

Welcome to our March newsletter.
Our aim at keeping all residents informed about the current key issues and achievements of the East Suffolk Council.

Community Partnership
Aldeburgh Leiston Saxmundham and parishes
Forward Work Planning

The ALS CP has made some fantastic commitments over the past financial year to community projects and initiatives.

The three priorities remain the same, but we now need to drill down to have some detail as to what they mean, where there are some gaps and what the CP can do to support either existing providers or developing something new to meet the demand.

Data to evidence this need would greatly help the justification for funding allocation and is an important driver.

Proposal

- Members of the CP to volunteer to join a tasking group for one of the priorities
- Encourage local groups who could assist with the priority from the patch to join the tasking group
- Members of the tasking group to meet and discuss: -
 - What does the priority mean, can we make the priority more specific (i.e. Targeting ages, conditions, gender etc)
 - Where can the CP support this priority?
 - What is the data behind this?
 - Produce an action plan for each group to be discussed at the next CP meeting – to be a workshop.

Priority	Lead	Members/ Suggestions	Other opportunities
Education, opportunities and aspirations.	Helen Wade (FIO)	Cyds - Stuart Watson cydsproject@hotmail.co.uk Mel Geater - Leiston Primary m.geater@avocetacademy.org Lesley Hill – School Governor lesleyhill45@gmail.com Sharon Harkins – Health Projects Officer Sharon.harkins@eastsuffolk.gov.uk	INT collaboration

‘Talking Benches’ are clearly marked to show that by using the bench you are happy to have a conversation with someone new, potentially reducing isolation and loneliness. Other benefits we have identified include; a nice place to sit in a scenic area, an ice breaker for those sitting on the bench to spark a conversation, can be incorporated along a walking or exercise route and gives lesser abled people increased confidence to walk and get exercise knowing there is a rest point. They are a long term investment that adds to the provision in the local area, require minimal maintenance and have been seen to be popular elsewhere. Town/Parish Councils would be offered up to 2 Chat Benches for their area along with minor requirements such as appropriate promotion of the scheme. The bench would become the property of the Town/Parish Council. In the spirit of partnership working the receiving Council would arrange for installation, ongoing maintenance, and

appropriate promotion. The current suggestion is that the purchased benches are made of recycled materials to reduce environmental impact and improve their longevity. Locations:-

Leiston – Post Office Square/ Library
Leiston – High Street Cinema
Aldringham – Mill Hill Play area
Aldeburgh – Kings Field
Friston – Village Green
Middleton- cum- Fordley – Village Green
Saxmundham – Memorial Field or Fromas Green
Knodishall - location TBC
Theberton – Playing Field
Eastbridge – Playing Field
Snape – Village Green

Luke Bennett (LB) updated the meeting on the most recent board meeting and highlighted the following points · Zoe Botten (ZB) gave a presentation on the work of this partnership and the work that had been going on in this area, particularly around partnership working and mental health. · The Boards mental health task and finish group updated the meeting. · The Boards tackling inequality task and finish group had met and would be reporting to the Board in June. This group would also cover fuel poverty issues. ·

Community transport was being expanded into this area ACTION – ZB and LB to email group

Copy of CP presentation and Board mental health report.

The Community Partnership raised the following points · Whether a mental health first aid course could be run through the Community Partnerships, as this was becoming an increasing concern · Whether this Partnerships priorities should also include fuel poverty and the cost of living, and how the Partnership would be able to take advantage of ‘Levelling Up’ funding. · LB informed the Partnership that this was a Board priority as it was an issue in every area and encouraged this Partnership to feed ideas on this area to the Board through the Chairman Tony Cooper or Cllr Rainger. · Information on support that was available was being collated to be distributed to communities and would be shared with the group.

· The Partnership considered what could be done in the short term to tackle the issue of the cost of living and asked that individuals were identified and signposted to organisations that offered help. · ZB confirmed that the communities’ team did signpost people to assistance available via Citizens Advice and food banks, as did other organisations in the Community Partnership.

· The impact of food and fuel poverty on mental health should be considered by the Partnership as part of the mental health priority.

· The Partnership raised the importance of local businesses such as hairdressers, shops and pubs in distributing information, leaflets or posters should also be delivered here to ensure greater reach

ACTION – LB to feedback the Partnerships points on fuel and food poverty to the Board. ACTION – ZB and LB to arrange for leaflet on help available to be sent to communities for distribution, or to collate a new leaflet if an appropriate one was not available. ACTION – ZB to email information on support available from the Council and other organisations, CP members to distribute to their networks.

Consideration of the Community Partnership's Projects Talking Benches Eleven benches had been requested, and an additional £2800 would be required in addition to the £1500 already allocated. ACTION – The Community Partnership agreed to provide an additional £2800 of funding to provide eleven talking benches Healthy Movers ZB updated the partnership on the project. A minimum of ten locations would be needed and if the minimum number of locations could not be found within this area the project would be expanded to Framlingham. Project did cover all the priorities and would engage both parents and children. As the project trained teachers it could be run over a number of years and reach more children.

