

Lowestoft and Northern Parishes Community Partnership

Action Notes of the Meeting held on Wednesday 29 January 2020 in the Conference Room, Riverside, 4 Canning Road, Lowestoft, NR33 0EQ

Core Membership:

ESC Councillors – Cllr Paul Ashdown (Chairman), Cllr P Byatt, Cllr L Coulam, Cllr A Gee, Cllr L Gooch, Cllr K Patience, Cllr M Pitchers and Cllr M Rudd.

SCC Councillors – Cllr J Ceresa and Cllr J Reeder.

Town and Parish Councils – P Armstrong (Corton Parish Council), S Foote (Lowestoft Town Council), C Graham (Oulton Parish Council), N Livingstone (Somerleyton, Ashby and Herringfleet Parish Council), M Thomas (Lound Parish Council) and M Wright (Blundeston Parish Council).

Partnership Organisations – P Aves (Lowestoft Rising), Kareena Chapman (Community Action Suffolk), N Cooper (SCC – Health and Obesity Reduction), L Light (Community Action Suffolk), B Parrish (Lowestoft Church and Faith Groups), A Sear (Health) and D Steel (Lowestoft Vision).

Others present – S Baker (Chief Executive and Lowestoft Rising Representative), L Bennett (ESC Partnership Manager), B Porter (Funding Manager), N Rickard (Head of Communities), Cllr L Smith (Cabinet Member for Communities, Leisure and Tourism), L Thomas (Communities Support Officer), R Tucker (Communities Officer) and N Wotton (Deputy Democratic Services Manager).

Item	Discussion
1.	<p>Welcome from the Chairman, Introductions and Apologies</p> <p>The Chairman, Councillor Ashdown, welcomed everyone to the first Lowestoft and Northern Parishes Community Partnership meeting. It was reported that there were 8 Community Partnerships across the District, which would enable East Suffolk Council, partners and communities to work together by taking a ‘solution-focussed approach’ to local priorities.</p> <p>The Lowestoft and Northern Parishes Community Partnership Workshop had taken place on 28 October 2019, which had sought the local communities’ views about the main priorities and areas of concern for their area. That meeting had been well attended and it had shown that the local priorities were:</p>

	<ul style="list-style-type: none"> • Improving Mental Health and Wellbeing • Tackling Childhood Obesity • Reduce Social Isolation – for all ages <p>The Chairman reported that, although it did not have to be spent, £10,000 needed to be allocated by 31 March 2020. Therefore, the Partnership needed to identify if there were any “quick wins” to allocate the funding to, either at this meeting or at another, which needed to be held before the end of this financial year. The Chairman commented that whilst the Lowestoft and Northern Parishes Community Partnership was the largest by population in the District, it still received the same amount of funding as the other Community Partnerships. The Community Partnerships would then have £25,000 per year, to allocate, for the next three years.</p> <p>It was noted that the Community Partnership Board was due to meet on 16 March 2020 and it would bring together the 8 Community Partnership Chairs, with a range of strategic partners, such as Suffolk County Council, the Police, SALC, the Clinical Commissioning Groups etc. The Community Partnership Board will be chaired by the Leader of East Suffolk Council. The budget for the Community Partnership Board was £150,000 for the 2019/20 financial year and then £300,000 per year for the next three years.</p> <p>The Chairman reported that he was pleased that so many people had attended the meeting this evening and it was important for everyone to do the best for the communities that they serve.</p> <p>He then introduced the following officers who would be assisting in facilitating the meeting this evening and who would also be involved in future meetings. They were: Ben Porter (Funding Manager), Cllr Letitia Smith (Cabinet Member for Communities, Leisure and Tourism), Rachel Tucker (Communities Officer), Louise Thomas (Communities Support Officer) and Luke Bennett (ESC Partnership Manager).</p> <p>The Chairman then reported that apologies for the meeting were received from Suffolk County Councillor, Craig Rivett.</p>
2.	<p>Approval of the Terms of Reference and Ground Rules</p> <p>The Chairman presented the Terms of Reference for the Community Partnership, which were standard for all of the 8 Community Partnerships. These were accepted without amendment.</p>

