



East Suffolk
**Community
Partnerships**

Aldeburgh
Leiston
Saxmundham
& villages

Data pack April 2026



Population Key Facts



Total Population

16,990



Largest Age Group

70-74



Smallest Age Group

20-24



Aged 19 & Under

3270 (15%)

East Suffolk Average = 15%



Aged 65+

5,244 (31%)

East Suffolk Average = 29%



Aged 85+

759 (4%)

East Suffolk Average = 4%

Local Needs



Health and wellbeing



Deprivation and inequality



Crime

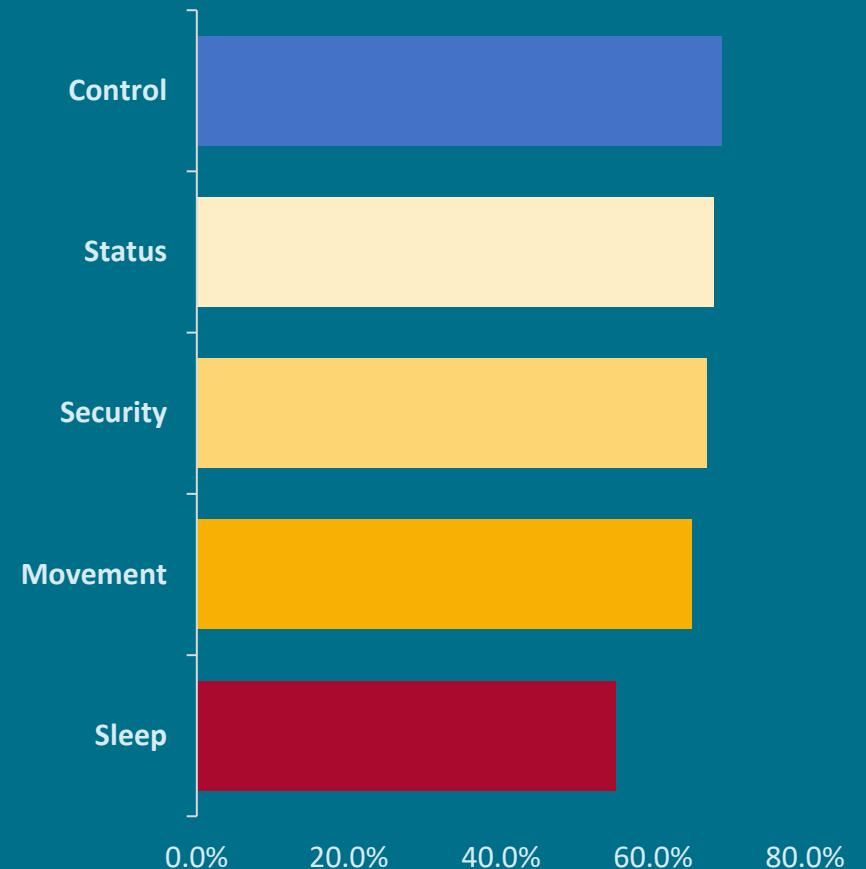
Health and wellbeing

Suffolk Mind report for Wellbeing in Aldeburgh, Leiston and Saxmundham 2025

The Suffolk Mind report highlights several met and unmet basic needs:

- 63% of respondents are meeting their needs well
- 57% feel that local energy projects are a barrier to their mental wellbeing to some extent
- Close relationships is the best met need on overall
- The report lists suggestions from local people to help improve met needs. (See end of data pack)

Most unmet needs for ALS area



Health and wellbeing

Social prescribing in Saxmundham and NE (Connect 4 Health)

Most common reason for referral for social prescribing in the last year are:

- Money/debt/benefits (24)
- Housing issues (15)
- Mental health issues (15)
- Social isolation (14)

