

Welcome

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LOCAL FOOD SUFFOLK



Local Foods Suffolk is a developing local food project which will help local community groups to set up and run local food projects – everything from community orchards or forest gardens, Community Supported Agriculture schemes or other vegetable growing clubs, food cooperatives or community farm shops as well as smaller ideas like allotments, garden swaps, lunch clubs or tools cooperatives. Indeed any project involving the growing, sharing, eating or selling of local food can be considered.

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NOW IS THE TIME local authorities start thinking about budget setting for next year. With these difficult times, come difficult choices. Sometimes small grant programmes are the 1st in line for reductions, however these small grants from district and county councils are key in enabling community projects to complete either as gap funding or pump-priming funding.

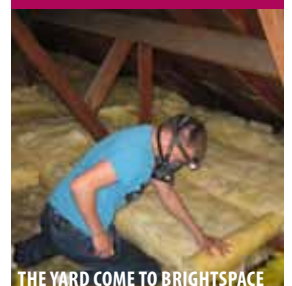
I'm sure many organisations and communities have examples where really excellent projects would not have happened without these small grants. Suffolk ACRE feel these small grants are critical to community self help and this is a shared priority for us and local authorities.

We know there are good examples out there and a great need, so ask you to make your councillors aware just how important these small grants are.

Dr Wil Gibson, Chief Executive of Suffolk ACRE



HERITAGE COAST MARKET TOWNS INITIATIVE - Summer Party



THE YARD COME TO BRIGHTSPACE



CARE FARM EVENT



BUY ABOUT TRANSPORT SERVICE ON THE SHOTLEY PENINSULA

And much more!!
For advertising opportunities please call
01473 345300

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Three Community Development Officers for the project cover the whole of the county between them (contact details below). They can offer help, advice, guidance and support to communities wishing to improve and extend existing projects or create new ones. Besides giving their time and expertise, they can also part-fund some projects to help with small start-up costs, or assist with funding applications to secure larger sums for bigger projects.

This multi-agency project is led by Suffolk ACRE and funded by the Big Lottery fund, Suffolk County Council, and Healthy Ambitions Suffolk. The project has multiple social outcomes which will benefit communities in a number of ways; from increased health and wellbeing to strengthened community structure and resilience, higher levels of social capital and reduced isolation amongst vulnerable people. Crucially, the



project aims to increase access to local food within Suffolk.

Anyone who wishes to find out more information or who has an idea for their community that they'd like help with, please do get in touch with one of us on localfoods@suffolkacre.org.uk or find our Facebook page.

HERITAGE COAST MARKET TOWNS INITIATIVE

LATE SUMMER PARTY

King of Shaves founder Will King inspires Suffolk Coast business owners. Business owners from Aldeburgh, Leiston and Saxmundham met at Aldeburgh Yacht Club last week to be inspired by motivational speeches from King of Shaves founder Will King and East of England Businesswoman Entrepreneur of the Year, Naomi Tarry, Director of Best of Suffolk.

Over eighty business owners from the three towns took the opportunity to make new contacts and hear Will King's inspiring story and his business philosophy -

SPACE

S - Satisfaction of Success (reward yourself for achievements, ie look after yourself)

P - Passion and Persistence

A - Attitude of Action

C - Confidence, Common-sense & Community (ie digital dialogue using facebook, youtube and twitter)

E - Enthuse, Exceed, ENJOY!

Will's speech tied in perfectly with HCMTI and Suffolk Chamber of Commerce's Social Media Overview planned for November, which will cover the fundamentals of social media and the terminology used to put businesses on the path to their digital marketing and social strategy.



The Party provided the perfect platform for the launch of the Leiston Town Guide, full of useful information, maps and advertisements to attract both tourists and residents to this 'town with character'; together with flyers detailing the benefits offered by Saxmundham and Aldeburgh Business Associations to their members. One of the most innovative initiatives introduced by the HCMTI is the 'Where's Rudolph Campaign' linking the traditional Christmas Fairs in the three towns; giving Association Members the

opportunity to advertise to the local community; enhancing the fairs with a fun treasure hunt and the chance of winning £500 worth of vouchers donated by Waitrose. This will be a perfect close to a highly successful year for HCMTI and will endorse their philosophy by giving something

back to the community.

