

WORKSHOP AND SEMINAR DESCRIPTIONS

Bringing Ideas to Life – The East Suffolk Community Partnership Annual Forum

Friday 3 March 2023, 09:00 – 14:00

Trinity Park, Felixstowe Road, Bucklesham, IP3 8UH

SESSION 1 (10:25 – 11:25)

What else can we do to ‘Ease the Squeeze’ on East Suffolk residents? (Workshop – NACTON ROOM)

Melissa Matthews, Head of Audience Engagement, Suffolk Libraries,
Sue Collins, Chair of Trustees, Bungay Community Support,
Laura Parsons-Mann, Lead, Hygge at the Hut
Nicole Rickard, Head of Communities, East Suffolk Council

The workshop will include a showcase of just a few of the amazing projects set up by groups in East Suffolk to support local residents, including the Suffolk Libraries ‘Be Kind In Kind’ campaign, Hygge at the Hut in Sweffling and the Bungay Community Support food hub. The workshop will explore some of the projects supported through the Council’s Ease the Squeeze programme – looking at lessons learned and future plans. Then we will work together to consider, as we (hopefully!) move out of Winter 2023, what else can we collectively do to help those who are struggling to cope with the rising cost of living to help themselves?

The challenge of Rural Proofing – and how to address those challenges (Workshop – ROOM 2)

Frances Bedding, Head of Partnerships & External Relationships and
Sarah Mortimer, Senior Manager Community Engagement, Community Action Suffolk

This workshop will include an introduction to the concept of rural proofing and how it has been applied through the East Suffolk Community Partnerships. This session will include case studies of where rural proofing techniques have been applied.

There will be an opportunity to identify the barriers that you may have experienced with thinking about and/or applying rural proofing, and then an opportunity to think about how those barriers can be addressed. This will be within the context of the four key Community Partnership priorities of isolation & loneliness, transport & travel, mental health & wellbeing, and financial inequality.

Preventing mental ill health in East Suffolk (Workshop – ROOM 1)

Jon Neal, Chief Executive, Suffolk Mind

During the Covid19 pandemic, the number of people that were experiencing stress and were at risk of mental ill health doubled. It used to be one in four of us – now it’s more than half.

The invasion of Ukraine and consequent increases in domestic bills saw mental health continue to decline. But recent data is showing some signs of recovery.

- How can we build on those early signs of recovery?
- What barriers can we overcome to enable our local communities to meet their emotional needs and stay well?
- How can we reduce demand on over-stretched mental health services?

Suffolk Mind has been working with Public Health to measure wellbeing across our district. In this workshop, Jon Neal will present some results from the project, and facilitate some action-planning to look at what we might do in response to the findings.

**Combating the shortage of care and support needs through the creation of
Community Micro-Enterprises** (*Workshop – FOXHALL ROOM*)

Joseph Young, Community Catalyst (North), Jayne Vaughan, Community Catalyst (Ipswich & East),
Katy Murray, Community Catalyst (Ipswich & East) and Veronica Breeze, Community Catalyst (West),
Community Catalysts

The Community Catalysts project works with local people to support them to establish their own community micro-enterprises (CMEs), to offer care and support to older people so that they can remain in their own homes and communities. By helping to increase the number of care and support options, it is helping to prevent the need for crisis interventions, which can be a result of a lack of care provision. Come and hear about the project, as well from someone who has set up a CME, and one of their customers, who has procured the services and how their experience has been.

The workshop will incorporate an exercise to help you identify fundamental basic needs, which contribute towards a fulfilling and good life, as well as exploring what needs to be in place for this to be achieved within your home and local community.

Youth Matters (*Workshop – BUCKLESHAM ROOM*)

Young people from East Suffolk

Poppy Lovell, East Suffolk Youth Development Officer, Community Action Suffolk

Caroline Rutherford, Charity Manager, Just 42

Sharon Harkin, Communities Officer, East Suffolk Council

This interactive workshop aims to challenge your perceptions of life as a young person in East Suffolk today. It has been prompted by data collected in the East Suffolk Rural Youth Survey, funded by East Suffolk Council. We will take you back in time to recall your life when you were young, how did you play, what were your challenges? How do they differ from young people today? Hear first-hand from young people leading the session about the reality of their issues and what they want. In closing you will be invited to share one thing you would do differently going forward to support youth provision in your community. The workshop will be facilitated by young people and supported by East Suffolk Council Communities Team, Community Action Suffolk and Just42. There will be both table and general discussions and an opportunity to co-produce a 'word cloud' that reflects your youth challenges.

**The power of neighbourhood communication groups in building connection
and encouraging civic engagement** (*Workshop – MAIN PLENARY*)

Grainne O'Dwyer, Senior Programme Manager and Charlotte Zimmel, Researcher, Neighbourly Lab

In this workshop, [Neighbourly Lab](#), one of the UK's leading research organisations focusing on community, will present their ground-breaking findings about Neighbourhood communication groups (e.g. WhatsApp, Facebook, Nextdoor). These groups help residents to be more connected, more informed on local issues and events, and to save more in the face of the Cost of Living crisis through the sharing of surplus goods/food and low cost recommendations.

