



East Suffolk  
Community  
Partnerships  
*Bringing ideas to life*

Aldeburgh  
Leiston  
Saxmundham  
& villages

## Aldeburgh, Leiston, Saxmundham and villages Community Partnership

**Chair:** Councillor Tony Cooper (East Suffolk Council)

**Vice-Chair:** Vacant

**East Suffolk Councillors:**

Councillor Tony Cooper

Councillor Tom Daly

Councillor John Fisher

Councillor Russ Rainger

**Suffolk County Councillor:**

Councillor T-J Haworth-Culf

**Partnership Organisations:**

Local Town and Parish Councils

Suffolk Constabulary

Ipswich and East Suffolk Clinical  
Commissioning Group

Community Action Suffolk

Leiston Together

Business Community

Youth Community

Environment

Members of the **Aldeburgh, Leiston, Saxmundham and villages Community Partnership** are invited to a meeting to be held via Zoom

on **Wednesday, 15 December 2021 at 3.30pm**

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

This agenda was amended on the 9 December 2021 due to the need to hold the meeting virtually rather than in person. The original agenda is available to download from this page.

Agenda

Pages

<b>2</b>	<b>Action notes - 29 Sept 2021</b> To agree the notes of the Community Partnership meeting held on 29 September 2021.	<b>1 - 4</b>
<b>3</b>	<b>Community Partnership Board Update</b> To receive the update on the Community Partnership Board meeting of the 6 December 2021.	
<b>4</b>	<b>Applications for funding</b> a) Leiston Primary School Early Minds b) ActivLives - ActivCommunities	
	<b>Leiston Primary School Early Minds Project Proposal</b>	
	<b>ActivCommunities Project Proposal</b>	
	<b>ActivCommunities Project Budget</b>	
<b>5</b>	<b>Consideration of the Community Partnership's Projects</b> a) Talking Benches b) Healthy Movers	
	<b>Talking Benches summary slides</b>	<b>5 - 8</b>
	<b>Talking Benches draft letter</b>	<b>9 - 10</b>
	<b>Healthy Movers Factsheet</b>	<b>11 - 12</b>
	<b>Healthy Movers example - West Somerset</b>	<b>13 - 16</b>
<b>6</b>	<b>Small Grants Scheme</b> A verbal update on the Small Grants Scheme from Zoe Botten, Communities Officer.	
<b>7</b>	<b>Community Partnership's Priorities</b> To consider the Community Partnership's Priorities.	
<b>8</b>	<b>Date of Next Meeting - To be Confirmed</b>	

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## **Aldeburgh, Leiston, Saxmundham and villages Community Partnership**

### **Action Notes of the Meeting held on Wednesday 29 September via Zoom**

#### **Core Membership:**

**ESC Councillors** – Councillor Tony Cooper (Chairman), Councillor John Fisher, Councillor Russ Rainger

**SCC Councillors** – Councillor T-J Haworth-Culf

**Town and Parish Councils** – Roz Barnett (Saxmundham Town Council), Councillor Julian Cusack (Middleton Parish Council), Sharon Cuthbert (Leiston Good Neighbour Scheme), Cllr Marriane Fellowes (Aldeburgh Town Council), Councillor Lesley Hill (Leiston Town Council), Caroline Rinder (Leiston Town Council)

**Partnership Organisations** – Sarah Mortimer (Community Action Suffolk)

**Others present** – Jason Beck (Planner), Zoe Botten (Communities Officer), Helen Greengrass, Mary Holland, Nicole Rickard (Head of Communities), Alli Stone (Democratic Services Officer), Anthony Taylor (Senior Planner), Dionne Walton (Access Community Trust)

Item	Discussion
1.	<b>Welcome and Apologies for Absence</b>  Apologies for absence were received from Di Eastman (IP17 Good Neighbour Scheme)
2.	<b>Notes of the Meetings of the Community Partnership</b>  The unconfirmed action notes of the meetings held on 21 July 2021 were agreed.
3.	<b>Written update from the Community Partnership Board held on 6 September 2021</b>

