

# Agenda



East Suffolk  
**Community  
Partnerships**

Aldeburgh  
Leiston  
Saxmundham  
& villages

1. Welcome and Introduction Katie Graham, Chair
2. Action Notes Katie Graham, Chair
3. Updates
  - Community Partnership Board, Andy Joliffe Communities Manager
  - Communities Officer Update, Sally Connick Communities Officer
4. Data Pack and Priority Review Workshop
  - Are the CPs priorities still appropriate?
  - Does anything need changing under the current priorities?
5. Outcome Proposal - Suffolk Coastal Poverty Action
6. Presentation – Community Dental Service Nicola Blake - CANCELLED
7. Partner updates and events

**Thank you to The Long Shop Museum for kindly hosting us today**



East Suffolk  
**Community  
Partnerships**

Aldeburgh  
Leiston  
Saxmundham  
& villages



Welcome and action notes – Cllr Katie Graham



# East Suffolk **Community Partnerships**

Aldeburgh  
Leiston  
Saxmundham  
& villages



Community Partnership Board - Andy Joliffe



# East Suffolk **Community Partnerships**

Aldeburgh  
Leiston  
Saxmundham  
& villages



Communities officer report

Aldeburgh, Leiston, Saxmundham and surrounding villages

# Project Spend 2025/26

Total Spent

**£24,591.9**

P1 Improve Health and Wellbeing

**£10,000**

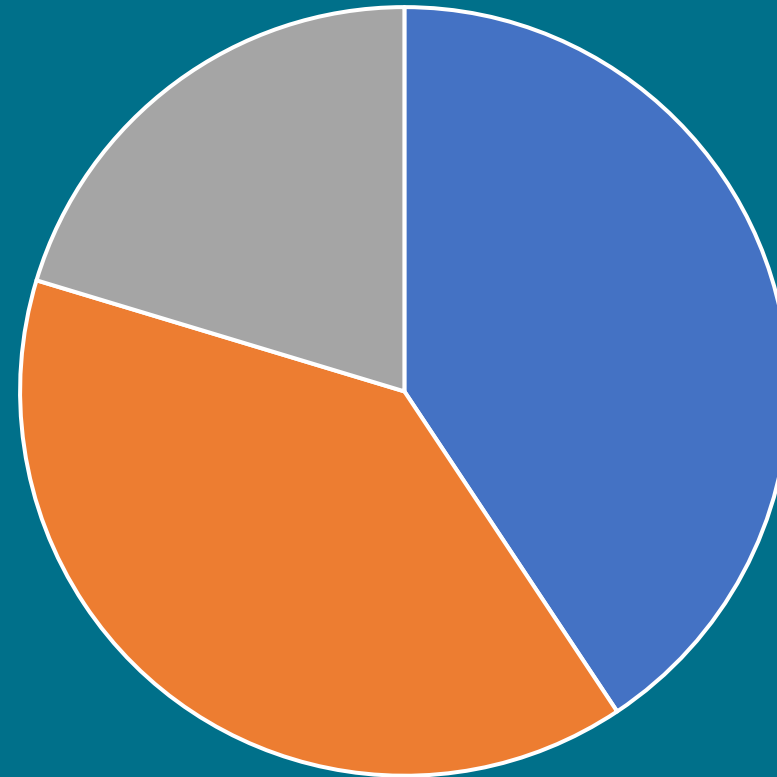
P2 Community Cohesion

**£9591.93\***

P3 Support hubs to bring the community together

**£5,000**

Spent



□ P1 □ P2 □ P3

\*Grant scheme

# Projects funded 2025 - 2026

**vanESSA £5000:** Funding for an adviser and administrator/driver for a new Mobile Food and Advice Hub, supporting rurally isolated residents in East Suffolk. **IN PROCESS**

**Yoga in schools £5000:** Inside Out is a 12-month wellbeing programme for local primary schools, combining yoga, mindfulness, nature and art to support emotional regulation and confidence in Years 4–6 **IN PROCESS**

**Sax allotments £5000:** To create a community allotment garden that promotes wellbeing, sustainability and social connection. **JUST FUNDED**

# Good News Story: Inside Out

Inside Out supports pupils' wellbeing through creative movement and mindfulness. The programme helps children improve focus, emotional regulation, and peer relationships, with noticeable benefits reported at school and home. Sessions build confidence, reduce behavioural incidents, and equip pupils with calming strategies they can use independently, creating a lasting positive impact.

## Project Launch & Delivery

- Inside Out has successfully completed its first half-term of after-school yoga at Benhall Primary School.
- New sessions have started at Kelsale Primary School.
- Year 6 SATs yoga sessions launched at Saxmundham Primary School, running for ten weeks.
- Support visits carried out during first, final, and mid-point sessions to monitor progress and gather feedback



# Good News Story: Inside Out cont.

## Impact & Feedback

Parents report their children are more relaxed, using breathing techniques at home, and showing calmer behaviour.

- Pupils say yoga helps them sleep better, feel calmer, and manage worries.
- Some pupils report reduced pain and improved ability to relax independently.
- One parent shared a long-term positive impact from Yoga Jo dating back to their own school years.

### **Children have said:**

*My worries went away I have pain in my tummy and Yoga is making my tummy relax*

*I look forward to it I am glad I came*

*I feel strong Yoga helped me not worry I feel calm now*

### **Parents have said:**

*My son is practicing deep breathing before bed. He is listening to calming music before bed. He said he was disappointed yoga had ended! I would absolutely pay for him to do this more. I think Alfie needs something like this in his life.*

*My son is more relaxed at home.*

*My daughter seems less hyperactive leaving school than she normally is. She was also yawning.*

*My son is ready to relax once home and fed. After having a bit of a strop, came to us and apologised without being encouraged to do so*



# Community cohesion grant (£2222 left)

1. Projects or an Event(s) that support togetherness: This may include the bringing together of people from different backgrounds, for example ages, genders or cultures.
2. Projects or an Event(s) that provide the community with a sense of belonging and pride in where they live.
3. Projects or an Event(s) that bring people together for the same shared vision and has a result of improving wellbeing or sense of stability/security.

