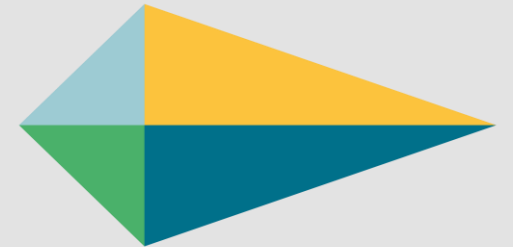


Enabling East Suffolk Communities

Nicole Rickard

Head of Communities



EASTSUFFOLK
COUNCIL

Working with East Suffolk Communities – our approach

Enabling

- Enabling communities to help themselves - doing things with, not 'to' or 'for' them

Data

- Helping communities to use data and intelligence to understand their area and assets better

Equality

- Taking the diverse needs of our ten protected characteristic groups into account

Inclusion

- Helping communities to target those who most need help, not those who shout loudest

Visioning

- Helping communities to think about and plan for their future

Collaboration

- Encouraging collaboration and shared learning between communities

People

- Focusing on people - individuals and families – as assets, as well as places and things

‘We Are East Suffolk’ Strategic Plan



ENABLING OUR **COMMUNITIES**

We will support our communities to enhance the places we live and work for the well-being of all

OUR PRIORITIES

Community Partnerships

We will facilitate community partnerships, to connect people and places at a local level, encourage collective problem solving and ensure a needs-based approach to delivering local solutions to local issues, building upon local assets. We will enable all East Suffolk voices to be heard.

Taking positive action on what matters most

We will use data and community intelligence as the basis for working with communities and partners to do the right things in the right places. This will mean less duplication, shared resources and a better experience for individuals, families and communities. We will take a targeted, place-based approach to tackling deprivation, hidden needs and the challenges of rural areas, helping communities to access the tools to identify and tackle their own needs.

Maximising health, well-being and safety in our District

We will provide the environment and opportunities for everyone to lead healthy, active, fulfilling and safe lives. We will connect people and communities together and help individuals and families to be more resilient, achieve their full potential and age well. We will ensure that our communities are safe, helping communities to address issues as early as possible.

Community pride

We want everyone to be proud of where they live and we will support this by helping communities come together around a shared sense of purpose, responsibility, place, care and respect for each other. We will support places to be culturally rich.

HOW WE WILL KNOW WE ARE DELIVERING

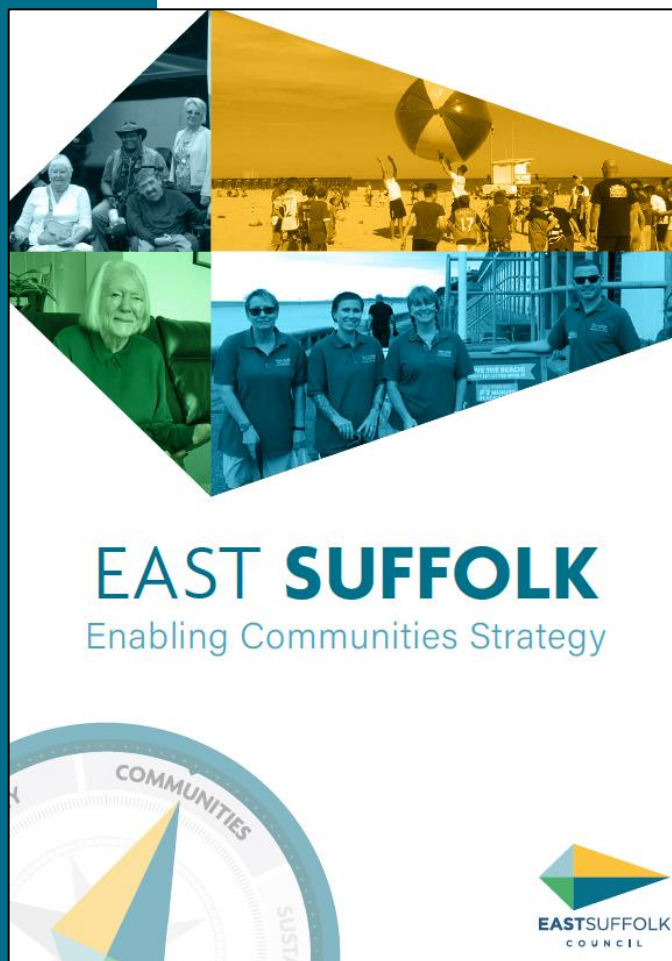
- Evidence based local project delivery addresses local priorities
- Successful delivery of Community Partnership projects and budgets
- Additional funding secured for East Suffolk communities

