



East Suffolk
Community
Partnerships
Bringing ideas to life

Framlingham
Wickham
Market
& villages

Framlingham, Wickham Market and villages Community Partnership Meeting

Thursday, 6 October 2022 at 6.00 pm

Brandeston Village Hall, The Street, Brandeston, IP13 7AE

Partnership Priorities

- Developing Opportunities for Young People
 - Reduce Social Isolation and Loneliness
 - Sustainable Transport
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Meeting Goal

1. To establish the 2022/23 priorities for the Community Partnership, and form task and finish groups.

Standing Items		Lead	Supporting papers
1	Action Notes	Ben Bix, Democratic Services Officer	Yes
2	Community Partnership Board Update	Luke Bennett, Partnerships Manager	Yes
3	Current projects update	Joss Mullett, Communities Officer	None
4	Community issues, including Youth Voice themes	All	Discussion
5	Date of the next meeting	All	None
- Thursday, 12 January 2023 - Volunteers to host the next meeting are welcome			
Meeting Items		Lead	Supporting papers
6	Partnership priorities for 2022/23 <ul style="list-style-type: none">- Feedback from the June workshop- Rank the priorities	Joss Mullett	To follow
7	Ease the Squeeze <ul style="list-style-type: none">- Presentation- Reporting back on roadshows- Growing spaces	Luke Bennett, Partnerships Manager	Yes

8	Healthy Movers Project - To consider supporting the project	Joss Mullett	Yes
9	Endorse the three priorities for 2022/23 - Endorse the priorities - Creation of task and finish groups to take the priorities forward	Joss Mullett	None

<p>Chair: Councillor Carol Poulter (East Suffolk Council)</p> <p>Vice-Chair: Councillor Maurice Cook (East Suffolk Council)</p> <p>Communities Officer: Joss Mullett Joss.mullett@eastsoffolk.gov.uk</p>	<p>Partnership Organisations:</p> <p>East Suffolk Council Suffolk County Council Local Town and Parish Councils Suffolk Constabulary Ipswich and East Suffolk Clinical Commissioning Group Community Action Suffolk Business Community Youth Community Environment</p>
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**Framlingham, Wickham Market and villages Community
Partnership**

**Action Notes of the Meeting held at Bruisyard Village Hall, Rendham Road,
Bruisyard, Saxmundham, IP17 2DX,
on Thursday 30 June at 6.00pm**

Core Membership:

ESC Councillors – Councillor Carol Poulter (Chairman), Councillor Lydia Freeman

Town and Parish Councils – Cllr David Chenery (Wickham Market Parish Council), Cllr John Cross (Great Glemham Parish Council), Cllr Marion Hine (Framlingham Town Council), Cllr Adrian Revill (Hacheston Parish Council), Cllr Debbi Tayler (Farnham with Stratford Parish Council), Councillor Matt Lunn (Dennington Parish Council)

Partnership Organisations – Jane Healey (Green Print Forum)

Others present – Cllr Paul Ashton (Yoxford PC), Emma Doughty (NHS), Simon Horden (Saxtead PC), Jo Reeder (Communities Together East Anglia), Nick Corke (Hour Community), David Findlay (Ufford PC), Mike Hynes (Wickham Market PC), Bryan Hall (Wickham Market PC), Ivor French (Wickham Market PC), Stuart Watson (CYDS), Paul Church (Bruisyard PC), Rachael Partridge (Suffolk Police), Louise Richardson (Student Life), Ben Bix (Democratic Services Officer), Joss Mullett (Communities Officer), Nicola Wotton (Deputy Democratic Services Manager), Alex Heys (Communities Manager), Nicole Rickard (Head of Communities), Stuart Halsey (Integration and Partnerships Manager)

Item	Discussion
1.	<p>Welcome and Apologies</p> <p>The Chairman of the Community Partnership, Councillor Carol Poulter, welcomed everyone to the meeting.</p> <p>Apologies for absence had been received from ESC Councillors Maurice Cook and Stephen Burroughes, Suffolk County Councillor Alexander Nicoll and Parish Councillor Kathryn Jones (Chair of Ufford Parish Council)</p>
2.	<p>Election of Vice Chairman</p> <p>It was proposed by Councillor Poulter, duly seconded, and with the agreement of those present that Councillor Maurice Cook be elected as the Community Partnership's Vice Chair for 2022/23</p>

3.	<p>Notes</p> <p>The Action Notes of the meeting held on 24 March 2022 were agreed as a correct record.</p>
4.	<p>Annual Review of the Terms of Reference</p> <p>The Community Partnership reviewed the Terms of Reference and had no amendments to put to the Community Partnership Board.</p>
5.	<p>Update from the Community Partnership Board</p> <p>Nicole Rickard (NR) provided a summary of the meeting of the Community Partnership Board held on 13 June 2022. The Board had discussed:</p> <ul style="list-style-type: none"> • Implementation of the Peer Challenge Action Plan • The Annual Report 2021-22 • The Report from the Tackling Inequalities Task Group • Outcomes from the Annual Forum 2022 • Update from the Mental Health Task and Finish Group <p>Attention was drawn to the Peer Review Action Plan, which had identified three priorities to guide the work of the Community Partnerships:</p> <ol style="list-style-type: none"> 1. Each Community Partnership needed to reset after lockdown 2. Each Community Partnership needed to equip itself to deliver its plan 3. We must all communicate what we do
6.	<p>Priority Review Workshop to consider the Community Partnership's priorities for 2022/23</p> <p>Nicole Rickard explained that the meeting was an opportunity to use the data pack provided along with local intelligence to consider, refine, and focus the priorities of the Community Partnership as part of the resetting process identified in the Peer Review Action Plan.</p> <p>The partnership discussed the data presented by JM, and asked for more detail on housing condition, mental health, and transport. JW and NR clarified that mental health and depression data had been collected prior to the pandemic, and that that housing condition data had come from the Index of Multiple Deprivation.</p> <p>Observations were made about the ageing population in the area, and that transport connectivity for that population was a significant challenge. Whilst there</p>



