Welcome to our brief February 2021 ward report. Once again, we are sure you will join us with condolences for those that have lost their loved ones through this pandemic, our thoughts are also with those in hospital or ill at home. We must pay tribute to Captain Sir Tom Moore who sadly lost his life to Covid and his achievements in raising money and inspiring so many others. We must all continue to take responsibility for our own actions to do the right thing, follow guidance and adhere to the rules in place. The vaccines are happening, albeit, slower in some areas and we thank you all for your co-operation whilst this progresses. Our thanks go to everyone involved with the vaccinations, but it is important to remember that once you have had vaccinations you must still follow the rules. #Stick with it Suffolk. #BeKind We will be attending the Covid Cllr briefing again this evening and have once again submitted questions.

Sadly, there are once again many scams going around regarding vaccines. The NHS will not ask you to apply for the COVID-19 vaccine and there is no charge for it. When it’s your turn, they will contact you to book your appointment.



We understand that each town and village have different measures in place to help those with transport, there is help from community transport and our wonderful good neighbour schemes. However, if there is someone that does not meet the criteria regarding the other schemes available then we have set up a local taxi who will invoice the council directly to make sure that no one misses out on their vaccination because of not being able to get to their appointment. Please get in touch if you need any further information.

**Suffolk Coastal Path**

<https://www.gov.uk/government/collections/england-coast-path-bawdsey-to-aldeburgh>

Today (3rd February) Natural England submitted its compendium of reports to the secretary of state for Environment, Food and Rural Affairs. These proposals form part of a programme to establish a continuous waking route around England’s coastline, as set out in the Marine and Coastal Access Act 2009. Only owners, tenants or occupiers of affected land may make an objection to the Secretary but anyone can make a representation to the Secretary of State about these proposals.

All the relevant documents & forms can be found on the link above. Please respond no later than the 31st March.

**Energy** – at the Strategic Planning meeting where the Sizewell planning application was heard it was once again agreed that Cllr Cooper will continue to be your conduit for energy matters so please do not hesitate to get in touch with him to help with your representations etc. A quick reminder that deadline 5 regarding SPR is the **3rd February.**

Planning. May we also take this opportunity for a gentle reminder to please get in touch or notify us of any comments you make or support that you would like us to help you with.

Please also look out for the Flood Alerts that are issued locally.

**The next census is planned for Sunday 21 March 2021.**

Census 2021 will be the first digital-first census. It’s easy to do and can be done on any device. You’ll get an access code from us at the Office for National Statistics. Simply go online and enter the code into our secure website to get started. They will be in contact nearer the time to let you know what you need to do.

## Help available, they are aiming to make it easy for everyone to take part in Census 2021. But, if you need help, they have got it covered. There will be an online help area and offer help by phone, webchat, email, social media or text message.

If you can’t get online or need help completing the census online, there’ll be Census Support Centres across England and Wales.

We’ll also have guidance in a range of languages and accessible formats.

## Moving the census online, more details soon.

Please also keep an eye out on the website for any other updates.

**Council aims to help vulnerable people stay active**

Hundreds of vulnerable people in East Suffolk are set to benefit from EAST bags which will help them stay active during winter months.

East Suffolk Council has been putting together 2,000 EAST bags, which will be delivered over the coming weeks to vulnerable older residents who have been identified as being at risk of loneliness and/or social isolation.

The EAST bag (Everyone Active, Supported Together) is a reusable jute bag which has been funded by the East Suffolk Community Partnership Board and Ipswich and East Suffolk Clinical Commissioning Group.

In the bags are items which will enable recipients to stay active, both physically and mentally, during the winter months. These include resistance bands and exercise cards, a water bottle, hand warmer, recipe cards, freezer boxes, a puzzle book and some seeds to plant when the weather improves.

As an extra treat, the bags also include soft drinks and chutney, kindly donated by Adnams, tea bags and biscuits.

We have all been affected by Covid-19 in one way or another, however, for those who are particular vulnerable due to loneliness and/or social isolation, the pandemic has had a huge impact on their mental and physical well-being. The EAST bags are a simple yet effective way for us to reach out to those who are struggling, particular during the colder, darker winter months, and hopefully encourage them to stay active, mentally and physically, during this challenging time.