	<p>Nicole Rickard (NR) referred to the written update on the most recent meeting of the Community Partnership Board, which had been circulated with the agenda.</p> <p>There was a discussion on the update which covered the following points:</p> <ul style="list-style-type: none"> <li>• Projects being put forward by the Transport Task Group</li> <li>• The impact of Covid-19 on hoarding, and whether any additional support could be provided</li> <li>• The upcoming Peer Review of Community Partnerships, including those involved and the format of the review</li> <li>• 2021/22 Community Partnership Forum and possibility of a hybrid event</li> </ul> <p>ACTION: NR to share results of the peer review when available</p>
<b>4.</b>	<p><b>Rural Proofing</b></p> <p>Proposed application guidance on rural proofing had been circulated with the agenda.</p> <p>Zoe Botten (ZB) asked if the Partnership would be happy to take this guidance forward with the possibility of looking at this more in depth in the future.</p>
<b>5.</b>	<p><b>Small Grants Scheme</b></p> <p>ZB updated the meeting on the Small Grants Scheme and asked the meeting to consider how this scheme should be taken forward.</p> <p>The Community Partnership raised the following points:</p> <ul style="list-style-type: none"> <li>• Applicants should be made aware of support available with the application process</li> <li>• Previously successful applications should be used as case studies and promoted</li> <li>• Running funding workshops to promote available funding sources</li> <li>• Wider Community Partnership priorities should be considered</li> </ul>
<b>6.</b>	<p><b>Feedback on Task and Finish Group</b></p> <p>The Partnership received an update from Dionne Walton, Head of Youth Services, on the Access Community Trust which covered the following points:</p> <ul style="list-style-type: none"> <li>• Funding used to engage young people who were not in education, employment, or training</li> <li>• Outdoor workshops used to build 'soft skills' such as social interaction, particularly considering the impact of lockdown</li> </ul>

	<ul style="list-style-type: none"> <li>• One on one work considering individual needs and to build trust</li> </ul> <p>The Community Partnership then raised the following points:</p> <ul style="list-style-type: none"> <li>• Contact between this service and the police</li> <li>• The wider and long-term impact of Covid-19 on young people</li> <li>• Provision of activities over the summer break</li> </ul> <p>ACTION: ZB to speak with Cllr Marianne Fellowes(MF) and local police regarding anti-social behaviour in Aldeburgh</p>
7.	<p><b>Cycling and Walking Strategy</b></p> <p>The Partnership received a short presentation from Anthony Taylor on the upcoming consultation on cycling and walking which covered the following points:</p> <ul style="list-style-type: none"> <li>• Improved infrastructure along key corridors in the region</li> <li>• Identifying cycling and walking recommendations for Local Plan and Neighbourhood Plan site allocations</li> <li>• Consultation will run from November until January with the view to adopt in May 2022</li> </ul> <p>The Community Partnership then raised the following points:</p> <ul style="list-style-type: none"> <li>• The impact of current and future energy projects on the area's roads and the current cycling and walking network</li> <li>• Community sensitivities to a cycling and walking strategy in the context of Sizewell C</li> <li>• Provision of cycling routes in rural areas where there would have been less engagement with the consultation</li> <li>• Increased demand for quieter cycling routes following lockdown</li> </ul> <p>ACTION: Details of consultation to be sent to group and Anthony Taylor to come to next meeting for feedback.</p>
8.	<p><b>Community Partnership's priorities and forward work programme</b></p> <p>ZB asked the Partnership to focus on the priority to 'encourage and enable everyone to be more physically active' and projects in this area for funding. ZB had identified the following projects:</p> <ul style="list-style-type: none"> <li>• Walking football – roll out from Saxmundham to other areas</li> <li>• Boxing club – this was very popular previously, but would like to expand to include boxercise too</li> </ul>

	<ul style="list-style-type: none"> <li>• Healthy Movers – project identified via the Integrated Neighbourhood Team – focusing on nursery/ reception children to encourage movement through literacy.</li> </ul> <p>ACTION: Partnership members to send information of any community groups/projects in this priority area who could benefit from funding</p>
9.	<p><b>Any other business</b></p> <p>Cllr Russ Rainger asked if there were any community groups that had not reopened following lockdown and whether the Partnership could make funding available to them to enable them to reopen safely.</p> <p>Caroline Ringer responded that within Leiston contact had been made with the groups concerned and they had been encouraged them to apply for funding, but people had been reluctant to come forward. Funding is not the sole issue, there may be other issues such as loss of volunteer staff or individual reluctance to attend.</p> <p>Community Action Suffolk can help with the practicalities of operating Covid-19 safe environments and is also able to support those who are more concerned about going out again.</p> <p>Cllr Julian Cusack asked if the Partnership could be looking at fuel poverty over the upcoming winter especially in light of recent rises in energy costs. MF responded that this was usually the remit of the Citizens Advice Bureau and asked if this could be confirmed.</p> <p><i>Post meeting note:</i>  <u>Talking Benches</u>  <i>ACTION: Each CP has been allocated £1500 for Talking Benches(cost £450-500 each), please email ZB with thoughts on where these could be situated.</i></p>
10.	<p><b>Date of the next meeting</b></p> <p>This was confirmed for 15 December 2021 at 3.30pm via Zoom.</p>

