

**East Suffolk Boost grant scheme – Successful projects in Round 1**

Group	Project Description	Grant Awarded	Priority	Beneficiaries
Bucklesham Parish Council	The grant will allow them to purchase four pieces of outdoor gym equipment, which will be installed on the Bucklesham Playing Field. The equipment will be free to use for all villagers and their guests. Easy access to gym equipment will promote increased activity levels among villagers and improve their fitness. Bucklesham is a remote rural community and villagers have few other options for keeping fit.	£5,000	Fit & Active	<p>There are nearly 500 villagers in Bucklesham and the field is used regularly. The field and equipment can also be used by guests. The Playing Field is a very large area used by people. They already have an extensive children’s play area, three football goals and two table tennis tables. The one area they are often told they are lacking is outdoor gym equipment. Bucklesham is an isolated community and the Playing Field is one of their few resources.</p> <p>Villagers would have to travel several miles to access gym equipment and then pay to use it, which prevents many in our community from accessing such facilities. They hope that by providing free-to-use outdoor gym equipment they can give villagers fair and equal access to fitness and address this issue.</p>
St Peter & St John Parochial Church Council	St Peter & St John PCC plans to set up a Community Cafe in Kirkley Church Hall. The Church Hall kitchen is already registered with East Suffolk Council Environmental Health Food Safety Team and been awarded 5 stars. The new Community Cafe plan	£5,000	Sustainable Food	<p>Membership of more than 140 households consisting of:</p> <ul style="list-style-type: none"> <li>• Blended families with more than three school age children</li> <li>• Single working age adults</li> <li>• Single parent families</li> </ul>

	<p>also has the agreement to go ahead from the Food Safety Team.</p> <p>Members have been asking for a community cafe, a safe, easy to reach space to meet with friends and enjoy affordable refreshments and hot meals. This had not been possible because of Covid-19 lockdown restrictions but since restrictions have eased it is now possible to plan to launch a Community Cafe in Kirkley Church Hall.</p>			<ul style="list-style-type: none"> <li>Retired singles and couples</li> </ul>
Bungay Town Council	<p>Bungay Town Council intends to purchase 4 pieces of external gym equipment to create an exercise area for the public to use.</p> <p>The equipment will be purchased and erected on land which Bungay Town Council owns.</p> <p>The equipment will be sited at the Skate Park which is adjacent to the play park and Community Centre.</p>	£5,000	Fit and Active	<p>All residents of the Town of Bungay and visitors can benefit and improve their health by using this equipment.</p> <p>Engagement/consultation has been undertaken as part of the Bungay Neighbourhood Plan which clearly identifies the need/demand from the community.</p>
Pathways Care Farm	<p>The care farm occupies 13 beautiful acres on the edge of a large housing estate a 'stone's throw' from a Tesco Superstore... they are highly accessible. They say, 'what better site for incorporating a therapeutic walk with exercise and fitness training'.</p>	£5,000	Fit and Active	<p>They currently have between 50 and 100 visitors to the farm each week on weekdays. With this new facility they could open at weekends and attract another 50, all of whom would benefit from the project. These people will be those who currently access the farm, their families and carers plus local neighbours,</p>

	<p>They know from their existing farm workers (service users) that they have used gyms to improve their physical health and their emotional wellbeing. The need now is even greater than before as mental health has suffered greatly during the pandemic. Additionally, many of those who live with mental ill-health or learning difficulties are self-conscious about their limitations (they may be overweight, have balance issues, or merely be older than other indoor gym users). One of their farm workers said “If I was to go to a gym anywhere, I would go here. Here, I can be myself</p> <p>The benefits of being outdoors and close to nature are well documented, the farm offers a safe, secure, accepting environment where all who visit feel nurtured.</p>			<p>those who live close by and who would benefit from the facility.</p>
<p>Cohere Arts CIC</p>	<p>Cohere Arts CIC is a community interest company providing opportunities for communities to experience arts and culture through:</p> <ul style="list-style-type: none"> <li>• The creation of new performance works that engage audiences with their community, culture and heritage</li> <li>• The promotion of wellbeing through participation in creative and cultural activities</li> <li>• The provision of education, training and professional development rooted in the creative arts</li> </ul>	<p>£4,800</p>	<p>Disability, Hearing &amp; Visual impairments</p>	<p>They are looking at engaging with 15 visually impaired participants (and companions as appropriate). The participants will be recruited through local networks and organisations including:</p> <ul style="list-style-type: none"> <li>• Suffolk Sight</li> <li>• Unscene Suffolk</li> <li>• East Suffolk Association for the Blind</li> <li>• Sensing Change</li> <li>• DHG South Primary Care Network</li> </ul>

