



East Suffolk  
Community  
Partnerships

*Bringing ideas to life*

Lowestoft  
& northern  
parishes

## Lowestoft and northern parishes Community Partnership

**Chair:** Councillor Paul Ashdown (East Suffolk Council)

**Vice-Chair:** Danny Steel (Lowestoft Vision)

**East Suffolk Councillors:**

Councillor Paul Ashdown	Councillor Louise Gooch
Councillor Edward Back	Councillor Frank Mortimer
Councillor Peter Byatt	Councillor Trish Mortimer
Councillor Linda Coulam	Councillor Keith Patience
Councillor Janet Craig	Councillor Malcolm Pitchers
Councillor Tess Gandy	Councillor Keith Robinson
Councillor Andrée Gee	Councillor Mary Rudd

**Suffolk County Councillors:**

Councillor Jenny Ceresa	Councillor Craig Rivett
Councillor Ryan Harvey	Councillor Jamie Starling
Councillor James Reeder	Councillor Melanie Vigo di Gallidoro

**Partnership Organisations:**

Local Town and Parish Councils  
Suffolk Constabulary  
Great Yarmouth and Waveney Clinical  
Commissioning Group  
Community Action Suffolk  
Lowestoft Rising  
Business Community  
Youth Community  
Environment

Members of the **Lowestoft and northern parishes Community Partnership** are invited to a meeting to be held via Zoom, on **Wednesday, 15 December 2021 at 6.00pm**

This meeting will be broadcast to the public via the East Suffolk YouTube Channel at <https://youtu.be/bLSYM8mg8EM>

### Agenda

### Pages

<b>2</b>	<b>Action Notes - 28 September 2021</b>	<b>1 - 5</b>
	<b>Lowestoft CP priorities survey report</b>	<b>6 - 10</b>
<b>3</b>	<b>Presentations</b>	
	(a) <b>Cycling and Walking Strategy</b>	
	(b) <b>Reutilise</b>	
	(c) <b>Somerleyton School Allotment Project</b>	
	(d) <b>Elm Tree School Project (Greener Growth CIC)</b>	
<b>4</b>	<b>CP Board Update</b>	
<b>5</b>	<b>Project Updates</b>	
	Walk in the Park/Sunday Club	
	Lowestoft Mile	
<b>6</b>	<b>Healthy Eating Task and Finish Group</b>	
	Update and Group activity.	
<b>7</b>	<b>Lowestoft CP Fair</b>	
	Proposal and discussion.	
<b>8</b>	<b>Date of Next Meeting</b>	
	To confirm the date of the next meeting as 22 March 2022.	

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## **Lowestoft and Northern Parishes Community Partnership**

### **Action Notes of the Meeting held on Tuesday, 28 September 2021**

#### **held remotely via Zoom**

ESC Councillors – Councillor Paul Ashdown (Chairman), Councillors Peter Byatt, Linda Coulam, Janet Craig, Andrée Gee, Louise Gooch, Malcolm Pitchers and Keith Robinson

SCC Councillors – Councillor Jenny Ceresa

Town and Parish Councils – Peter Armstrong (Corton Parish Council), Councillor Chris Ashdown (Oulton Broad Parish Council), Sarah Foote (Deputy Clerk, Lowestoft Town Council), Councillor Jenny Hinton (Oulton Parish Council), Cllr Neil Livingstone (Chairman, Somerleyton, Ashby and Herringfleet Parish Council), Councillor Miles Thomas (Chairman, Lound Parish Council)

Partnership Organisations – Phil Aves (Lowestoft Rising), Karen McCormack (SCC), Danny Steel (CP Vice-Chairman and Lowestoft Vision)

Others present – Stephen Baker (Lowestoft Vision), Gary Bellward (Economic Development), Sarah Davis (Democratic Services Officer), Lee Drewery (Everyone Active), Sarah Mortimer (CAS), Nicole Rickard (Head of Communities), Darren Newman (Economic Development), Marten Payne (One Life Suffolk), Councillor Letitia Smith, Donna Taylor (Everyone Active), Louise Thomas (Communities Support Officer), Rachel Tucker (Communities Officer) and Kevin Wegg (Funding Officer)