Project	Description	Area covered	Amount awarded	Delivery date	
<b>Join Our Club (Aldeburgh Music Club)</b>	Grow existing music outreach events to reach new named audiences via enhanced/targeted advertising using new content on multiple platforms, to enhance social inclusion and well being.	ALS	<b>£2,000</b>	Aug-26	Jan-27
<b>Kelsale Primary School Gardening Club (PTA)</b>	A Gardening Club to nurture confident, environmentally aware and emotionally resilient children through hands-on, outdoor learning caring for nature.	Kelsale	<b>£650</b>	Apr-26	Mar-27
<b>Sound beginnings (Leiston Education Partnership)</b>	Delivery of parent and toddler music group at Leiston and Saxmundham Primary Schools, led by professional music tutors. The sessions will offer fun, high quality musical activities that support early childhood development and create a welcoming space for parents to connect.	Leiston and Saxmundham	<b>£2,500</b>	Jul-02	Jul-27
<b>Feeling Stronger to Care &amp; Connect- Aldeburgh, Leiston &amp; Saxmundham (Suffolk Family Carers)</b>	A 4-session programme for adult family carers. Enhancing wellbeing, confidence and access to social opportunities while reducing isolation through peer support and community connections.	ALS	<b>£2,220</b>	Apr-26	Mar-27

# Gaming project

- There has been discussions previously about a Gaming event in the local area (inspired by the successful Lowestoft event last year)
- We have had conversations with potential providers, but would welcome your thoughts on what you would like to see?
  - A one-off event or number of workshops
  - Smaller events in various locations or one central location?
  - To have an educational and employment aspiration
  - Lowestoft are running another event later this year, how can we connect with that offer?
  - Would we like to ringfence some funding for a local project?



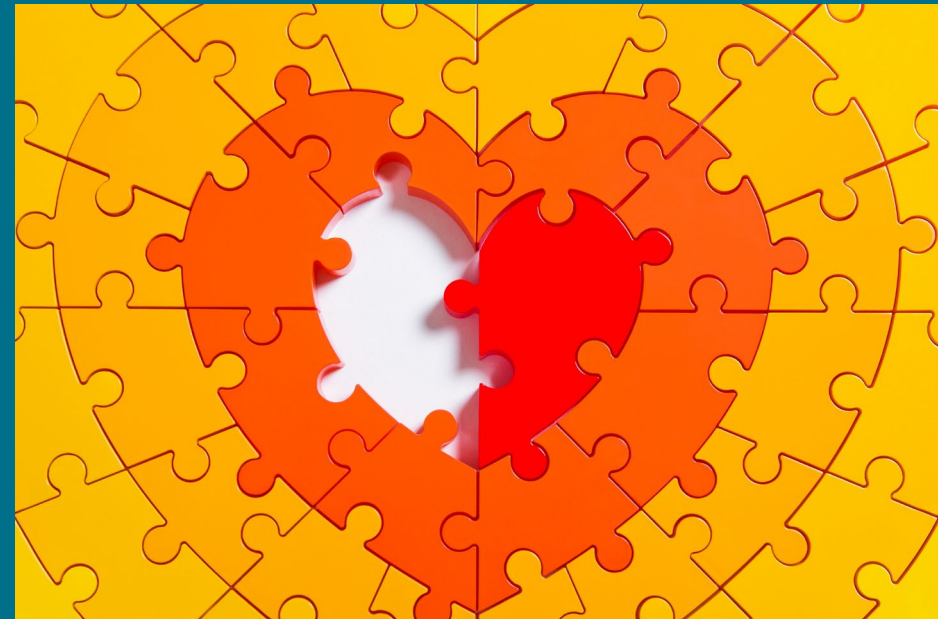
# Community Partnership membership

## Who is on our membership list? Councillors and....

- Avocet Academy
- Cyds Project
- IP17 Good Neighbour Scheme
- Leiston CAB
- Leiston GNS
- INT
- CATS
- ArtStation
- Suffolk Community Foundation (non voting)
- Sharon Harkin/John Fulcher Community Support Officer (non voting)

## Who is missing?

Youth representation





# 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

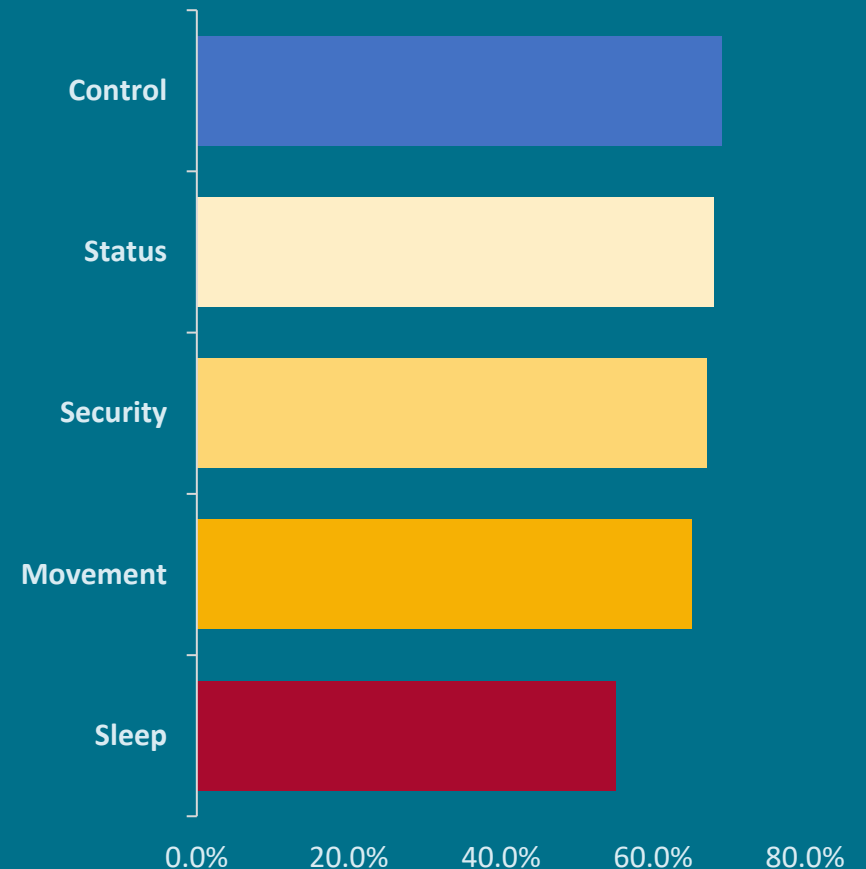
# Health and wellbeing

## 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)



# Community Help Hub

## We can help with:

- Cost of Living
- Health and Wellbeing
- Improve Life Skills
- Isolation & Loneliness
- Online Services
- Food and Essential Items
- Access Support services

## We can help with:

- Increasing your income
- Benefits check
- Apply for grants
- Help with budgeting
- Reduce your bills
- Managing debts