ZB confirmed that the cost to the Partnership would be a maximum of £5000, and an additional £8000 of funding would be received from Suffolk County Council. ACTION – The Community Partnership agreed to provide £5000 of funding to the Health Movers project.

Update on CP Projects Leiston Early Minds Project Mel Geater (MG) explained that the project targeted a particular year group where 60-70% of the children were identified as vulnerable and where staff had commented that they had never before seen this level of mental health need. The project was to help with a mental health crisis in this year group. The first sessions for staff had happened in February, and all teachers and support staff were able to attend. A document covering the initial feedback had been shared with the Partnership. Staff had commented that following the sessions with Mind, the language around mental health from children had changed and they were using language rather than action to get support. Number of behavioural issues had also dropped. The next step would be to expand the help to families as children were becoming increasingly aware of problems within their families. This session would be purposefully held in person to help break the stigma around mental health. It was clear from this project that there was a need to be able to signpost parents to mental health support, and that children's mental health could not be considered in isolation. MG had been discussing the project with other schools and encouraging them to consider repeating the project. There was a whole school package available for £8000 which embedded some preventative skills for managing mental health as part of the curriculum. There was discussion about whether it would be preferable to repeat this project in a number of other schools or whether to run the one project in Leiston. The Partnership suggested that £10,000 was ring fenced so that the project could be repeated in other areas, to help address the crisis in child, family and teacher mental health. The project would be revisited next year to look at a whole school preventative approach.

The project would also be highlighted to the Community Partnership Board. ACTION – The Community Partnership agreed to ring fence £10,000 to enable the early minds project to be repeated in other schools. ZB and MG would contact other schools who were interested in running the project. Dental Health Project ZB suggested a project in high schools in partnership with the County Council to focus on dental health and hygiene. It was also suggested that the local CO-OP be contacted and asked to donate toothbrushes and toothpaste. There was a discussion about community dentist provisions. Dentaaid did visit the area, but community dentist provision at Aldeburgh hospital had stopped during the pandemic. ACTION – The Community Partnership agreed to provide £1000 to the dental health project.

Core membership The Partnership considered their membership. ACTION – ZB to contact the Citizens Advice Bureau with regards to attending future meetings.

AOB The Partnerships three priorities were: ·

Encourage and enable everyone to be more physically active and healthy. ·

Reduce social isolation and loneliness, particularly carers, older people and men over 40.

Education, opportunities, and aspirations.

ACTION - A task group would be set up for each priority to look at it in more detail and see what more could be done around the priority in this area.

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Priority Lead Members/ Suggestions Other opportunities

Encourage and enable everyone to be more physically active and healthy.

Reduce social isolation and loneliness, particularly carers, older people and men over 40
Sharon Cuthbert (Approached)

INT collaboration (Joss Mullett) The Art Station Community Connectors Education, opportunities and aspirations.

Helen Wade (FIO) (Approached) Cyds (Approached) Mel Geater or school rep INT collaboration Sharon Harkins

Parking;

Fed up with people parking on double yellows etc then please click the following link to report any parking issues.

<https://www.eastsuffolk.gov.uk/.../parking-management.../>

East Suffolk Council budget approved

The Council's budget for the 2022/23 financial year has been approved, and as part of our commitment to improve the lives and outcomes of local people, finance has been approved for a

range of different areas, including £3.35m for economic development and regeneration, £2.46m supporting and enabling communities and £2.39m for our housing services. The budget also includes a further £428,000 to support our green agenda, as part of our pledge to be carbon neutral by 2030

Dates announced for markets in Beccles and Leiston

Two festival-style markets are taking place as part of the First Light Market Place project:

Beccles

‘Wild About Art’ market takes place tomorrow (5 March) between 10am – 2pm The market will be a family-orientated, celebratory event based around art in all its forms. Located mainly within the New Market area of the town, the centre piece will be a set of three life-size marsh ponies created by local artists Sarah Cannell, Rachael Long and Andy Jarrett. A family walking trail linking the three ponies with 12 other hand-crafted ponies and 50 smaller ones will take place across the town. In addition, there will be a makers’ market, hands-on family activities and street entertainment as well as locally-sourced food and drink, all creating a mini festival feel to attract local as well as out-of-season visitors.

Leiston

The ‘Discover Leiston’ market takes place on Saturday 26 March between 10am – 2pm The market will celebrate the opening of the new Church Community Garden and include a number of eclectic musical performances, a makers’ market, plants and vintage stalls as well as antiques and crafts stalls hosted at the Long Shop Museum. Street entertainers, Dance.

Cllr Tony Cooper,

- Aldeburgh Leiston Ward East Suffolk Council
- (Tony is a member of Leiston cum Sizewell Town Council).
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Cllr Russ Rainger

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Cllr Tom Daly

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