	<p>was a 'Katch' bus service, it was not suitable for health appointments, and not all older people could use the online booking system. Greater awareness raising was important, as was collaboration amongst service delivery partners.</p> <p>Louise Richardson (LR) gave a presentation on the work of Student Life on mental health and wellbeing in East Suffolk. In addition to the data pack circulated, LR explained that Student Life was a mental health charity, guided by a steering group of young people. The services provided by Student Life included:</p> <ul style="list-style-type: none"> • Mental health and wellbeing programmes • The creation of mental health ambassadors with schools • The production of mental health films, made by upskilled young people <p>The aim of the charity was to train as many young people as possible to be a support resource for themselves and their peers, all schools in East Suffolk were within the scope of the charity.</p> <p>Stuart Halsey (SH) gave an overview of the Connect space which provided the link between the Integrated Neighbourhood Team and other Partners and programmes of work. The Connect space was the voluntary and community sector working collaboratively with statutory services to improve the health and wellbeing of our communities, by identifying localised priorities and solutions. It was apparent that alignment of priorities across the public and voluntary sectors was important to make the best use of resources.</p> <p>ACTION – JM to circulate a link to the Suffolk Data Observatory and relevant indices of multiple deprivation directly to the partnership, and BB to circulate the Connect leaflet with the action notes of the meeting.</p>
<p>7.</p>	<p>Proposed priorities and voting</p> <p>The Community Partnership worked in small groups to identify its priorities. 16 priorities were identified, and participants were then asked to express their preference for a top three from the 16.</p> <p>ACTION – JM to collate the priorities, identify the top three from the preferences expressed, and present those to the October meeting.</p>

The meeting concluded at 8.35pm.

COMMUNITY PARTNERSHIP BOARD UPDATE – 5 SEPTEMBER 2022

HELD AT: THE CONFERENCE ROOM, RIVERSIDE, LOWESTOFT

1 Introduction

All eight Community Partnerships are represented on the Community Partnership Board by their respective Chairs. The meeting agendas and papers can be viewed [HERE](#)

2. Report from the Tackling Inequalities Task and Finish Group

The Board received an [Update on the Cost of Living Programme](#)

The Task and Finish Group, supported by staff in the Communities Team at East Suffolk Council, had previously developed an outcome proposal focussed on the four key areas for Action identified through an initial workshop held to scope the programme - Money, Food and Essentials, Energy and Fuel and Housing - and £100,000 of funding had been allocated to the programme.

More detail about the proposed approach and funding allocation for each of the key projects were presented at the Board meeting, plus an update on other associated activities as part of the East Suffolk Ease the Squeeze programme, including a roadshow visiting each town in the district in September, October and November. It is also proposed to hold short, virtual briefing sessions for key partners including businesses and Town and Parish Councils about the programme.

Presentation here: [Cost of Living Crisis](#)

Detailed outcome proposal here: [Outcome Proposal](#)

All eight Communities Partnerships, particularly those who have identified tackling the rising cost of living within their revised priorities are invited to consider whether they wish to supplement the funding available at District level with funding from their budget to enable additional activity in their Community Partnership area.

3. Focus on Community Partnerships

The Board received the following update on activity of the eight Community Partnerships: [CP Newsletter](#)

The Board then received a short presentation from the [Beccles Bungay Halesworth and Villages Community Partnership](#) and the [Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership](#)

4. Tackling Isolation and Loneliness – Next Steps

The Board received a presentation and report

Report here: [Tackling Social Isolation and Loneliness - Next Steps](#)

Presentation here: [Tackling Social Isolation and Loneliness PowerPoint Presentation](#)

When the Community Partnerships were formed in 2019, Social Isolation and Loneliness was identified as a priority by seven of the eight individual Community Partnerships and has been

a priority for the Board ever since. The Covid-19 pandemic, specifically the national lockdowns, shone a spotlight on isolation and loneliness and its impacts are still being felt by people of all ages. There is also evidence that significant numbers of people in Suffolk do not feel that it is safe to return to previous groups and activities.

At the most recent Community Partnerships Forum in March 2022, a workshop focussing on Loneliness and Isolation was one of the best attended. The workshop focussed on key data about the topic, including new data relating to loneliness during the pandemic. Some of the key results from this activity had been previously summarised in a report to the June Board meeting and more detail was provided this time.

Board members had a discussion to consider any gaps/additional ideas and each Board member was asked to complete and return a survey on existing activity to tackle isolation and loneliness, gaps and priorities for action.

It was agreed to convene a focus group of residents, reform the Task and Finish Group to consist of Board members and key partners and develop an outcome proposal for the December Board meeting.

5. Youth Voice

The Board received a presentation on some of the key findings from the Youth Voice initiative to engage with young people about what is important to them.

Youth Voice is a district wide forum with a difference that provides a conduit where young people can submit their concerns for their local area and ideas on how to improve it. The main avenue is the Youth Voice form online, however, there is also direct engagement with young people in various settings such as school visits, out of school clubs and high school assemblies.

Key themes that had been raised included:

- Safety on the streets and in skate parks
- Social activities and facilities for young people
- The environment and litter
- Support around mental health, including people students can talk to

There had been considerable progress in relation to some of the concerns raised.

Presentation here: [Youth Voice Presentation](#)

6. Transport and Travel Task Group Update

The Board received a presentation regarding the work of the Transport and Travel Task Group.

