



East Suffolk
Community
Partnerships
Bringing ideas to life

Beccles
Bungay,
Halesworth
& villages

Beccles, Bungay, Halesworth and villages Community Partnership

Chair: Councillor Judy Cloke (East Suffolk Council)

Vice-Chair: Councillor Caroline Topping (East Suffolk Council)

East Suffolk Councillors:

Councillor Elfrede Brambley-Crawshaw

Councillor Alison Cackett

Councillor Judy Cloke

Councillor Tony Goldson

Councillor Sarah Plummer

Councillor David Ritchie

Councillor Caroline Topping

Suffolk County Councillor:

Councillor Peggy McGregor

Partnership Organisations:

Local Town and Parish Councils

Suffolk Constabulary

Great Yarmouth and Waveney Clinical
Commissioning Group

Community Action Suffolk

Business Community

Youth Community

Environment

Members of the **Beccles, Bungay, Halesworth and villages Community Partnership** are invited to a meeting to be held remotely via Zoom, on **Monday, 10 January 2022 at 6.00pm**

This meeting will be broadcast to the public via the East Suffolk YouTube Channel at <https://youtu.be/GDwF8oTQWwo>

Agenda

Pages

1 Welcome and Apologies

To receive apologies for absence, if any.

2	Notes To agree the Notes of the Community Partnership meeting held on 20 September 2021.	1 - 6
3	Feedback from the Community Partnership Board on 6 December 2021	7 - 8
4	Extra Time Sports Sessions for the over 65s To receive an oral update from the Communities Officer.	
5	Physical and Mental Health and Wellbeing Workshop To receive feedback from the Communities Officer.	9 - 16
6	Community Partnership Action Plan 2022 To discuss the draft Action Plan.	17 - 22
7	Project Proposal Ideas from the CP Members	
8	Current Issues and Emerging Themes This is to be introduced as a standing item on all agendas.	
9	Any Other Business	
10	Date of Next Meeting To note that the next meeting will be held on Monday, 28 February 2022 at 6.00pm.	

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Beccles, Bungay, Halesworth and villages Community Partnership

Action Notes of the Meeting held in Bungay Community Centre, Old Grammar Lane, Bungay on Monday, 20 September 2021 at 6.00pm

Core Membership:

ESC Councillors – Cllr Judy Cloke (Chairman), Cllr Sarah Plummer, Cllr Caroline Topping.

Town and Parish Councils – Cllr Annette Dunning (Halesworth Town Council), Cllr Beryl Matthews (Wissett Parish Council), Cllr Joyce Moseley (Halesworth Town Council), Cllr Bob Prior (Bungay Town Council), Cllr Wendy Summerfield (Worlingham Parish Council).

Partnership Organisations – Fran Bedding (Community Action Suffolk), Phil Love (Suffolk Family Carers), Eric Sewell (Apollo Youth Centre).

Others present – Zane Blanchard and Peter Holmes (Barsham and Shipmeadow Parish Council), Sarah Carter (Democratic Services Officer), Sam Kenward (Communities Officer), Nicole Rickard (Head of Communities).

Item	Discussion
1.	<p>Welcome and Apologies</p> <p>The Chairman of the CP, Councillor Judy Cloke, welcomed everyone to the meeting and set out a few housekeeping points to assist with the smooth running of the meeting.</p> <p>Apologies for absence were received from ESC Councillors Alison Cackett, Tony Goldson and David Ritchie, Cllr Graham Catchpole (Bungay Town Council), Cllr Sue Collins (Bungay Town Council), L Drewery (Active Communities Manager), Emma Healey (Halesworth Volunteer Centre) and Cllr Chris Punt (Westhall Parish Council).</p>
2.	<p>Notes of the Previous Meeting</p> <p>The Notes of the meeting held on 14 June 2021 were agreed as a correct record.</p>
3.	<p>Community Partnership Board Update</p> <p>The CP received a report which provided details of the progress and outcomes of the CP Board meeting held on 6 September 2021.</p>