Initially, the EAST bags will be distributed across the Council’s eight Community Partnership areas to older people who are living alone or caring for someone, who have been identified as being at risk of loneliness and/or social isolation by the East Suffolk Council Communities Team or local organisations and groups working with the team.

However, the Council is also asking that those who may know someone who will benefit from receiving an EAST bag get in touch by emailing [communities@eastsuffolk.gov.uk](mailto:communities@eastsuffolk.gov.uk)

To further support older residents in East Suffolk, our Communities Team is holding an online quiz on Wednesday 24 February at 10am. The quiz will take approximately an hour and offer an opportunity for participants to meet new people, have fun and even win a prize!

The quiz is open to anyone who has received an EAST bag and to all older residents in East Suffolk, whether they live alone, with a partner or in a care home.

Entry is free, however, participants need access to the internet and a computer to take part. If you would like to participate but don’t have access to the internet and/or a computer, please contact the Communities Team using the details below as they may be able to help you get involved anyhow.

To find out more, or to register, please email [communities@eastsuffolk.gov.uk](mailto:communities@eastsuffolk.gov.uk) or call Stuart on 07768 114421 or Zoe on 07825 420378.

## Council continues to fight impact of climate change

East Suffolk Council continues to tackle the impact of climate change as it works towards becoming carbon neutral.

Since its creation in April 2019, East Suffolk Council has had an ambitious environmental vision to build the right environment for East Suffolk and it's committed to be carbon neutral by 2030.

To support this vision, the Council voted unanimously to declare a climate emergency in June 2019 in a bid to reduce its own carbon emissions and to encourage local communities to get involved in fighting climate change.  Since then, the Council has taken a number of actions to help it achieve its ambitions plans and deliver its environmental vision to residents and stakeholders.

As a direct result of the declaration, a cross-party [Environment Task Group](http://www.eastsuffolk.gov.uk/environment/climate-change/east-suffolk-environment-task-group/) was established to ensure the Council’s policies meet its environmental vision and identify areas for improvement through the development of a Climate Action Plan.

In 2020, the Council adopted a new [Strategic Plan](http://www.eastsuffolk.gov.uk/yourcouncil/how-your-council-works/east-suffolk-strategic-plan/) in which the environment is one of the key five themes, meaning it plays a key role in decision-making and has become part of the Council’s core business.

Furthermore, a new [Housing Enabling Strategy](https://www.eastsuffolk.gov.uk/assets/Housing/Housing-Enabling-Strategy.pdf) and [Environmental Planning Guidance Notes](http://www.eastsuffolk.gov.uk/environment/environment-guidance-note/) offer clean and concise information on a range of key environmental issuing in planning and development. The documents can assist those seeking to mitigate the contribution of construction and development to climate change and its impact on the environment. In addition, a [Sustainable Business Toolkit](https://eastsuffolkmeansbusiness.co.uk/wp-content/uploads/2019/11/Sustainable-Business-Toolkit.pdf) was published in 2019 to help businesses reduce their environmental.

Leading by example, East Suffolk Council are regularly improving its housing stock by installing new boilers, central heating, additional insulation and social panels. For example, over 250 air pumps have now been installed in council houses which don’t have access to gas, whilst ten retired living schemes have been fitted with solar panels.

To support and encourage sustainable travel, the Council is currently developing a [Cycle and Walking Strategy](http://www.eastsuffolk.gov.uk/planning/planning-policy-and-local-plans/cycling-and-walking-strategy/) for East Suffolk which will highlight the connectivity of key cycling routes and identify opportunities where cycle infrastructures can be improved in partnership with Suffolk County Council in particular, to support sustainable travel.

Even prior to Covid-19, East Suffolk Council made changes to the way it works by enabling remote working and meeting through the use of technology to reduce business travel and commuting. Alongside this, council staff and members also have access to EV pool cars and charging points, which are available at its offices in Melton and the Port of Felixstowe.