Item	Discussion
1.	<p><b>Welcome and Apologies</b></p> <p>The Chairman welcomed everyone to the meeting and it was noted that apologies for absence had been received from County Councillor James Reeder, Councillors Mary Rudd and Keith Patience, and Nicki Cooper (SCC Public Health).</p>
2.	<p><b>Notes from the last meeting</b></p> <p>The notes from the last meeting on 22 June 2021 were approved and an update from Darren Newman in relation to the Towns Fund was given as follows:</p> <ul style="list-style-type: none"> <li>Towns deal funding could not be allocated to smaller / additional projects as detail was provided on the projects to be funded as part of the application process.</li> </ul>

	<ul style="list-style-type: none"> <li>• The Lookout across from Royal Green was being opened on a daily basis by East Suffolk Norse, however, several glass panels had been smashed making the building unsafe for use. East Suffolk Council's operations team were in the process of making the relevant repairs to get the facility back open.</li> <li>• Works to the East Point Pavilion were ongoing, new boarding had been put in place whilst works were undertaken. The building had been cleared with design work underway. Proposal was to have the building operational by March / April 2022.</li> <li>• Funding application for the Broad House Museum had been submitted which the Parish Council should be aware of.</li> </ul> <p>Louise Gooch queried if further funding might be available for another Lowestoft Walk and the Chairman responded that it was hoped that other walks would be added in future.</p>
<b>3.</b>	<p><b>Presentation – One Life Suffolk</b></p> <p>Martin Payne from One Life Suffolk gave a presentation on their activities/services which included Get Help to Get Active, Adult Weight Management, Smoking Cessation, Outreach Health Check Services, Children and Families Weight Management and Mental Health Services. He explained that clients could access services by being referred by medical practitioners; contacting 01473 718193; or by visiting the website.</p> <p>Keith Robinson stated that he was a member of the Waveney Health Board and suggested that a proposal to work with them on a Weight Management project would be beneficial. Martin responded that he was meeting with them shortly.</p> <p>Reference was made to Slimming World referrals and Martin explained that about 250 of the 400 referrals to their Weight Management Service, requested a referral to Slimming World but Slimming World were experiencing difficulties which meant there were a lot of people currently on the waiting list.</p> <p>Martin stated that One Life Suffolk currently worked out of Boston Lodge but they were potentially looking to move to larger premises. The Chairman suggested he talk to Danny.</p> <p>Reference was made to the Men's Sheds project and Martin stated that he would like to link in with the participants and also work with partners to draw down funding and co-produce projects. Phil Aves assured the Partnership that he and Martin were working closely together.</p>

4.	<p><b>CP Board Update Report – 6 September 2021</b></p> <p>The Partnership received an update on the discussions at the last meeting and it was noted in particular that the main item had been about transport. The Board was also focussing on two CP areas at each meeting and this CP was due to provide an update in December.</p> <p>Linda Coulam referred to the need for community transport on the Gunton Estate as there were no buses and Danny responded that the Lowestoft and Great Yarmouth Rugby Club were prepared to help. Nicole Rickard reminded the Partnership that the Board had agreed £50K funding to extend the BACT provision to this CP area.</p>
5.	<p><b>Updates from Task and Finish Groups</b></p> <p>Phil Aves provided an update on the Walk in the Park Project and it was noted that two pilot guided walks had recently been held to test them. It was hoped the project would start in October and would involve One Life Suffolk to get people referred into other services. In relation to the Youth Club at Sam's Café, Phil reported that he was working with Kirkley Youth Voice who wanted a social club with support, and he was also talking to school mental health services so they could refer people. Phil also referred to the Annual Nest Fest where the two projects would be promoted, and he added that the Fest would include healthy cooking and eating to help the weight management projects.</p> <p>Karen McCormack provided a presentation on recent Childhood Obesity Task and Finish Group activities. In relation to the Healthy Movers project, she stated that if a video of the training and feedback from practitioners was made available she would send this to CP members. She added that the evaluation of the project would take place early in the New Year. It was noted that, although the Shaping Places bid had been unsuccessful, options were being explored to continue the work in the Kirkley and Harbour Wards but this would require external funding. Karen added that they also wanted to continue with community engagement in the area using the Kirkley Pantry.</p> <p>The Chairman referred to the aim for the Somerleyton School Allotment Project to be expanded to other schools and include other partners such as the College and he suggested that the County Council be involved in that. Karen responded that they would like to be involved and she added that the College was linked in with the Kirkley Pantry. Danny added that the Men's Sheds project might also want to help with the expansion of the project.</p> <p>Phil reported that he had spoken to the Royal Court Hotel who were planning to sell fruit and veg to enable Kirkley residents to access affordable produce. He</p>