# Chat Bench Sign





# Cost & Options



## Location Organisation Installation

- Location to be determined by expression of interest.
- Bench to be purchased by ESC and delivered by Realise Futures.
- Nominating body takes responsibility and arranges installation.
- A fixing kit is available for soft ground, hard ground or tarmac (per kit) £15

# Full Cost Proposal



**£1500 allocated (4.5 benches)**

(Approx. £325 per bench, mid range, with sign and fixing kit)



- Would the CP like to match fund?
- Offer additional funding?



- Number of locations would determine funding requirements.



Your ref	Community Partnership Benches
Our ref	Community Partnership Benches
Date	02/12/2021
Please ask for	Zoe Botten
Direct dial	01394 444763
Email	Zoe.botten@eastssuffolk.gov.uk

## Community Partnership – Talking Benches proposal

I am writing with an update from your local Community Partnership, for Leiston, Saxmundham, Aldeburgh and surrounding villages. The partnerships launched in late 2019 to provide practical solutions to local priorities, being: -

1. Reduce social isolation, loneliness – particularly carers, older people and men over the age of 40.
2. Encourage and enable everyone to be more physically active and healthy.
3. Education, opportunities and aspirations.

In early December 2021 the Partnership met to agree funding proposals, I am pleased to announce that one of the successful proposals was the provision of 'Talking Benches' across our area. I would like to offer you the opportunity to 'adopt' one.

Talking Benches encourage people to start new conversations with people. They remove the awkwardness that may come from meeting someone new in a public space. With this barrier removed the opportunity for tackling isolation/loneliness increases. Talking Benches are already used across the world. Using our data and local insight we know there to be a benefit in providing these within our local area.

We are offering the purchase and delivery of a bench, free of charge, to you. In line with our commitment to the environment, they will be constructed of recycled materials. This also gives the benefit of minimal maintenance and a long life. The bench would also come with a sign indicating it is a 'Talking Bench' and demonstrating it is part of a growing network.

In the spirit of Community Partnerships, we would ask for some contribution from yourselves. This would be as follows;

- The receiving group funds and arranges the installation of the bench as they see fit.
- The bench becomes the property and responsibility of the Group/Parish Council upon delivery.
- The receiving Group/Parish Council will agree and contribute to the promotion of the bench in line with local resources.

If you wish to take part in this exciting project, please submit an expression of interest to myself no later than Friday 14th January 2022. Please confirm where the bench would be situated. Applications will be considered using a number of criteria and are not based on first come, first served.

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### East Suffolk Council

East Suffolk House, Riduna Park, Station Road, Melton, Woodbridge,  
IP12 1RT Tel: 01394 383789 DX 41400 Woodbridge

I am happy to discuss potential sites and any other questions you may have before submitting an expression of interest

Yours sincerely

Zoe Botten

Communities Officer  
East Suffolk Council

# YST HEALTHY MOVERS

## HEALTHY MOVERS EARLY YEARS PHYSICAL LITERACY PROJECT

An offer to Early Years Providers in Lowestoft (Harbour and Kirkley/Pakefield) and Brandon



Physical activity is fundamental in the early years of a child's life. It helps children to acquire a range of new skills such as language and numeracy, develop their brains and establish the building blocks for an active and healthy life.

Funding has been secured from Suffolk County Council Public Health and Lowestoft Community Partnership to commission the Youth Sport Trust<sup>1</sup> to deliver an 'Early years physical literacy and social mobility project' in Early Years settings in Harbour and Kirkley/Pakefield wards and in Brandon. Training will start in January 2021 with the project complete by the end of the summer term.

