

WSLSP News Sept 2009

Community Cafe Scheme



Hot on the heels of the popular Village Welcome Packs, the Rural Issues Group has now launched its second project – support for villages wanting to create a community cafe.

A Community Cafe is a great way to develop community life. It can help vulnerable people feel less socially isolated and offer a safe place to meet for young people. Simply enabling and encouraging people to meet regularly for a cup of coffee, cake and a chat can have real social benefits for the whole village.

Cafes can be held in a community centre, village hall, shop, library, or even a school and they could just offer tea, coffee and squash, or provide cake, or even a small lunch too.

Download the new leaflet about setting up a Community Cafe at www.onesuffolk.co.uk/wslsp



Village Welcome Packs

The village welcome packs have taken off and so far over 30 villages have requested the templates.

Feedback from those receiving the templates has been excellent with comments such as: “clear and concise” and “your templates gave us the confidence to go forward”.

Hopefully the packs will soon be able to include information about the villages’ new community cafes too!

Community Chest Grants 2009

A fanfare please for the announcement of this year’s winners of the Community Chest grants!

There were 40 applications in all and the WSLSP Board has now approved funding for 17 projects.

Successful applications include: a singing project; a cultural day; an arts performance; help for an Over 60s Club; support for substance misusers and victims of domestic violence; counselling for 7-11 year olds; home safety checks to reduce accidents for the blind; two commercial ovens for a lunch club; laptops and broadband for a bistro internet project; first aid training equipment for cadets; healthy eating workshops; new playground equipment; a community minibus; a home cinema for a youth centre; and more opportunities for people with learning disabilities.

The Board agreed to allocate an additional £386 to allow full funding of all 17 projects. This means that the total funding this year was increased to £20,386.

A press release with more details is available under the News section of our website at: www.onesuffolk.co.uk/wslsp The Partnership Fund grants will be agreed at the November Board meeting and details of these will be in the next e-newsletter.

We look forward to watching these new projects get off the ground and sharing in their success.

'Wos Up' is up and running

The Wos Up Project in Forest Heath is running well, particularly in Barton Mills, Red Lodge and Exning with numbers reaching 15-20+ young people per evening.

The project has tailored its programme to match the demand. By mid August the figures were very encouraging with a total of 359 attendances by boys and 131 by girls. The bulk of attendees are aged 11-16, with 259 of these boys and 97 girls.

The scheme covers key outcomes in their sessions including 'Be Healthy' with sports and physical activities; 'Stay Safe' with information on sex education, alcohol and local events; and Economic Wellbeing to include job searches and college applications.

The project began working in Sudbury at the end of August and we are hoping for similar success.

Change of plan for YAWS

The Youth Action in West Suffolk project has been going well with a great take up for the monthly funding surgeries. Lots of voluntary sector youth groups have attended and the team has been helping to develop projects, advise on funding, policies and procedures and promote the Young Suffolk Quality Standard.

The second part of the project was to be the Caring Card for young people. However, research has shown that young people didn't like it and wouldn't use it, which of course is the benefit of doing research! This means that the funding put aside for the cards will now be used to allow more of the popular funding surgeries so our help can go where people really want it.

To book a surgery call Hazel or Pat on 01284 766126 or Marian on 0845 370 6340.

Break Up Support begins

The Break Up Support project in Sudbury has got off to a slow start over the summer break but they are hoping for more referrals now that the schools have gone back and they are planning to start the support group sessions in October.

The latest Think Smart Drink Smart course should also be starting this month.

More Healthy Roadshows



Three healthy roadshows were held in our towns back in June, to take free help and health advice out to our residents.

The events offered blood pressure checks, walking aid inspections, falls and fracture prevention advice, health tips, information on Healthy Walks and exercise demonstrations in Yoga and Tai Chi.

The events were organised by West Suffolk LSP, Age Concern, NHS Suffolk, The Stroke Association, Havebury Housing, Anglia Community Leisure and Suffolk Sport. Over the course of the three days, 160 blood pressure checks were carried out and the team made several referrals.

As a result of this success, another three events are now planned for December; this time with the new SOS Bus.

The dates will be as follows:

- 8 Dec Newmarket, Market Square
- 9 Dec Bury St Edmunds, Cornhill
- 10 Dec Sudbury, outside the Town Hall

Come along and show your support!



DIY Greener Homes



Climate change is an issue on most people's minds and a West Suffolk Climate Change Action Plan was formally adopted by the WSLSP Board at their meeting in September.

One of the targets is to develop user-friendly community action toolkits to help people run community events focussing on energy efficiency.

Pilot events called DIY Greener Homes are taking place in Barrow, Sapiston and Great Barton this month and next and those who attend can get free home energy efficiency materials such as loft insulation, hot water tank jackets and energy use meters. If successful, the idea is to encourage other local communities to do something similar.

A full copy of the Action Plan is available at www.onesuffolk.co.uk/wslsp

To find out more about the action plan or to see how you can set up a similar community event contact Andrew Oswald at andrew.oswald@stedsb.gov.uk

SOS BUS soon to launch

Fourteen volunteers have now come forward and completed training to help with the new SOS bus for West Suffolk's nightlife.

The bus has been fully kitted out and will be officially launched in October. Work will begin with one night per week in Newmarket (Saturdays) and it is hoped that as more funding and volunteers come forward this can be extended to include other nights and different areas.

Improving Business Skills

Research into the needs of all the business parks in West Suffolk, is almost finished and the next step will be engaging employers in Forest Heath.

A breakfast meeting in Mildenhall and a joint event with Business Link in Newmarket, are planned for late October or November.

Still Putting a Cork In it

The Put a Cork In It project is still going strong. The awareness courses at West Suffolk College have now been completed and more retail visits have been carried out with further visits planned for the future.

An additional £5000 has been agreed for more bar and door staff training and another £6000 has been put towards the Young Carers project.

This year's Annual Conference



This year's annual conference will be held at Palace House in Newmarket on 25 November. The event will have a racing theme befitting of its setting and the main focus will be on reviewing the Community Strategy and agreeing priorities for the next few years.

Please let David Wood know if you would like to attend. A free lunch will follow the conference.

Feedback

We hope you find this newsletter useful and we welcome any comments or feedback. To subscribe or unsubscribe, please contact David Wood at david.wood@forest-heath.gov.uk For more information, visit our website at www.onesuffolk.co.uk/wslsp