Last spring, East Suffolk Council launched its ‘Pardon the Weeds, We’re Feeding the Bees’ campaign, in which over 40 wild spaces were created across East Suffolk, where grass was left to grow longer, and wildflowers planted to help wildlife to thrive. These spaces are cut back for winter and the signs removed but will be back in spring. We’re keen to introduce even more mini conservation areas so please contact your town or parish council if you have any suggestions for wild spaces.

East Suffolk Council has spent many years promoting free and discounted insulation offered to homeowners and landlords by energy companies. The Council has made the enforcement of the Minimum Energy Efficiency Standards introduced by the Government in 2018 a priority, meaning that any landlord who fails to act to improve the warmth of their properties will now face financial consequences. The Council’s commitment to ensuring all tenants – social and private – are living in warm homes that are good for their health and their wallet was recognised in a report\* last year which showed that East Suffolk Council has one of the best track records in the country for tackling energy efficiency in homes.

Cllr James Mallinder, cabinet member for the Environment, said: “East Suffolk Council is committed to tackling climate change and developing and delivering our environmental vision across East Suffolk for all residents and stakeholders, always with a focus to be carbon neutral by 2030.

“I believe this is somewhere where small changes can make big differences, so we’re also encouraging our communities – individuals, businesses and town and parish councils – to join us in making changes that can make a big difference to our fragile environment.

“Taking positive action on environmental issues is not just about the plants and grass outside, it is about what we do in our homes and how our businesses work to reduce waste and pollution. By taking a practical, common-sense approach to this issue and building it into our Strategic Plan for the future, it has become part of our core business at the Council.

“Together we can and will make a difference. The time to talk is over and now more than ever, we all need to work together to tackle these issues and place the environment at the centre of everything we do.”

Please do get in touch with Cllr Mallinder with any comment etc, that you may have.

## New recycling campaign aims to get Suffolk’s recycling right

A new campaign has been launched in Suffolk to help people get their recycling right.

Each year more than 10,000 tonnes (about 20%) of recycling from Suffolk homes is rejected due to the wrong items being placed in Suffolk’s recycling bins. This is the same as 1 in 5 lorries full of recycling going to waste. The cost of sorting and disposing this spoiled recycling is more than £1million.

The new awareness campaign, launched by the Suffolk Waste Partnership is called Together We Can Get Our Recycling Right. Itincludes a leaflet to all households (attached) with the do’s and don’ts of what can easily be recycled at home, plus tips on how to recycle other items not accepted in home recycling bins. The campaign will be supported on the Suffolk Recycling website and social media channels.

Recycling is one of the easiest things we can all do to play our part in reducing carbon emissions and cutting down on our waste. However, it is essential we make sure we put the right things in our recycling bins. Since the pandemic we have seen an increase in the wrong items being recycled, so we hope that this campaign serves as a helpful nudge in making sure we get it right.Our crews and staff at the recycling sorting centre have been working hard to maintain front line services. By ensuring we get our recycling right we can all help to make their jobs easier in these difficult times.

There are three simple steps that householders can take to improve the quality of their recycling. These include:

* Put glass in a bottle bank, not in your wheelie bin
* No bagged items. Keep your recycling empty, clean and dry
* Keep all food out of your recycling bin. Put any food you cannot eat or compost in your rubbish bin.

You can recycle the following items in your recycling bin at home: plastic bottles, pots, tubs and trays, metal cans, aerosols and foil and paper, card and books. The worst offending items incorrectly found in recycling bins include glass, black sacks, food waste, cartons and nappies.

More information about what you can and can’t recycle can be found at [www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk/)  https://www.suffolkrecycling.org.uk/my-bins/together-we-can-get-our-recycling-right





## More about this item: East Suffolk households asked to follow bin rules

Households in East Suffolk are being reminded to follow bin guidelines as more household waste is created during national Covid-19 restrictions.

People are spending more time at home due to national Covid-19 restrictions and East Suffolk Council is asking households to ensure they’re following the bin guidelines set out by the Council to help refuse teams efficiently provide an essential service.