It was noted that Transport East, a member of the group, had been requested to review rural transport across the whole of the UK.

The Task Group is working on what can be done to improve community transport in East Suffolk. It had decided to focus on Demand Responsive Transport and BACT had recently launched the 'Lowestoft Buzzabout' pilot in the North of the District. Work is also underway to develop an App. to help improve access to, and use of, Demand Responsive Transport services.

The Board then received an update on the Katch pilot, and it was noted that a new contract had been agreed in May to extend the pilot to the end of the year. There had been a change in subsidy arrangement and a new route added towards Snape.

Presentation here: [Transport and travel Task Group Presentation](#)

7: SPOT Wellbeing

The Board endorsed an outcome proposal and request for £12,600 to fund health and wellbeing courses delivering appropriate exercise, health information and socialising for the over 50s to stay as healthy as possible, both mentally and physically.

Proposal here: [SPOT Wellbeing Outcome Proposal](#)

LKB September 2022

How are we helping East Suffolk residents to manage the rising cost of living?



ARE YOU, OR SOMEONE YOU KNOW, WORRIED ABOUT THE COST OF LIVING?

We are helping East Suffolk **Ease the Squeeze** on the cost of living by making it easier to access the support available.



If you can't access the website at home, you can contact us by phone on 03330 162000 or we have **digital champions** who can help you to get on line.

Appointments are available at the Marina Centre on Tuesdays and Thursdays (10am – 4pm) and at desks within Halesworth, Aldeburgh, Woodbridge and Felixstowe libraries, please call 03330 162000 to book.

For information about cost of living support visit:
WWW.EASTSUFFOLK.GO.UK/SQUEEZE

We have set up new pages on our website to provide information, advice and links to organisations that can help:
[Ease the Squeeze on cost of living » East Suffolk Council](#)

We have developed a contact form for people who need help to access food and essential household items, to manage their money and with housing issues:
[Cost of living referral - My East Suffolk](#)

We have three Financial Inclusion Officers who can help with benefits checks, grant applications, budgeting, advice about debts and general money support. If debts are multiple or complex, we will refer on to our close partner Citizens Advice East Suffolk.

The East Suffolk Ease the Squeeze Programme

We held a series of workshops over the summer for staff, Councillors and partners to identify challenges, map existing activity and new ideas against our four priority themes:

- Money
- Food and Essentials
- Energy and Fuel
- Housing

More than 70 new project ideas emerged from the workshops, from which 12 priority projects were identified. East Suffolk Council has committed more than £300,000 to the Ease the Squeeze programme to date and we are hoping to secure more funding. We want to work with public sector partners, Town and Parish Councils, local voluntary organisations, community groups and businesses to deliver the best support that we can to residents.

We are holding 17 money roadshows – at least one in each town in the District between September and November 2022.

Read on to find out more about the 12 projects.

Warm Rooms

Warm Rooms were successfully piloted in Bungay last winter and involve a community venue opening for use by local residents. We will provide grants to cover heating, lighting and basic refreshments for a minimum of three warm rooms in each Community Partnership area. Ideally some of the Warm Rooms will be sponsored by/provided by local organisations and businesses. Where possible, we will try to combine Warm Room provision and existing activities to make budgets go further.

Warm Rooms enable people to stay warm without increasing their own energy bills and provide an opportunity to connect with others in the community, reducing isolation and loneliness, and for agencies to work with them to offer help and advice on everything from reducing their energy costs to managing their money. We are also working with the Rural Coffee Caravan to identify and support Warm Spaces in rural communities across East Suffolk.

Target = at least two large and one small Warm Room per Community Partnership area.

Cost = **£69,300 per year** (£8,700 per Community Partnership area, double in Lowestoft) **UKSP Project** plus **£15,000** for rural Warm Spaces in East Suffolk to be identified and supported in conjunction with Rural Coffee Caravan

Our Offer = £2,860 for a large Warm Room (£65 per six-hour session) and £1,980 (£45 for a six-hour session) for a small Warm Room, twice a week (minimum), 6 hours a session for 22 weeks between mid-October and mid-March. There can be flexibility on the time and length of session, depending on the circumstances.

Our Ask

- Help us to identify potential Warm Room locations, providers and sponsors
- Help us to promote Warm Rooms to the local community and share ideas to maximise their potential
- Sponsor a Warm Room (see costs above)
- Donate tea and coffee or other items (e.g. games, biscuits etc.) for a Warm Room
- Volunteer in your local Warm Room

Food Network Coordinator

We will build on the 2021/22 pilot in Lowestoft (funded through the Suffolk Collaborative Communities Board) and recruit a **Food Network Coordinator** who will establish a Food Network covering the whole of East Suffolk, working alongside the existing Lowestoft Food Network. The aim is to:

- Open up food pathways by bringing together foodbanks, pantries, suppliers and producers to ensure better co-ordination, fair distribution of food, less waste, increased sustainability and more visibility for local food producers and businesses
- Give individuals, families and communities access to sufficient key food items in accessible locations via food banks and other food projects, including Community Pantries, to improve health and wellbeing and reduce anxiety

Target = Food Network Coordinator in post for 2.5 years working across the district

Cost = **£103,738 for a Coordinator for 2.5 years.** **UKSP Project**

Our Offer = The Coordinator will work with Town/Parish Councils and local groups to identify opportunities to increase access to food, including locations for Community Pantries, and with food providers and suppliers to increase food supply.

Our Ask

- Work with the Coordinator to identify new sources of excess food in East Suffolk
- Donate unwanted food and other essential items, including baby and pet food, through the Food Network to ensure it reaches the places it is most needed.