	<p>Those present also received the Meeting Ground Rules, which were agreed. It was important for everyone to feel comfortable and able to fully participate in the meeting.</p>
3.	<p>Discussion of the 3 Community Partnership Objectives</p> <p>The Chairman reported that the third priority – Reducing Social Isolation for all ages, had been raised at many of the Community Partnership Workshops in the District. Therefore, it had been suggested that this priority be considered by the Community Partnership Board, in order that a more strategic approach could be taken.</p> <p>Those present agreed with the suggested approach and it was therefore decided that the Community Partnership would focus upon 2 priorities only – Improving Mental Health and Wellbeing and Tackling Childhood Obesity.</p>
4.	<p>Feedback from table discussions</p> <p>The meeting was split into 5 tables and each table was asked to work together to look at the factors which may cause or affect poor mental health and childhood obesity. Everyone was given time to consider this matter and they were then given the opportunity to feed back to the rest of the group.</p> <p><u>Causes</u></p> <p>The Partnership reported that the main causes of poor mental health and well-being were:</p> <p>Trauma, lifestyle, deprivation, poverty, peer pressure, ageing population, pressure to do well in school, workplace demands, poor physical health, isolation, reduced access to services and transport, poor diet, lack of opportunities, drug use, peer pressure, social media, poor self esteem, lack of education.</p> <p>The Partnership reported that the main causes of childhood obesity were:</p> <p>Lack of education, poor diet, generational issues where families do not know how to cook, lack of income, lack of access to exercise (PE lessons have reduced in schools), little value placed on learning to cook, reduction in cookery lessons at school, overlooking the social aspects of eating with others, lifestyle, increased electronic lifestyle eg using phones and playing computer games.</p> <p>Some tables also provided some causes for social isolation and they were:</p>

The decline of the high street, lack of community feeling, travelling longer distances to shop by car alone, cutting back on bus routes.

What is already out there to help?

It was noted that many of the initiatives and facilities already in place would help improve Mental Health and Wellbeing, as well as reducing Childhood Obesity. These included:

Statutory support when in crisis, phone lines, Meet Up Mondays, Social Prescribing, Support Groups, the YMCA working in primary schools, Mens Sheds, Kirkley Community Choir, One Life Suffolk, allotments, Residents Associations, free school meals, care farms, milkmen, Lowestoft Ogogo, the Kirkley Centre, playing fields, memory café, outdoor gyms, school clubs, Mental Health Champions, Mental Health Ambassador, enablers, churches and religious groups, the Eat Out Eat Well scheme to encourage healthy eating, the golden mile, healthy school meals.

There was also an update on the Community Fridges initiative, by Community Action Suffolk. There was currently one fridge in Lowestoft and it was hoped that fridges could be provided in Kirkley and Kessingland shortly. The fridges would contain food donated from local supermarkets or the public, which may have a short use by date, that members of the public could help themselves to. There was no need to get a referral to use the Community Fridge, unlike Food Banks, so this may assist people who were reluctant to seek a referral, for a variety of reasons. The public could also donate food that they would not use before the use by date expired or if they had too much produce eg too many home grown tomatoes. Community Action Suffolk were also looking to provide chefs or experienced home cooks to teach parents and children basic cooking skills and how to use vegetables and other items which may be donated to the Community Fridge. The aim was to encourage parents and children to eat and enjoy what they had prepared themselves. There were also plans to provide food hygiene training, which would improve peoples' employability skills and assist them in finding work.

Possible Solutions

- Those present were impressed by the large number of initiatives that were currently being provided locally and there was concern that there were a large number of initiatives being provided that few people knew about. It was therefore suggested that a Directory of services should be created where all initiatives in Lowestoft and the Northern Parishes could

