

Community Partnership Forum 2023

Cost of Living Workshop



What we are going to cover today

- Introduction – the Cost of Living crisis in East Suffolk
- Cost of Living Crisis – Challenges/Consequences and Current Activity
- Case Studies – Suffolk Libraries, Bungay Community Support, Sweffling Hygge at the Hut
- Table discussions
- Quick Feedback from each group
- Next Steps

MONEY ROADSHOWS 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.

ARE YOU, OR SOMEONE YOU KNOW, WORRIED ABOUT THE COST OF LIVING?

We are helping East Suffolk **Ease the Squeeze** on the cost of living by making it easier to find and access the support available.



If you can't access the website at home, you can contact us by phone on 03330 162000 or we have **digital champions** who can help you to get on line.

Appointments are available at the Marina Centre on Tuesdays and Thursdays (10am – 4pm) and at desks within Halesworth, Aldeburgh, Woodbridge and Felixstowe libraries, please call 03330 162000 to book.

For information about cost of living support visit:

WWW.EASTSUFFOLK.GOV.UK/SQUEEZE

Money

The Challenges

- Increased/problem debt
- Choice to 'Eat or Heat'
- Lack of budgeting skills
- Unable to replace essential items e.g. fridge or cooker
- Financial insecurity
- Period/hygiene poverty
- Use of loan sharks
- Increased stress and anxiety
- Substance abuse
- Domestic abuse

What's in Place?



- ✓ ESC Financial Inclusion Team – referrals through 'help with money'

Other:

- Citizens Advice East Suffolk
- Disability Advice Service/Disability Advice North East Suffolk
- Christians Against Poverty – counselling, CAP Plan and CAP money courses
- Local Welfare Assistance Scheme (LWAS)
- Suffolk 500 Reasons awards
- SCF grants e.g. Tackling Poverty
- ESC Period Poverty Project
- Oral hygiene projects/Hygiene Banks

Food

The Challenges

- High and increasing food costs
- Food supply issues
- Not able to buy enough/healthy food
- Lack of cooking skills to make nutritious food on a budget
- Lack of cooking equipment
- Choice between heating and eating
- Undernutrition and/or malnutrition
- Lack of energy for schools or work
- Dental caries
- Obesity

What's in Place?



- ✓ Food Network Coordinator (CAS)
 - ✓ Community Pantry Grant Scheme
 - ✓ Comfort Food project
 - ✓ Cooking on a Budget classes
 - ✓ Field to Fork Growing Kits / Spaces grants
 - ✓ Slow cookers, hobs, microwaves
 - ✓ Kettle packs
- Other:**
- Food Banks / Community Fridges
 - Holiday Activity and Food Programme (HAF)
 - Food in School Holidays (FISH), Lowestoft
 - Free School Meals
 - Healthy Start Vouchers

Energy and Fuel

The Challenges

- Increasing cost of gas, electricity, oil and wood
- Fuel poverty
- Poor energy efficiency of homes
- Cold and damp homes
- Enforced use of pre-payment meters
- Risk to safe sleeping for infants
- Heat the person not the home v damp and mouldy homes
- Increased heart and lung conditions
- Respiratory illnesses
- Increased winter admissions, potentially winter deaths

What's in Place?



- ✓ Cost of Living Community Grant Fund (SCC funded)
- ✓ Network of Warm Rooms
- ✓ Winter Warmth Packs
- ✓ East Suffolk Handyperson project
- ✓ Access to fuel vouchers (SCC funded)

Other:

- Be Kind in Kind – Suffolk Libraries
- Rural Coffee Caravan Winter Warmth
- Warm Homes Healthy People – advice/grants
- Surviving Winter grants
- Water and Gas company grants
- Anglia Affinity Oil Buying Scheme

Housing

The Challenges

- Housing is not affordable to buy or rent
- Lack of rental housing
- Housing insecurity
- Non-payment of rent/mortgage
- Overcrowding
- Homes in disrepair
- Increased evictions/homelessness
- Risk of domestic abuse
- Barriers to education and work

What's in Place?

- Household Support Fund – Local Welfare Assistance Scheme and ESC Housing Service, including What Ever It Takes (WEIT) funding
- ESC Tenancy Sustainment Officer
- ESC Financial Inclusion Officer (Tenants)
- East Suffolk Debt Adviser (partnership with Citizens Advice)
- Rent Guarantee Scheme
- Access Community Trust Self Neglect and Hoarding project
- Rough Sleeper Outreach workers

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!

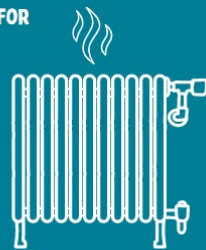
Using our standard form please:

- 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 so then email to winterwarmtheastsuffolk.gov.uk requesting a copy.

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 communitieeastssuffolk.gov.uk.

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

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 communitieeastssuffolk.gov.uk.

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



Suffolk Libraries – Be Kind in Kind

Melissa Matthews





Bungay Community Support

Sue Collins



BCS Bringing Ideas To Life



The creation of a community hub with a foodhall at **Number 28**

Wingfield Street, Bungay

Sue Collins Chair of Trustees

scollinsbcs@outlook.com 07999948681

Community Needs?