	<p>The Chairman advised that she had given a short presentation on what this CP was doing in its area and that it was available on YouTube if members wished to view.</p> <p>The Head of Communities explained that many points had been covered as detailed in the written report but she made particular reference to transport having been the main agenda item and the impact of Covid on the East Suffolk area. There were now issues with hoarding and the lockdown had affected the mental health of local people.</p>
4.	<p>Small Grants Scheme</p> <p>The Communities Officer advised that the scheme had been open during May and June for organisations to apply for grants up to £1,000. He had arranged a drop-in session with the Funding Officer for groups to ask questions before submitting their bids. That had worked well and was likely to be used by other CPs.</p> <p>The Communities Officer advised that 19 applications had been received with 12 being funded totalling nearly £11,000. Some of the applications received had not met the criteria or were outside the CP's area. Along with the CP Chairman, they were now doing cheque presentations to some of the groups. That had resulted in them meeting the groups and seeing what they were doing, as well as gaining publicity for the groups and the CP.</p> <p>The Chairman thanked the Communities Officer for his work in overseeing a successful funding scheme.</p>
5.	<p>Review of Priorities</p> <p>a) <u>Results of Priorities Survey</u></p> <p>The Chairman advised that the Communities Officer had set up a survey to seek the CP's views on existing priorities. 25 responses had been received which was positive (<i>a copy of the document has been published with the Agenda papers</i>). The three existing priorities were:</p> <ol style="list-style-type: none"> 1. Transport 2. Mental health and wellbeing 3. Reduce social isolation <p>Whilst it was considered that all three were still relevant, questions had been raised over transport being too large a topic for the CP to address. Other issues had come to the forefront including:</p> <ul style="list-style-type: none"> - enabling/supporting physical activities,

- households managing money better,
- keeping safe and supporting children, and
- knowledge of life skills for both parents and teenagers.

The Head of Communities advised that the CP Board was supporting sustainable transport and had made a considerable investment over the last two years. There had been additional concerns over supporting people on low income both up to and beyond Christmas and with physical activity levels having dropped, the local CCG was hoping to keep people as well as possible whilst waiting for hospital appointments.

The CP discussed in detail the proposed reduction in Universal Credit of £20, the impact of rising cost of petrol, energy and food, the costs of getting children to school where free transport was not provided, the cut in furlough monies, and the distressing calls received from parents about financial issues in general.

The CP agreed that the developing active and sustainable transport solutions/community transport priority was still an issue but larger than the CP could resource. As the CP Board was dealing with transport itself, it would work more effectively for this CP to fee into the work being done strategically at Board level. It was also agreed that the CP Board should be asked to consider the issues about transport for education and the cost of living where people might need support with life skills. These were likely to be issues affecting people across the whole district. This was supported.

The Head of Communities advised that Covid response money had been used to support private sector tenants and she would need to check if the presence of ESC officers in Beccles library was due to restart. The County Council had extended welfare assistance to March and with such concerns over school transport, she would refer that back to the Board.

Action: Nicole Rickard

In discussing the CP's future priorities, comment was made that young people should be considered as well as cycling/walking and physical/mental health wellbeing. It was possible that funding to borrow a bike could work in the CP's communities and the Communities Officer was looking at bespoke workshops in late November to dedicate time to progress strands of the wellbeing priority. Whilst discussing cycling, it was generally agreed that some roads were dangerous and improvements to footpaths and routes in the countryside were badly needed. The CP agreed that cycling fell within two categories – pleasure and transport – and such an activity would support the improvement of physical wellbeing. There was also a lack of information as to the suitability of routes whether it be easy, relating to the width, being hilly or similar. Comment was made that the County Council

should be made aware that the Worlingham to Beccles cycle path was not usable and more common sense should be used.

The CP supported the proposals to continue with wellbeing and tackling social isolation for all age groups. It was agreed that the Communities Officer and Democratic Services Officer would liaise to formulate the wording of the new priorities in line with the CP's discussions.

Action: Sam Kenward and Sarah Carter

Subsequent to the meeting, the CP's priorities are therefore:

- *Tackle social isolation and loneliness for all age groups including young people.*
- *Improve physical and mental health and wellbeing to enable people to live healthy lives and encourage physical activity including walking and cycling*

b) Rural Proofing Workshop

The Communities Officer provided the CP with details and outcomes of the Rural Proofing Workshop that had been held on 20 July 2021 (*a copy of the document has been published with the Agenda papers*). The main items for the CP to consider covered:

- How it communicates to residents directly.
- Conducting an asset mapping and data compilation of villages in the patch to assess precise needs.
- How we can work with neighbouring CP areas to support villages that are on the border and pivot towards our area even if they are in another CP area.
- Explore setting up a rural help desk for residents in the area.

The CP discussed various aspects and agreed that work needed to be undertaken to bring the rural services survey up to date and produce an asset register, or interactive map similar to that in Felixstowe, taking into account the information already available in the parishes and the Neighbourhood/Local Plans.

It was agreed that could commence now, followed by consideration being given to other suggestions such as a rural helpdesk. It was suggested that Helen in the Communities Team might have some capacity to start the necessary work.