- Positive action reduces deprivation, including rural deprivation, and addresses hidden needs
- Equality of opportunity for individuals and communities
- Shared resources and delivery models with partners
- Community led housing and planning

- Improvement in mental and physical health and wellbeing
- Reduced social isolation and loneliness
- Improved resilience of individuals and families
- Housing needs are addressed
- Public health and safety is protected, including through regulatory services

- Increased involvement, participation and positive action by individuals and communities
- Successful events and activities to celebrate our diverse heritage and cultures

Enabling Communities Strategy, Model and Toolkit

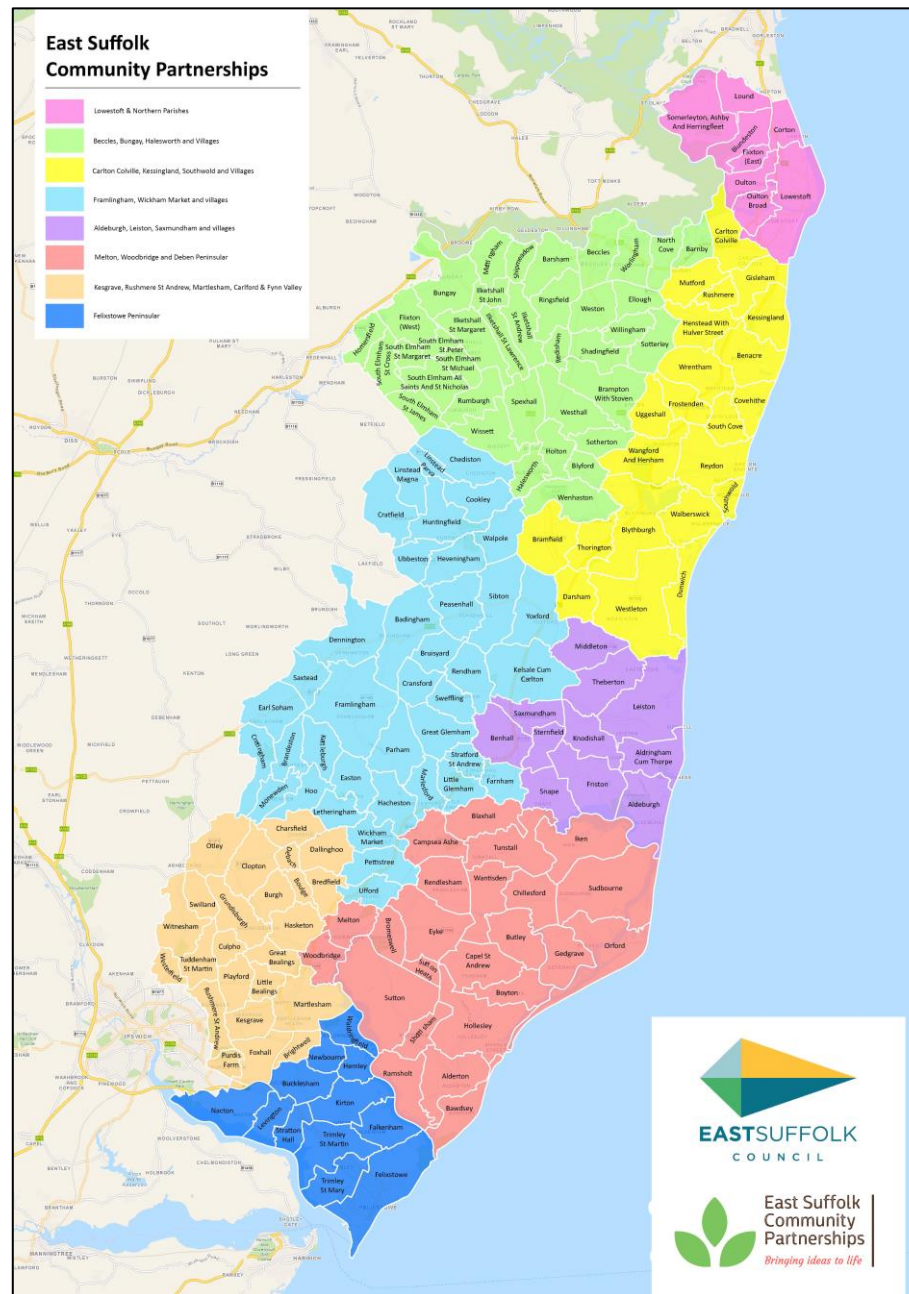


Step 1: What's Strong?	Map existing community assets (people, groups, buildings, money and things)
Step 2: What's Wrong?	Understand current (now) and future (later) needs
Step 3: What's the gap?	Identify the gap between your assets (what's strong), needs (what's wrong) and aspirations (hopes for the future)
Step 4: What's most important?	Agree what you want to achieve (outcomes) and in what order (priorities)
Step 5: What's the best solution?	Agree how to tackle your priorities (and achieve your outcomes)
Step 6: What help do we need?	Identify sources of advice, information and support
Step 7: What's getting in our way?	Identify and remove (or manage) any barriers or blockers
Step 8: Who can lead?	Identify community champions to lead your project. Give them the tools that they need
Step 9: Who can give time?	Find (formal or informal) volunteers and ensure you understand their skills and interests
Step 10: What resources do we need	Secure new resources or use existing resources differently
Step 11: Do IT!	Work together to make your project happen
Step 12: What difference have we made?	Measure and understand your impact. Celebrate your success!

Community Partnerships



**East Suffolk
Community
Partnerships**
Bringing ideas to life



- Eight Community Partnerships, each with a dedicated Communities Officer
- Jointly problem solve priority issues
- Launched with data and insight-led workshops in each CP area in 2019 to agree priorities
- Each CP has a total budget of £85k over 3.5 years
- Overarching Community Partnership Board with £1.05 million budget
- Huge range of projects enabled by Community Partnerships – from befriending schemes to virtual walks, libraries to EV minibuses





Home Pack- whole family approach



Free slipper swap

Are your slippers looking worse for wear? Then swap them for some new ones – for free!

Comfortable, warm slippers prevent falls and injuries - just provide your old ones and we'll exchange them for a brand new pair.

Available for older people living in **Beccles, Bungay, Halesworth & surrounding villages***