Cllr James Mallinder, cabinet member for the Environment, said: “With more people spending time at home due to national restrictions, we’re seeing more household waste than ever before, putting added pressure on our refuse teams. Unfortunately, we’re also seeing an increase in bad bin etiquettes, which can not only prevent the refuse team from collecting waste but be a nuisance to neighbours and obstruct footpaths.

“Our refuse teams are working extremely hard under very difficult circumstance, so it is very important that we all do our bit to help them provide this essential service that we’re all relying on more than ever and there are some very simple guidelines we can all follow to do so.”

To help ensure an efficient refuse service, East Suffolk Council is asking that households follow a few simple guidelines as set out below:

• Put bins out by 6am latest on collection day  
• Recycle where possible through the blue bin  
• Present bin at the boundary of your property where your access meets the public highway or other agreed collection point  
• Don’t force too much waste into a bin as it can stick inside, meaning it won’t come out when emptied  
• Ensure bins do not contain any incorrect items, as it may not be emptied  
• Ensure the lid on bins are closed for collections, otherwise we won’t be able to empty it  
• Take bins in as soon as possible after collection as they can cause a serious obstructions and block access, particularly when left on public pavements and access ways

[See more information](http://www.eastsuffolk.gov.uk/waste/waste-collection-and-disposal/refuse-collection/) on what items goes into what bin, to check your bin collection day and to report a missed bin collection.

As part its commitment to the environment, East Suffolk Council is also urging people to recycle right and waste less.

Cllr Mallinder said: “The majority of households in East Suffolk are good at recycling, but as we continue to deal with the challenges of climate change there is still a lot more we need to do to ensure we’re recycling the right items.  
  
“Confusion can cause spoiled bins, so we are determined to help households reduce the amount of wrong items they put in their recycling bins by making sure they know what can and cannot be recycled. This is important because there is a threshold of how much spoiled waste a truck load can have before it is rejected, so we need to make sure we are recycling right.  
  
“East Suffolk Council declared a climate emergency last year and we all have a role to play in making better decisions for the sake of our environment. By thinking about how we dispose of our waste and making the right decisions, we all contribute to a solution. These small changes in our behaviour will make a big difference over time.”

To help reduce the number of spoiled bins, the Suffolk Waste Partnership has produced a new recycling leaflet which is currently being distributed to all households in East Suffolk. The leaflet contains information on what can and cannot be recycled at home as well as tips on how to recycle other items not accepted in the household bins.

You can also find the new recycling leaflet on our [website](http://www.eastsuffolk.gov.uk/waste/waste-collection-and-disposal/recycling/).

To ensure that household waste and recycling collections are prioritised during the current restrictions, East Suffolk Council and East Suffolk Norse has temporarily suspended the bulky waste collection service – which offers the collection and disposal of larger items such as fridges, washing machines and sofas until further notice.

Cllr Mallinder said: “We appreciate suspending this service may cause some inconvenience however it is something we must do to ensure we can continue to deliver our essential refuse and recycling collections.

“Suffolk’s Recycling Centres remain open at this time and anyone wishing to dispose of unwanted household items can book a slot at their nearest centre. Alternatively, we would ask residents to store any large unwanted items until the bulky waste service resumes.

“We would also remind residents to be cautious if choosing to use a private waste removal company and to always check they are a licensed waste carrier. It is important to keep a record of the company or person’s name taking waste away on your behalf. Unfortunately, there are unscrupulous people who charge for removing household waste and then fly-tip it; householders have a ‘duty of care’ to do all they can to ensure their waste is disposed of properly.”

[Book a slot](https://suffolkrecycling.org.uk/where-to-recycle/recycling-centres/suffolk-recycling-centres-booking-page) at one of Suffolk's Recycling Centres.

https://suffolkrecycling.org.uk/where-to-recycle/recycling-centres/suffolk-recycling-centres-booking-page

[Check](https://environment.data.gov.uk/public-register/view/search-waste-carriers-brokers) to see if a company is a licensed waste carrier.

https://environment.data.gov.uk/public-register/view/search-waste-carriers-brokers

## Bulky waste collection service suspended.

To ensure that household waste and recycling collections are prioritised, East Suffolk Council and East Suffolk Norse have taken the decision to temporarily suspend the bulky waste collection service.