Community Pantries

The Food Network Coordinator will work with the Communities Team and local communities to identify locations for **Community Pantries**. Community Pantries developed through the 'Your Local Pantry' franchise are run by local community organisations, churches or village halls. They have a membership from the local community who each pay a set amount (normally £3.50 - £5.50 per week) for a set number of items, plus any additional items donated by the local community.

The first 'Your Local Pantry' in East Suffolk, the Kirkley Pantry in Lowestoft, is going from strength to strength with almost 150 members and an associated café. We are exploring the idea of a mobile Community Pantry that can cover multiple, more rural, locations. Community Pantries are a proven model that deliver significant economic, social and environmental benefits, with each family saving between £500 and £750 a year and each pantry reducing food to landfill by 2.5 metric tonnes.

Target = at least one Pantry per Community Partnership area (there is already one in place and two in development in Lowestoft)

Cost = £31,500 for 7 Community Pantries **UKSP Project**

Our Offer = £4,500 per Community Pantry to cover Year 1 franchise fee, fridges and freezers, racking and till

Our Ask

- Help us to identify suitable locations and host organisations for Community Pantries
- Help set up a donation scheme locally (through the Food Network Coordinator) to ensure a steady flow of donations
- Sponsor your local Community Pantry
- Promote your local Pantry to your local community
- Donate food and other essential items to your Pantry
- Donate (or sponsor) electrical goods to your local Pantry (fridge, freezer etc.)
- Volunteer in your Community Pantry
-

Community Fridges: Hubbub Foundation/Co-Op

If you are a not-for-profit organisation, would prefer to set up a Community Fridge for your neighbourhood and are intending to do so within six months and sustain it for at least three years, you could apply for funding from the Hubbub Foundation and Co-Op.

They are looking for applications in regions with a sparsity of Community Fridges – which includes Suffolk/East Suffolk - and will prioritise Community Fridges that support groups in areas with high levels of multiple deprivation.

Each successful applicant will receive £3,000 to cover the initial costs of setting up the fridge, and a further £1,000 one year after opening. **Deadline to apply is 30 October 2022.**

Web-Site for details/applications [Community Fridges | Hubbub Foundation](#)

Handyperson Scheme

This project will install low-cost energy efficiency measures in the homes of people on low incomes or with health conditions, who live in private rented or owner-occupied housing, cannot carry out the work themselves and cannot afford to pay for someone else to do it. People who can afford to pay for the work will be able to benefit from access to trusted traders.

A **network of 'handy people'** across the district, who can fit low energy LED bulbs, draught-proofing for windows and doors, reflective panels behind radiators, curtains, chimney balloons and loft-hatch covers, will be identified. The support may open up access to other schemes such as the Warm Homes, Healthy People project, Surviving Winter Fund and Green Homes Fund

Target = The projects should result in reduced energy losses and **warmer homes for up to 900 households** across an 18-month period.

Cost = **£94,560** for an 18-month project

Our Offer = Local groups and projects can refer people into the Handyperson scheme

Our Ask

- Promote the scheme across East Suffolk to help people stay warm this winter
- Help identify specific homes where residents might benefit
- Sponsor or donate energy saving kit e.g. LED light bulbs
- Identify local tradespeople who could be part of the East Suffolk Handyperson Network

Cooking on a Budget classes

We are funding **Cooking on a Budget classes** aimed at giving families the skills and confidence to cook healthy, balanced meals on a tight budget. Ideally these classes will include some locally grown ingredients – potentially those grown from the Field to Fork starter kits (see next page)!

Participants would eat together following the 'Cooking on a Budget' class and receive take home family food packs and recipe cards to enable them to practice their new found skills. They will also be encouraged to stay in touch with each other for ongoing support. We would like to evolve the Cooking on a Budget sessions into 'Cook and Share' sessions in community venues (F23) as people become more confident in their cooking skills. Participants could also access a piece of low energy cooking equipment (see below).

Target = **32 workshops** in two phases – **at least four classes per Community Partnership area**

Cost = **£17,304 per year UKSP project**

Our Offer = Four classes in each Community Partnership area

Our Ask

- Provide or help us to identify a venue for the workshops
- Sponsor a 'Cooking on a Budget' session or series of sessions in your local area
- Sponsor or donate the ingredients for one or more session
- Help us to promote the sessions to target families and individuals

Low Energy Cooking Kit / Kettle Packs

ESC Officers have identified that a proportion of the population don't have the facilities and/or cannot afford to heat food and are therefore living off sandwiches and cold food. This project will involve purchasing a stock of energy efficient **microwaves**, small and large **slow cookers** and one and two ring **electric hobs** for distribution. We will provide an energy card alongside the items to help mitigate any additional energy costs and a relevant recipe book to accompany their new equipment. We'll also provide an email address and phone number for ongoing support with using their items.

We will also be providing '**kettle packs**' of food items for people who only have access to boiling water from a kettle and for various reasons can't use the cooking items above. The need for this was proven through the Access Community Trust pinkorange project during the pandemic.

Target = **90 Slow Cookers** (50 large and 40 small), **50 Hobs** (25 two ring and 25 one ring), **40 microwaves** and relevant cookbook for each item of equipment initially. **100 Kettle Packs** initially.

Cost = **£9,492**, Kettle Packs funded through SCC

Our Offer = We will identify people who would benefit and take referrals so do let us know if you have anyone in mind. We will hold stock for distribution or can provide you with stock if you would like to hold a set.

Our Ask

- Help us to promote the 'low-cost cooking kit' scheme
- Identify individuals who would benefit
- Sponsor or donate new electrical items or energy vouchers
- Support and encourage people to use their item
- Sponsor or donate food items for the kettle packs

Comfort Food

Comfort Food is based on the Thin Ice project run by Access Community Trust at Sam's Café in Lowestoft last winter. We are looking for up to four local cafés in each Community Partnership area who will receive funding to provide a hot meal and drink on presentation of a Comfort Food card. These cards will be distributed by selected partners including food banks, Citizens Advice East Suffolk, Disability Advice Service and Disability Advice North East Suffolk, Town and Parish Councils and ESC staff.