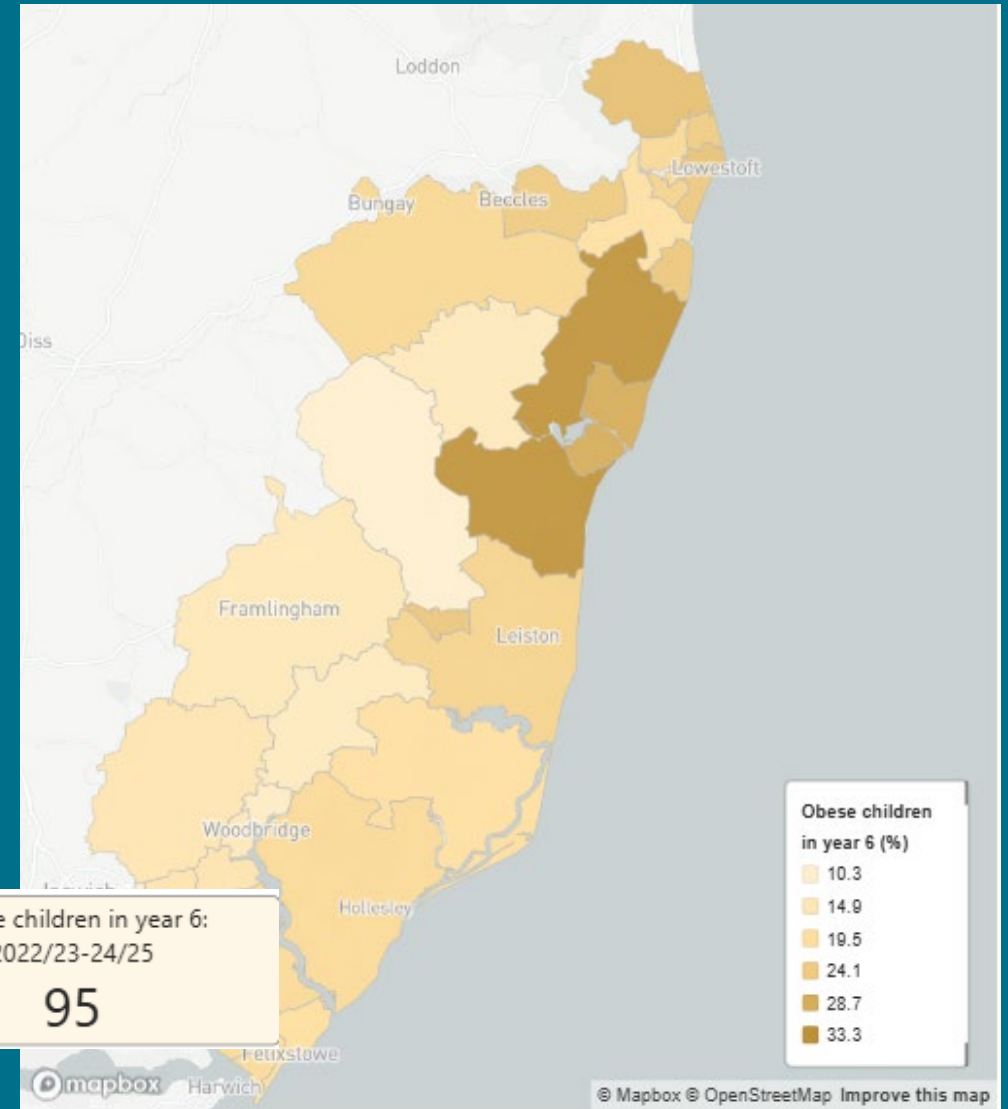


Health and wellbeing

Health and lifestyle issues

In our area, generally there are:

- Lower levels of physical activity
- Some residents reporting fair/bad health
- Health outcomes tied to ageing population and deprivation pockets
- Children's obesity prevalent