The purpose of the project is to ensure that every child in the area gets the opportunity to achieve a good level of physical development linked to their language and literacy skills. In doing so, it will increase the children's self-esteem and wellbeing, develop agility, balance and co-ordination which all help children gain a better start to their life.

The programme is being delivered in the following ways:

- The Youth Sport Trust will develop, mentor and support practitioners in each Early Years settings to up-skill them to deliver the Youth Sport Trust Healthy Movers programme.
- This sustainable delivery model enables these identified practitioners, called Healthy Movers Champions, to develop their key skills, competence and confidence in delivering physical development.

- It will provide them with a Level 3 accredited qualification for physical development in the early years which enables them to cascade their learning to colleagues.
- This approach is supported through a suite of Healthy Movers resources, including a Healthy Movers Toolkit for every setting, enabling practitioners to take an holistic approach to child development, physical themes and developing literacy and language.
- The Youth Sport Trust will also assist each setting in developing and delivering Stay and Play clubs for the children and their parents/carers to play and be active together.
- Every child will receive a Healthy Movers Home Pack that will allow families to continue to promote physical activity in their homes.



# YST HEALTHY MOVERS

## HEALTHY MOVERS EARLY YEARS PHYSICAL LITERACY PROJECT

An offer to Early Years Providers in Lowestoft (Harbour and Kirkley/Pakefield) and Brandon



### What commitment is required from each setting?

To be part of the project, settings are required to commit to the following between January 2021 and the end of the summer term:

- Identifying two members of staff to become Healthy Movers Champions.
- Healthy Movers Champions to attend a one-day Healthy Movers course<sup>2</sup>.
- Healthy Movers Champions to attend four half-day interactive workshop to share good practice, discuss any challenges/barriers and identify potential solutions.
- Healthy Movers Champions to attend a one-day Stay n Play training session.
- Cascading learning from the Champions to colleagues

- Undertake assessments of the children's physical literacy at the start and end of the project using an assessment tool provided by the Youth Sport Trust to analyse progress against Early Years goals.

### In summary

Each Early Years setting will receive a bespoke package of support and resources from the Youth Sport Trust, **free of charge**. This is so much more than a physical learning tool. It will make a difference to the health and wellbeing of the children too by developing the knowledge, skills and confidence young children need to develop physically, socially and emotionally.

### For further information and to register your interest contact:

Adam Baker  
Strategic Lead for Physical Activity  
Public Health Suffolk  
Suffolk County Council  
E: [adam.baker@suffolk.gov.uk](mailto:adam.baker@suffolk.gov.uk)  
T: 01473 260821  
M: 07894 598296

<sup>1</sup> A national children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport.

<sup>2</sup> Format of training will be determined nearer the time based on circumstances but may be virtual, face to face or a mix of both.

# West Somerset Healthy Movers: Final Evaluation Report

## Introduction

The West Somerset Opportunity Area has received funding through the Department for Education, with Somerset County Council commissioning the Youth Sport Trust (YST) to deliver Healthy Movers alongside Futures for Somerset. Healthy Movers aims to increase children's self-esteem and wellbeing, and develop their physical literacy skills, which all help children gain a better start to their life. The project is being delivered in 15 early years settings across West Somerset. The project ran from October 2018 to March 2020. The following report presents the executive summary of the final findings from YST Research evaluation of the project.



## Research Approach

- Practitioners were surveyed at four time points: at the start of the project, at the end of the training, at the interim stage of the project and at the end of the project.
- Early Years Foundation Stage (EYFS) data and Physical Literacy Progress Assessment data for a cohort of children involved in Healthy Movers at the start, interim and final stages of the project.
- Five case studies produced, based on observations of Healthy Movers sessions, interviews with practitioners and intercept interviews with parents.
- Interviews with four key stakeholders