Residents will be encouraged to participate by donating a meal/drink for someone else in the community as part of a 'pay it forward' initiative. We will also be seeking sponsorship from other local businesses. This project benefits local food businesses as well as the individuals and families who access the hot meals and offers an opportunity for our Financial Inclusion Officers to engage with residents about other ways in which we can support them to manage their money.

Target = **at least four Comfort Food locations per Community Partnership area** (there is already one in place at Sam's Café in Lowestoft)

Cost = **£32,200 per year**

Our Offer = Up to £1,000 per Comfort Food venue (£500 to be paid up front) x four Comfort Food locations per Community Partnership area

Our Ask

- Help us to identify suitable food businesses to host Comfort Food and encourage them to participate
- Sponsor a set number of additional meals/drinks at your local Comfort Food location
- At an individual level, donate a meal and drink for someone else in the community

Field to Fork

Field to Fork involves providing starter growing kits to residents in 23 of the most deprived areas of the district to inspire, educate and enable people to grow their own fruit and vegetables. The kit will include recycled plastic window planters, seed packets, compost, gardening gloves, tools and full instructions.

Alongside the starter kits to increase interest in the idea of 'grow your own', we will provide small grants to community farms/allotments/gardens to make additional space available to local residents for larger scale grow and eat activities.

Target = **1000 growing kits** across the 23 most deprived LSOAs and **at least eight grants** to Community Gardens/Allotments per annum

Cost = **£26,190 per year UKSP Project**

Our Offer = Grants of up to £2,000 per Community Garden/Allotment to help local people to grow their own food together and Starter Growing Kits for some of your most vulnerable residents

Our Ask

- Help us to identify new community spaces where food could be grown and groups and individuals who could support growing projects e.g. by advising new growers
- Sponsor a community growing space
- Help us to promote the growing kits to our target families
- Encourage local people to donate excess food and seeds
- Sponsor the growing kits (£50 per kit) or equipment for the growing spaces (e.g. spades, seeds, plants, gloves)

Winter Warmth Packs

Building on the work of the Warm Homes Team last winter, we are proposing to work in partnership with Access Community Trust to develop expanded Winter Warmth packs which can be posted out/delivered to residents. Recipients will be able to choose from a menu of items, depending on their circumstances and needs, up to a maximum value of £50. Options will include a duvet, fleece blanket, hat, gloves and scarf, LED light bulb pack and letterbox, window and door draughtproofing strips and heated items e.g. hand warmers, heated blankets or heated seat warmers.

A bid is being submitted for a Suffolk-wide offer, but the ETS funding will boost (from 110 to 310) the number of packs available in East Suffolk for residents of all tenures. We are also exploring additional heated items that can be included in the packs or provided separately e.g. hand warmers, heated vests and/or heated blankets.

Target = **310 Winter Warmth Packs** if SCC funding secured, 200 Winter Warmth Packs if just ES funding

Cost = **£11,500 per year**

Our Offer = **Funding for Winter Warmth packs and their administration.** Local groups and projects can refer people for a Pack

Our Ask

- Help us to promote the Winter Warmth scheme and refer people in
- Identify additional items that could be part of the Winter Warmth Packs
- Sponsor/donate items to be included in the packs
- Encourage businesses and organisations to donate items

Uniform Banks

The cost of a school uniform per year can be up to £315 per child and it is estimated that 1.4 million items of school uniform are thrown away each year. The aim is to build on existing successful **School Uniform Banks** such as those in Lowestoft and Beccles to develop a network of uniform banks across the district (at least one in each Community Partnership area).

Following a scoping exercise to ensure that we understand what is already in place through schools and community groups, we will identify potential locations and host groups. New clothes banks will be provided with a grant to set up the uniform bank, including for racking, storage and publicity but the host location will cover rent and bills. Where banks are already in place, we will provide a voucher for shoes and possibly shirts and adhesive labels for clothes to stop them going astray.

Target = at least one Uniform Bank per Community Partnership area (in addition to the Lowestoft and Beccles ones)

Cost = £21,000

Our Offer = £3,000 per Community Partnership area (six CP areas) for each new Uniform Bank, to include equipment, promotion, vouchers for shoes and vouchers for labels, and £1,500 for existing Uniform Banks for vouchers/additional stock (two CP areas)

Our Ask

- Help us to identify a host location for a Uniform Bank
- Sponsor or donate items for the Uniform Banks and/or vouchers for shoes
- Help promote donation to the Uniform Bank
- Volunteer in your local uniform bank



**YOUTH
SPORT
TRUST**

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Healthy Movers

Developing physical literacy in children aged 2-5 and improving their school readiness and social mobility.


Healthy Movers Training

1. Physical Literacy Training
2. Stay and Play Training
3. Networking Sessions for practitioners



Healthy Movers Toolkit






Healthy Movers

Developing the whole child through fun physical activities in the early years

Hide and Seek

Supporting Ability and Locomotion
 Skill of moving in different ways, for example crawling, rolling, stepping, walking, jumping, running, jumping, balancing, galloping, hopping, skipping, marching, stomping, marching, sliding, cartwheeling, playing in different positions, in different spaces, and in different levels.

Try this activity once a day everyday for a week.



YS YOUTH SPORT TRUST **Y** YOUTH SPORT TRUST

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How to play

Introduce the healthy, leisure activity. Start with the card to the children. Use the images in the picture and instructions below to help you get started.

