

# Community Catalysts

## Introduction & Overview

Jayne Vaughan & Joseph Young

Community Enterprise Catalysts (Ipswich & East and Waveney)





# Exercise

- Identify fundamental basic needs, which contribute towards a fulfilling and good life for yourselves
- What needs to be in place for this to be achieved within your home and local community?



# Background

- Community Catalysts, a C.I.C. works with local authorities across the country
- Commissioned in Suffolk in 2020
- Help to set up community micro-enterprises offering care & support to older people enabling them to remain in their own homes
- A focus on rural areas



# How we work

- Provide advice and support to new and existing community micro-enterprises
- Signpost to other organisations for specialist advice
- Offer peer support opportunities
- Support for the length of the project



# 4 Catalysts: West, North and Ipswich & East

□ GP surgeries

▭ Parishes

▭ Clinical Commissioning Groups

## Home care areas

Eye / North West

Felixstowe

Saxmundham

South Rural

Stowmarket

Woodbridge

IP1 & IP2

IP3 & IP4

Bury Rural

Bury Town

Forest Heath

Haverhill

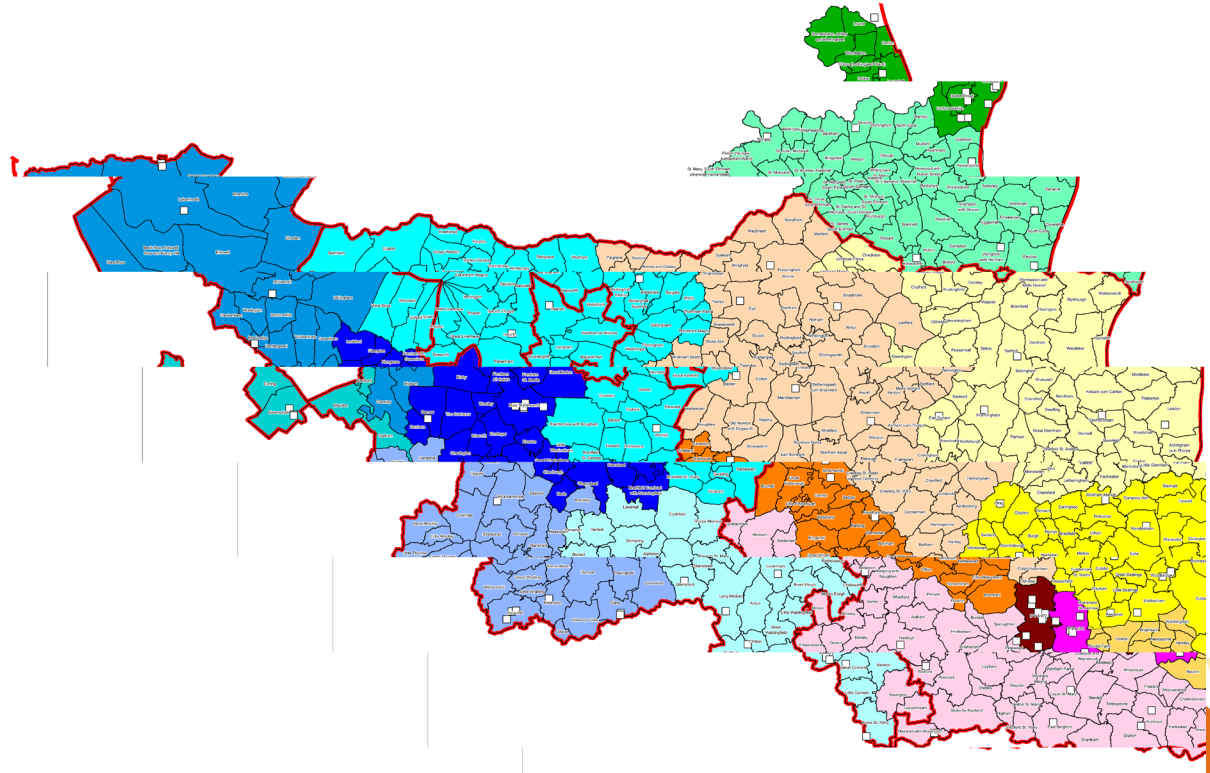
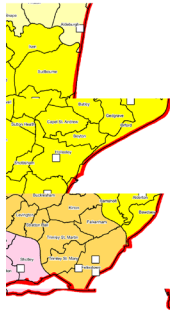
Newmarket

Sudbury

## GP hubs

Lowestoft

South Waveney



# Emerging and developing enterprises

- **Suzi:** Has a passion for working with people with dementia. She is setting up her CME to offer personal care in the East Suffolk area.
- **Lydia:** Is a single parent, who thought about moving out of care and into something else, until she saw the programme and felt it was a natural fit.
- **Lisa:** 20 yrs. experience of care and support work. Has ambitions to set up a care agency but wants to be able to deliver care in a more personalised way. Hearing conversations from people she currently works with is helping to shape her offer.
- **Sandra:** Is moving from HR into setting up a CME to offer personal care. She wants something more suited to having a young child, which requires flexibility.



# Emerging and developing enterprises

- **Carolyn & Kathy:** Been running cleaning businesses, which they now want to diversify into wider home help support, including a decluttering service in Lowestoft
- **Gugu:** Employed at Great Ormond Street with a clinical background, now wanting to work locally and flexibly, offering personal care and connections to community in Halesworth
- **Anna:** Professional background in finance, looking to establish a local enterprise that offers home help with a particular focus on teaching older people digital skills across East Suffolk
- **Mary:** Lots of experience working in care settings and trained in reflexology, now setting up an enterprise offering personal care in Southwold



# Going forward

- Increase the number of people developing CMEs to help support older people
- Increase the breadth of partnerships with stakeholders to achieve positive outcomes
- Positively impact the demand on adult social care
- Reduce social isolation and loneliness
- Support individuals' mental health and wellbeing by strengthening existing community networks
- Increase opportunities and aspirations for individuals wanting to start their own business





# Get in touch

## Offer care and support in Suffolk



We can help you to get set up working on a self-employed basis and provide support that you can be proud of!



FREE

### Find out more

We employ four local coordinators across Suffolk who can help you get started. Please just get in touch and let us know where you are based

Email us:

[SuffolkMicros@communitycatalysts.co.uk](mailto:SuffolkMicros@communitycatalysts.co.uk)

Visit:

[facebook.com/CommCatsSuffolk](https://www.facebook.com/CommCatsSuffolk)

Funded by Suffolk County Council and run by

**communitycatalysts®**

unlocking potential effecting change