The HCMTI was established through funding from Suffolk Coastal District Council, Suffolk County Council and Magnox South to enable the Business Associations in Aldeburgh, Leiston and Saxmundham to work together to encourage inward investment, promote local trading, services and tourism.

SUFFOLK ACRE APPEAR ON BBC RADIO SUFFOLK

Louise Wilby, Community Support and Consultation Officer for Rural Affordable Housing at Suffolk ACRE, appeared on BBC Radio Suffolk on 30 August to talk about social housing in the county.

The National Housing Federation which represents England's Housing Associations, released a new report on the 30th August. The independently commissioned study emphasises that the housing market is in crisis as owner occupation rate stumble and house prices and private rents soar.

Louise Wilby who is part of Suffolk ACRE's Rural Housing Enabling team was asked by BBC Radio Suffolk to undertake a short interview on the morning programme on 30th August to comment on the report and how in particular the situation was in rural parishes in Suffolk. Louise's interview can be heard on Suffolk ACRE's web site. www.suffolkacre.org.uk

Village Hall Insurance



The Village Halls Plus Group
We are three Rural Community Councils, collectively known as the village halls plus group. Working with Zurich Insurance, our aim is to offer high quality group insurance, excellent service* and competitive premiums to village halls.

As members of the ACRE [Action with Communities in Rural England] movement, our long term support and in-depth knowledge of Village Halls gives us an understanding of the needs and concerns of our clients, which means that our service and terms are second to none.

Many hundreds of Village Halls continue to join us to take advantage of our offer of group discounts on premiums along with our commitment to promote the value and importance of Village Halls as a cornerstone of our rural communities.

Getting a quote:

Visit our website www.villagehallinsurance.com

Email insurance@suffolkacre.org.uk

Phone 0845 4786 386

*Suffolk ACRE survey January 2011 94% of respondents found the service excellent/good

KIRSTY WILMOT, COMMUNITY DEVELOPMENT OFFICER – LOCAL FOODS

I joined Suffolk ACRE this September as one of three Community Development Officers working on the Local Foods Suffolk project. It's been an exciting first month, and we're already starting to develop the project into something I really think can benefit people, by helping them connect with local food and each other.

Prior to joining Suffolk ACRE I worked for a district council in Suffolk, on a project aiming to tackle fuel poverty and improve energy efficiency in housing. Meanwhile I've also just completed an MSc in ecology at UEA; I'm passionate about



Kirsty Wilmot

conservation and hope to find ways to combine food production and wildlife enrichment in some of the new local food projects we'll be supporting. Before moving to Suffolk two years ago I worked mainly in politics, after a brief spell working for a development charity in rural India. After graduating in political science I headed for the European Parliament in Belgium, and afterwards to Westminster, first as a parliamentary researcher and later for a cross-party interest group on renewable energy. Since moving to Ipswich I've become involved in a couple of local food projects, including a fantastic community farm in Rushmere St Andrew, which has given me a lot of inspiration to share with people in my new role. For me, working for a charity whose objectives I strongly support is already proving to be very rewarding. Embarking on a project which aims to bring people together via lunch clubs and growing schemes, whilst helping them access locally grown, healthy produce – I feel is an extremely worthwhile venture for Suffolk ACRE. I hope the project will be a success and am looking forward to working with communities to help them put their ideas into action.



Growing together

with Suffolk Care Farmers

Care Farming helps local people of all ages, by using the farm environment to improve confidence, self-esteem, physical health and motivation. It can also provide respite breaks and opportunities for people to mix and socialise with others to develop their interests, skills and knowledge.

JOIN CARE FARMERS FROM ACROSS SUFFOLK TO

- **LEARN** more about local Care Farms and Care Farming in the UK
- **LISTEN** to local people who have benefited from Care Farming
- **EXPLORE** the health, social and environmental benefits of Care Farming
- **DISCOVER** how to become a Care Farmer
- **FIND OUT** how to book a session or make a referral to a Care Farm

WHO SHOULD ATTEND?