Action: Nicole Rickard and Sam Kenward

c) Project Ideas

The Communities Officer reminded the CP that its next meeting was in January and he commented on various project ideas that had been suggested, full details of which had been circulated to the CP members. These were discussed in detail and funding agreed as follows:

Half Term Holiday Activities for Young People

Offering open access free holiday activities for young people in each market town and the surrounding villages. £600 per market town split between the October and February half terms and provision during the Christmas holiday.

Agreed £1,800

Sports Provision for the over 65s

An extension of the Extra Time scheme in Beccles previously funded by the enabling Communities Budget.

Agreed £2,220 with the balance of £1,000 suggested to be considered for funding by Connected Communities

Wild Wellbeing for Older Community Members (over 55s)

An extension of the previous sessions providing nature-based activity events promoting physical and mental health and wellbeing, whilst also tackling isolation and loneliness.

Agreed total £3,000 - £1,000 for each market town with groups to seek additional funding from alternative sources

Halesworth Community Larder

To refurbish its facility so as to further aid its services. It was understood that the group had applied for Boost Funding and other grants.

Agreed to delay any financial support until further costings were known and other grants had been confirmed.

Beccles Community Hub

This was to support the running of a new community hub/volunteer centre being set up in Beccles.

Agreed to offer £2,000 subject to the CP Chairman, Head of Communities and Communities Officer being satisfied with the Business Plan.

Note: Due to her involvement in this project, Councillor Topping left the meeting for the Beccles Community Hub item and took no part in the discussion and voting thereon.

	<p><u>Clinks Care Farm</u> Whilst the farm was based just over the border in Norfolk, it was noted that they worked cross boundaries and served both Beccles and Bungay offering a post Covid pandemic support project. Agreed £2,000</p> <p>Action: Sam Kenward</p> <p><u>Best Parish Newsletter</u> The Communities Officer proposed running a competition/awareness campaign to celebrate newsletters in local areas. However, this was not urgent. Agreed to consider at next CP meeting with a view to doing this in the Spring</p> <p>Action: Sarah Carter for next Agenda</p>
6.	<p>Connected Communities Suffolk</p> <p>The Communities Officer gave a brief update with regard to the Connected Communities project as well as the Rural Coffee Caravan and advised that the next Connected Communities steering group meeting was due to be held in the next couple of weeks.</p> <p>Cllr Dunning referred to and encouraged everyone to be familiar with the forthcoming Sight Awareness Week and One Suffolk.</p>
7.	<p>Any Other Business</p> <p>The Communities Officer advised that there had been good press coverage over the Summer Activities and recent cheque presentations. Articles had been in the Beccles and Bungay Community News and Halesworth Community News too.</p>
8.	<p>Date of Next Meeting</p> <p>It was noted that the next meeting would be held on Monday, 10 January 2022 at 6pm via Zoom.</p>

The meeting concluded at 8.27pm.



Key outcomes of the East Suffolk Community Partnership Board meeting held 6 December 2021

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](#)

A recording of the meeting can be viewed [HERE](#)

2. Community Partnership Board Priority 3: Mental Health and Wellbeing

Jon Neil (CEO, Suffolk MIND) delivered a presentation on “How has Covid19 and lockdown affected the mental health of local people?” (viewed [HERE](#)) in which he outlined the Mental Health Continuum Model and presented data on how lock down affected us.

The Board agreed that a Mental Health and Wellbeing Task and Finish Group be convened to develop outcome proposals for consideration at a future meeting.

3. Focus on Community Partnerships

The Board received its regular update on the impact of the eight Community Partnerships. The report can be viewed [HERE](#). In addition, the Board received a short presentation from Felixstowe Peninsular ([HERE](#)) and Lowestoft and Northern Parishes Community Partnerships ([HERE](#))

4. Community Partnership Board Priorities

The Board received a report ([HERE](#)) and presentation from Nicole Rickard (Head of Communities, East Suffolk Council & NHS Norfolk & Waveney / Ipswich & East Suffolk CCGs) based on the outcomes of:

- The Covid Recovery Task and Finish Group
- Revised East Suffolk Data Pack ([HERE](#))
- Data Pack feedback from the Community Partnership Board Visioning Event, held at Trinity Park on 5 November ([HERE](#))
- Outcomes from a discussion in the Beccles, Bungay, Halesworth and villages Community Partnership on their emergent priorities around the cost of living and living standards ([HERE](#))

The Board agreed:

- That the Board maintain its focus on i) **Social Isolation and Loneliness** ii) **Sustainable Transport and Travel** and iii) **Mental Health and Wellbeing**
- That a new Task and Finish Group be convened to consider various ‘hidden Needs’ and inequalities, absorbing the outstanding work of the Covid Recovery Task and Finish Group and previous focus on Hidden Needs, and taking a wider perspective on **vulnerability**
- That Board partners work through the new Integrated Care System structures to emphasise importance of work around health inequalities

- That specific focus be placed on healthy weight in the places with the highest levels of children and adults who are overweight and obese – namely Lowestoft and Northern Parishes CP, Aldeburgh, Leiston and Saxmundham CP and Felixstowe Peninsula CP.