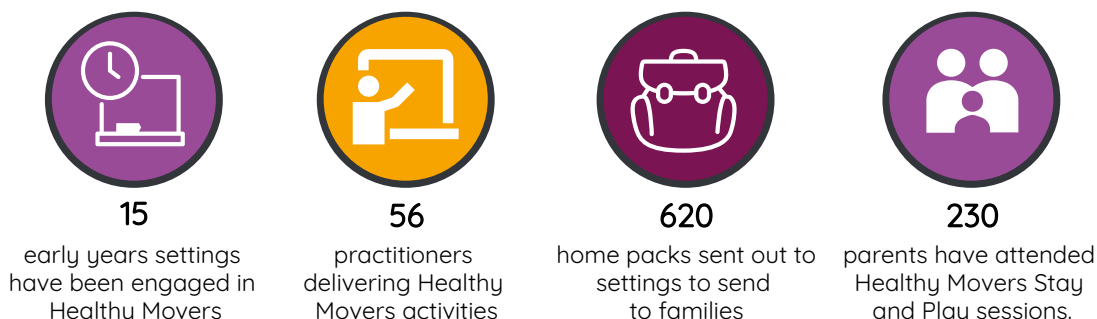


## Key Findings

### Project Activities



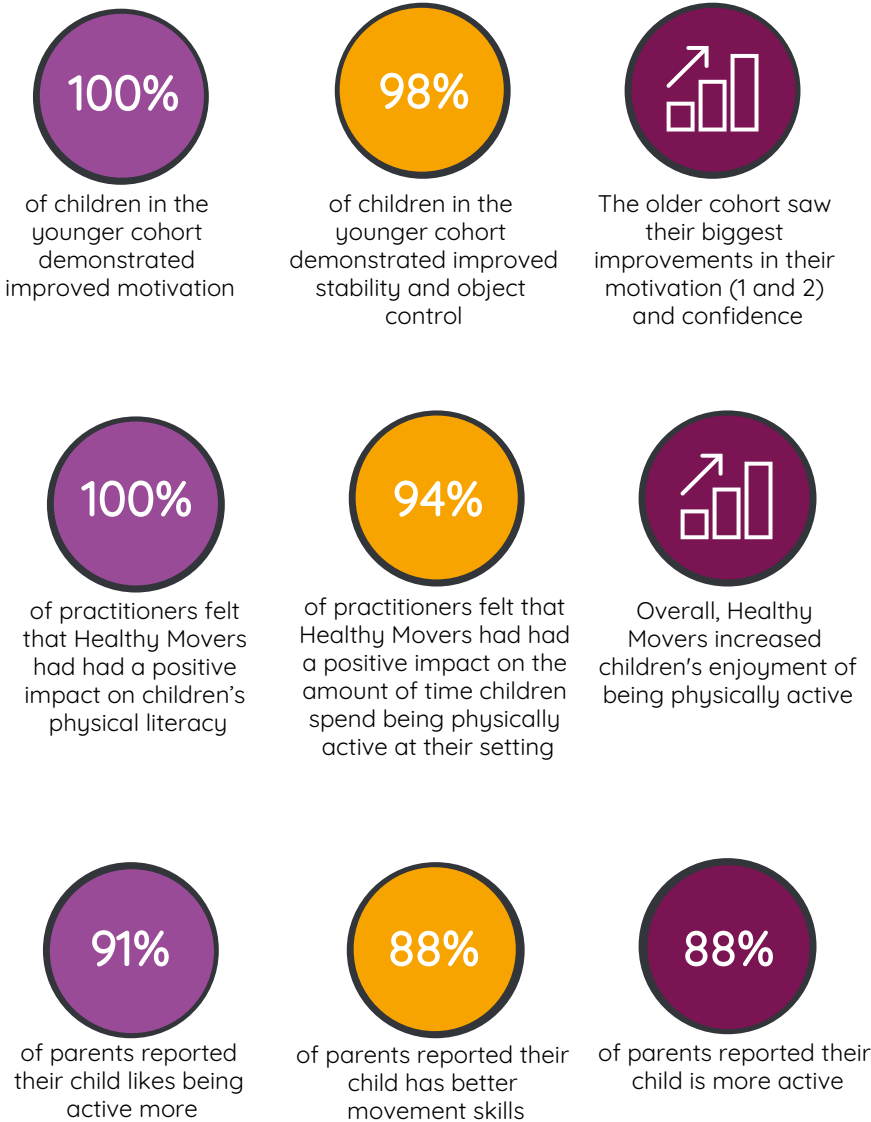
### Project Reach





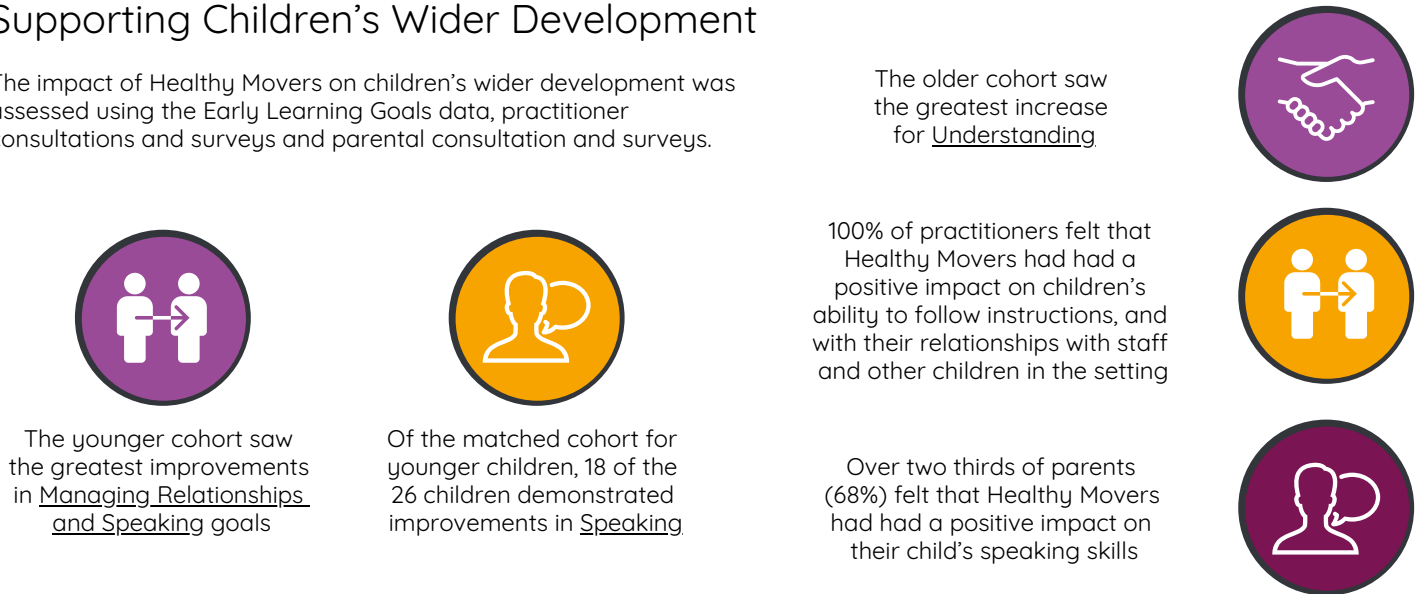
# Supporting Children's Physical Literacy

The impact of Healthy Movers on children's physical literacy was assessed using the Physical Literacy Assessment tool, practitioner consultations and surveys and parental consultation and surveys. Children