

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