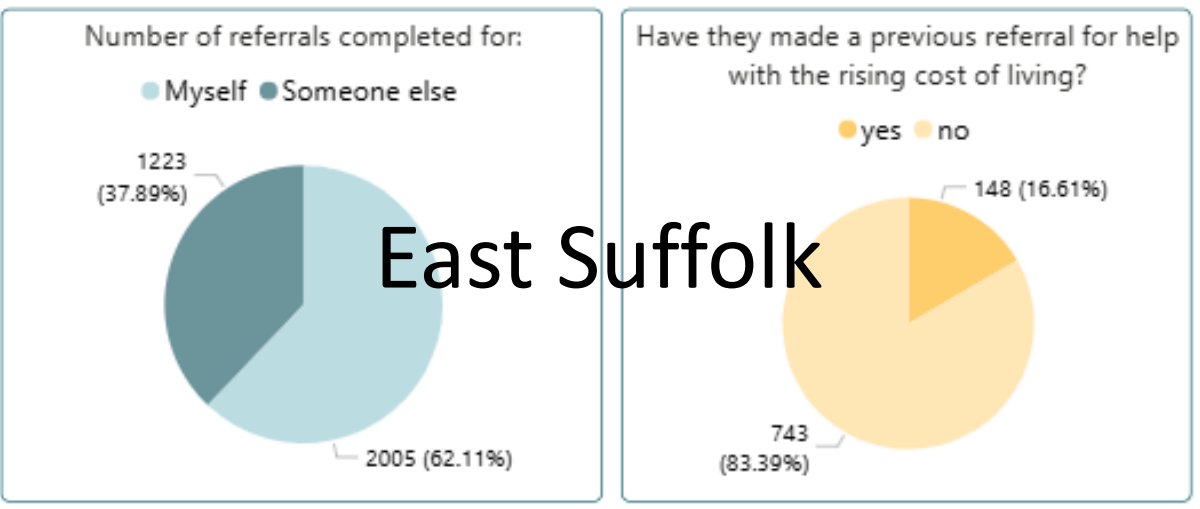
## To make a referral

[www.eastsuffolk.gov.uk/help-hub](http://www.eastsuffolk.gov.uk/help-hub)

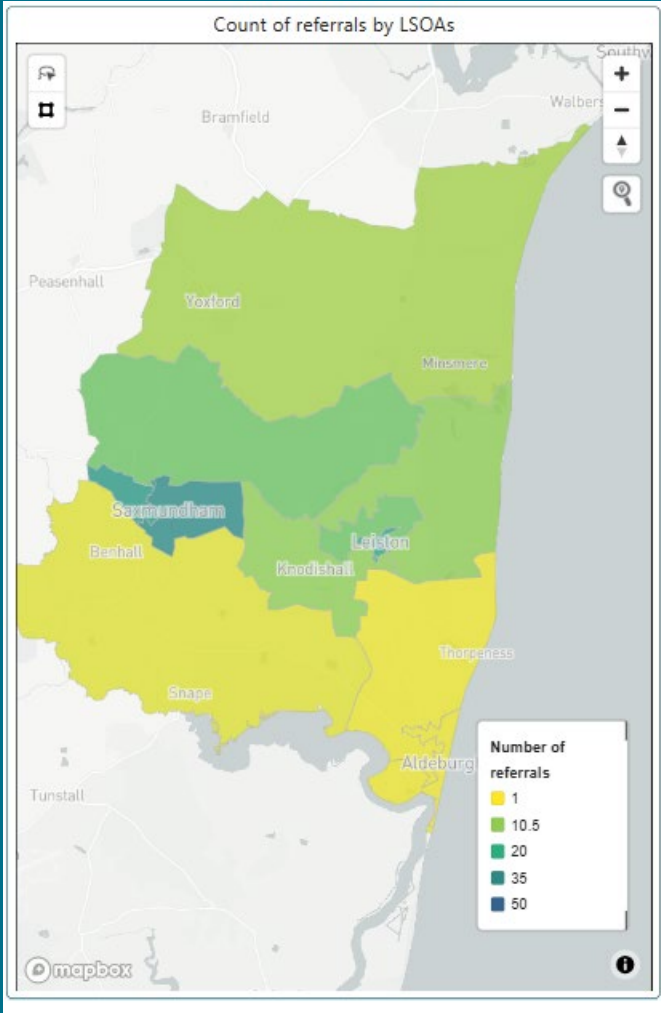
Or call customer services on 0333 016 2000

