

Lowestoft and Northern Parishes Community Partnership

Action Notes of the Meeting held on Wednesday 11 March 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 J Craig, Cllr A Gee, Cllr K Patience and Cllr M Pitchers.

SCC Councillors – Cllr J Reeder and Cllr M Vigo Di Gallidoro.

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

Partnership Organisations – P Aves (Lowestoft Rising), N Cooper (SCC – Health and Obesity Reduction), D Steel (Lowestoft Vision) and T Sullivan (Access Community Trust).

Others present – S Baker (Chief Executive and Lowestoft Rising Representative), L Bennett (ESC Partnership Manager), S Meeken (Political Group Assistant for Labour Group), 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 and Apologies</p> <p>The Chairman, Councillor Ashdown, welcomed everyone to the second Lowestoft and Northern Parishes Community Partnership meeting.</p> <p>The Chairman then reported that apologies for the meeting had been received from East Suffolk Councillors E Back, L Gooch and K Robinson.</p>
2.	<p>Notes from the last meeting held on 29 January 2020</p> <p>The Chairman referred those present to the notes from the last meeting, which took place on 29 January 2020, and they were approved as an accurate record of the meeting.</p>

3.

Report back from the Mental Health and Wellbeing Task and Finish Group

The Chairman reminded those present that it had been agreed at the previous meeting, that 2 Task and Finish Groups would be created, to look at possible ways to address the two main objectives that the Community Partnership had agreed to focus upon:

- Mental Health and Wellbeing
- Childhood Obesity

He then asked Phil Aves, who had been appointed as the Lead for the Mental Health and Wellbeing Task Group, to give an update on the findings of the Task Group.

Phil Aves gave a detailed presentation, on the proposals from the recent Task and Finish Group meeting. It was noted that 2 individual projects had been suggested, which coincidentally met all of the objectives for Lowestoft, including reducing social isolation, which was the remaining objective which would be taken forward by the Community Partnership Board, as it had been raised by many of the Community Partnerships at their workshops.

The first proposal was for a 'Walk in the Park' on Sunday afternoons, which would be guided walks arranged at a variety of locations in Lowestoft, to encourage people to get out and about and meet up. The walks would run for approximately 20 weeks over the summer, and the success of the proposal could then be evaluated. It was noted that 6 locations for the walks had been suggested – Normanston Park, Nicholas Everitt Park, the Seafront, Kensington Gardens, Gunton Cliffs and Ness Point.

It was hoped that the walks could also include other activities afterwards, for those people who were interested, such as a visit to a local museum, a tour of the new CEFAS building or a game of walking football.

In terms of facilitating the walks, it was hoped that local voluntary groups such as Access Community Trust could assist, as they had experience of organising the local Park Runs. It was also suggested that Essex and Suffolk Water could be approached to see if they would be willing to provide free water for the walks, as they had provided free water for the Park Runs.

Those present commented positively on the proposals, as the walks could be taken at a slow or fast pace and would help to break down barriers and get people to mix together.

	<p>It was also mentioned that Lowestoft Town Council had made various arrangements to celebrate VE Day on Friday, 8 May 2020, a bank holiday, where free events and entertainment would be staged. It would be helpful to have a walk on that day, to bring additional people along to the VE Day celebrations.</p> <p>It was suggested that it would cost approximately £5,000 to host these walks for 20 weeks, commencing in May 2020, however it could be longer depending on the support provided by other local organisations and voluntary groups.</p> <p>Phil Aves then gave an update on the second proposal which had been provided by the Task and Finish Group.</p> <p>He suggested that a Youth Club be provided for young people aged 11 – 19 years of age, after the Afternoon Walks on a Sunday. This would provide somewhere for young people to go and something for them to do, as the data had shown that this age group desperately needed some support and were suffering with high levels of suicide, mental health problems and self-harm.</p> <p>It was noted that it was important to provide support to this age group, as there was no provision for them in Lowestoft at all, currently.</p> <p>The Chairman stated that this was an important area to focus upon and that he would raise this matter with the Community Partnership Board, in due course, to see if any additional funding could be secured for this area of work.</p> <p>The Chairman thanked Phil Aves for his presentation and it was therefore noted that the Mental Health and Wellbeing Task and Finish Group had provided 2 proposals for: 'A Walk in the Park' and a 'Youth Club for 11 – 19 year olds', which would cost approximately £5,000 each to run for 20 weeks.</p> <p>The Chairman also mentioned the developments with the Corona Virus and that everyone would need to be mindful that circumstances may change in the future.</p>
4.	<p>Report back from the Childhood Obesity Task and Finish Group</p> <p>The Chairman then invited Nicki Cooper from Suffolk County Council to give her presentation on the proposals from the Childhood Obesity Task and Finish Group.</p> <p>Nicki Cooper mentioned that the environment played a significant role in all of our health and wellbeing and could also directly affect obesity and activity levels. This included the area that we live in, our home, family, buildings, the economy,</p>

local shops and facilities available. Work had been undertaken into how the environment affects people and it was noted that many areas were 'obesinogenic', which actually encouraged people to gain weight.