Overweight children in reception year: 2022/23-24/25

130

Overweight children in year 6: 2022/23-24/25

155

Obese children in reception year: 2022/23-24/25

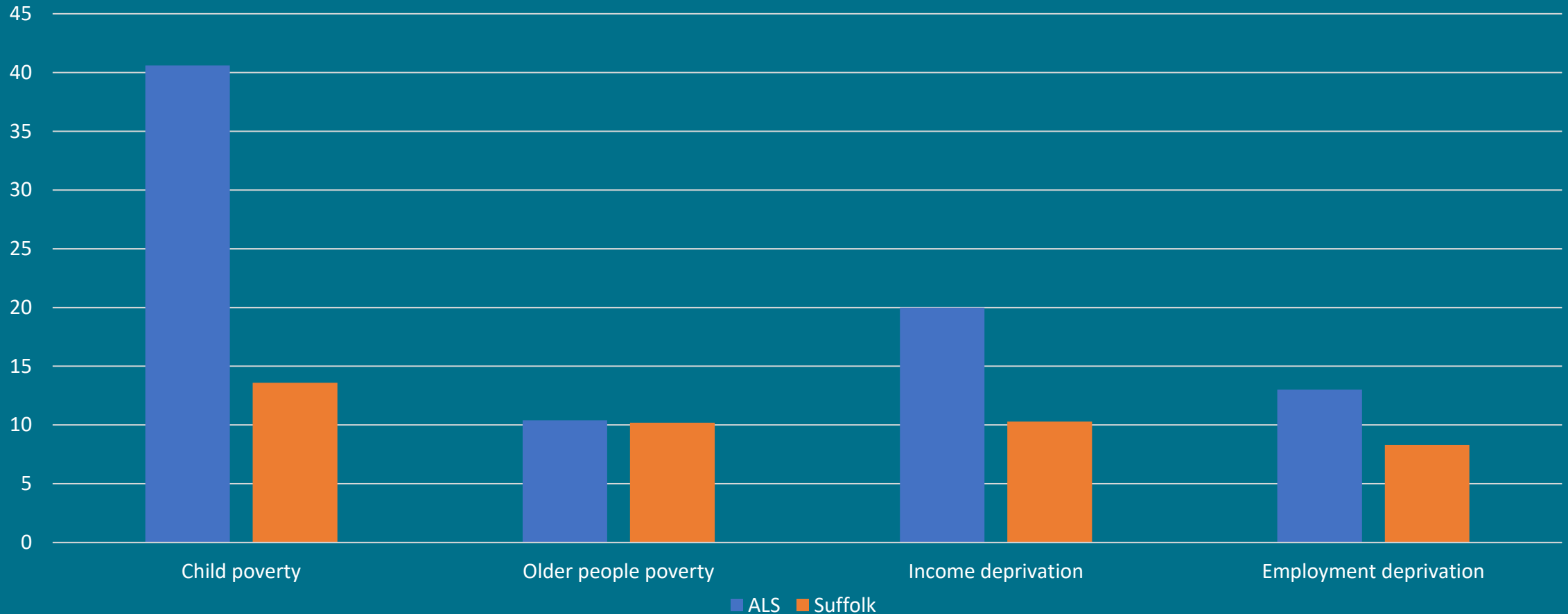
55

Obese children in year 6: 2022/23-24/25

95

Deprivation and inequality

Poverty % ALS v Suffolk average



Access to a car/public transport

13.82% have no access to a car in ALS compared to 7.97 in nearby Wrentham, Wangford and Westleton and 8.31 Rendlesham and Orford