# Community Help Hub Stats 2022 - 2026

## East Suffolk



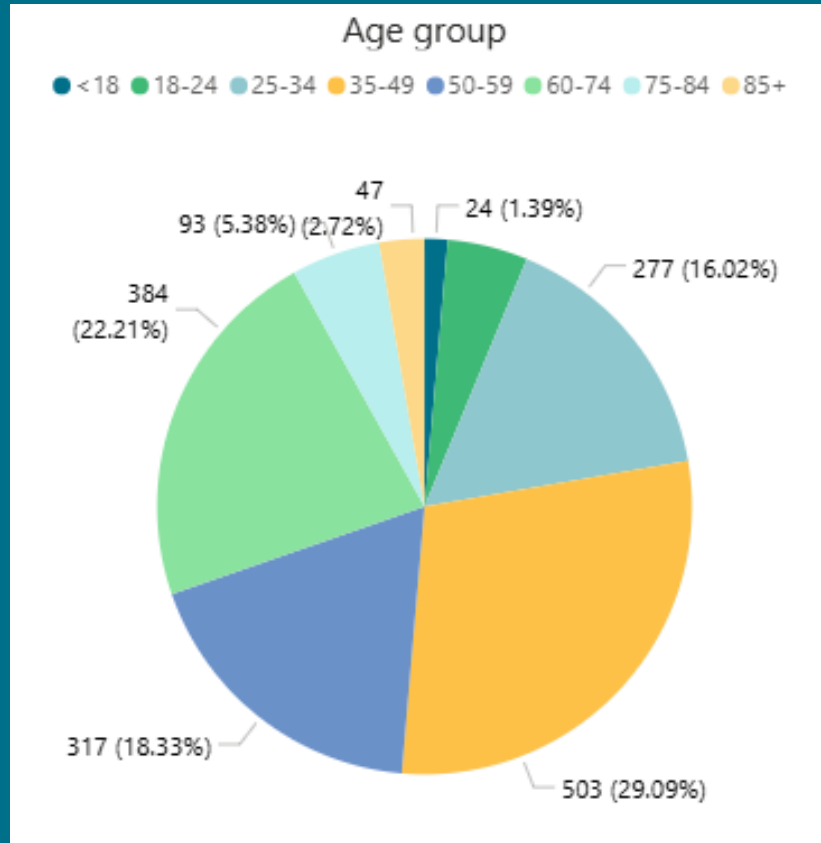
## ALS



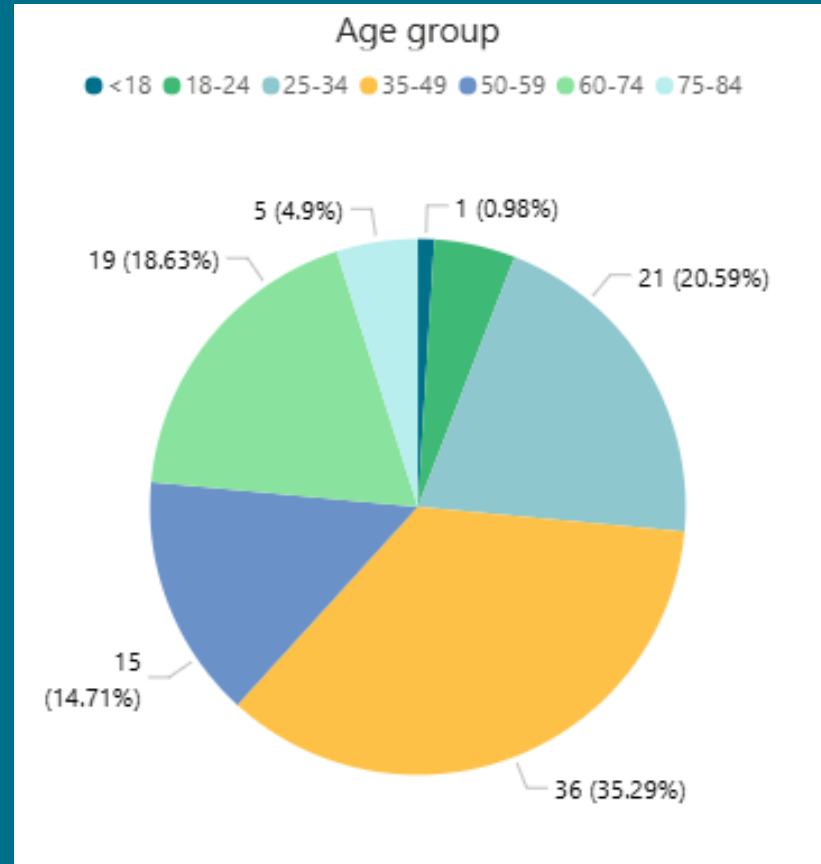
# Community Help Hub Stats 2022 - 2026



## East Suffolk

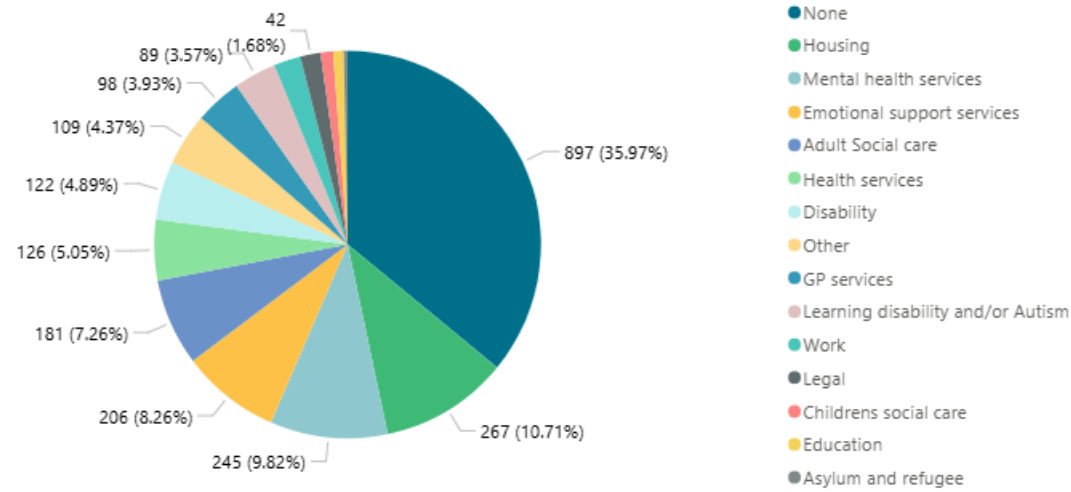


## ALS



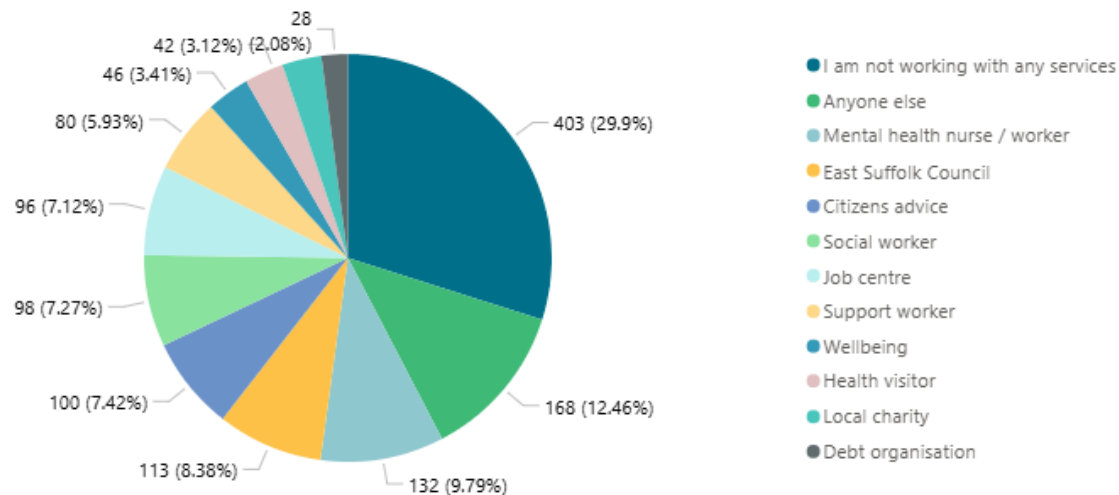
# Community Help Hub Stats 2022 - 2026

Do they need help accessing any services?