She reported that an academic study had taken place in Amsterdam, which was a place-based study, in areas with high levels of childhood obesity. This had involved an holistic approach being taken, with partner agencies being involved to improve local parks, increase cycle tracks, greater availability of healthy food, providing services to help with shopping and meal planning. All of these actions would create an environment that made it much easier to be healthy and in Amsterdam, this partnership working had led to a 12% decrease in childhood obesity.

Nicki Cooper suggested that a similar approach be taken in a pilot scheme in Lowestoft, which would be place focussed and would take a localised approach. The aim would be to focus upon children aged 2 – 11 years of age. It was suggested that the pilot scheme could start with 3 schools and then be expanded in the future, as appropriate. The suggested Primary Schools which could be involved were:

- Roman Hill Primary School
- Red Oak Primary School
- Corton Primary School

It was noted that the three schools were already focussed in physical activity and promoting healthy lifestyles, therefore they were likely to be receptive to being involved in the pilot study. It was also important to undertake asset mapping in the pilot study area, to see the facilities and opportunities that were available for young people in their local area and Community Action Suffolk and Sentinel Leisure could be involved in this.

Nicki Cooper acknowledged that this proposal was adventurous and exciting and would require a leap of faith, however it had the potential to bring significant results. It was noted that the pilot would be evaluated over time, to see what was working well, how communities would benefit and various partner agencies would be invited to take part and become involved, as appropriate.

Nicole Rickard, ESC Head of Communities, stated that it was an exciting opportunity to do something completely different and make a real difference to local communities. The aim would be to make it easy and fun to participate in and the work would focus upon the three pillars of health:

- Eating healthily

	<ul style="list-style-type: none"> • Being physically active • Getting enough good sleep <p>Phil Aves commented on the outdoor space available at Roman Hill Primary School, as their playground was on a slope which made it difficult to play games. Councillor Byatt commented that it was important to encourage people to be healthy from an early age, as it would make life changing impacts on their health and wellbeing. Nicki Cooper commented that improving the quality of life of young people would also have a positive impact upon their mental health and reduce childhood obesity.</p> <p>A comment was made about the number of bus routes and services that were being cancelled and a lack of public transport generally, which had a negative impact upon people. Nicole Rickard stated that social isolation and transport were two priorities which were due to be discussed in detail by the Community Partnership Board, which would be meeting on a quarterly basis, as they were issues that affected the majority of the District, and therefore a district-wide approach would be required. It was noted that all of the Community Partnership Chairmen would be in attendance at the Community Partnership Board meetings and they could feed in any of the concerns that were raised by those attending the Community Partnership meetings.</p> <p>A Member then commented that those young people leaving care, where another group who should not be overlooked, and it was hoped that some of the initiatives under discussion could also help them, in due course.</p> <p>The Chairman thanked Nicki Cooper for her interesting and informative presentation.</p>
5.	<p>Allocation of Funding for 2019/20 Financial Year</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>There followed some discussion in this respect and it was agreed that the £10,000 funding should be allocated to the two proposals submitted by the Mental Health and Wellbeing Task and Finish Group:</p> <ul style="list-style-type: none"> • £5,000 for the Walk in the Park initiative • £5,000 for the Youth Club for 11 – 19 year olds initiative

	Nicole Rickard advised that the Chairman should complete the relevant Funding Form, which would then be considered by Councillor Letitia Smith, Cabinet Member for Communities, Leisure and Tourism, for approval and signature.
6.	<p>Consideration of Items for the 2020/21 Financial Year</p> <p>The Chairman suggested that the proposal from Nicki Cooper and the Childhood Obesity Task and Finish Group should be discussed in more detail at a future meeting of the Lowestoft and Northern Parishes Community Partnership, where the final amount of funding could be decided.</p> <p>Those present agreed with that suggestion and the item would be added onto the agenda for the next meeting. ACTION – Nicola Wotton</p>
7.	<p>Date of next meeting:</p> <p>Those present agreed that a further meeting was required in April 2020, to consider the funding required for the proposal from the Childhood Obesity Task and Finish Group.</p> <p>It was noted that a Wednesday evening at 6.00pm was convenient for those in attendance and it was proposed that a future meeting be held on Wednesday, 29 April at 6.00pm. It was suggested that Corton Parish Council could be approached to host the meeting. ACTION – Nicola Wotton</p> <p>The Chairman thanked all those present for attending the meeting and wished everyone a safe journey home.</p> <p>Note: After the meeting, the situation with the Corona Virus developed and the country went into lockdown, therefore meetings were cancelled for the foreseeable future and the proposals from the Mental Health and Wellbeing Task and Finish Group were not able to be implemented to the timescales as previously hoped.</p>

The meeting concluded at 7.10 pm