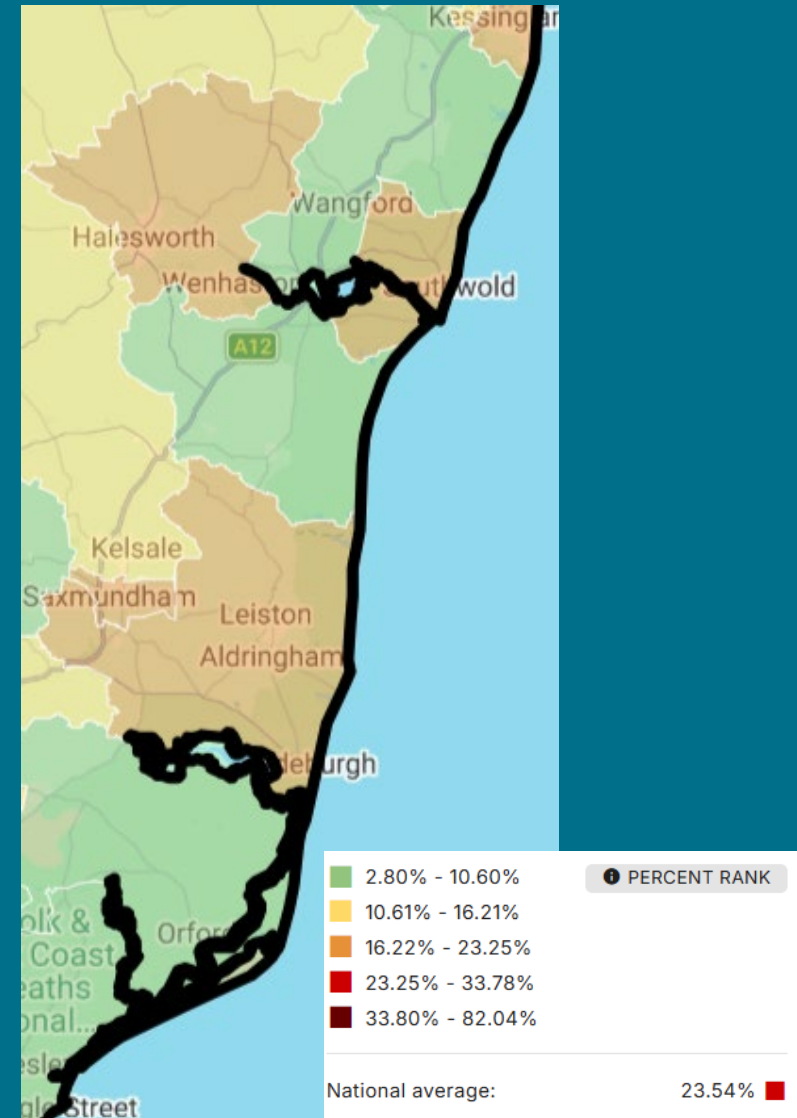
ALS has a score of 47.85 for connectivity to public transport compared to 66.12 nationally

DfT Overall Connectivity Score:

This is a score from 0–100 that shows how easy it is to travel to lots of different places using public transport (bus, train, etc.).

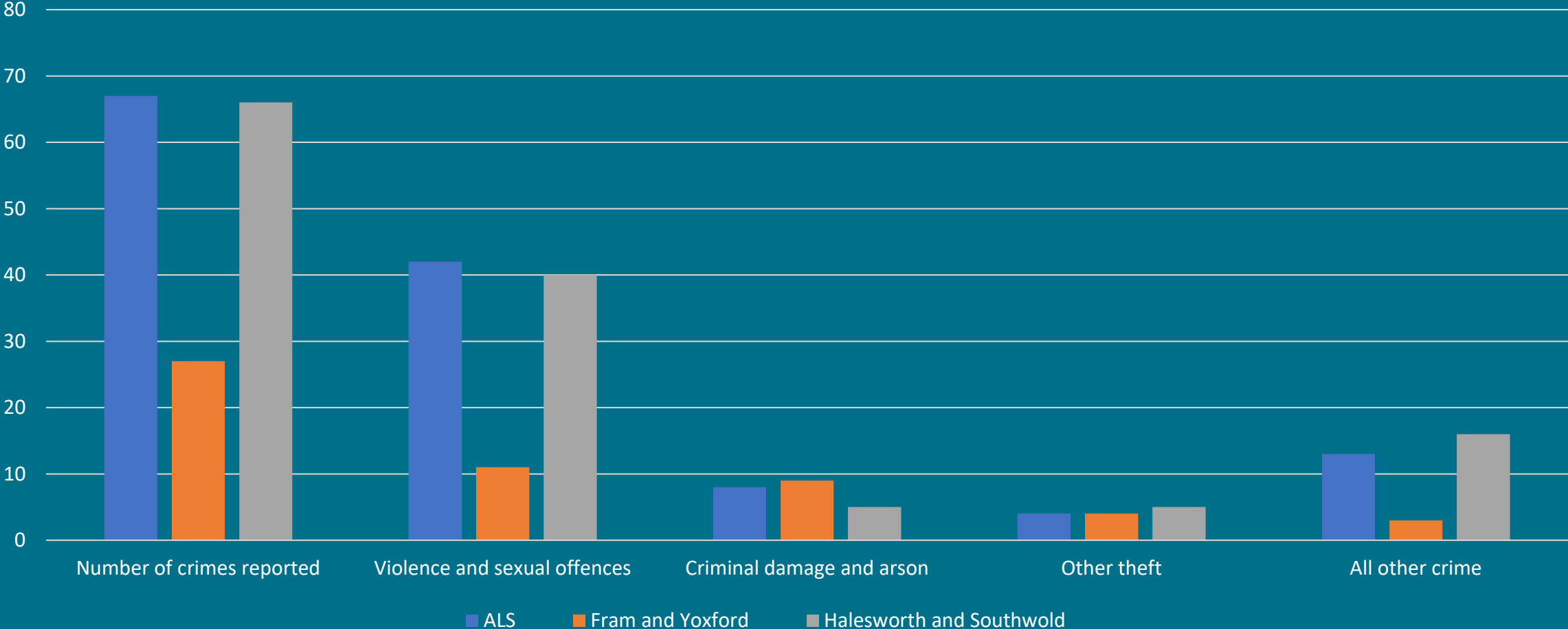
A higher score means **better transport connections** and easier access to services.