East Suffolk

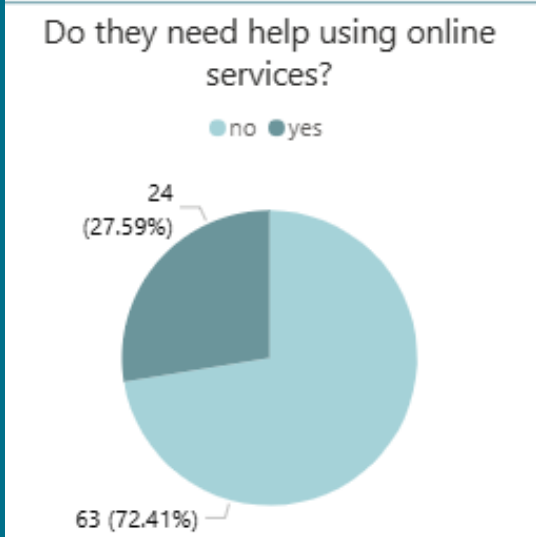
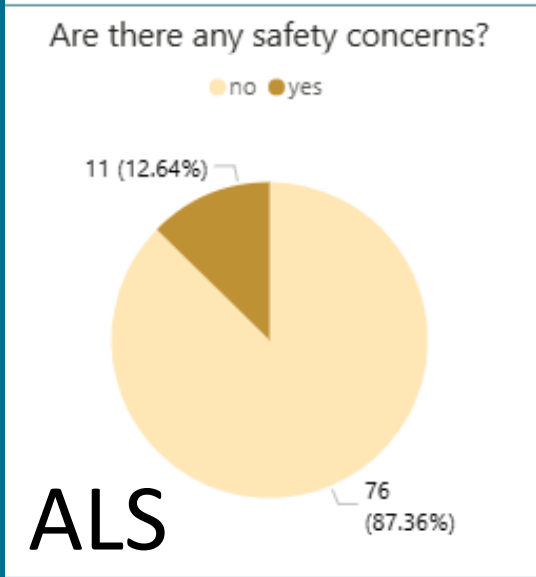
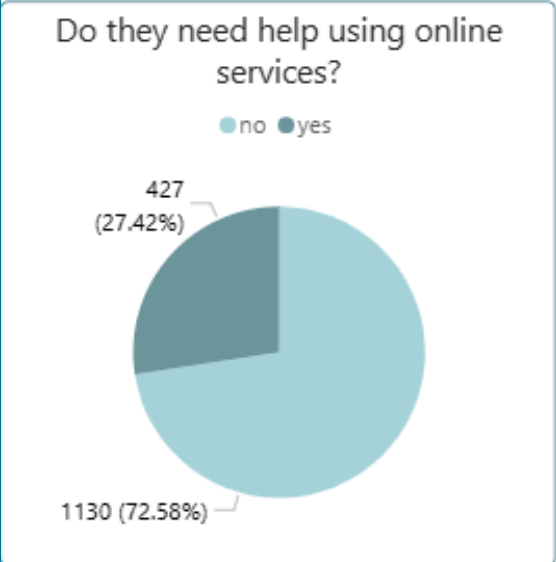
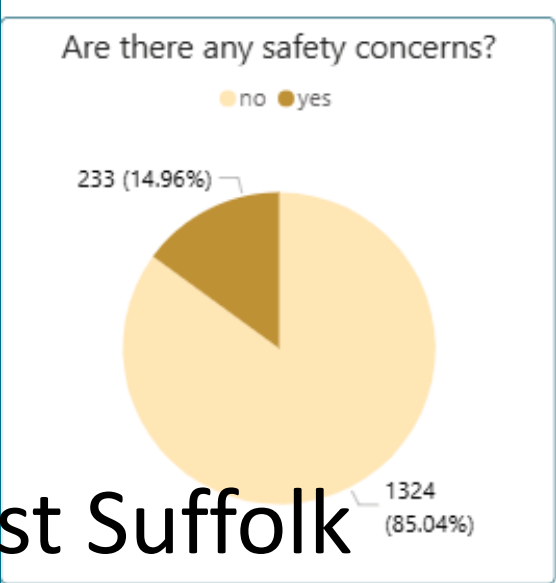
Are they working with any services?