5. Peer Challenge of Community Partnerships and Draft Action Plan

The Board received a report ([HERE](#)) from Steve Gallant, Chair of the Community Partnership Board based on i) a summary of the findings of the Local Government Association Peer Challenge of Community Partnerships held 12-14 October 2021 and ii) the outcomes of the Community Partnership Visioning Day held 5 November 2021

The Board then considered a draft plan of action ([HERE](#)) to agree what actions should be taken to address the issues raised by the Peer Challenge Team.

It was agreed that the Community Partnership Steering Group be given responsibility to oversee implementation of the action plan on behalf of the Board and report back regularly on progress.

6. Update: Community Partnership Annual Forum

At the September 2021 Board meeting it was agreed that, as Covid-19 still had a significant presence in the district, region and nationally, holding an event for 150-200 people at Trinity Park would not be wise on the date scheduled in November. Therefore, it was agreed to postpone until March 2022.

The Board received an update ([HERE](#)) from Luke Bennett (Partnerships Manager, East Suffolk Council).

The current situation is that Trinity Park is booked for an event for 200 delegates on **25 March 2022**.

Uncertainty over Government imposing restrictions on events / social contact due to Covid-19 in the future remains a significant risk associated with organising a face-to-face event of this size. Therefore, any plans will need to ensure adequate social distancing, be flexible to potentially reducing the number of delegates if the situation changes and carry the disclaimer that it may be cancelled at late notice.

The theme will be 'East Suffolk: Bringing Ideas to Life' and will highlight and support delivery of the Community Partnerships/Board priorities by addressing a range of challenges and opportunities thrown up by the Peer Challenge of Community Partnerships.

Members of the Community Partnerships are asked to make every effort to attend the event and consider what you could each contribute to the proposed programme.

Luke Bennett, Partnerships Manager, East Suffolk Council 14.12.21

Agenda Item 5

Beccles, Bungay, Halesworth and villages Community Partnership
Physical and mental health and wellbeing workshop

Possible recommendations / things to consider for the CP:

Processes and relationships:

- Consider working with other CPs on issues that we share – e.g. childhood obesity
- Think about the mechanism for finding out more detail about projects across all partnerships and sharing good practice
- Build up links with health providers (community health ECCH, GP'S, community nurses, physios, Primary Care Manager etc)
- Look at whether there is a health and wellbeing alliance or set it up – to develop health intelligence and see how we can relay what we are hearing on the ground (e.g. 'what do you feel would be helpful to help your health and wellbeing?' They would say getting an appointment with a dentist, GP, or access to mental health services')
- Explore more of a relationship with the VASP
- Converse more with businesses about needs and opportunity to do something front facing

Schools:

- Engage with schools about how we can coordinate approach on mental health, physical activity, healthy eating, daily mile, brushing teeth to avoid any duplication and overwhelming
- Look at sending info home with schools e.g. book bags

Data:

- Look at Active Suffolk data

Cycling and walking:

- Look at how to overcome barriers to cycling e.g. loan bikes or purchase for low-income families, storage
- Look at how things to do can be signposted on cycling and walking routes
- Look into geocaching to incentivise young people and others to walk

Events and assets:

- Look at running drop-ins and pop up health hubs – an opportunity to socialise in a safe environment and opportunities for signposting and link with One Life Suffolk, NHS free health checks for >45 or even access to a blood pressure machine, weighing scales
- Look at making more use of village halls - link with Fit Villages Active Suffolk – Fit Villages

Communication:

- Look at reaching out to newspapers and newsletters like the Bugle, free newspaper, Archant

19 Attendees from 17 organisations - including:

- Wissett Parish Council
- East Suffolk Council Leisure Operations department
- Bungay Town Council
- Bungay Community Support
- ESC Councillor for Bungay and Wainford
- Community Action Suffolk
- Halesworth Town Council
- Wellbeing
- Everyone Active
- Connected Communities
- Restitute
- Beccles Twinning Association
- Women like Me
- Behind Closed Doors
- Pear Tree Centre
- Access Community Trust
- Earthwake

Walking and Cycling Strategy:

The first 50 minutes of the session was a presentation and Q&A about the new Walking and Cycling Strategy. Anthony Taylor and Jason Beck presented and received questions. Some of the comments and themes from the chat included:

- Are there any plans for links from Bungay South to Halesworth?
- Great that there's still flexibility in the strategy.
- There is an opportunity in the future to change peoples habits to influence how local people go to doctors/dentists or out to pubs/events - most go by car now over distances that are easily cyclable - if more info on what is there is available then habits may change. It doesn't seem to be easily available at the moment.
- My personal viewpoint: As a leisure cyclist living in Bungay, I do indeed cycle to both Beccles and Halesworth. I have no interest in cycling to Lowestoft. I don't use established cycle routes, preferring to explore slightly different routes each time. If there were 'safer' routes I would certainly consider changing to use them. I support the establishment of enhancing opportunities for cyclists and welcome the strategy.
- Has there been any discussions with South Norfolk DC or Great Yarmouth BC about the borders. Many people in the communities in the key corridor recommendations look north to Norfolk.
- What is the evidence base? Consultation responses? Any empirical data?
- What is more likely - a person in Lowestoft travels to Great Yarmouth or Norwich or Beccles and Bungay?
- The draft East Suffolk Cycling and Walking Strategy can be viewed here: <https://storymaps.arcgis.com/stories/cbc57e4a9cc24eeea7d174fb34b1bf>
 - Comments deadline is 10th January 2022

Breakout rooms:

Before breakout rooms, the attendees were shown some slides with a recap about the priority and the latest data packs:

- The Community Partnership set the priority in late 2019

- Over 2020 and 2021, projects have been supported around this including:
 - Hearts and Minds, Wild Wellbeing, Clinks Care Farm and half term activities for young people
- In July and August 2021, we ran a survey with Community Partnership members and other organisations about the priorities to check in about current position
- The Community Partnership decided to beef up the social isolation and health and wellbeing priorities
- The health and wellbeing priority was amended to include encouraging walking and cycling
- The Community Partnership has £25,000 budget every financial year to spend on projects – about £6,000 left
- Prevalence of **dementia** is higher than the England average in Bungay area and Halesworth/Holton area – the Beccles area is similar to England average
- Prevalence of **depression** is higher than the national average in Halesworth/Holton area and Beccles areas – Bungay is similar to the England average
 - On the one hand where prevalence is higher than the England average it could be seen as bad as a greater proportion of people are suffering from these mental health conditions,
 - On the other hand, higher prevalence could mean better detection and diagnosis rates which give a greater proportion of patients more opportunity for treatment.
- Large parts of Bungay ward are in the top category for Child Obesity (primary school age)
 - Halesworth and Beccles wards tend to be in the second top or the middle category
 - The map shows the percentage of children measured as overweight or very overweight according to the National Child Measurement Programme (NCMP)
- 2020 Social isolation index says there is fairly low need in Bungay ward apart from a patch of middle need
 - Part of the Halesworth ward is in higher need as is part of Beccles

Some responses to the data slides (from the chat):

- The pinker areas were in the town centres, I think - does this mean the rural communities are more self reliant ?
- We need to look at the Suffolk Hidden Needs 2020 Report – Access to service provision in the rural areas was highlighted

Group 1 – Sharon's group:

Present: Phil, Barry, Kevin, Judy, Sarah, Andrea, Lorna, Beryl

Ways of working

- Need for a co-ordinated approach, CP not strategic enough, too small funding based
 - **SK note:** The two small grants schemes were run (January 2021 and June 2021) because of the Covid pandemic and this was quite a quick way to support projects. Going forward, the CP is trying to strategise more by looking at how we can further deliver impact through our partnership links.

- A more co-ordinated and strategic approach that has greater impact and legacy
- Small grants work when spent in the right way, one funding pot could be limiting
- Too much focus on Lowestoft
- Disparity of wellbeing offer – think Norfolk, Waveney
- Future partnership board might be impacted by boundary changes - any strategies developed could be impacted (? boundary changes are more parliamentary/constituency so not effect community partnerships)
- If wellbeing addressed, then health improvements should follow
- Again, lots of ideas but where is strategic approach – this could be partnership strategy or shared strategy across some CP e.g., to address childhood obesity
- Communication is key to the CP – what is the mechanism for finding out more detail about projects across all partnerships and sharing good practice
- Link to VASP
- We have lots of assets, informal and formal in our community, more than people think – how do we map/capture them
 - **SK note: Asset mapping in rural areas** – we are currently compiling an asset map of rural areas to assess what the physical assets (land, buildings) and non-physical assets (groups, newsletters) are and where gaps are. We ran a survey with parish councils in November to add to this mapping. This is providing a sense of village halls, village playing fields where events could be held.
- Invite community engagement officers – police
 - **SK note:** it was mentioned about churches and police being invited. They are in the pool membership of the CP (meaning they are invited when an agenda item relates to their area of expertise) but it is useful to get their insight. This is why in the draft CP action plan, it is suggested that groups and organisations such as these will be provided an opportunity via email or survey to feed in any thoughts, themes, ideas ahead of CP meetings. This will enable us to involve them in the conversation even if they sometimes can't make meetings.
- Churches invited previously, have yet to attend -? partnership meeting top heavy councillor led, daunting - invite community groups to smaller working parties
 - **SK note:** In November, we worked with Community Action Suffolk to reach out to smaller community groups/organisations on the patch who are on their database. This has led to some useful conversations about how we can work together going forward.