	<p>be stored in one place. It was felt that such a list could be provided online, with a limited number of copies printed, for those people who did not have access to the internet. There was some discussion about who would be involved in administering this and it was suggested that some of the £10,000 Community Partnership Budget could be put towards this purpose, rather than using volunteers.</p> <ul style="list-style-type: none"> • Extend the transport system with community mini-buses. • Additional park runs, junior park runs and other sporting events. • A welcome pack for people moving into the area, listing services such as GP practices, schools, chemists and links to other services and initiatives generally. • Information on grants and funding streams so that local community groups can be signposted on how to access any funding which is available. • Provide training sessions for people on how to use the internet, laptops and smart phones to improve accessibility to a number of services. • Encourage young people to walk to school – this would help with their health and parking problems around schools generally. • Use empty shops for activities such as table tennis. This would also help to rejuvenate neglected areas and bring people back to the town centre. • Install sea front gyms. • Increase signposting to the various services which are available. Local Nurses, GPs, Lowestoft Town Council, Lowestoft Rising, Councillors could create a network of people, directing people to services when they need them. • Work with schools and nurseries to provide cooking lessons, to help children and young people develop a healthy interest in food and cooking. It was noted that 94% of very young children attended nurseries in the area, so the majority would be able to benefit from this initiative. • Working with existing clubs and societies in the local area eg the Waveney Gym, to try and encourage more young people to attend or provide taster sessions so that young people could try the activities. • Increased working with schools generally would facilitate contact with large parts of the community and the school's facilities such as their Halls or playing fields could potentially be used for various community activities outside of school hours.
5.	<p>Funding for 2019/20 and 2020/21</p> <p>The Chairman reminded the Community Partnership that there was £10,000 which needed to be allocated by the end of the 2019/20 financial year.</p>

	<p>Nicole Rickard, Head of Communities, clarified that the Partnership had 3 priorities that had been identified at the Workshop in October 2019. It had been agreed that the priority on Social Isolation would be referred to the Community Partnership Board, for them to look at the matter at a strategic level across the District. The Board also had some funding to allocate and this could potentially be used to undertake further research and update the Hidden Needs Maps for the District. These maps provided detailed information about health, deprivation, age profiles socio-economic and other statistical data etc across the District, all of which may contribute to increasing social isolation.</p> <p>It was noted that the East Suffolk Council was not able to access grant funding and that charities were better placed to do this. However the Council could signpost charities and organisations to various sources of funding, as appropriate.</p>
6.	<p>Review of the Membership of the Community Partnership and Next Steps</p> <p><u>Membership of the Community Partnership</u></p> <p>The Chairman felt that there was a good mix of people in attendance at this meeting, therefore everyone would be invited to the next meeting of the Community Partnership. He felt that it would be prudent to invite Tod Sullivan, Mental Health Ambassador, to the next meeting, due to his expertise in mental health issues generally. ACTION – Nicola Wotton</p> <p><u>Creation of Task and Finish Groups</u></p> <p>There followed some discussion about the next steps for the Community Partnership and it was agreed that 2 Task and Finish Groups should be created to look at the Objectives of Mental Health and Wellbeing and Tackling Childhood Obesity.</p> <p>The membership of the Task and Finish Groups would be as follows:</p> <p><u>Tackling Childhood Obesity</u> – Nicki Cooper (Lead – Senior Health Improvement Commissioner from SCC), Luke Bennett (Partnership Manager), Nicole Rickard (Head of Communities), ESC Cllr Peter Byatt, SCC/ESC Cllr Keith Patience (to make contact with the Allotment Association), Cara Graham from Oulton Parish Council, Lorraine Light from Community Action Suffolk, Kathryn Ellis from the CCG. ACTION – Nicki Cooper</p>

	<p><u>Mental Health and Wellbeing</u> – Phil Aves (Lead – Lowestoft Rising), ESC Cllr Mary Rudd, SCC Cllr James Reeder, Kathryn Ellis from the CCG, Rachel Tucker (Communities Officer), Louise Thomas (Communities Support Officer). <u>ACTION – Phil Aves</u></p> <p>The Leads for the Task and Finish Groups would be responsible to setting their meetings and contacting the members with the relevant details. The Community Partnership Chairman would also be invited to attend the Task and Finish Groups, as a matter of course. The Leads would be sent the contact details for the members of their Task and Finish Groups, after the meeting. <u>ACTION – Nicola Wotton</u></p>
	<p>Date of next meeting:</p> <p>Those present agreed that a further meeting was required, preferably during the second week of March 2020, to receive information from the two Task and Finish Groups set up to look into Childhood Obesity and Mental Health.</p> <p>The Task Groups findings would then inform the Community Partnership on where best to allocate funding from the 2019/20 financial year.</p> <p>The date of the meeting and venue, once confirmed, would be circulated to the Community Partnership. <u>ACTION – Nicola Wotton</u></p> <p>The Chairman thanked all those present for attending the meeting and wished everyone a safe journey home.</p>

The meeting concluded at 8.00 pm