Due to temporary staffing pressures, the service will be suspended from Friday 22 January. No new orders will be taken after this date however any existing orders will be fulfilled. The suspension of the bulky waste service - which offers the collection and disposal of large items such as fridges, washing machines and sofas - will ensure that more vehicles and crews are being used to collect household waste and recycling during the current restrictions.

We appreciate suspending this service may cause some inconvenience however it is something we must do to ensure we can continue to deliver our essential refuse and recycling collections. Suffolk’s Recycling Centres remain open at this time and anyone wishing to dispose of unwanted household items can [book a slot](https://suffolkrecycling.org.uk/where-to-recycle/recycling-centres/suffolk-recycling-centres-booking-page) at their nearest centre. Alternatively, we would ask residents to store any large unwanted items until the bulky waste service resumes.  We would also remind residents to be cautious if choosing to use a private waste removal company and to always check they are a licensed waste carrier. It is important to keep a record of the company or person’s name taking waste away on your behalf. Unfortunately, there are unscrupulous people who charge for removing household waste and then fly-tip it; householders have a ‘duty of care’ to do all they can to ensure their waste is disposed of properly.

## Restaurant fined for breaching Covid-19 restrictions

Businesses in East Suffolk are being reminded that they must adhere to the national restrictions set out by the Government in response to Covid-19 after the owner of a restaurant was fined £1,000 for failing to close his business, risking the safety of staff and customers.

Under the current national restrictions which are expected to remain in place until mid-February at the earliest, restaurants must be closed for consumption of food on the premises but can sell food and non-alcoholic drinks on a takeaway and/or delivery basis.

Following concerns raised by members of the public, officers from Suffolk Police visited Spice of Balti restaurant in Bungay and found customers sitting around a table eating takeaway food and at the bar drinking.

Under the Health Protection (Coronavirus, Restrictions) (All Tiers) (England) Regulations 2020 (SI. 2020: No. 1374), all restaurants and other businesses are required to reduce interaction to help slow the spread of Covid-19.

As a result of breaching these regulations, Mr Shams Uddin, owner of Spice of Balti, has been served with a Fixed Penalty Notice of £1,000.

Cllr Mary Rudd, East Suffolk's cabinet member for Community Health said: “We understand that businesses want to remain fully open however the restrictions are in place for a reason and with the challenges of the new variants which are currently in circulation and spreading rapidly, it has never been more important that we all follow the rules to help defeat this virus. The restrictions clearly show which businesses must close and financial support is available for those businesses affected. These are difficult times, for everyone, but we must continue to stick to the rules to help keep people safe.”

Inspector Claire Simons from the Neighbourhood Partnership Team in Lowestoft said: “This was a good example of partnership working between the Constabulary and East Suffolk Council. The venue in question was operating in such a way as to cause the risk of the spread of a deadly disease to their customers and potentially others in the wider community. Suffolk Constabulary are addressing the wider issues with the licence holder who has agreed to alter the conditions on his premises licence to enable the business to be compliant moving forward."

Details of which businesses must be closed during the current national Covid-19 restrictions can be found at [www.gov.uk/government/publications/further-businesses-and-premises-to-close/closing-certain-businesses-and-venues-in-england](http://www.gov.uk/government/publications/further-businesses-and-premises-to-close/closing-certain-businesses-and-venues-in-england)

Business grants are available to businesses that have been required to close in line with new national restrictions which came into force on 5 January. Full details, and an application form, can be found at [www.eastsuffolk.gov.uk/business/covid-19-business-grant-funding/](http://www.eastsuffolk.gov.uk/business/covid-19-business-grant-funding/)

**New vehicle banners encourage Suffolk to be food and freezer savvy**

Waste and recycling vehicles in Suffolk are now displaying new artwork to help deliver the food savvy message and cut food waste across the county.

Over 50,000 tonnes of food gets thrown away in Suffolk every year, and an estimated average of £730 of edible food goes to waste per household each year.