- Bungay is lacking in Community Resources by comparison with other market towns in our patch
- Bungay Town Council emergency support initiative during the pandemic (BECS) revealed hidden needs related to isolation and loneliness exacerbated, but not caused by lockdown
- Community nursing staff attached to GP surgery recognise that often the non-medical needs of vulnerable patients extend beyond what they can provide
- Data sources have identified significant demographics of unmet needs, and areas of deprivation:

Bungay Housing Needs Assessment (AECOM for Bungay Neighbourhood Plan); Suffolk Observatory; Beccles, Bungay & Halesworth Community Partnership Profile 2022; Cost of Living Crisis 2022, ESC Councillor Briefing

- There is little indication that the current CoLC is likely to be resolved any time soon



BCS Current Provision



- A shopping and meds service
- A befriending scheme
- The Baby Basics service provides new and pre-loved baby and toddler clothing and equipment, also nappies and babycare products
- We are an umbrella organisation for smaller community groups e.g., Meet Up Mondays
- Workshop provision e.g., Crafty Corner at No.8 Marketplace
- Seasonal projects e.g., Walk & Talk, Warm Rooms
- Emergency response e.g., support for residents during 2020 floods
- Signposting and referral to specialist services e.g., Citizens Advice, LWAS (Local Welfare Association Scheme), Foodbank etc.
- Local distributor of aid e.g., Warm Packs, Supermarket Vouchers (Coop and Morrisons), Comfort Food Vouchers (ESC)



Track Record of Achievements

- 2020 March - Creation of BECS (Bungay Emergency Community Support) to provide essential provisions to vulnerable residents during lockdown
- 2021 Spring - Received recognition for Outstanding Service to the Community of Suffolk during the COVID-19 Pandemic from the Lord Lieutenant for Suffolk
- 2021 November - Pioneered the Warm Rooms concept and first to deliver this type of provision. Articles in national and international press and local radio and TV
- 2022 January - Received British Empire Medal in New Year Honours List for Services to the Community in Bungay During the COVID-19 Pandemic
- 2022 August - BCS achieved charitable status
- 2022 October - received The New Community Group Award from Bungay Town Council
- 2023 Have an active volunteer register of 65+/-
- 2023 To date BCS have been successful in receiving financial support from 16 organisations



Current & Future Plans

Maintain a flexible structure that can work with other agencies in response to identified social needs whether endemic or a crisis

We are in the process of converting an old butcher's shop opposite Bungay Primary School into a permanent community hub and accompanying Foodhall/community pantry. Due to open later this month

Employing 2 part-time members of staff: Volunteer Co-ordinator and Foodhall Supervisor

Liaising closely with Head of Primary school to identify support for families e.g., parent workshops

Premises to be used as base for outreach services e.g., Citizens Advice, Job Club, and self help support groups e.g., LEAF

Provide a 'one stop shop' for signposting and referrals



Challenges

- **Funding:**

Lack of core funding means reliance on maintaining a continuous stream of small grants. This is a disadvantage to any long term/sustainable business planning. Unless this can be addressed it makes grass roots voluntary sector organisations insecure partners to participate in any multi agency planning e.g., INTs (Integrated Neighbourhood Teams)

- **Reaching the hard to reach:**

Whilst data exists within statutory organisations e.g., DWP, social services, general practice there is a need to devise mechanisms that, whilst respecting the principles of GDPR, enable better data sharing between statutory and voluntary sector, and between VCSE organisations to enable more effective targeted support.

- **Development and maintenance of internet and social media presence:**

Essential to the effective functioning of community providers but requires expertise beyond the scope of trustees and the remit of volunteers but costly to buy in.

Table Discussions

- Planning ahead for next winter, what else could we do to support:
 - Families
 - Children and Young People
 - Young Adults
 - Working Age Adults
 - Older People
 - People living alone
 - People with Disabilities
 - Complex/Vulnerable Adults and Families
- If you had £500/£5,000/£50,000/£500,000 to spend on a project to support residents with the rising costs of living, how would you spend it? Find a partner with the same amount of money as you...and be creative!

Thinking Big!





Hygge at the Hut - Sweffling

Laura Parsons-Mann



Project	Cost	Progress
1. Network of Warm Rooms	£77,780 + (1 year)	32 Warm Rooms funded
2. Food Network Coordinator	£100,500 (2 years)	Project to start March 2023
3. Community Pantries	£45,000 (2.5 years)	Round 1 grants launched end January
4. Handyperson Project	£94,560 (18 month)	Now taking referrals
5. Cooking on a Budget Classes	£42,000 (2.5 years)	Launched January 2023
6. Cooking Equipment	£12,942 initially	Stock of items available
7. Comfort Food	£32,200 (1 year)	18 Comfort Food locations live
8. ID Document Fund	£2,000 initially	Funding being allocated
9. Field to Fork - Kits Field to Fork - Growing Spaces	£77,380 (2.5 years)	7 Growing Spaces funded Growing Kits being allocated via schools
10. Winter Warmth Packs	£11,500 (1 year)	Now taking referrals
11. Digital Projects	£5,400 (1 year)	10 Laptops for Warm Rooms – 6 allocated
12. School Uniform Banks	£24,000 (2 years)	To launch April 2023