To register your interest or for further information please contact: **communities@eastsoffolk.gov.uk** or call on **01502 523 119**



Community Partnership Board priorities

- **Social Isolation and Loneliness**
 - Hidden Needs Grants - £90,000
 - Grandpads - £25,000
 - East Bags - £20,000
- **Transport and Travel**
 - Transport and Travel - £80,000 + £180,000
 - SCC Katch EV – CT Programme - £40,000
- **Mental Health and Wellbeing**
 - Well Minds East Suffolk (Mental Health) - £122,400
 - Student Life – Mental Health Peer Ambassadors - £15,750
 - SPOT Wellbeing - £12,600
 - Access Community Trust Hoarding - £22,500
- **Covid Recovery**
 - Covid-19 Community Fund - £20,000
 - Bounce Back VCSE grants - £100,000
 - CAS – Buddy Up - £10,368
- **Tackling Inequalities**
 - Ease the Squeeze Cost of Living - £100,000
 - CAS Volunteer Pathways - £30,827
 - MENTA – Ambitions to Employ - £25,000
 - East Coast College – Energise - £18,000

SUMMER 2022 YOUTH VOICE REPORT
Beccles, Bungay, Halesworth & villages

During this term, we received a variety of different issues and ideas. We got responses from across the patch – the three towns plus villages like Loxley and Reddisham.

Thank you to all who participated – please keep sharing your opinions and solutions through Youth Voice! The views and comments will be shared with the right people in the area.

38% Of comments related to having more places to go and more things to do.

It was mentioned about having more places where young people can go and meet up like astrofurfs, play areas with football pitches (with nets or goals) and places away from the road. It was also mentioned about more activities and events for young people (and teenagers in particular) to gather once in a while and enable them to meet people and do activities.

14% Said they wanted to see improvements to local play parks and add more features to parks

10% Said about encouraging walking and physical exercise.

10% Said they wanted better public transport so they could access activities.

10% Said they wanted more support around mental health including people students can talk to.

AND

We also received comments about:

- Indoor swimming pool
- Importance of Youth Clubs
- Making safe spaces for young people
- Leisure facilities
- A wildlife park to have a moment's peace
- Feeling of safety
- Walkways
- Overgrown hedges
- Making Beccles Common better

We will share these suggestions and comments with the right organisations!

LOCAL NEWS

The Community Partnership contributed funding alongside Halesworth Town Council and Councillor Terry Osborn to fund youth research in Halesworth. Access Community Trust were commissioned to carry this out and this will provide us with information about what to do for young people in the town and surrounding areas.