The fleet of 24 vehicles display the new banners, which have three simple messages with easy advice for people to follow.

* Bananas – one of the most commonly wasted food items across the UK. You can bake with them or blend them rather than throw them in the bin.
* Bread – another of the most commonly wasted food items. You can freeze or toast bread to prevent it from being wasted.
* Freezing - food storage is key to preventing food waste. Check the dates on your food and remember to freeze it when it is nearly out of date. Bread, bananas, cheese and even milk can all be frozen.

The new banners are bright and colourful and will catch people’s attention to encourage them to be food savvy in 2021.Bananas and bread are two of the most commonly wasted foods, and this is a great way to show simple methods of putting them to use instead of throwing them away. Freezing is also a great way to store food for longer and save it from the bin.During the current lockdown we are all spending much more time at home, so it is a good time to keep an eye on the food in your kitchen and take some simple steps to reduce food waste and save money. Wasted food is a waste of natural resources so by cooking better we will be helping the planet and tackling our climate concerns. The smallest of changes can make a big difference over time.

The new banners were designed by Suffolk Waste Partnership’s Food Savvy campaign partner Hubbub.

For more information on how to reduce your food waste and save money visit: [**www.foodsavvy.org.uk**](http://www.foodsavvy.org.uk/)**.**

## More funding available to help tackle social isolation

A funding programme which supports people struggling with social isolation and loneliness is now accepting new applications.

East Suffolk Council’s Hidden Needs Programme was originally launched in 2018 to support older people and families with limited resources who were struggling with social isolation and loneliness. In a response to Covid-19, the scheme was relaunched in June 2020 with a fund of £100,000 and adapted to help fund projects which supports people of all ages who are particularly vulnerable during this time.

Following the success of three previous rounds of applications, a fourth round has now been opened. Applications are invited from local community groups and voluntarily organisations who are delivering projects which can help reduce social isolation and loneliness. Grants of up to £10,000 are available through the scheme. The pandemic has caused, and continues to cause, additional challenges for those who were already struggling with social isolation and loneliness. I would encourage community groups and voluntary organisations to apply for this funding which will help support and connect vulnerable people during this challenging time.

Applications must be submitted by 16 April 2021.

For more information and to apply, please go to [www.eastsuffolk.gov.uk/hidden-needs-grant-programme](http://www.eastsuffolk.gov.uk/hidden-needs-grant-programme).

**A new portal, called ‘myHome East Suffolk**

A new portal, called ‘myHome East Suffolk’ will be available from Monday 1 February and enables those living in council properties to manage payments, update their details, and make appointments quickly and easily. Tenants can also securely exchange messages with Housing Officers.

myHome is accessible at any time of day, every day of the year meaning that tenants can access the service at a time most convenient for them, removing the need to contact our Housing or Customer Services teams during office hours.

Signing up to myHome East Suffolk is quick and easy. Tenants who already have a ‘My East Suffolk’ account can sign up for myHome using their My East Suffolk email and password.

The service is fully mobile, allowing tenants to access the service on their smartphone wherever they are. It is also embedded into their My East Suffolk account, where they have a single point of access for all their Council services.  This is a significant investment to enhance our service for our tenants.

myHome builds on the earlier implementation of innovative analytics software RentSense to better manage tenants’ rent arrears and maximise rental income. In addition, Housing has established a new system of digital tenancy files, replacing the legacy system of paper files.

In combination, these changes achieve significant digital transformation of our tenancy services, delivering customer benefits, operational efficiencies and financial benefits to East Suffolk Council.

During 2021, further content will be added to myHome, so that tenants can diagnose faults and schedule repairs appointments with the Housing Maintenance team.

Warm Homes

Warm Homes Health People project manager for East Suffolk, is able to offer invaluable help with fuel poverty issues, homes without adequate heating and other heat and cold house related difficulties right through to being able to make peoples home fit to return to from hospital or emergency accommodation if there has been a catastrophic heating failure.

There is also a fund available for families without children for some emergency Covid-19 related financial support for fuel payments and also basic food stuff and assistance. Families in this group have been contacted separately but he is able to support families without school aged children, adults living alone, couples living without children.

