like bike sheds to store bikes

Promote what is out there (e.g. Beccles bike shop hires out bikes) so people have the information about things to do and setting fun challenges for people to do when getting active

- BBJ Column
- A dedicated document around this? E.g. H&W flyer from your local CP?

CP make representations to relevant organisations (e.g. Suffolk County Council) about lighting for cycling and walking

Engage with schools to see how we can encourage other modes of transport instead of car

- Target primary schools in particular and gauge what they are hearing and what their ideas are

Invest in places on Learn to Ride bike schemes for adults to increase confidence – free or low cost

- Explore vendors who can deliver the training
- Promote
- Monitor the confidence levels of the whole family unit – e.g. how a parent now being able to cycle is helping their children's physical and mental wellbeing too

CP to offer maintenance opportunities for people to get bikes fixed

- Consider setting up a community bike repair group and see if the Men's Shed could help?
- Consider running some events at certain locations on certain times for free bike repairs – e.g. Doctor bike
- If there are already maintenance opportunities provided, engage with the vendors about whether the CP can get involved
 - Seeing if it can help promote it or subsidise repairs

Mike can speak with Alex Bond about offering health walks in the area

Speak with larger businesses/organisations including Bungay pool about how we can incentivise people to walk and cycle through things like rewards in local businesses

- Budget for incentives and advertising?

CP to fund Community marketplaces and infomarkets – making them regular and at certain points of the year

- Fund 3 a year in each town
- Make them seasonal – maybe a month before the season changes?
- Involve ECCH with these too – Nick is meeting with leads – happy for CP members to join to build up engagement with staff
- Budget? £150 per one?

Signpost what is already happening and see where services can be expanded and use what is already happening in villages to engage more with local people

- E.g. diabetes checks, Rural Coffee Caravan, Vinny Van Go, Meet Up Mondays (Butchers Arms, Beccles; Fisher Theatre, Bungay; Shadingfield Fox)

- Linking in and attending these events

Support local groups to build capacity around H&W

- Connect local groups with opportunities in local radio such as:
 - James Hazel – Gen X Radio Suffolk; can enter own event
 - CAS have slots on Radio Suffolk for community groups and other radio – e.g. East Suffolk One and Beccles Town Radio
- Work with BBJ to provide a pointers document for community groups to help them when writing a press release