C02 - Community Grant Schemes

Enabling Communities Budgets – to support grassroots community projects

- £7,500 per Councillor, full spend in 2021/22

East Suffolk Boost Grants – set up in 2021 following the Covid-19 pandemic

- Five themes - Disability, Being Active, Sustainable Food, Dementia and Mental Health and Wellbeing
- 50 projects funded totalling £193,606

Community Partnership Small Grant Schemes	2019/20 and 20/21	2021/22
Aldeburgh, Leiston, Saxmundham and Villages	£761	£1,390
Beccles, Bungay, Halesworth and Villages	£6,274	£10,880
Carlton Colville, Kessingland, Southwold and Villages	£3,930	£13,056
Felixstowe Peninsular and Villages	£5,230	£5,588
Framlingham, Wickham Market and Villages	-	£27,690
Kesgrave, Martlesham and Villages	£10,818	-
Lowestoft and Northern Parishes	£10,805	£9,750
Woodbridge, Melton and Deben Peninsular	£20,556	£13,974

Covid Recovery Action Plan

- 'Introduction to Mental Health First Aid' training for communities
- 'Working with those in Distress' training for communities
- Domestic Abuse Advocates training for communities
- Social Prescribing for Young Adult Carers
- 'Finding My Way' support for carers with complex needs
- Pilot Hoarding project
- Robot Puppies and Kittens for people with dementia
- Lowestoft Food Network and Pantries
- Chat Benches and Virtual Mile walks
- Extended Period Poverty and Youth Voice initiatives
- Boost Grants

#VolunteerSuffolk
BE AMAZING. BE A VOLUNTEER.

East Suffolk is a beautiful place to live, work, visit & volunteer

Have you considered volunteering?
"My confidence is growing, the skills and practical experiences I'm gaining are priceless!"

"The roles and opportunities are endless, whether you have an interest in fundraising, befriending, food, families, young people, remote volunteering or even becoming a trustee, there is an opportunity for you."

Experience the beauty and caring nature of East Suffolk by becoming a volunteer

www.volunteersuffolk.org.uk

Today, volunteering has never been so important: people from all walks of life, ages and backgrounds are giving their time to help others.

Volunteers are at the very heart of our amazing Suffolk charities and groups, by giving their time volunteers are helping to build strong, sustainable communities.

Can you help support a Suffolk family as they navigate through difficult circumstances?
HOME START
In Suffolk

Home Start in Suffolk is a Family Support Charity, working with families with children aged 0-12 years.

This network of over 200 fully trained, compassionate, and non-judgemental volunteers, support families as they navigate life challenges, providing weekly 1-1 support through home-visiting, telephone or video call.

Click here to find out more >

Want to have an impact on reducing reoffending and preventing homelessness?
your own place

Become a Volunteer Mentor for a resident at HWF Women 16. Mentoring enables people facing complex barriers to avoid reoffending and to live independently. Your Own Place has a proven track record of turning successful and impactful mentoring projects and will support you every step of the way.

Click here to find out more >

Do you desire to share your enjoyment of nature with a captive audience? Are you willing to be outside in all weathers?
Suffolk Trust

Feobarn Farm welcomes enquiries from people interested in volunteering with their learning team.

Help with family activities & visiting school groups throughout the year at Feobarn Farm, Rendlesham Forest or at another local grounds. Volunteers can help as often or as infrequently as suits them.

Click here to find out more >

Citizens Advice is always looking for volunteers. You can help...

- ✓ To train as advisers
- ✓ Help with fundraising
- ✓ Office admin support
- ✓ Digital and online expertise
- ✓ PR and communications expertise

Click here to find out more >



**EASE THE
SQUEEZE**



- 70+ projects identified through four workshops against four priority themes:
 - **Money**
 - **Food and Essentials**
 - **Energy and Fuel**
 - **Housing**
- 12 priority projects identified through a voting process
- More than half a million £ secured
- UKSP Fund bid submitted for £228k



EASE THE SQUEEZE
WORRIED ABOUT THE RISING COST OF LIVING?



Come to our Money Roadshows for free professional advice on how to Ease the Squeeze, including:

- Money saving tips
- Dealing with rising fuel costs
- Benefits advice
- Financial support and dealing with debt

Find out exactly what support is available for you and how to access it.

FOR INFORMATION, INCLUDING PRACTICAL SUPPORT, FUNDING AND ADVICE, VISIT WWW.EASTSUFFOLK.GOV.UK/SQUEEZE OR CALL 0333 016 2000

Have a confidential chat with a professional or arrange to speak with them at a more convenient time.

See overleaf for venues and times.