	<p>They would like to continue the momentum of this work by inviting visually impaired communities in East Suffolk to have an introductory experience in co-creation through the medium of audio drama.</p> <p>Cohere Arts' High Spirits Project will invite members of this community to come together in a safe and nurturing environment to devise, record and produce a radio drama inspired by local ghost stories.</p> <p>Over 10 weekly sessions, up to 15 visually impaired participants (and companions as appropriate) will gather at an accessible community venue (e.g. Woodbridge Library) under the stewardship of lead artist Amy Mallett and associate artist/director Emma Bernard. After an initial induction/consultation session, they will be guided through a number of creative activities including:</p> <ul style="list-style-type: none"> <li>• historical research and sharing of stories</li> <li>• creative writing</li> <li>• character and story development</li> <li>• sound design and sound effects</li> <li>• voice acting and performance for radio</li> <li>• audio editing</li> </ul>			<ul style="list-style-type: none"> <li>• North East Coastal Primary Care Network</li> <li>• Connect Woodbridge (INT)</li> </ul>
Halesworth Volunteer Centre	The Halesworth Community Larder is a sustainable community food project. The Larder is safe space where people who are struggling financially can get	£2,771.36	Sustainable Food	Over 300 people visit every month, some to bring food to share, others because they are struggling and need help and support.

	<p>the food and household goods they need, including fresh meat, fruit and vegetables. There are no vouchers and no questions asked. The Larder is also about giving and sharing - local people, local farms and businesses share excess food or gluts of food they have grown or can swap these for items they are short of.</p> <p>Clare struggles on universal credit and has a number of debts, she uses the Larder when she runs out of cash, but she is also a volunteer, feeding the chickens every day. This gives her a sense of purpose and structure to her day. Emma has 4 children; the Larder not only helps her with cash but we can give her nutrition advice and information about other local services. The Larder is a social space too, bringing people who are isolated together. We will be running food workshops and also hosting Community Meals. The Larder is run by a dedicated group of volunteers but to ensure that it is sustainable, we need to have a Project Officer that can co-ordinate the Larder as it grows but also ensure that we are reaching out to people in need.</p>			<p>This project will increase usage of the Larder but will also ensure that they are reaching the people who need it most.</p> <p>They want to see usage rise to over 500 visits a month and with events and community meals want to see people reporting increased well-being and better health outcomes.</p>
The Pear Tree Fund	<p>The group will run:</p> <ul style="list-style-type: none"> <li>• 3 Cook and Eat courses at the Pear Tree Centre in Halesworth over a period of 6 months.</li> </ul>	£5,000	Sustainable Food	Total of 24 direct beneficiaries. The project is for people who have experienced loss and bereavement aged 18+ with a focus on those living alone and/or are risk of loneliness and social isolation. This could include people who have lost someone close to them e.g., a

	<ul style="list-style-type: none"> <li>Each course will run over 8 weeks (weekly session) for 8 participants</li> </ul> <p>Each participant will be given Rosedale's newly published 'Cooking for One' Book, which aims not just to provide delicious nutritional recipes but also serves as a personal handbook designed to help the bereaved</p>			partner who someone who has received a life-changing diagnosis e.g., Long COVID, which impacts on their ability to undertake daily living activities, including meal preparation.
Beccles Community Hub/Volunteer Centre	The group has a safe space where carers and those they are caring for can meet with people in a similar situation to themselves, to talk, network and chat. They will be offering sessions free of charge where those participating can do an activity that suits their needs. They have large piece jigsaw puzzles, other games and need other craft items for making of cards, collage, painting, playing musical instruments to help run the group.	£1,920	Dementia	They anticipate that 200 people will benefit from this project. These will be people suffering from dementia, hearing loss, etc, their carers and those in isolation who are unable, unwilling or reluctant to leave their homes.