Young people

- Engage more with young people, what are their issues, what do they want to see happen in their community?
- New project in Lowestoft – Kirkley, Sexual Health -new approach not usual NHS top down but down up, working with young people
- Reaching more young people in schools
- Co-ordinated approach -schools being approached +++re daily mile, healthy eating, brushing teeth, mental health across partnerships -don't want schools to burn out

- Young people – think outside schools too
 - **SK note: Youth engagement** – we have drafted an action plan for the CP and this includes some actions around school councils and youth clubs. One of the suggested actions is sending a survey to young people ahead of meetings to enable them to raise issues they feel are important.

Improved health links

- If health and wellbeing is a priority, where is the health provider engagement – need to build more links
- We are lacking in health intelligence -? create a Health and wellbeing Alliance or does this already exist and we are not 'joined up'
- Need to connect with community health ECCH, GP'S, community nurses, physios etc
- Need to connect with Primary Care Manager – funding for neighbourhood management
- Community Partnerships not right avenue to address medical conditions

Physical Activity

- More opportunities to improve physical activity
- Active Suffolk receive data from Sports England and create profiles with targeted plans – we need access to Active Suffolk data -? were they engaged with local plan?
- Improve physical activity in schools
- The 'Daily Mile' has been adopted by some primary schools with success – it could have a wider reach to all ages- a wider campaign, perhaps reward incentives
- New walking App about to be launched – East Suffolk Economic Development Team- to get people and keep people walking for health
- Park Run for young people
- Increase cycling opportunities, more training for leaders – led rides bringing people together and engaging in physical activity
- Barriers to cycling -? loan bikes or purchase for low-income families, storage
- Birmingham cycling revolution programme [Cycling in Birmingham | Birmingham City Council](#)

Health and wellbeing (Misc)

- More resources to signpost people to support and connect to services – a compendium of services although outdate quickly or *a one stop shop* telephone no
- Hearts and Minds good example of resilience and legacy
- If we asked local people 'what do you feel would be helpful to help your health and wellbeing?' They would say getting an appointment with a dentist, GP, or access to mental health services- so improving access to services however feel that is out of CP control ?
- More 'drop -ins' - not always worked well, why? Important to provide people with an opportunity to socialise in a safe environment and opportunities for signposting

- ? pop up health hubs – link with One Life Suffolk, NHS free health checks for >45 or even access to a blood pressure machine, weighing scales
- Make more use of village halls - ? link with Fit Villages [Active Suffolk – Fit Villages](#)
- Warm spaces project to be launched (Phil)

Group 2 – Sam’s group:

Present: Joyce, Fran, Bob, Michelle, Beth, Claire

- Still a lot to do

Communication

- Adult gym at Bungay happening already
- Idea about signposting on cycling and walking routes about things to do nearby – e.g. heritage, fitness etc
- Lots of clubs going on so not necessarily the provision lacking but more communication?
- A key problem is getting young people involved – some parents don’t know maybe – and them not knowing makes it more difficult to support young people to get involved
- Some YP are very difficult to reach and parents don’t encourage them
- Finding ways of reaching out to parents and young people
- You can have lots of things going on but the communication side – came out of conversation at H&M
- Free newspaper that covers Waveney – it doesn’t cover everyone but that would be helpful
- All local newspapers – including Archant
- Bugle magazine covers Lowestoft, Beccles, Bungay, Southwold and surrounding villages
- Provide information to be sent to families homes through book bags in primary schools
- A concerted effort needed
- Regular info about local groups that are out there – worth investigating that side of comms
- Some people are digitally excluded
- Some disconnect about what is available to people – an age old issue; needs serious discussion and consideration
- Rural coffee caravan – improved communication in the community; some things which were poorly attended are now better attended
- Sheaf – Barsham, Brampton, Rumburgh – communication in local magazines
- Specific areas – newspapers and magazines
- Mapping the newspapers and magazines so can timetable getting content in; something targeted