ALS

# Community Help Hub Stats 2022 - 2026

East Suffolk

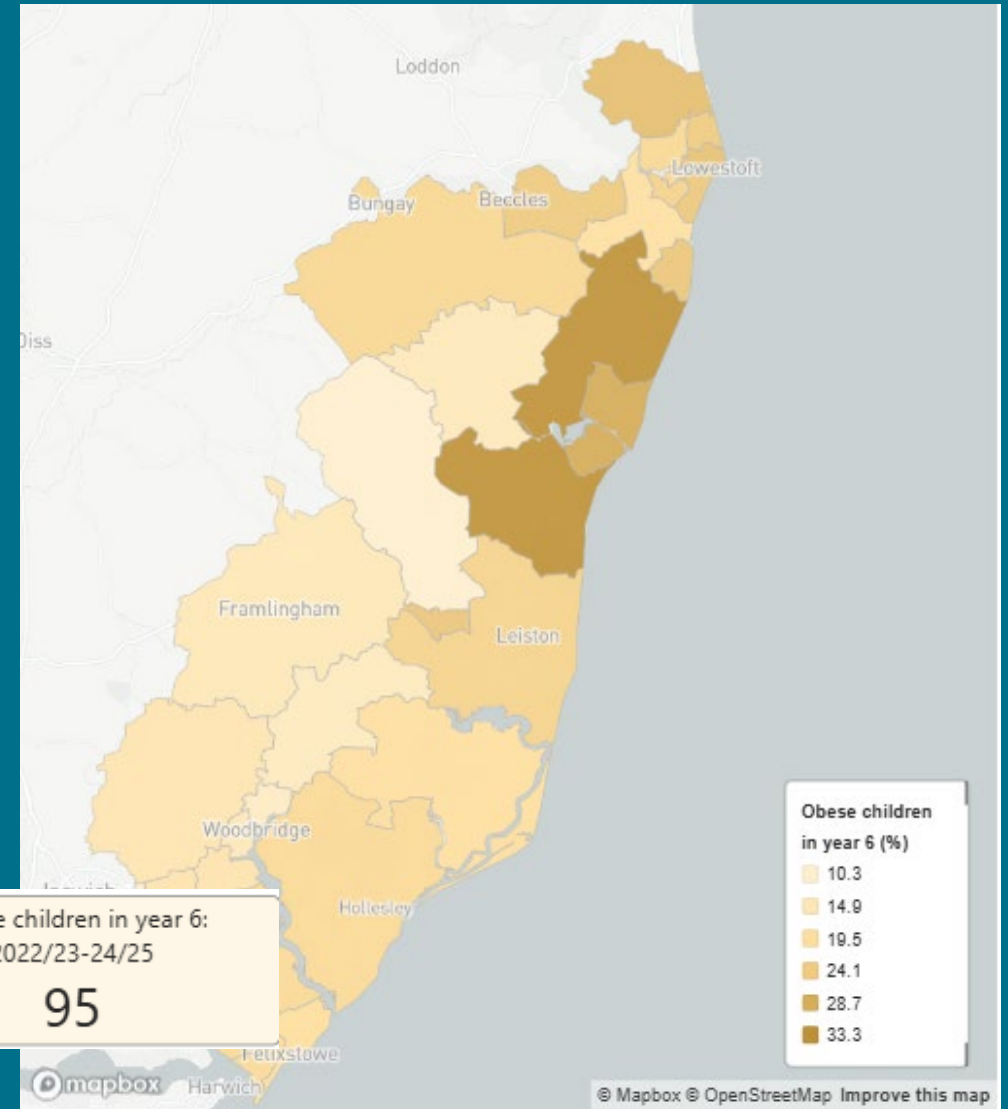


# Health and wellbeing

## 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

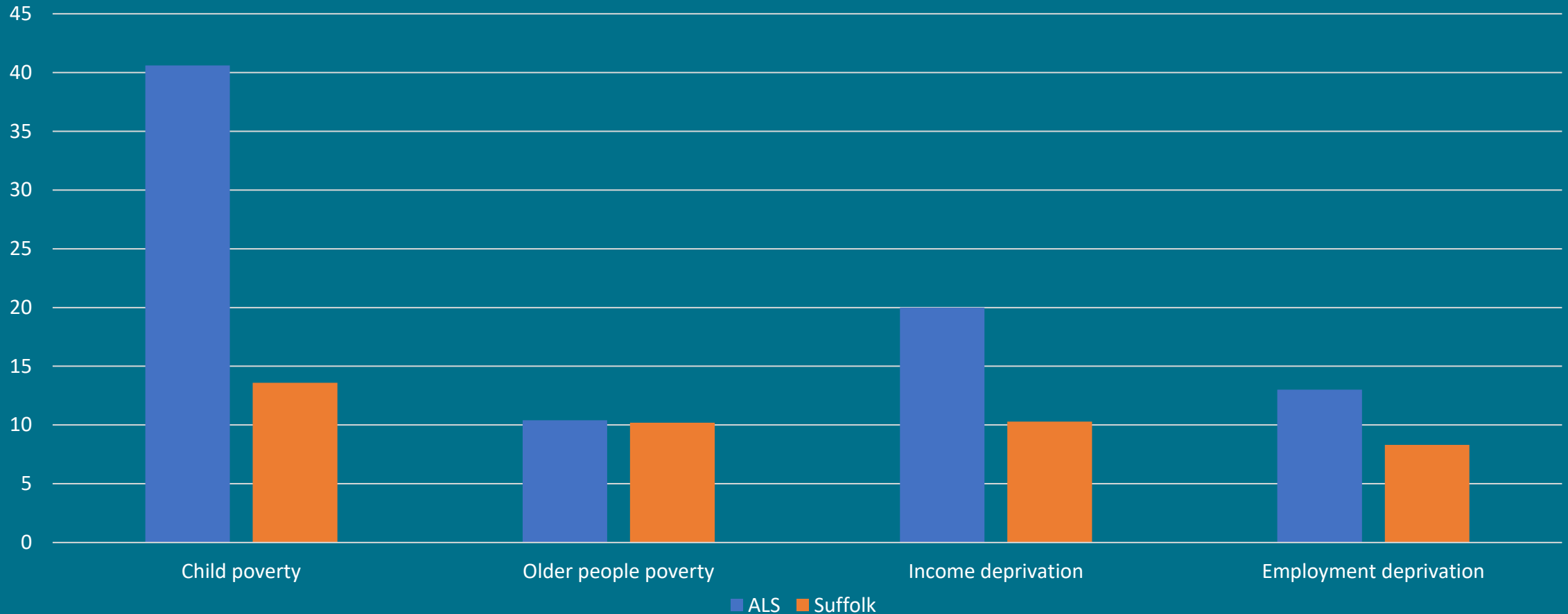
55

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

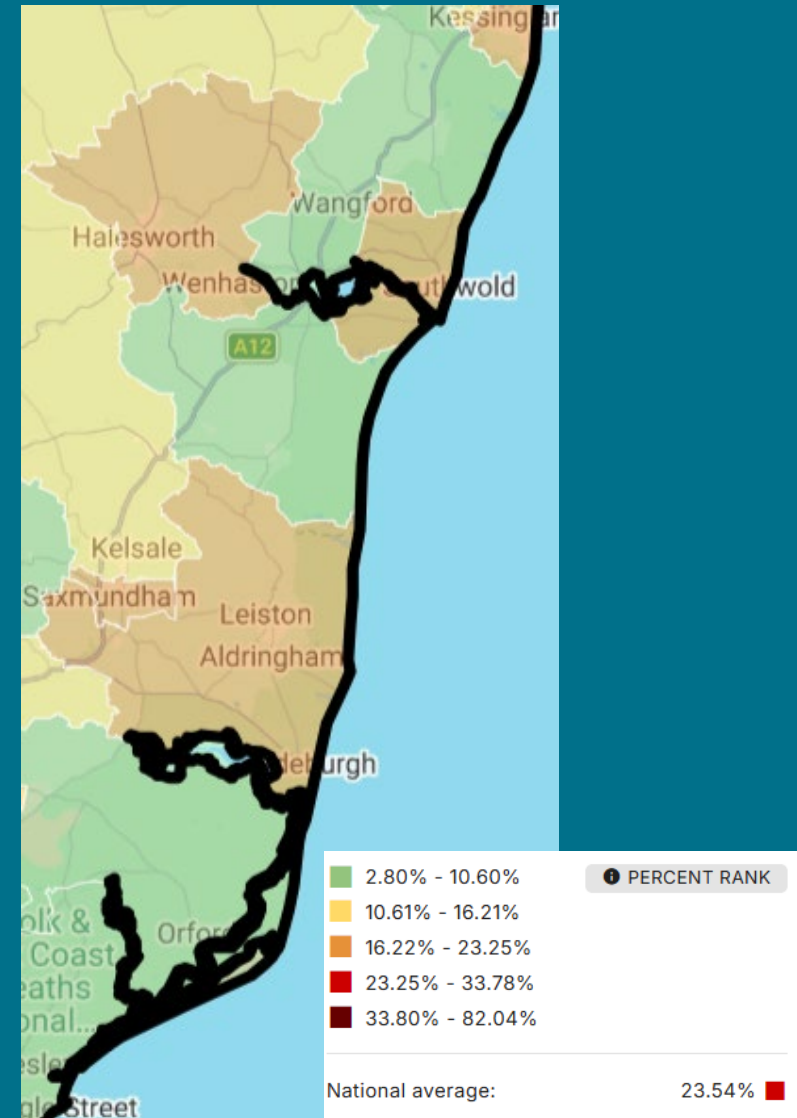
ALS has a score of 47.85 for connectivity to public transport compared to 66.12 nationally

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.).