	<p>added that the summer holiday activity project had fed and involved over 200 children during the six weeks holidays, and churches had fed over 800 children and families. He stressed the need to keep work going and connect projects together eg the Mental Health Wellbeing Social Club could do food as they had a kitchen.</p> <p>A suggestion was made that the Lowestoft Town Council needed to be involved more and Sarah Foote responded that she would report back to the Full Council meeting and would highlight the walks and engagement of young people in particular.</p> <p>Malcolm Pitchers pointed out that supermarkets often gave away gardening tools and had cooking facilities. Karen stated that she had spoken to some supermarkets but nothing had been forthcoming yet.</p> <p>The Chairman reminded the meeting that rural parishes needed to be included and he suggested the Lowestoft Allotment Association might want to get involved.</p>
6.	<p><b>Funded Project Updates</b></p> <p>The Partnership received a brief presentation about the projects that had received funding and the Chairman stated that he had asked the Somerleyton Primary School to provide an update to the December meeting.</p> <p>Statistics in relation to the Lowestoft Mile Walks were given and it was noted that the video for the Lowestoft Bridge to Mutford Locks and the Broads was currently being edited. A query was raised as to whether there were any plans to liaise with College media students and Rachel Tucker responded that phase 2 of the project was to take the walks into elderly people homes and phase 3 was to take it into schools but involving the College could be discussed moving forwards.</p> <p>Clarification was sought as to whether Council Tenants who were issued vouchers for decorating could use them at Re-utilise.</p> <p><b>ACTION:</b></p> <p>The Chairman to find out if Re-utilise could take vouchers for decorating.</p>
7.	<p><b>Partnership Priorities</b></p> <p>Louise Thomas reported that there had only been 8 responses to the survey regarding gaps/challenges and solutions within the Partnership area. It was agreed, therefore, that the deadline would be extended for another three weeks to enable as many Partnership Members as possible to complete it.</p>

8.	<p><b>Partnership Funding 2021/22</b></p> <p>The Chairman reminded the Partnership that £10K had been allocated to the Small Grants programme and £10K had been granted for the projects already discussed which left about £5K for 2021/22.</p> <p>It was reported that Rachel was being seconded into another post and the Chairman thanked her for all her hard work over the last two years in supporting the Partnership. It was noted that Louise would be taking over.</p>
9.	<p><b>Date of Next Meeting</b></p> <p>To confirm the date of the next meeting as Wednesday, 15 December 2021 at 6pm</p>

The meeting concluded at 8.00pm



## **Lowestoft CP priorities survey report**

### **Question 1: Name one gap or challenge regarding Social Isolation in Lowestoft**

- Public transport – “limited or no regular bus services” “No bus transport in Blundeston” “The ability to travel”. Public transport was mentioned by 5 respondents.
- Mental health – “mental health with the isolation of COVID, some people still will not go out because of the pandemic”. The term “mental health” was mentioned by 3 respondents.
- Communication – 7 respondents mentioned communication of some form in their answer. General themes included: difficult to reach those with no digital skills, lack of advertising of what’s going on in certain areas, and older people being cut off from friends and family.
- Covid-19 – people still worried about going out, it is also difficult to get groups up and running post-Covid. Covid-19 was mentioned by 3 respondents.