- More communication is needed but even with regular publicity, you can have disaffected families
- What's the hook for people

Businesses

- More conversations with businesses would be helpful – thinking outside the box
- Connection with local businesses/shops – a good opportunity to do something front facing

Young people

- Their mental health and wellbeing has been going on a long time before Covid – same with obesity
- Incentives – encouraging young people to walk – tapping a card on lampposts to incentive them to do it
- Relationship building – for YP and trusted adults they know, trust and speak with – difficult to cultivate when lost; skilled youth and outreach work in areas – to stop/slow further disconnect
 - Youth Focus Suffolk – will hopefully help
 - Bungay – ACT doing youth work in the town
 - Issue is engaging young people/families who are disaffected in everything
- Geocaching – rural areas; those who engage with it get hooked on it and can cover a long difference
- Geocaching at the Quay and Pokémon – gets people out and about and moving
- New fads – keeping an eye on them and how they engage people
- Parkrun – nearest junior PR was Gorleston
 - Lots of places to host PR – can link with organisations who run it; it was tried to bring PR to this part of the area; issues with where to have it – may have changed now but those were the difficulties
 - Tried to do one in Bungay – need commitment from volunteers to do it
 - There is a triathlon in Beccles

Talking about Mental Health

- How things are changing in health and wellbeing as a result of Covid – people struggling to access mental health services; that's where H&M helps with having conversations in the community
- How we support people to have conversations about how they are feeling – for those who have felt unwell and have experienced MH difficulties over Covid – how to support each other

Intergenerational work

- Engagement in art and music and gaming – getting all ages engaged with each other; YP and beyond
- Intergenerational – people working together
- Beccles Rotary Club Cycle for Life
- Things that get people fit and doing things

Final thoughts/ideas (from the chat):

- Suggestion to create a Health & Wellbeing Network / Alliance for Beccles, Bungay and Southwold or for South Waveney.
 - Look into whether there is one already
 - Need to ensure we have something that is focussed on this area as much as possible
- I think we need to be more visible in the community, we are making progress, but not there yet
- With a view to encourage greener modes of travel and influence behaviour change, whilst connect the rural localities; as a leisure partner please consider persuasive information regarding the routes (steps, calories burnt, distance travelled, QR, signage etc) for maximal influence. Happy to assist in any future work regarding this as I think it could really promote activity.

Feedback:

1/ One thing you liked about the session	2/ One thing you have taken away from the session
<ul style="list-style-type: none">• Bright ideas coming forward• Loved the flow of ideas and passion from everyone.• Good to find out about projects etc that I hadn't heard of. Let's share more!• Great session - thank you.• Nice to meet new people• good to share ideas, saw some demographics that I wasn't aware of. Good luck everyone• Got lots of thoughts to take to the Waveney VASP Forum	<ul style="list-style-type: none">• Encouraging more communication!• There is local commitment to developing cycling and walking that we can build on

Beccles, Bungay, Halesworth and villages Community Partnership

Action plan 2022

To help chart a course for the Community Partnership in 2022 and to incorporate themes from the recent Community Partnership Peer Challenge, the below action plan has been drafted. This looks at tangible steps that could be taken to further strengthen the work of the Community Partnership. This focusses on processes and engagement rather than projects and makes suggestions about additional things the Community Partnership can do. Whilst there has been some progress of some of the actions, these are suggestions and can be adapted. The 'spheres' of engagement on page 6 show how these actions can provide useful intelligence and insight for the Community Partnership to consider and roll with – without adding meetings to people's schedules.

Action	Why?	Timescale / logistics	Progress
People			
Community leadership			
Look at how the meetings can be more 'facilitated' than 'chaired'	This will help cultivate less formal meetings which may encourage smaller groups to get involved.	Next in-person meeting to have a workshop element to it?	
People			
Engagement			
General engagement			
Hold a showcase event to raise awareness of the CP to members of the public and groups	General recognition of the CP amongst the public is quite low so useful to show what we have done and what our priorities are	Event organisation required (booking venue, risk assessment) To happen early 2022 (Covid permitting)	Pear Tree Centre is free and provisionally booked; Saturday 26 th February; 11-1
A virtual session for all parish councils – a refresh on what it is about and the role it plays	Several parish councils have said they have perhaps lost track of what the Community Partnership is so a refresher virtually for any parish councils may be helpful. Equally contacts from town and parish councils may have changed since 2019 so this may provide any new	A Zoom 60-90 minute session with a presentation and Q&A	

