

WORKSHOP AND SEMINAR DESCRIPTIONS

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

Friday 22 March 2024, 09:00 – 14:00

Trinity Park, Felixstowe Road, Bucklesham, IP3 8UH

SESSION 1 (10:25 – 11:25)

Our Authentic Selves (*Workshop – ROOM 2*)

Andy Fell, LGBTQ+ Youth Service Director, Outreach Youth
Chloe Lee, Communities Officer, East Suffolk Council

A workshop on LGBTQ+ in East Suffolk, celebrating our diverse community and being our authentic selves. A space to ask those awkward questions, gaining understanding and knowledge, to take forward in our professional and personal lives.

We're Going on a Bear Hunt!!! (we're not scared, anxious or isolated today) (*Workshop – ROOM 1*)

Phil Aves, Change Manager, Lowestoft Rising
Simon King, Suffolk VASP Coordinator, Healthwatch Suffolk
Claire Taylor-Haigh, Projects Coordinator and Waveney VASP Chair, Women Like Me

The Waveney and Suffolk Coastal VASP's will take you on a walk around the grounds in the famous "We're going on a Bear Hunt" style of "WalkShop". Better than a workshop or a seminar.

Get fresh air and a good walk about as we discuss how the 5 Ways to Well-Being can be used to help lift Mental well-being in simple practical ways. Looking at Tips, Barriers to access, and how everyone can play a part in getting people active and connected with simple STEPs (pun intended). The walk will stop at points to bear from Phil, Simon and Claire the VASP co-chairs as there share their experience of using the 5 ways to well-being to help us all combat poor mental health. And demonstrating in a fun way that a walk in the park can be just that!!! Plus, you will sleep that night. Bring suitable coat and shoes for a walk.

Tackling Inequalities in Our "Transport Deserts" Through Community Led Transport (*Workshop – BUCKLESHAM ROOM*)

Simon Barnett, Integrated Transport Manager, Suffolk County Council
Dan Clery, Deputy Cabinet Member for Economic Development and Transport, East Suffolk District Council
Sharon Payne, Regional Rural Mobility Lead, Transport East

East Suffolk has seen a dramatic loss of commercial bus services over the past 25 years and this trend is unlikely to be reversed anytime soon. What is clear is that for transport to be effective going forward it will increasing need to be owned and championed by the communities it serves.

The most successful community-based transport schemes are not just about moving people from A to B. they are about tackling inequalities by empowering individuals to access education, employment, healthcare, and social opportunities, be that by minibuses, mopeds, voluntary car schemes, community taxi's, shared bikes, rickshaws or more!

In this session delegates will be brought up to speed on the renewed focus on community-based transport both regionally and more locally. A significant amount of time will also be given over to discussion, to explore what kind of transport our communities actually want and what role each of us can play to help make it happen.

Environmental Inequalities - valuing nature in the public realm (*Workshop – NACTON ROOM*)

Daniel Wareing, Environmental Sustainability Officer, East Suffolk Greenprint Forum

Paul Mackie, Lead Officer (Climate Change & Environment), East Suffolk Council

Rachel Smith-Lyte, Cabinet Member for the Environment, East Suffolk Council

It is proven that spending time in green space or bringing nature into your everyday life can benefit your mental and physical wellbeing, yet inequalities exist in people's access to natural space.

Many organisations both public and private, have established new, nature-friendly practices of managing areas of land under their control – including low-mow practices, permitting nature to recover during spring and summer.

Often connected to organisations' response to the climate emergency and the biodiversity emergency, these practices can also have a direct benefit for biodiversity at neighbourhood level, upon which the health and wellbeing of those neighbourhoods – and humanity ultimately relies.

This workshop will explore how we can demonstrate the net impacts of these policies for nature and the health and wellbeing of our communities. Some people still question this approach, so how can we encourage active care for the nature in our neighbourhoods, and promote community ownership of these ideas?

Tackling Inequalities – how do we reach out earlier and further to support those who need support?

(*Workshop – MAIN PLENARY*)

Chiara Saunders, Chief Executive Officer, Citizens Advice East Suffolk (CAES)

Megan Clifford, Senior Financial Inclusion Officer, East Suffolk Council

The workshop will be presented jointly by East Suffolk Council's Community Help Hub and Citizens Advice East Suffolk and will explain the type of support available to residents across our community and the benefits of early intervention work. We will discuss how people with needs can be recognised and supported in the community and how to access services on their behalf. We will look at how to start a conversation with someone that needs help. The workshop will build on this by looking at case studies and discussing how support and advice services can share news of their work across the community.

Population Health Management (PHM) – what is it and how can we use it to support our communities?

(*Workshop – FOXHALL ROOM*)

Stuart Halsey, Integration and Partnerships Manager, East Suffolk Council &
Suffolk and North East Essex Integrated Care Board

Lewis Spurgin, Population Health Management Analytics Manager,
Suffolk and North East Essex Integrated Care Board

Ageing populations and rising patient expectations, together with increasing costs and budget constraints for health and social care, is putting enormous pressure on the sustainability of the NHS. PHM, a patient centric, data driven approach, has been recognised as key to delivering a sustainable health and care system, and improving the lives of the English population. PHM brings together an understanding of the health needs of a given population using analytics, patient engagement, and health and care insights.