Census 2021



Crime

Crimes reported in January 2026



Wellbeing suggestions from respondents of Suffolk Mind Wellbeing report (2025)



NSIP specific suggestions (12% (14/87) of suggestions), including:

- Easy to access information about the local energy projects all in one place
- Developers, government departments, the council to listen to residents (e.g. hold meetings or forums with residents)
- Restricting, reducing and rejecting major infrastructure projects or building developments in the area

Improved emotional support (26% (30/87) of suggestions), including:

- More people to talk to for emotional support – drop-in sessions, wellbeing café
- Accessible, closer in-person mental health support
- Outside wellbeing groups – group walks, cycles, dog walks, using the beach, forest bathing
- Counselling – easily accessible, free/affordable, better work-friendly hours, specifically mentioned the need in Leiston
- More knowledge and awareness of mental health services, support and workshops
- Suicide prevention
- Specifically, wellbeing activities for young people, those with young children, those in the construction industry and Saturday wellbeing for those working in the week.
- Support groups for those with autism or those who are neurodiverse
- More GPs, dentists, companion services in the area

Wellbeing suggestions from respondents of Suffolk Mind Wellbeing report

Integrating the community: (15% (17/87) of suggestions), including:

- Local community hub in village
- Social events – in Leiston and Saxmundham
- Group activities – such as art groups, singing, chess, bridge, exercise classes
- Community events – such as street parties, festivals, markets, discos
- Low cost, free and engaging activities

Environmental suggestions: (7% (8/87) of suggestions), including:

- Protected green spaces
- Replacing wildlife areas and trees – tree planting schemes
- Info and advice on how to support the local wildlife with the destruction going on
- Outside wellbeing groups – group walks, cycles, dog walks, using the beach, forest bathing
- Supporting younger people: (5% (6/87) of suggestions), including:
 - Hub for young people
 - Advice and career support
 - Suicide prevention

Wellbeing suggestions from respondents of Suffolk Mind Wellbeing report



Better wellness/exercise facilities in the local area: (7% (8/87) of suggestions), including:

- More local gyms
- Affordable exercise groups – such as for disabled people, yoga and mindfulness classes.
- Local people discounted rates at leisure centre
- Sauna and cold plunge releases

Awareness of community hubs and support: (6% (7/87) of suggestions), including:

- More awareness of mental health support and local community hubs
- Advertisements on support – e.g. in a local magazine

Infrastructural and financial changes: (6% (7/87) of suggestions), including:

- Better public transport links
- Parking – free parking at Sizewell beach
- Social Hub in Saxmundham – improve the high street to encourage people to meet up
- Road improvements – quieter, traffic policing due to excessive roadkill
- Dog free zones on beach
- Financial – reduction in council tax