Action	Why?	Timescale / logistics	Progress
	councillors a chance to find out more about Community Partnerships.		
Run a survey or email circulate for groups to feed in before each meeting - to identify trends/themes/emergent issues	Some groups and individuals are unable to make meetings because of different commitments and time pressures but would like to feed in if they can. So having a route to feed into the meeting without being there could appeal to groups. This will also ensure emergent issues/trends/themes from a broader base are raised at the meeting.	Trial at the February meeting?	
Attend events happening such as Summer fayres and Christmas markets	To meet residents as part of wider community and footfall events. Also, to showcase what the CP are doing and enable people to say what they would like in their area and whether they would like what is being proposed elsewhere in their area.	Sam and a member of the CP to attend and have a stall	
Youth engagement			
School Councils on the patch are asked to have an agenda item at their meetings to discuss anything they'd like to raise / or a quick survey is done before the meeting	This flexible model would provide a route for school councils to feed into the meeting without needing to be there. This will also ensure emergent issues/trends/themes from young people are raised at the meeting by young people themselves (indirectly).	Send an email to the school council lead teachers Trial at the February meeting?	
Run an engagement exercise with youth clubs to feed in before CP meetings – post-it notes	This flexible model would provide a route for young people at youth clubs to feed into the meeting without needing to be there. This will also ensure	Email youth clubs and ask how they think it would work Trial at the February meeting?	

Action	Why?	Timescale / logistics	Progress
	emergent issues/trends/themes from young people are raised at the meeting by young people themselves (indirectly).		
Explore how we can involve local National Citizenship Service Changemaker groups in the CP	The Changemaker programme is about empowering young people to develop community projects. There is a Halesworth group and a Lowestoft group (with 2 young people on it being from Beccles). Involving them in the CP can further provide a youth perspective.	Liaise with Changemaker groups about how they can feed in	One Changemaker is due to attend the January meeting
Ask Youth groups to do a presentation at meetings about what they do and their insights	It might develop closer links between the CP and youth groups and also provide a unique platform for youth groups to raise issues they feel are important.	Liaise with youth groups offering them the opportunity to present (e.g. Apollo, Thirst, Changemakers, Fisher Youth Group)	
Process			
Communication			
Update about what the Community Partnership is doing in the Community News (Beccles and Bungay and Halesworth editions)	While not everyone reads the paper cover to cover, having a small article helps raise awareness of the CP.	Send an update to the Editor every month.	Sam has been doing this since September and the update has been published in each edition.
Enquire with the Beccles and Bungay Journal about a column in the newspaper	Having a small column will help raise awareness of the CP and also increase recognition of what Community Partnerships are.	Sam to email Reece	
Sam to reach out to other locality based staff such as economic development and health to make sure we can pool together	This will reduce any risk of duplication and also further embed the Community Partnership in matters and processes	Liaise with other East Suffolk, County Council and other agency teams (through email and catch-	Liaised with Economic Development and

Action	Why?	Timescale / logistics	Progress
knowledge and experience when looking at certain things		ups) to see how we can link together and avoid duplication	Housing on rural proofing
Continue to ask for presentations at meetings to provide insights about schemes/programmes/changes of interest e.g. changes in CIL	It will generate useful information and opportunity for members of the CP to ask questions and find out more.	Liaise with groups/departments – e.g. Development Control about a presentation on CIL	
Process			
Form and processes			
Have a standing item on the agenda called 'current issues and emergent trends'	Enables an opportunity for all around the table to contribute their knowledge and experience. This as well as the insights from groups not in attendance will mean we can develop a good picture of issues and needs. This can then provide a focus about where the CP can develop new initiatives and/or projects.		Chair has agreed this to be added for the January meeting
Look at how the meetings can be more 'facilitated' than 'chaired'	This will help cultivate less formal-process led meetings which may encourage smaller groups to get involved.	Next in-person meeting to have a workshop element to it?	
Outcomes			
Oversight and evaluation			
Run a survey with CP members and groups just before/after the AGM to check in about thoughts and feelings about the CP	This will develop a picture of how the CP is working and any tweaks that need to be made e.g. timings, format etc.	Set up a Survey Monkey	A survey was run in July and August 2021
Factoring in an agenda item at certain meetings to discuss how	This will enable allocated time to discuss where any changes need to be made and to see how projects are going	Circulate evaluation reports from funded projects to all CP members	

Action	Why?	Timescale / logistics	Progress
projects are going and successes/learning points			
Consider location when deciding to run or fund projects	To avoid provision being concentrated in one part of the patch, the CP looks at how provision it runs or funds is as open and accessible as possible. E.g. seeing how the funds can be spread across different areas or transport can be arranged so that residents from A can get to B.	A loose list of questions are developed (like the rural proofing questions) to be asked when assessing project proposals.	

Community Partnership 'spheres' of engagement

