

Initial Outcome Proposal to the East Suffolk Community Partnership Board – FY 2020/21

(Stage 1 Proposal)

1. Key outcome(s)

- Reduced sense of loneliness and isolation for 2,000 residents aged 65+ over the winter period
- Increased sense of purpose and personal resilience
- Improved mental and physical health and wellbeing
- A greater understanding of which activities help older residents to cope with isolation and loneliness best
- More older people encouraged to use technical solutions, including using their East Suffolk Grandpad, to access activities, events and social support.

2. How has the need been identified?

Six of the eight Community Partnership workshops identified Social Isolation & Loneliness in their top three priorities, it was top overall in terms of combined number of votes and was also a clear priority at the East Suffolk Partnership Forum workshop in November 2019.

In East Suffolk we have over 14,000 people in the Clinically Extremely Vulnerable Group and we know that many of these struggled with isolation, loneliness and being confined to the house during the shielding period between March and July 2020 and are struggling with the restrictions during lockdown two, particularly due to the short days and winter weather. There are lots of other vulnerable groups within the District, particularly amongst the older population who are less digitally connected. The East Suffolk Communities Team has been pro-actively calling those thought to be most vulnerable and have identified an increase in loneliness and a decline in mental health, particularly amongst those who live alone or who are struggling to care for someone that they live with.

3. Who will benefit from the outcomes?

As demand is expected to be high given that there are almost 44,000 people aged over 70 in East Suffolk, the Council is working with partners, including our Social Prescribing providers (Citizens Advice North East Suffolk, Access Community Trust, Shaw Trust and Suffolk Family Carers) and the Rural Coffee Caravan to identify those who best fit the following criteria:

1. Permanent resident of East Suffolk
2. Aged 65 or over
3. Living alone or caring for someone else in the household
4. Identified (either by themselves or by others) as isolated and/or lonely

If an individual meets all of these criteria then the decision to allocate an EAST Box will hinge on availability.

4. How will the outcomes(s) be sustained after the funding period (if appropriate)?

East Suffolk Council will evaluate the scheme to determine its success and whether residents would

benefit from the scheme being rolled out further and/or repeated if additional funding can be secured through a survey in the boxes.

5. Name of Project/activity that will deliver the outcome(s)

EAST (Everyone Active, Supported Together) Boxes

6. Brief description of the project / activity that will deliver the outcome(s).

Building on the success of the 'Summer in a Box' project led by Suffolk County Council aimed at vulnerable families over the school summer holiday this year, East Suffolk Council would like to work with a range of partners to trial EAST boxes aimed at older people who live alone (or care for someone in the household) and who are vulnerable due to social isolation and/or loneliness.

The contents of the EAST Boxes are themed – **Keeping Active, Active Minds and Eating Well**. Some examples of contents for each theme are as follows:

Keeping Active – Water bottle, resistance bands and activity cards (developed by Suffolk Public Health), hand warmer, 'Keeping Active in Winter' information.

Active Minds – could include a mixture of puzzle and crossword books, quizzes, colouring books, books/audio books, packs of cards and information about card games

Eating Well – recipe cards and ingredients (developed by pinkorange), food treats etc.

We will also include information about key local contacts and services e.g. Warmer Homes, Suffolk Advice and Support Service, befriending schemes etc.

We are working in partnership with a range of organisations, including One Life Suffolk, Norfolk and Suffolk Foundation Trust, SCC Public Health, Active Suffolk and Access Community Trust, to develop the contents of the boxes.

We are also in discussions with Adnams, Munchy Seeds, East of England Co-op and other local businesses about providing freebies to include as treats in the boxes.

Packing of the boxes is likely to be undertaken in partnership with Hollesley Prison. Distribution of the boxes will be managed by the Communities Team at East Suffolk Council in conjunction with the VCSE social prescribing provider organisations. We are initially allocating 200 boxes for each of the eight Community Partnership areas, which leaves 400 spare to be allocated in the more populated areas, based on demand.

During the trial period, East Suffolk Council is evaluating the scheme to determine its success. and whether residents will benefit from the scheme being rolled out further if additional funding can be secured.

Project / activity START DATE (mm/yy): 12//20

END DATE (mm/yy): 03/21

7. Who is involved?

Who is involved in developing this outcome proposal?

East Suffolk Council
Ipswich & East CCG

Project / activity lead:

Name: Nicole Rickard

Organisation: East Suffolk Council
Telephone: 01502 523606

Who will deliver the project/activity?	Email: nicole.rickard@eastsuffolk.gov.uk
East Suffolk Council and partners	
Name of East Suffolk Community Partnerships Board Member supporting the project:	
Letitia Smith	

8. Give information about match funding here:		
Source of match funding:	Funding confirmed?	Amount (£)
Ipswich & East Suffolk CCG	yes	10,000

Total project / activity cost	£30,000
Total of confirmed match funding	£10,000
Total amount of Strategic funding required	£20,000

9. Identify where the Community Partnership Board Strategic Budget will be spent:	
Description of activity or item (by who and by when where appropriate)	Cost (£)
1. Development of 2,000 EAST Boxes, to include a mixture of contents, for lonely older East Suffolk residents	30,000

10. How will the project / activity be monitored, and outcomes reported (including project risks)?
<p>Project management is being undertaken by a delivery group consisting of Head of Communities, two Communities Officers and the Communities Apprentice and we are working in partnership with Suffolk County Council, Ipswich and East Suffolk CCG and VCSE organisations, including Community Action Suffolk who have proposed a Buddy scheme to encourage recipients to use the contents of the box to their full potential.</p> <p>Monitoring will be undertaken through a follow up survey with the recipients to see what they used from the list of contents in each box and what they found most useful/enjoyable/made the most difference. Where recipients have digital access, including through our own Grandpad scheme, we will encourage them to access additional online resources.</p>

Community Partnership Board Member Declaration:
<p>I confirm that I support this proposal:</p> <p>Name:</p> <p>Signature:</p> <p>Date:</p>

Please submit this proposal to the Funding Team at grants@eastsuffolk.gov.uk Hard copies can be submitted and returned to: Funding Team, East Suffolk Council, East Suffolk House, Station Road, Melton, Woodbridge, IP12 1RT.