were divided into two cohorts depending on their age, the younger cohort included children aged 22-36 months and the older cohort included children 37-48 months.

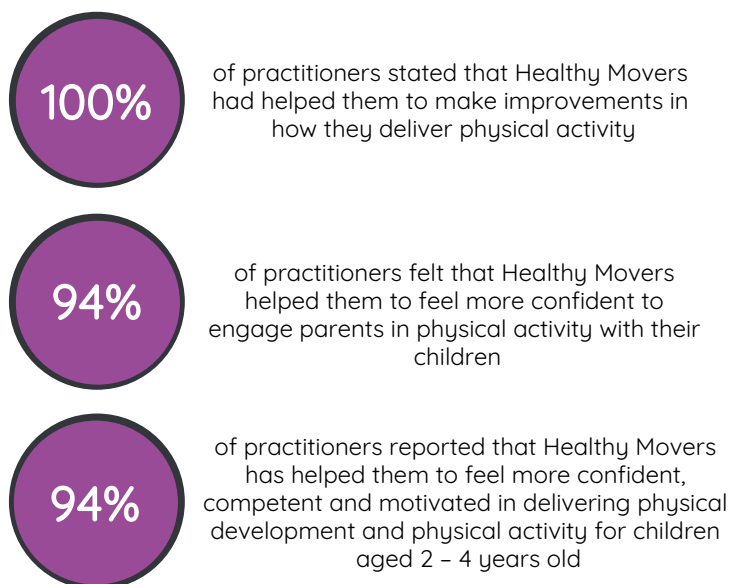


# Supporting Children's Wider Development

The impact of Healthy Movers on children's wider development was assessed using the Early Learning Goals data, practitioner consultations and surveys and parental consultation and surveys.