### **Question 2: Please give details of why you think this is a particular gap/challenge**

- Public transport – Mentioned 4 times by different respondents. “Ageing and people of limited transport can be trapped in rural environments. Also lack of public service infrastructure limits the attraction of young people to rural living” “Because we have no bus service in Gunton at all now that the last bus was cancelled”.
- Reaction rather than prevention – “Because you find out after it’s happened” “acknowledge that this exists, no help with this challenge, social, work, school, everything”. General thoughts on having the community be more proactive and solving issues when they first arise.
- Volunteer groups – “Because the volunteer numbers are low and VCS orgs cannot get up and running quick enough or with enough support”
- Communication and IT – “Assuming that everyone has access to the Internet and Social Media” “having no digital connections (laptop, mobile phone etc.) is usually because of other barriers (e.g.: economic and educational); these also need to be overcome” “Lack of response from provider of Voice of a Friend to grow the project as expected”. Communication was mentioned by 6 respondents.

### **Question 3: Identify one way to reduce the gap or one solution to reduce social isolation**

- Public transport – “Provide regular public transport, but comprehensive, without reliance on volunteer sponsored projects”. Public transport was mentioned by 4 respondents.
- Communication and advertising – “try to identify those who do not have internet access and see if other solutions can be provided. Provision of regular times for things like local coffee mornings where general advice of what is happening locally, information on benefits, pension changes etc can be given” “Lowestoft town council newsletter” “local television or local radio campaign to reach those hard to make contact with through other means”. This topic was mentioned by 6 respondents.
- Groups and services – “Provide more opportunities to socialise for parents, babies and toddlers. With health visitors look at how local organisations could support this.” “Consider paying people to run things we need, like meet up Mondays etc. Get the Walks in the Park going” “More community centre's”. This topic was mentioned by 5 respondents.

### **Question 4: Name one gap or challenge regarding Childhood Healthy Eating in Lowestoft**

- Parents – mentioned 3 times by respondents. “Teaching parents how to cook healthily” “Parents to start cooking from scratch with nutritious food which is cheaper”
- Cooking skills – “limited experience of food preparations and reliance on processed foods”. General thoughts on improving education around food and what makes up a healthy diet.
- Convenience and takeaways – “use of fast food and takeaways - lack of understanding of what is a healthy diet” “The amount of cheap poor-quality food available through takeaways and home delivery services” “the availability of fast food outlets that sell low-grade food cheaply”. Fast food and takeaways were mentioned by 5 respondents.
- Links with poverty – “There are two Wards in Lowestoft where there are still significant issues with poverty, and this has been going for many years. Poorer families will not have the funds to eat more healthily; a lot of these families have to resort to cheap and often unhealthy foods.” “Issues like poverty and mental health are intrinsically linked. Not always an issue that parents and children are interested in.”

**Question 5: Please give details of why you think this is a particular gap/challenge**

- Convenience and takeaways – “The ease of fast food leading to bad cooking habits.” “Too many takeaways, because it’s convenient to parents” “because it provides a quick fix and comfort food for families that have other challenges (e.g.: poverty of time, money or facilities)”. This topic was mentioned by 6 respondents.
- Cost – varied answers on this topic but it came up frequently. “Belief that a healthy diet is much more expensive” “It’s cheaper to buy McDonalds than it is a fresh Fruit and Veg. A meal deal is cheaper than a good meal” “Food environment. Cost of healthy food. Families have lots of other stresses, so healthy eating not a priority.” Cost was mentioned 5 times.
- Education – “Only anecdotal opinion, but cooking/food preparation skills are, like all other predominantly passed down. Schools no longer teach life skills in the same breadth and depth, and lack of experience and confidence in younger people generates a reliance on prepared (and intrinsically unhealthy) food” “Parents aren't sufficiently educated”. This topic was mentioned by 3 respondents.
- Poverty – “The increase in use of Food Banks and low-esteem amongst struggling families.”