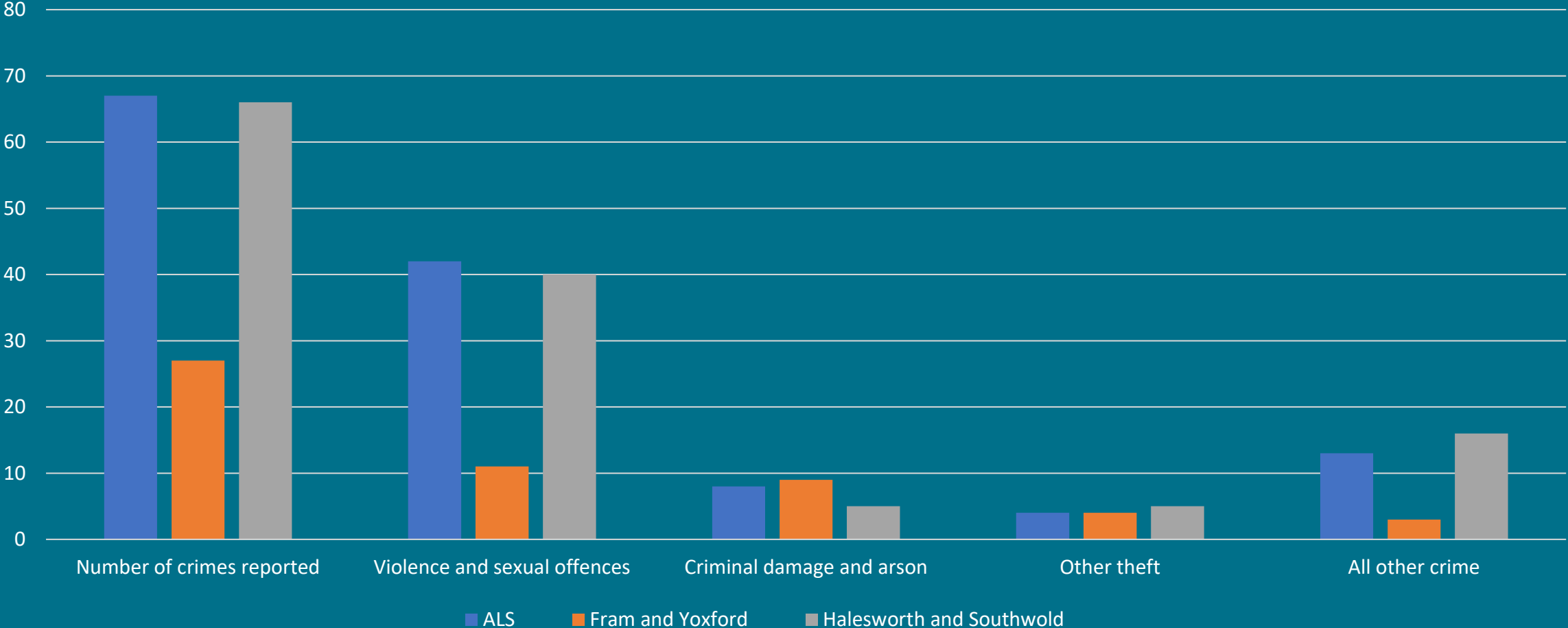
A higher score means **better transport connections** and easier access to services.

*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

# Review Priorities

## Current Priority 1

Improve mental health  
and wellbeing

## Current Priority 2

Community cohesion

## Current Priority 3

Supporting hubs to bring  
services together

## Examples of other CP priorities:

### **Bungay, Beccles Halesworth and villages**

- Tackling social isolation and loneliness for all ages.
- Improving physical and mental health and wellbeing, enabling people to live healthy lives.
- Conserving and enhancing the natural environment and heritage assets.

### **Carlton Colville, Kessingland, Southwold and villages**

- Strengthening connections within communities to co-create activities and services that enhance wellbeing, improve access and inclusion.
- Partnering with young people to co-design programmes that build on their skills and interests.
- Supporting Rural Communities to achieve equity.

### **Framlingham Wickham Market, Kelsle and Yoxford and villages**

- To increase awareness of transport services available and work to ensure gaps are filled.
- To promote the offer of existing health resources and activities around physical health, mental health and dementia and create new opportunities based on identified gaps in provision.

- To enable communities to share skills and knowledge within and between communities to increase resilience and preparedness in the community.
- To facilitate opportunities for local people to care for the environment and biodiversity.

### **Kesgrave, Martlesham and villages**

- Reducing social isolation and loneliness across the CP area;
- Enhancing existing community assets and strengthening local partnerships for all;
- Promote environmental well-being.

### **Woodbridge, Melton and Deben Peninsular**

- Promoting physical and mental wellbeing.
- Building stronger connections.
- Championing equality for everyone.

# Review Priorities (10 mins)

## Current Priority 1

Improve mental  
health and wellbeing

## Current Priority 2

Community cohesion

## Current Priority 3

Supporting hubs to  
bring services  
together

**Objective:** Review current priorities

Based on your **local insight & data**, discuss our current priorities

- Are we happy to continue these for 2026/7?
- Do you want to change anything?
- Can any of the priorities be more specific?



# East Suffolk **Community Partnerships**

Aldeburgh  
Leiston  
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& villages

## Outcome Proposal 2025/26



# Suffolk Coastal Poverty Action

Funding Request

**£4,800**

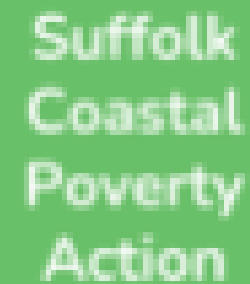
P1 Improve health and wellbeing

Offering counselling support to those in poverty in the area. Delivered both in-person and online.

A network of qualified and registered Counsellors across East Suffolk

96 appointment slots taken up and 10-12 people supported through counselling sessions

As a result, issues can be talked about and explored further without need for wider health waiting lists – this will positively impact mental health



Suffolk  
Coastal  
Poverty  
Action



**SCPA**

# SCPA discussion

- Do you support the idea outlined and the cost involved?
- Do you agree that it meets either or both priority?
- What can you do to support the proposal to make it a success?
- Can you identify any challenges and how to overcome them?

# Partner updates

## Citizens Advice East Suffolk



**ADVICE LINE – 0808 278 7866**  
**Monday to Friday 10am to 2pm**

- Would like to make the partnership aware that residents can apply for help with heating oil using the SCC LWAS application form - they can either do this themselves or ask CAES to help them. They can also speak to CAES if they do not qualify under the SCC scheme.
- Also the new Crisis Resilience Fund is aimed at providing people with short term relief combined with longer term support to reduce reliance on charitable funds. CAES will be working with residents to provide the support they need - please do refer people to us. **Our phone lines are very busy so please encourage people to email or use our outreaches.**

# Local events and initiatives

## The Art Station



### Sax Arts Fest 2026!

June 13, 2026 - June 13, 2026

Save the date!

Sax Arts Fest, Saturday 13th June, 2026

More info coming soon!



### Family Cooking Sessions

April 22, 2026 - May 27, 2026

Fun Free Family cooking sessions!

Gain essential kitchen skills and cook nutritious, budget friendly meals!

Sessions start every Wednesday from 22nd April until 27th May!

Email [info@theartstation.uk](mailto:info@theartstation.uk) to book now!



### Draw Green

May 7, 2026 - October 1, 2026

FREE drawing in Art Station Garden with artist, Jevan Watkins Jones!

First Thursday of the month, 2-4pm

Spaces limited, please book!



### Art Station Garden

April 1, 2026 - December 31, 2026

Visit our community garden in the heart of Saxmundham!