- 1 Children choose a pair of equipment from the selection available and find a space. Select a way of moving around the play space, for example an action, marching with high knees or crawling.
- 2 On hearing the instruction "Hide" the children hide using their equipment, for example behind a cushion seat, under a blanket, inside a hoop, next to a quilt and so on.
- 3 When they hear "Found you!" they must move again and repeat. The time needs to elapse a while! Get two for children who play with a hearing impairment.
- 4 Ask the children how they hid, under, inside, inside or next to that equipment?



Moving on when ready

The again but each time the children repeat they play their own set of equipment with another. Praise and encourage them to say thank you and goodbye.

A game to play

Repeat using music in the next position. When the music stops the children sit at floor. Repeat and change roles. You may need to offer a visual cue for children who may have a hearing impairment.

Developing the whole child

The resources help to develop the whole child, not just their physical abilities. The fun areas below, triggered from the activity, are just the beginning of the whole child.

- Healthy and Happy me**
The Hide and Seek activities provide a range of different actions for children to choose from, allowing confidence to develop.
- Social me**
Swapping equipment encourages cooperative play and sharing.
- Physical me**
These activities support balance and spatial, different ways of moving, rhythm, marching, and crawling and also control of an object.
- Creative me**
Children can use their imagination to hide.
- Thinking me**
When hide and seek activities help children's knowledge and understanding of natural language (under, in, from, next to, inside, under).

Equipment

A selection of blankets, quilts, hoops and cushion seats.

Key words

Under, in, on, next to, behind

Suggested music

4 Here we go!



Healthy Movers Home Pack

Healthy Movers at home



Getting your children moving more and making activities fun will give your child a great start in life and get them ready for school.

These cards are to support you in playing with your child and becoming more physically active together at home.

Why is this important?

- Movement helps children develop a lifelong interest in physical activity.
- It lets them find out about all the different things they can do with their body.
- It keeps them physically and mentally healthy, and makes them smile.
- It gives them confidence and helps them feel good about themselves.
- It helps develop their muscles and bones and gives them more brain power.
- It helps build relationships with others, through playing with you and other children.
- It allows them to learn about risk taking.



Why now?

- Children today are far less active than their parents and grandparents were and the health risks of being inactive are growing.
- Being inactive and sitting too long starts the build-up of bad fats in the body which can cause serious health issues in later life.
- The increase in the use of technology means that children spend more time sitting looking at a screen which can stop them making friends and feeling good about themselves.
- It is proven that healthy minds come from the experiences children have. Activity creates more connections within the brain.

More activity = More brainpower



<https://www.youthsporttrust.org/healthy-movers-programme>





YST HEALTHY MOVERS

Helping children with their wellbeing and development

The Healthy Movers range has been designed to support the development of physical literacy in children aged 2-5. It consists of physical resources and training to develop the knowledge, skills and confidence young children need to develop physically, socially and emotionally.

“Using Healthy Movers has helped the children to be more engaged when doing a focused activity and their communication skills are being developed through the dance and physical activities.”

Karen Ramsay, Playgroup Manager at Footsteps Pre-school

Healthy Movers Toolkit

Ready-made for any practitioner working in an Early Years Setting and complements the Early Years Foundation Stage Framework. Includes:

- Practitioner handbook, handy hints and tips to maximise delivery
- 16 resource activity cards and reward stickers
- EYFS wall hanger for your setting
- Music CD to accompany activities.

Practitioner e-learning

Modules include:

- Healthy eating and active lifestyles for pre-school children and their families
- Physical development in the early years
- Level 3 accredited qualification for physical development in the early years
- Delivered through face to face and e-learning.

Face to face training

One-day practical course designed to help practitioners deliver fun and meaningful physical activity.

Healthy Movers at home pack for parents:

Resources to help develop balance, movement and object control. Includes:

- Children’s back pack
- Parent resource cards
- Bean bag
- Soft touch ball
- Water bottle
- Sticker pack.

Find out more

www.youthsporttrust.org/healthymovers

YST RESOURCES AND LEARNING



YST HEALTHY MOVERS

CASE STUDY Footsteps Pre-School

Location: Manchester | Roll: 35 children aged between two and four and a half



Karen Ramsay is a Playgroup Manager at Footsteps Pre-school in Manchester. There are 35 children aged between two and four and a half years old, made up of 14 boys and 21 girls. They are supported by eight members of staff. Here, Karen talks about how Healthy Movers has been used at Footsteps since March 2018.

We firmly believe that healthy eating and exercise should be part of every child's wellbeing. For some of our children, access to physical activity and play outside of pre-school is quite limited, so we wanted to ensure the children are learning the key skills that can be developed through physical literacy during the day. There has always been a need to ensure children are physically literate and school ready, so as a pre-school we wanted to ensure we could provide this in a way the children would enjoy but we needed new ideas to make this possible.