A workshop led by Suffolk and North East Essex Integrated Care Board on how PHM data is currently transforming the way the system works, by enabling a range of partners to jointly target specific long term conditions for better outcomes for our population.

An exciting opportunity to focus on community trends and collaborate to identify opportunities to how we might confront health inequalities in our community.

SESSION 2 (12:00 – 13:00)

Young People's Mental Health – the challenges and the opportunities (*Workshop – FOXHALL ROOM*)

Kevin Woods, Compass Mentoring & Schools Work Coordinator, Just42
Lynette Halpin, Compass Mentoring & Schools Work Coordinator, Just42

In this interactive, activity focussed workshop delegates will be given the opportunity to IDENTIFY the challenges and pressures our young people face using both national and local data and the AFFECTS these have on their mental health and general wellbeing.

Using Just42's knowledge and experience as a springboard for discussion delegates will then have the chance to EXPLORE the ways in which in our own contexts we can CONNECT and RESPOND to these challenges and needs in a way which PROMOTES building resilience, coping with change and inevitable life experiences.

Delegates will also be given time using activities (tried and tested with our young people!) to explore their own Mental Health and Wellbeing.

Reducing Isolation and Improving Mental Wellbeing Through Community Leisure and Sport

(*Workshop – MAIN PLENARY*)

Tyler Beales, Project Officer, Active Suffolk
Jamie Hynard, Contracts Health and Wellbeing Manager, Places Leisure
Lee Drewery, Contract Active Communities Manager, Everyone Active

Join Active Suffolk, East Suffolk Council, Everyone Active and Places Leisure in this interactive session, where you will hear about the different initiatives that showcase how being active within a supportive community can have a positive impact on mental health. Through engaging discussions and practical activities, you will learn about the benefits of physical exercise, the power of social connections, and the role of teamwork in fostering a sense of belonging and purpose. This workshop will also provide valuable insights into how community programs can serve as a potent tool for combating loneliness and promoting mental wellness.

Active Travel – shifting the debate (*Workshop – NACTON ROOM*)

Carl Ashton, Transport Planning Manager, Suffolk County Council
Anthony Taylor, Senior Planner (Policy & Delivery), East Suffolk Council
Chris Taylor, Volunteer, Quiet Lanes Suffolk

Active travel means getting about in a way that makes you physically active. The term is often used interchangeably with walking and cycling, but active travel also includes trips made by wheelchair, mobility scooters, adapted cycles, e-cycles, scooters, as well as cycle sharing schemes. It usually means short journeys, like walking to the shops or local school, cycling to work or to see friends and family, or cycling to the train station. Many journeys' people make using cars are under 5 miles, so there's real potential to swap the car for active travel if conditions are right.

In this session delegates will be updated on current active travel projects in Suffolk. Ample time will also be given over to a workshop session for you to help shape thinking about how our communities and organisations can work together to promote more active travel in East Suffolk.

Perspectives on Poverty (*Workshop – BUCKLESHAM ROOM*)

Nicole Rickard, Head of Communities, East Suffolk Council

The workshop will include a range of different inputs, information and question and will be in a 'World Café' format (with treats!). Key inputs will include the key findings of the 'Poverty Proofing the School' Day report, perspectives on the links between poverty and disability, and stories from those with lived experience of poverty. The focus of the World Café (the interactive part of the session) will be on what works, what we can collectively do better and what else can we do in East Suffolk to support our residents and communities.

Untapped Potential? Partnering with Faith Organisations for the Benefit of Our Communities

(*Workshop – ROOM 1*)

Gemma Fraser, Communities Officer, East Suffolk Council

Alice Wade, Head of VCFSE Organisation Development, Community Action Suffolk

Trevor Smith, Head of VCA, Community Action Suffolk

Sally Gaze, Archdeacon for Rural Mission, Church of England

In January 2022 Community Action Suffolk switched from representing the VCSE sector to VCFSE, recognising the vital role that faith organisations and groups play in serving our communities. There are strong partnerships that already exist in much of the district but the potential for improvement is great. In this workshop we will look at the following questions:

- What barriers are there to partnership between faith organisations, statutory bodies and VCSE groups?
- How could we overcome those barriers to build stronger relationships?
- How can statutory bodies harness the innovation and solutions from faith organisations?
- What conditions need to be in place for statutory bodies to commission services from faith organisations?

We'll also have a look at examples of implementation of The Faith Covenant ([The Faith Covenant - APPG on Faith and Society](#)) and discuss the potential for development in East Suffolk.

The Future of Tech in Rural Healthcare (*Seminar – ROOM 2*)

Darren Lewis, Research Senior Management, BT

Paul Putland, Research Manager, BT

Rural health challenges are well documented, with people living in rural communities having issues relating to accessing health and social care.

This will be a seminar looking at how future technologies can help those people in rural communities, from the art of the possible to very practical technologies today.

We hope that this session will provide some tangible examples of where technology is progressing to allow delegates to use this knowledge in planning their future activities.