Open every Wednesday and Thursday 10am – 1pm for visitors and volunteers

All Welcome!

## Families

Join our artists in the garden for fun, creative activities

For 0-4

### Forest Families

April 14, 2026 - September 29, 2026

Join our artists in Art Station Garden, for fun creative activities!

For 0-4yrs

Tuesdays, 10am – 12pm

Fresh snacks and art materials provided!

# The Long Shop Museum

Sunday 19th April -	Steam Up!
Sunday 26th April -	Classic Marque Owners Clubs Visiting (11:00 - 13:00)
Thursday 7th May -	Election Day - Museum Closed
Friday 29th May -	Half-Term Craft Camp (10:00 - 13:00)
Sunday 21st June -	Suffolk Day (Free Entry)
Sat/Sun 11/12th July -	Trolleybus Centenary Weekend
Sunday 19th July -	Steampunk Shenanigans
Friday 24th July -	First of 6 Summer Craft Camps (Fridays, 10 'til 1)
Saturday 15th August -	VJ Day Commemoration
Saturday 12th September -	Heritage Open Day (Free Entry)
Sunday 27th September -	Motorcycle Day
Friday 30th October -	Halloween Craft Camp (10:00 - 13:00)
Sunday 15th November -	Final Fling!



Leiston Town Council

THORPENESS CROQUET COMMUNITY

# MOVE, MALLETS, & MINGLE

A FRESH WAY FOR THE OLDER PERSON TO STAY ACTIVE AND SOCIAL





**GET MOVING**

Start with gentle exercise to warm up and energize.

**GAME ON**

Try your hand at croquet - easy to learn, fun to play, and perfect for the older person.

**RELAX & REFRESH**

Cool down with tasty refreshments and good conversation.

This is a six week programme of half days. No experience needed. Just come, have fun, play croquet and make new friends in the idyllic surroundings of Thorpeness Croquet Club.

Where:- The Ogilvie Pavillion and sports ground  
When:- Monday afternoons

For further information phone the Thorpeness Croquet Club 07732260599  
Email [thorpenesscroquet@btinternet.com](mailto:thorpenesscroquet@btinternet.com)



Fun • Fitness • Friends





## TIMETABLE FOR WEEK COMMENCING 27<sup>th</sup> APRIL 2026

ART EXHIBITION SHOWING WORKS BY SIZEWELL C WORKFORCE – SIZEWELL CREATIVES		
<b>MONDAY</b> Deben	9am-3pm	Turning Point - Substance Addiction By Referral <a href="mailto:jeff.trace@turning-point.co.uk">jeff.trace@turning-point.co.uk</a> or 0300 123 0872
Waveney	10am-3pm	Headway Day Hub for adults with any neurological condition. Contact <a href="mailto:info@headwaysuffolk.org.uk">info@headwaysuffolk.org.uk</a> or call 01473 712 225.
MUGA	10am – 12pm 1.30pm-3.30pm	The Way To Go Guided Walk then stay for a cuppa The Way To Go Guided Cycle Ride then stay for a cuppa Find out more – email - <a href="mailto:walkingandcycling@suffolk.gov.uk">walkingandcycling@suffolk.gov.uk</a>
Alde	4pm-6pm	Pulse Diabetes Prevention Workshop – by referral only
<b>TUESDAY</b> Waveney	10am -3pm	Headway Day Hub for adults with any neurological condition. Contact <a href="mailto:info@headwaysuffolk.org.uk">info@headwaysuffolk.org.uk</a> or call 01473 712 225
Blyth	10am – 3pm	Counselling with trainee Karen, booking necessary, free of charge. Emails: <a href="mailto:khamrat@gmail.com">khamrat@gmail.com</a> or leave a message on 07974 137 661
Gym	10.30-12noon	New Age <u>Kurling</u> with Alana for all ages and abilities, stay for a cuppa Contact Alana on <a href="mailto:alana@activlives.org.uk">alana@activlives.org.uk</a> or call 07365 358 939
<b>WEDNESDAY</b> Gym	9.30 - 11am	ActivLives Keep On Moving seated exercise class. Contact <a href="mailto:frazier@activlives.org.uk">frazier@activlives.org.uk</a> or phone 01473 345 350
Gym	11.15 - 12noon	Falls Prevention seated exercise class – by referral
Gym	1.30pm -3pm	ActivLives Breathefit Seated exercise class. Contact <a href="mailto:frazier@activlives.org.uk">frazier@activlives.org.uk</a> or phone 01473 345 350
Deben	9am - 3.30pm	Turning Point - Substance Addiction By Referral <a href="mailto:jeff.trace@turning-point.co.uk">jeff.trace@turning-point.co.uk</a> or 0300 123 0872
Blyth	10am - 3pm	C4H Social Prescribing -by appointment – by referral or self-refer at <a href="mailto:C4h.suffolk@nhs.net">C4h.suffolk@nhs.net</a> or phone 01394 332 265
Waveney	1.30 – 3pm	Seated Yoga, just turn up in comfortable clothes and stay for a cuppa and chat <u>Imadethis</u> Animation Club for young people with SEN/ ADS Contact <a href="mailto:judecowgill@hotmail.co.uk">judecowgill@hotmail.co.uk</a>
<b>THURSDAY</b> Gym	10am-12noon	Pulmonary Rehabilitation, for referral contact 07841 533 742 or email <a href="mailto:Rebecca.Smith4@esnft.nhs.uk">Rebecca.Smith4@esnft.nhs.uk</a>
<b>FRIDAY</b> Blyth	10am - 3pm	C4H Social Prescribing -by appointment – by referral or self-refer at <a href="mailto:C4h.suffolk@nhs.net">C4h.suffolk@nhs.net</a> or phone 01394 332 265
Waveney	2pm – 3pm	Cancer Support Group - for anyone who has ever been diagnosed with cancer.



IN PARTNERSHIP WITH



The Live Well Hub, Waterloo Centre,  
Waterloo Avenue, Leiston. IP16 4HF  
Email: [livewell@leistontowncouncil.gov.uk](mailto:livewell@leistontowncouncil.gov.uk)  
[livewellmanager@leistontowncouncil.gov.uk](mailto:livewellmanager@leistontowncouncil.gov.uk)  
Phone: 01728 808 388 or 07955 437 070  
What3Words:///yachting.charge.globe

## Pedal to Zero

NZL is marking a new age for local transport in Leiston! We are happy to launch our brand new **'Pedal to Zero'** initiative, a **cycle scheme** made for the local community.

Pedal to Zero provides you with the opportunity to **travel sustainably** in and around Leiston or across the local area using one of our new electric or pedal bikes!

Check out below to see the **rental options** available to you to start your booking!

[Book a bike](#)



# Future Focuses

Next CP Meeting:  
**Wednesday 29 July 2026**

- Where should we host the next CP meeting?