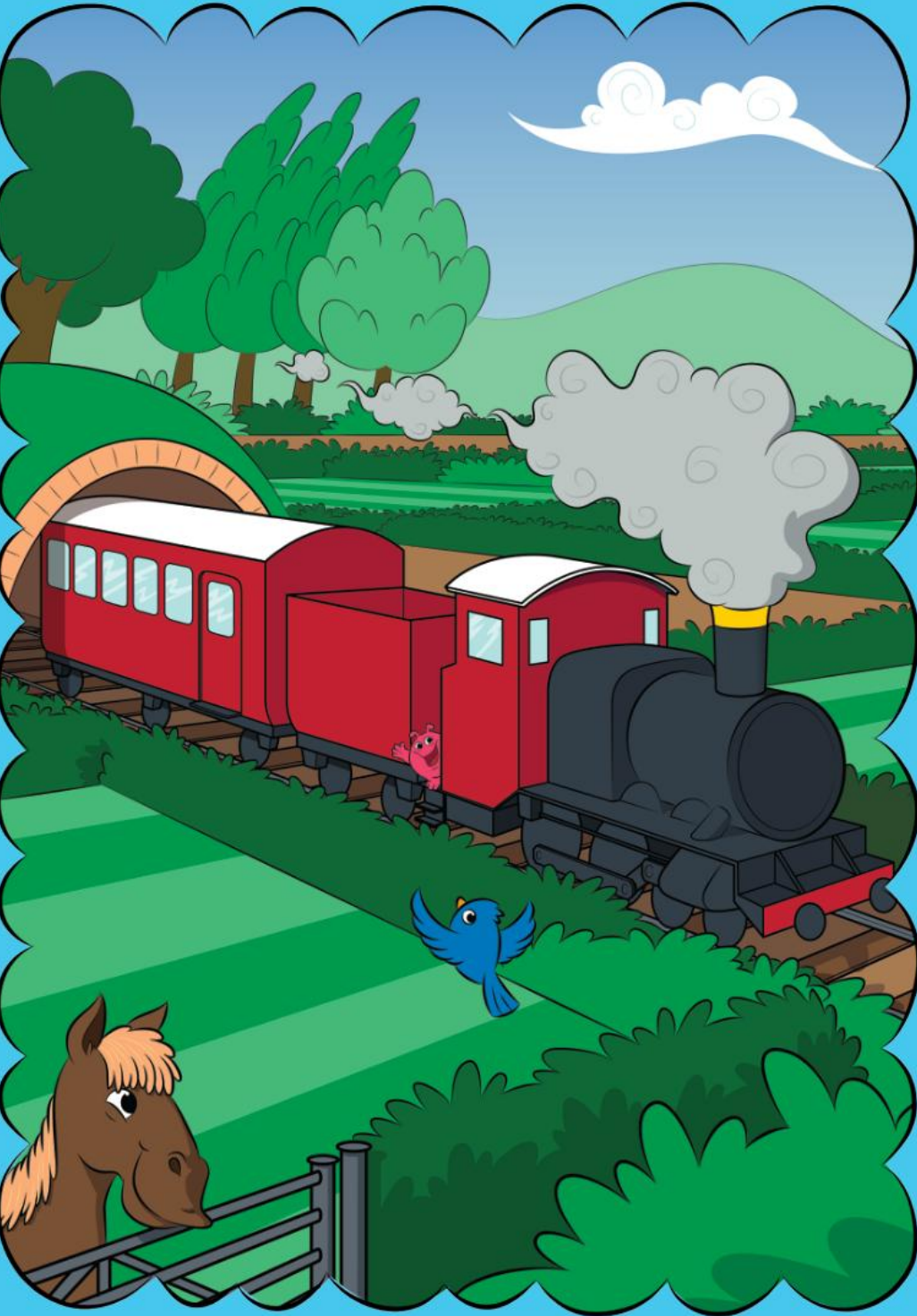
Two members of our staff attended Healthy Movers training and, following this, we bought the associated new practitioner resources. The activities were incorporated into the children's daytime routine at least once per week. They were used to demonstrate awareness of what the body can do; one of the ways this is achieved is by encouraging the children to feel their heartbeat during exercise and when resting.

To get parents involved and ensure the best possible outcome for the children, we also wrote to them to find out how many would support the use of Healthy Movers, using the Healthy Movers at Home Parent Resource. Over a third were keen to use the resources.

The parents were also invited to observe and interact with the children who were taking part at school. This was to help demonstrate how using Healthy Movers at Home would embed the learnings and encourage activity outside of the pre-school setting.

Using Healthy Movers has also helped the children to be more engaged when doing a focused activity and their communication skills are being developed through the dance and physical activities. They are learning new language and interacting with their peers on a greater level. It is also testing their critical thinking skills as they find ways to use the resources to best suit their activity or when they are met with challenges in their wider day-to-day activities. Some of the children have been observed taking on a role in their play and leading the dance or movement to music sessions themselves.

The pre-school has recently had early years support visits from an advisory teacher, and it was noted through peer observations on the staff that we have become more confident when delivering new activities and have very natural interactions with the children. There has also been a rise in parental engagement as they log their child's activities on the pre-school online portal to show what they have been doing and how active they are outside of pre-school.



Healthy Movers

Choo Choo

 Photocopy me to share with parents and carers

Parents/Carers

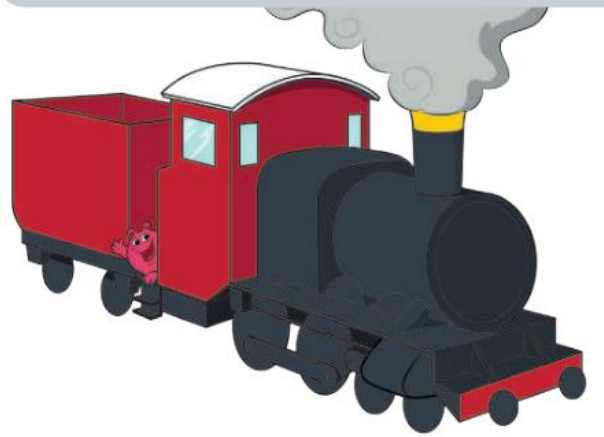
This week we are playing the Choo Choo activity: moving around in lot of different ways, marching, tiptoeing, walking, crawling etc. This helps us to develop our fundamental movement skills, which helps us to be more confident, more sociable, healthier and happier.

Ask your child to show you:


- the train actions they can make with their arms;
- the different ways they have travelled (tiptoes, marching, walking, crawling); and
- the train noises they can make.