These groups also enable residents to be more involved in local decision making and community action, providing a new, two-way communication channel between residents and councils and the voluntary sector.

Neighbourly Lab will present their research into these groups. Then, working together, we'll brainstorm how we might encourage more groups to establish, and identify where groups already exist and how we can support them to flourish, driving huge benefits for communities, VCSE and local authorities.

SESSION 2 (12:00 – 13:00)

#VoluntarySoVital (*Workshop – ROOM 1*)

Hannah Reid, Deputy Chief Executive, Community Action Suffolk

Delegates will find out how the Cost of Living crisis is impacting on VCFSE organisations here in Suffolk, what support is needed, and how they can help the sector to navigate through challenging times.

The importance of reconnecting people to place (*Workshop – MAIN PLENARY*)

Marie Webster-Fitch, Economic Development Manager, East Suffolk Council
Joanne Chapman, Place Based Lead (Economic Development), East Suffolk Council
Jo McCallum, Town Development Coordinator, East Suffolk Council
Kay Bonning-Schmitt, Economic Development Programme Lead, East Suffolk Council

Our town centres are the heart of our communities. They provide places to meet, socialise and connect. Our high streets are often associated with retail, but our town centres are very much more than just shops, they are vital to our communities, they boost wellbeing and even benefit our mental health.

Join East Suffolk's Economic Development and Community teams to learn about the Town Revitalisation programme and help us to identify new and innovative ways of connecting our communities to their town centres.

Your Health, Your Community, Your Say! (*Workshop – NACTON ROOM*)

Shelly Ames, Senior Integration & Partnerships Manager, NHS Norfolk and Waveney Integrated Care Board
Steve Gray, Place Programme Lead (East), Suffolk County Council
Stuart Halsey, Integration and Partnerships Manager, East Suffolk Council

Everything you need to know about your local health structure and how to make sure you can influence local health services

As well as receiving an update on the development of new health structures (Integrated Care Systems) in East Suffolk, including the change from Clinical Commissioning Groups to Integrated Care Boards and formation of Integrated Care Partnership in July 2022 and the evolution of Integrated Neighbourhood Teams, this is your opportunity to help strengthen current and emerging partnerships involving statutory and Voluntary Community and Social Enterprise (VCSE) sector groups who are working collaboratively to meet the health needs of our communities, whilst also addressing health inequalities across the district.

Use it or lose it? Ideas for improving and sustaining rural transport in East Suffolk (*Workshop – FOXHALL ROOM*)

Sharon Payne, Regional Rural Transport Lead, Transport East
Jack Raven, Project Analyst (Sustainability), Sizewell C
Mags Lambert, Programme Manager, East Suffolk Council

We know it is harder for many rural residents to access education, training and employment by means other than car, leading to lower incomes, health inequalities and educational outcomes for many. We also know that community transport services in our small towns, villages and rural areas are more successful when they are well used and cherished by the individuals and communities they serve.

In this session you will be brought up to speed on work underway in East Suffolk to increase our community transport capacity, including some new and innovative projects being supported by the Community Partnerships.

You will then participate in a lively discussion where we will seek answers to what more we can all do to ensure our community transport services are well resourced, well used, and remain sustainable in the long term.

Outcomes from this session will also be used by the East Suffolk Transport and Travel Task Group.

Collaborating with young people on environment and climate change challenges

(Workshop – BUCKLESHAM ROOM)

Young people from East Suffolk

Emily Knock, Steering Group Member, Greenprint Forum

Daniel Wareing, Environmental Sustainability Officer, East Suffolk Council

Sam Kenward, Communities Officer, East Suffolk Council

The 2022 Youth Take Over Day focussed on environment and climate change. This interactive workshop will be led by young people from East Suffolk who are concerned about our environment. Delegates will hear the ideas students put forward during Youth Takeover Day and discuss how to work together with young people to deliver innovative community solutions to pressing issues like this and continue the conversation. The 'what?' and 'why?' have been provided by the young people but what about the 'how'? The session will explore the experience, expertise, knowledge and value stakeholders can bring to enliven ideas that young people have put forward and to carry forward momentum.

Funding: Snakes & Ladders! (Seminar – ROOM 2)

Nicki Bray, Grants Programme Officer, Suffolk Community Foundation

Louise Fairbrother, Financial Sustainability Officer, Community Action Suffolk

Kevin Wegg, Partnerships Funding Officer, East Suffolk Council

Life is not all about the 'money', but we all know how important it is, especially now. Representatives from Community Action Suffolk, Suffolk Community Foundation and the East Suffolk Council Funding Team will help guide you through the 'funding game'. Raising funds and keeping the head of your project, service or organisation above water is no joke of course. However, like it or not, if you are to stay 'in the game' and reach your goal, there are certain 'snakes' along the way you need to try and avoid and equally, 'ladders' of opportunity and tips to give you that all-important leg-up. It includes:

- What each Organisation offers and how we work together
- Sustainability & Community Involvement
- Ensuring your organisation/project is ready
- Income Generation / Funding Strategy / Planning
- Funding Panels – Demystifying them!
- Managing your own Expectations
- What makes a good funding application? 10 Top Tips!

Q&A sessions will follow each speaker.