**Question 6: Identify one way to reduce the gap or one solution to improve Childhood Healthy Eating**

- Education – “All children should be taught to cook and to grow vegetables. Reduction in the use of meat, especially red meat should be encouraged. Reduction in salt and sugar should also be promoted.” “Provide basic meal preparation classes to young families” “Education in use of fresh ingredients either in schools or by other means.” “More involvement with children learning where healthy food comes from and how to prepare and cook it. Perhaps then children can teach adults.” Very popular topic, mentioned by 8 respondents.
- Cost – “Find ways to make fresh fruit and veg available at low cost.... even subsidies shops to offer it cheaper....or tap into Allotments surplus”
- Schools – “Whole system co-ordinated approach; schools as the hubs. Work with local businesses including supermarkets.” “Introduce proper school dinners” “ask schoolchildren to keep diet/food diaries so that schools can monitor weaknesses and gaps in provision and an over-reliance on takeaways”. Mentioned by 3 respondents.

### **Question 7: Name one gap or challenge regarding Mental Health & Wellbeing in Lowestoft**

- Covid-19 – “The lack of group activities made worse by the pandemic” “Ongoing effects of Covid and people being afraid to go out and socialise.” “Impact of C-19 - isolation, poverty, employment opportunities”. Mentioned by 3 respondents.
- Services – “Poor access to facilities to help those suffering, delays in delivering services to those often in desperate need. Lack of funding for services” “lots of gaps, mental health is not being noticed for the individual” “Services not taking in people face to face meetings” “The delay in getting people into Statutory Services”. Mentioned by 4 respondents.
- Communication – “Better communication with parents and services talk to each other” “The various people identified to deliver and manage Mental Health don’t talk to each other”. General theme of services not linking up effectively to work together on solutions.
- Awareness – “More support for their families who look after them” “generational suffering whereby poor mental health just gets passed from one to another family member”. Mentioned by 3 respondents.

### **Question 8: Please give details of why you think this is a particular gap/challenge**

- Detection – “Mental health problems difficult to detect in early stages, can tie in with social isolation and poor eating habits. Poor housing and difficulties in getting contact with the correct services early enough” “People are waiting months for an assessment, on the phone, and then months more before any help.... the help is too little too late”. Mentioned by 3 respondents.
- Services and facilities – “Lack of community facilities like Pubs and Clubs etc.” “Additional stress on Medical Services and lack of funds to create opportunities for Social Prescribing.” “Because they need someone in person to talk to”. Mentioned by 4 respondents
- Young people – “Because of the increasing amount of young people with mental issues, which are not being resolved.” “Affects the whole of an individual's life - domino affect” “because especially young people spend too much time using phones and games rather than physical activities”. Mentioned by 4 respondents.
- Family support – “If the family's looking after a mentally ill person had some more support it would help” “perhaps we need to look at whole family diagnosis or treatment if this is not already happening”. Mentioned by 2 respondents.

### **Question 9: Identify one solution to help improve Mental Health & Wellbeing in Lowestoft**

- More facilities – “Provision of activities to give people a sense of wellbeing and purpose” “More facilities being made available such as men's sheds projects.” “Encourage more use of clubs, societies and organisations that can provide both physical and mental stimulation” “Put pressure on the CCG to fund VCS to provide more support services....to fill the gap left by a failing service.... which they already fund.” General theme of physical and outdoor activities. Mentioned by 5 respondents.
- Improving and promoting existing services – “Buses in Blundeston” “Local Community to host events where available activities and support can be advertised. There was an event last week at Parkhill which I would have liked to attend as a Councillor, but I knew nothing about it.” Mentioned by 3 respondents.
- Education – “educate everyone to help notice it in people. help people try and find a solution. it could be isolation, loneliness, the inability (or not wanting) to get out” “ensure that holistic questionnaires are given out when patients present with poor mental health at any clinic or surgery”. Mentioned by 2 respondents.