Join in with them; children love to see adults having a go.

Encourage the children to practise this each day: repetition helps movements to become automatic.




Healthy and Happy me

 This activity increases the heart rate and supports development of different ways of moving.

Social me

 The Choo Choo activity helps children find space and navigate each other.


Physical me

 Playing this activity provides opportunities for children to try moving in lots of different ways, directions and levels.

Creative me


 The Choo Choo activity supports imaginary play.

Thinking me

 This activity helps children make decisions and plan where they will travel.



Did you know?

 Physical activity of all types such as rolling, grasping, shuffling, crawling, kicking or walking all help the brain to make important connections in the early years of life.

Healthy Movers

Developing the whole child through fun physical activities in the early years

Choo Choo

Supporting: Agility and Locomotion

Skill of moving in different ways, for example crawling, rolling, stepping, walking, jogging, running, jumping, hopping, galloping, leaping, skipping, marching, tiptoeing, stomping, sliding, scampering, gliding in different directions, at different speeds and at different levels.

Try this activity once a day everyday for a week



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How to play

Introduce the Healthy Movers activity theme/topic on the card to the children. Use the image in the centre and instructions below to help you to get started.

- 1 Stand feet part, elbows tucked into the waist, arms pointing forwards, and palms facing each other.
- 2 Move arms in a piston-like action like you are a train. Once the children have the hang of this, pretend to be moving up a hill so the arms points upwards as you lean back and then pretend to go downhill, bending forwards with arms pointing downwards.
- 3 All call out 'Choo Choo!' This will help children practise their 'Ch' sounds.
- 4 Repeat the actions above a number of times, facing forwards, travelling up the hill and then down the hill.
- 5 Then slowly encourage the children to travel on the spot; first around one way and then the other.
- 6 Repeat the turning action in their space.
- 7 Now do it all to the music.

Moving on

Encourage the children to move around the play area, in and out of each other finding space. You can introduce different ways of moving i.e. marching or tiptoeing, continuing with piston-like arms.

When the children move near to another train get them to call out 'Choo Choo' and then move into a SPACE.

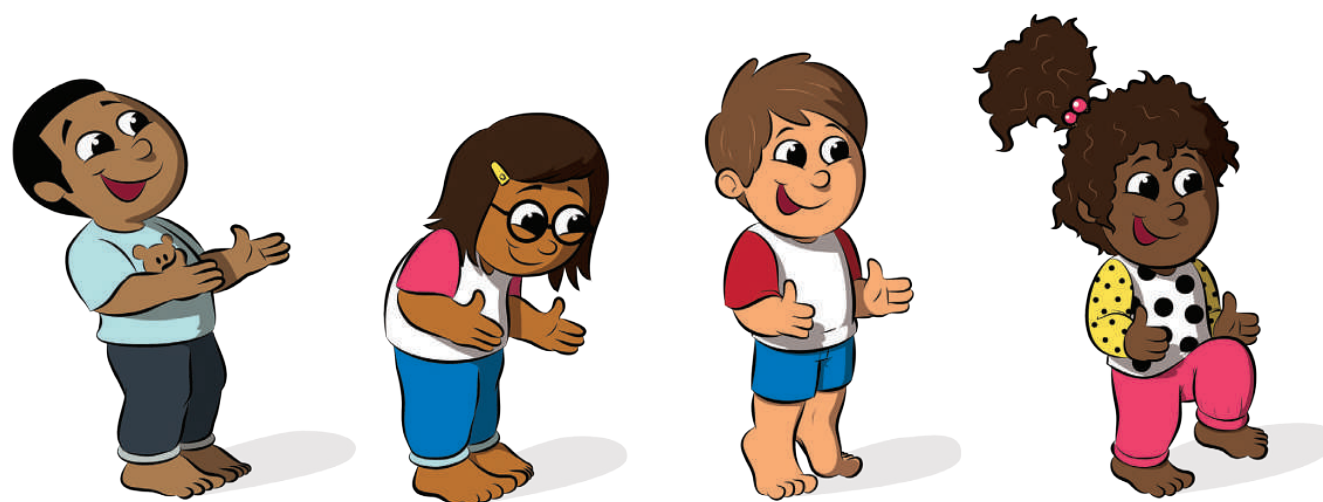
Moving on

Let the children explore the play area/room or space they are playing in. Enable them to be a train travelling around chairs, cushions, let them crawl safely under tables like they are tunnels, taking turns and cooperating.

A game to play

Stations

Place plenty of coloured pairs of markers on the ground to create stations wide enough for the children to travel through. Ask the children to travel around with piston-like arms (marching, tiptoeing, jumping or walking). Then call out a colour and the children travel to a station of that colour and pass through it. Repeat the activity so the children experience a variety of coloured stations. Children can travel in 2s, next to each other or one behind the other.



Equipment

Music, coloured markers (you can use paper plates or plastic beakers)

Key words

Uphill, downhill, forwards, backwards, on the spot

Suggested music

1) Choo Choo

Developing the whole child

This resource helps to develop the whole child, not just their physical abilities. The five areas below, highlight how the activity on this card helps the development of the whole child.



Healthy and Happy me

This activity increases the heart rate and supports development of different ways of moving.



Does your heart beat faster or slower when you run around and move about?



Social me

The Choo Choo activity helps children find space and navigate each other.



Did you take turns when crawling through tunnels or moving around chairs? Why is that a good idea?



Physical me

Playing this activity provides opportunities for children to try moving in lots of different ways, directions and levels.



How did you move around when you played this game?



Creative me

The Choo Choo activity supports imaginary play.



What other kinds of transport can you think of? What noises might they make?



Thinking me

This activity helps children make decisions and plan where they will travel.



Who followed someone else when you moved around?