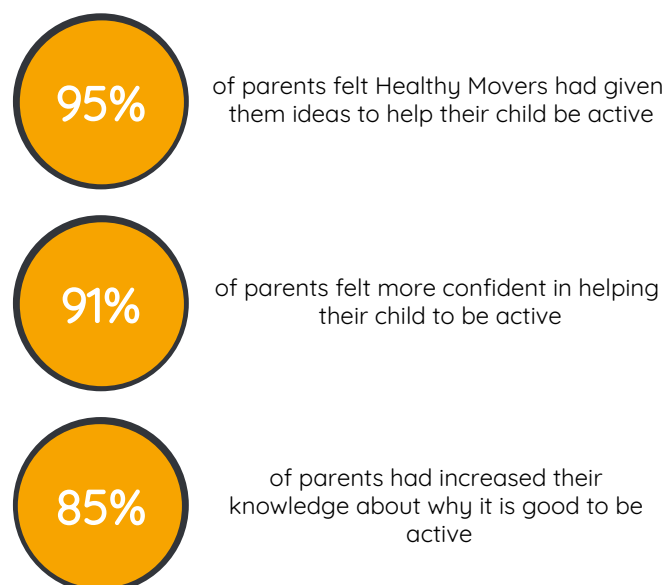
## Practitioners



“Healthy Movers has helped staff massively because it has given us ideas and inspiration for making physical activity fun, exciting and stimulating for the children. Healthy Movers provides such a variety of activities which is great because it actually caters for all of the children’s interests and abilities.”

Practitioner

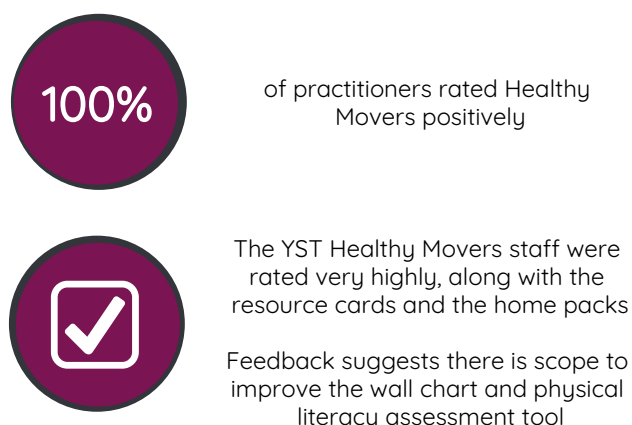
## Parents



“Parents confidence to come and join in with their children has really improved”

YST staff

## Views of Healthy Movers



“Healthy Movers has attracted attention and made people think differently...the outcomes go much further than we ever expected”

Julia Ridge, West Somerset  
Opportunity Area Lead

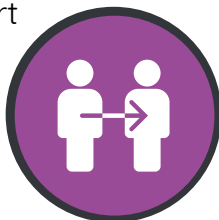
## What worked well...



2. Continual and personalised support from YST staff



1. Flexibility of the Healthy Movers programme



3. Opportunities to share practice



## Even better if...



2. Consider a local ambassador role



1. Increased flexibility in the YST staff visit schedule



3. Opportunity for digital resources



## Conclusions

This research has demonstrated that Healthy Movers has been successfully adopted by many settings in West Somerset and has had a positive impact on the type and level of physical activity that is delivered for children. Children have demonstrated improvements in their physical literacy and wider development, which in turn will improve their school readiness and future life chances.

As a result of Healthy Movers, practitioners are reporting feeling more confident, competent and motivated in delivering physical development and physical activity for children aged 2 –4 years old, with Healthy Movers inspiring them to make changes to how they deliver physical activity in their setting.

Healthy Movers flexible delivery and simple resources has enabled it to be easily embedded into settings daily practice, which has helped to make it sustainable, with all settings reporting that they were likely to continue delivering Healthy Movers.

The key success factors of Healthy Movers have been the YST Healthy Movers staff, who have provided ongoing mentoring to the settings, plus the flexibility of the resources and activities, which have been simple and inclusive. A unique and valued aspect of the project has also been the opportunity to engage parents in the activities.