Project	Cost	Progress
1. Network of Warm Rooms	£77,780 + (1 year)	30 Warm Rooms confirmed
2. Food Network Coordinator	£100,500 (2 years)	Tender ready to go
3. Community Pantries	£45,000 (2.5 years)	Launch early December
4. Handyperson Project	£94,560 (18 months)	Admin support appointed
5. Cooking on a Budget Classes	£42,000 (2.5 years)	Launch January 2023
6. Cooking Equipment	£12,942	Stock of items available
7. Comfort Food	£32,200 (1 year)	13 agreed, Phase 2 launch 21/11
8. ID Document Fund	£2,000	Funding being allocated
9. Field to Fork – Kits / Growing Spaces	£77,380 (2.5 years)	Launched 21 November
10. Winter Warmth Packs	£11,500	Launch early December
11. Digital Projects	£5,400	10 Laptops ordered
12. School Uniform Banks	£24,000	To launch January 2023

DONATE TO EAST SUFFOLK COMFORT FOOD HERE

Comfort Food provides free meals to people in need, here and in other venues across East Suffolk.

Add £5 (or any amount) to your bill to buy a meal for someone who needs it.

CAN YOU HELP YOUR LOCAL COMMUNITY GROW ITS OWN FOOD?

With rising food and energy prices, many people in your community will struggle to feed themselves this Winter, with all the obvious problems that creates around both physical and mental health.

So East Suffolk Council is providing small grants to community farms, allotments and gardens to expand their capacity and engage local people with grow-and-eat projects that will feed communities and help people stay active and connected.



HOW IT WORKS

- We'll provide a grant of up to £2,000.
- You'll provide space for community growing projects - and the expertise to make them successful.
- You'll engage the local community to bring new people in to help grow on your land.
- The cheap, nutritious, sustainable food you'll share with the community will help keep people fit and healthy - and hopefully create a new group of green-fingered growers.

HOW DO I APPLY?

Just complete the simple form we've attached. If you need any help or have any questions, please see our Frequently Asked Questions on the reverse or email communities@eastsoffolk.gov.uk.

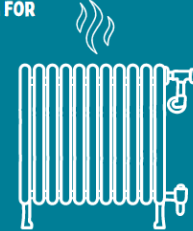
Please return your form to the same email address by midnight on Sunday 18 December 2022.



CAN YOU PROVIDE A VITAL WARM ROOM FOR YOUR COMMUNITY THIS WINTER?

With rising energy prices, many people in your community will struggle to heat their home in the Winter months. That will leave them at risk of poor physical health, due to the cold, and struggling with their mental health due to social isolation.

So East Suffolk Council is co-ordinating a network of Warm Rooms across the District to give people somewhere to come to stay warm, connected and healthy.



HOW IT WORKS

We need safe, inviting spaces that are heated for 6 hours a day, 2 days a week, for 22 weeks over Winter.

You can donate your Warm Room or we can contribute towards your heating and lighting costs and pay for hot drinks for your guests.

Your guests will be able to keep warm, socialise and access additional support from other providers where appropriate.

You'll make an enormous difference to people's lives at this difficult time.

HOW TO SIGN UP

Please complete the grant application form we've attached. If you need any help or have any questions, please see our Frequently Asked Questions on page 2 of this document, the Grant Guidance notes or email communities@eastsoffolk.gov.uk.

Please return your form to the same email address by midnight on Wednesday 12th October 2022.

WINTER WARMTH

Are you working with a resident or patient who is struggling to afford to heat their home?

Do you support families who sleep in one room as they don't have enough bedding to go round?

Would some simple items of clothing, bedding or draught-proofing make a difference?

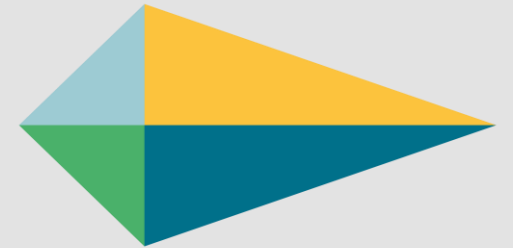
SUFFOLK WINTER WARMTH PACKS ARE NOW AVAILABLE

The referral process is really simple!

Using our standard form please:

- Record your details.
- Record the client's details (so we can get their consent to the information being shared with us and contact them to arrange delivery).
- Either select a standard winter warmth pack on the form (option A) or create a bespoke warmth pack by adding items (option B)
- If you cannot access the webform we can supply in alternative format to then email to winterwarmth@eastsoffolk.gov.uk requesting a copy.

Any Questions?



EASTSUFFOLK
COUNCIL