The links below have a bit more detail about the project:

[Warm Homes Healthy People | Suffolk County Council](https://www.suffolk.gov.uk/community-and-safety/warm-homes-healthy-people/)

[Stepping home from hospital » East Suffolk Council](https://www.eastsuffolk.gov.uk/housing/energy-efficiency-and-warm-homes/stepping-home-from-hospital/)

# **Cooking with Kindness Appeal**

We all know that some people are really struggling financially this year and we are asking for your help. We may all be in the same storm but we are not all in the same boat! For some of us, this winter will be truly dire and we need to look out for each other more than ever. Check on family, friends and neighbours regularly. Some may be embarrassed that they are not coping so we need to be extra observant. Food poverty and fuel poverty go hand in hand so for many that means eating cold food or food that only requires a kettle or a microwave. These options can be very poor nutritionally.

So the Rural Coffee Caravan have started an appeal for donations of NEW slow cookers so that they can direct them to people in Suffolk who really need the benefit they will bring. They will buy a variety of sizes to suit different household sizes. Slow cookers use very little power but allow cheaper cuts of meat to be made into delicious nutritious meals. In fact they can be used for a whole variety of foods and make a very healthy option for people in fuel poverty. Much better than pot noodles and a kettle! They will send out with recipes and links to their social media where we they post other recipes from time to time. Warming nutritious meals will help the recipients stay well through winter and beyond.



You can either buy a NEW slow cooker and send it to them or donate the cost of a cooker to our [**Local Giving page**](https://localgiving.org/appeal/ruralcoffeecaravan-cookingwithkindness/). A wide range is available in Argos starting at just £10.99 for a compact one. A good family one is under £20.

Donations of NEW slow cookers can be sent to:

Rural Coffee Caravan  
The Old Shop  
Harleston Road  
Weybread  
Suffolk  
IP21 5TU

or  
Canon Sally Fogden  
Meadow Farm  
Coney Weston Rd  
Sapiston  
Bury St Edmunds  
IP23 1RX

Alternatively, you could buy a copy of [**Jack Monroe**](https://www.facebook.com/bootstrapcook/?__tn__=K-R&eid=ARCuKEK5TFYrYIXrQr2_raVxE0PKWb4UZIFO-kndY_2H-aBE9phHcGJJ6NzB-hTyq8Iwx65N0Aaw9neg&fref=mentions&__xts__%5B0%5D=68.ARBsUb5PVyLVKzQo3WhUIQpaFe3O-s1DvuVFZKE2GOc5Itzxg3PQIfRB9wPL60Bs705VQ3CY6IWXVhw81G24fGEq4mmlvahUIWs7YBZbRu94S5q5vWJqyg_f1DXyw5bkkl0xZLmhS1M7ndVwjf1Nb2kkBSypmd-ec-A0W7azj5IdtUqjFeCu_Il8EAcx0V70orne8NIqqn1Bl5-V1W34P-vIRD-LBvYenSQjRtS_VeL9ucuhnqUxIcvy_Wumq08C1QPVjEx4DwExii_wx-xjvqXD4NP4iFdcYrbocsp0rWEb2iATVKzspjUnzl1fPYDcoweOk4J1ZOOdnLCiAffgceRXpA)‘s book: [**Cooking on a Bootstrap**](https://cookingonabootstrap.com/) and send it to us so that we can distribute these too. Jack cooks amazing recipes for next to nothing. She also has a book called The Tin Can Cook, also full of cheap but nutritious meals. She has lived experience of extreme poverty so knows what she is talking about. And if you buy it through [**uk.bookshop.org**](https://uk.bookshop.org/)you will also be supporting indie bookshops. Check to see if your local one is listed.

You can help to make a real difference!

The Rural Coffee Caravan – The Slow Cooker Project are delivering Slow Cookers to low income households in Leiston, working with the CAB to identify families to refer them to this service. If you can help regarding a slow cooker or know of a family that may benefit please signpost them.

**Electoral signature updates.**

Some residents may have received requests from the council to update their signature or details. Please return these as soon as possible so that the records are updated.

