

Newsletter

Rural Coffee Caravan Information Project

Information on board

"come in for a chat..."

4th Quarter 2010



Helping Rural communities tackle selected problem areas is another string to our bow at the Rural Coffee Caravan Information Project!

Here in Great Cornard it involved residents visiting us for a well earned break after shopping at the local store to meet the community officers and their canine friend. As well as the chance to see what we had on offer it was a forum for residents to air their concerns about any problems in their area. An ongoing parking issue was solved here today with only a few other concerns raised. A lot of residents were happy and praised the area that they lived in.

Another police related activity! On the right here a number of Aldeburgh residents who attend a day centre close to the police station were eager to take a peek around the station and the cells!

As it is such a tiny station we were out the back providing a seating area for them whilst the local officer gave out security and safety advice for the upcoming winter period.



Right-The lunch club at Woolpit in the institute provides a much needed service, despite needing a new stair-lift many residents come for the good home cooking once a month.
Below- following the successful police forum we once again visit a huge luncheon day at Great Cornard with our info.



Below – An October sunset after leaving a visit in St James/South Elmham. This group of villages known as “The Saints” are some of the most geographically isolated in Suffolk with a heavy dependence on farming. It has low population and poor transport links. Since the Aquisition of the Campervan we have started hosting coffee mornings in the Village hall as well as our summer visits. This has taken off well and we have seen new people visit.





Suffolk County Council invited us to an activity day at West Meadows Gypsy community on the outskirts of Ipswich. Using us as a focal point the residents discussed plans for the adjoining field to turn it into a community space. A fire scenario demonstration trailer was also on site as well as Census 2011 and the green light trust. The free day was open to all residents who were very grateful, as they had never before had such support from so many organisations

Active in the village!

This was an evening visit to Cransford at the free church. After hearing about our visits to Bruisyard the organisers of the activities here (Including a very successful mother and toddlers group) wanted to find out more about the origins of the project. They enjoyed the history lesson! They wanted to know all about our activities and find out where we go and what we do for small rural communities like theirs. Naturally I showed them all the Newsletters.



Everyone is smiling because against all odds battling ice, high winds, no power and the fire alarm going off continuously, they finally got a cuppa and slice of cake! Despite the drama's that we had here the residents of Great Bradley are very friendly, inviting us back in winter for an indoor session after their first summer visit from us last year. One of the most far flung Suffolk Villages almost on the Cambridgeshire border and nearest to Newmarket here we were able to subscribe some residents to the Newmarket day centre free magazine.



Residents at Beck Row in Forest heath district were told about the Greener Homes DIY Scheme operating in their area. The Rural Coffee caravan Information project attended a regular coffee morning and invited Katharine Smith pictured below. She explained what the scheme involved and gave out application forms to take away and fill in for the residents 'wish list'. These residents along with others from the area came to an event at the community centre and were able to view the energy saving products as well as all of our information from the Camper of course! The completed 'wish lists' were handed in once their products were chosen and the free products would be collected at a later date. The scheme also happened in other villages and the December newsletter will have pictures of the residents of Freckenham collecting their insulation products.



What is it?

The scheme provides free energy efficiency goods to households for DIY installation. The quantity of free materials you can apply for is linked to your household income. There are three bands of grant available. Up to £350, up to £250 and up to £150. If your household income is above the cut off, you could still receive a free energy monitor and/or money-off vouchers. The Scheme is being run by your District Council in partnership with, Suffolk -Creating the Greenest County, the Energy Saving Trust and your local community group. Funding has been provided by the East of England Regional Assembly and the Greenest County Green Fund.

Who can apply?

Anyone living in the pilot community area can apply. The amount of any award will depend on your household income, number and ages of people in household, the current energy efficiency of your house and funds continuing to be available. If you are over 70 or receive certain benefits we may direct you to other agencies for free insulation installed for you by an approved company. You could still receive other energy saving goods to install yourself.

What is available?

Our priority is to install those measures which result in the greatest carbon savings (and save you the most money by reducing your fuel bills). Priority will be given to applications for insulation products. We have selected non-irritant products, insulation boards to allow for storage after insulating, a product to apply to the inside of solid walls and a range of draughtproofing products. If you have cavity walls that are unfilled you can apply for a voucher towards the costs of having these insulated. Other items on our list include radiator panels and energy monitors.

Below- Sue from the Library at home service sometimes comes out with us to promote the wonderful free service. Here in St James she signs up a man of limited mobility that even finds it difficult to visit the mobile library.



Below - A Withesham resident stocks up on Information, at our first visit ever here. Right – Our visit to Ingham. The church pews had severe woodworm and had to be thrown out, as there is no village hall here the church became the community centre





We were lucky enough to be invited by the residents of Redlingfield to a winter coffee morning hosted inside one of the residents houses. We have to make our summer visits on a small piece of grass on an intersection as the village literally has no social space. Having made so many friends through the project over the years they want to keep meeting up in winter so once a month take it in turns to host a social morning. We came to see all the friendly faces as well as giving out advice on rural heating oil theft, giveaways of free books and other freebies. Right- Penny our Administrator wins a bottle of wine at the raffle organised by host David (pictured).



Serving up hot chocolates at the switch on of the Christmas lights in Stowmarket town centre. At -5 degrees the water systems in the camper froze solid and we had to rush and get some last minute bottled water. Allowing Charities to have free stalls at an event like this helped us to raise awareness of the project as we visit 12 villages within 5 miles of Stowmarket.



A few weeks after their taster session of the Greener Homes DIY Scheme (See page 4 for details) Freckenham Village hall sees the delivery of Thousands of pounds worth of green building solutions geared towards saving energy. Since compiling their wishlists the delivery of the products in bulk allowed the residents to come and collect their free materials. Forest heath District council were even on hand with one of their vans offering free deliveries if people had difficulties transporting some of the bulkier items. Among some of the items taken away were radiator panels, Cylinder jackets, Draught excluding strips, Hard foam loft insulation and sheeps' wool and recycled plastic bottle insulation.



Another new community we have recently visited in the Waveney district was the Christmas coffee morning at the Carlton Colville Methodist Church. 2 members benefitted from a home fire and security check from Homeshield plus that we told them about. They are very active here providing arts and crafts, Fitness ballet, Music group, Breakfast club, Pilates, Coffee mornings, Parent and toddlers and more.



Bruisyard village hall donates its Christmas lunch takings and presents a cheque of over £100 to Bike Active Alton Water. They offer weekly accessible cycling sessions for people with disabilities. Based at Alton Water near Holbrook with an array of amazing cycles, they can offer many opportunities for people with disabilities to enjoy regular cycling on Fridays. They always welcome new riders, volunteers or people who would like to help financially. If you would like to join in the fun please call Peter Robinson on 01394 283460

Middleton village has the latest street fair of their year! The annual Christmas one is held in aid of raising funds for a new sports pavilion. We took the camper and all the info for people to look at as well as offering advice on starting a lunch club in the village. Attractions here included traditional Morris and Mummers dancers (pictured), brass band, stalls and traditional funfair games. We donated £25 of donations from providing hot tea and coffee to the cause.



The village bus stop gets used as Santa's grotto!
Does the Elf have to get changed in the phone box?



On a very snowy note we end 2010 the busiest year for us yet and we look forward to keeping you all informed in 2011