**Grow your Business Online**

Local businesses in East Suffolk can take advantage of our Digital Advice Service which provides free support to small businesses, especially those in retail, leisure & hospitality, who may need help with creating or improving their website, online shop or social media presence.



## Reminders:

## Grants for businesses affected by new restrictions

East Suffolk Council is now processing the payment of grants for local businesses provided by the Government in a response to new national Covid-19 restrictions.

A new one-off grant is available to businesses that have been asked to close in line with the new national restrictions which came into place on 5 January 2021.

The one-off top ups will grant £4,000 for businesses with a rateable value of under £15,000, £6,000 for businesses with a rateable value between £15,000 and £51,000 and £9,000 for businesses with a rateable value of over £51,000.

This comes in addition to the Local Restrictions Support Grants (LRSG), which have been available since the national lockdown in November 2020, and the Additional Restrictions Grant (ARG), which is available for those businesses who may fall outside the eligibility of the LRSG scheme.

Furthermore, the Christmas Support Payment, consisting of a one-off payment of £1,000, is available for wet-led pubs that have been severely impacted over the Christmas period due to temporary local restrictions.

The Council will automatically make payments of all business grants to eligible businesses based on a successful LRSG or ARG application, including the new one-off payment and any subsequent additional support payments

Therefore, you do not need to do anything if you have already successfully applied for the LRSG or ARG grant. However, if you haven’t yet, we’re encouraging eligible businesses to [apply now](http://www.eastsuffolk.gov.uk/business/covid-19-business-grant-funding/).

Cllr Craig Rivett, Cabinet Member for Economic Development, said: “We have a responsibility to support our businesses through these difficult times and ensure they can access this vital financial support quickly and easily as they continue to deal with the impact of Covid-19.

“These grants are not loans that will need to be paid back, and they can make the difference between a business closing or surviving. We want our businesses to come out the other end in the strongest possible position to recover, so therefore, I urge all businesses who haven’t yet, to check if they’re eligible for these grants. Even if you’re not sure, it is worth checking.”

See [more details](http://www.eastsuffolk.gov.uk/business/covid-19-business-grant-funding/) on all available business grants, including the online form and full details about how to apply with full eligibility or [more information](https://eastsuffolkmeansbusiness.co.uk/business-support/resources/covid-19/) about the help and advice available for businesses.

## New funding scheme launched by Partnership

Local communities are set to benefit from new funding scheme announced by an East Suffolk Community Partnership.

The Aldeburgh, Leiston, Saxmundham and Surrounding Villages Community Partnership has launched a Small Grant Scheme which is available to voluntary and community groups within the local area.

The scheme is aimed at tackling the priorities set by the Partnership, which includes encouraging and enabling everyone to be more physically active and healthy, reducing social isolation and loneliness and improving education, opportunities and aspirations for young people.

Funding is available for projects which addresses these priorities and can include activities that can help individuals, groups and families or benefit the wider community, either as a one off or as a series of activities/events, purchasing equipment to support community activity and targeted projects which addresses specific needs linked to the priorities set by the Partnership.

The scheme offers grants between £250 and £1,000 and applications must be submitted by 10 February 2021.

<http://www.eastsuffolk.gov.uk/community/community-partnerships/community-partnership-small-grant-schemes/>

**There are still a few Grandpads available for our ward.**

The East Suffolk Grandpad Loan Scheme is aimed at tackling social isolation amongst mainly older residents who have little or no contact with loved ones or the outside world due to a lack of Wi-Fi, equipment and/or skills.

Grandpads have been specifically designed around the need of older adults, and the large buttons and intuitive interface make it easy for older people to use the device to connect with loved ones and the outside world without the complicated features of other tablets.

Initially, the Council will trial the scheme over a period of 12 months, by lending 24 Grandpads (free of charge) to older residents across the District who have been identified as being socially isolated. The devices will include unlimited 4G internet, 24/7 personalised support and unlimited minutes, so users can easily make phone calls at no extra costs.

Please get in touch if know someone that may benefit.

**Best wishes**

**T-J & Jocelyn.**