Health and Social Care Professionals, Aspiring Care Farmers
Local people and groups who could benefit from Care Farming

WHEN Friday 25 November 2011, 9.30 – 1 pm followed by lunch

WHERE Debenham Community Centre, Debenham IP14 6BL

THIS IS A FREE EVENT BUT PLACES ARE LIMITED

TO BOOK YOUR PLACE EITHER

Email your name and address and any special dietary requirements to GrowingTogetherinSuffolk@gmail.com

SPEAKERS INCLUDE

Local Care Farmers and service users
Care Farms UK
Councillor Mark Bee, Leader of Suffolk County Council
Dr Daniel Poulter MP and member of the Health Select Committee

Growing Together is supported by Brightspace. Care Farms UK. Clinks Care Farm. Windcrop. Aspall and SuffolkACRE





A Lowestoft social enterprise that since 2005 has helped over thirty young people, who were not in education training or employment get jobs, has today announced the expansion of its operations to provide opportunities right across the County.

The Yard Project Community Interest Company undertakes home insulation work, plus horticulture and construction projects, which provide training and skills development opportunities for young unemployed people. In addition to their Lowestoft base, they now have a second home in Ipswich at the social enterprise park at Brightspace on Hadleigh Road. The new premises will focus on home insulation projects such as cavity wall and loft insulation as well as provide energy advice and will even offer a loft clearance service.



Peter Grubb, Director of the CIC said "This is a real opportunity for us to train local young people looking to find employment and at the same time provide a professional service to communities across Suffolk, to tackle the rising issue of fuel poverty.

As a Social Enterprise, all the income we generate is reinvested to benefit young people looking for training or employment".

Roger Turkington, Director of Operations at Suffolk ACRE, who runs Brightspace, said "We are delighted to welcome The Yard to Brightspace and look forward to a long association with this hugely successful Social Enterprise which has already enabled fifty nine young people to go on to further training or education. Brightspace will offer the CIC direct access to further business support, easy contacts with other like-minded social enterprises, as well as space to grow and expand in the future."

The Yard's surveying team is available now to take bookings for new home insulation installations. If you or your organisation would like to arrange a visit, please call Peter Grubb telephone 0800 980 4749 or 07908 007219.

BRIGHTSPACE SOCIAL ENTERPRISE TRAINING

Social Enterprise Legal Structures: a one day course on Wednesday **9 November** is aimed at individuals or organisations who want to find out more about social enterprise legal structures, this course is particularly useful for people wanting to set up their own social enterprise, but is also appropriate for existing organisations looking at becoming a social enterprise

NEW A one day Business Plans course 30 November

The course is aimed at individuals and / or organisations that need to write a realistic, functional and useable business plan and covers:

- What is a business plan
- The business, details & description
- Market research
- Identifying aims & objectives
- The marketing strategy
- Financial information



The course fees for Brightspace Social Enterprise Training are £85 + VAT per course. For further details or a booking form please contact 01473 345311 or email elizabeth.storer@suffolkacre.org.uk This training programme is supported by the BIG Lottery and bursaries may be available for participants based in Suffolk from the social enterprise, voluntary and community sectors while funds last. For participants outside Suffolk or for late cancellations a fee will be payable.

RURAL HALL COMMITTEES WELCOME PROPOSALS TO SCRAP THE LICENSING OF ENTERTAINMENT

The announcement by the Department for Culture Media and Sport (DCMS) of their intention to deregulate entertainment licensing in the UK is welcomed by ACRE and the Rural Community Action Network (RCAN). Village halls and similar rural community buildings provide a venue for the delivery of a wide range of local arts and cultural activities in rural communities. ACRE carried out a comprehensive survey in 2009 and has produced a number of Reports. In particular, Rural Community Buildings, Arts, Sports and Licensing Requirements, demonstrated that 80% of halls are used for arts activity, contributing to the trebling of use of rural halls over the last 20 years. 75% of rural halls currently have to hold a Premises Licence which permits a variety of entertainment to be held in public. There is no charge for the Licence but it requires a significant amount of administration. Removing the need for the Licence will release a burden from volunteers, as well as from the local authorities administering applications. For more information, please visit the ACRE website.

NEW £10M FUND TO BACK BIG SOCIETY INNOVATORS



A new £10million fund to find and back innovative new ideas for increasing volunteering and charitable giving was opened by Nick Hurd, Minister for Civil Society.

The Innovation in Giving Fund was announced in the Giving White Paper published in May and forms part of a £34million package to increase levels of social action. It breaks away from traditional government support to focus on new technologies and networks that can make it easier and more attractive for people to help each other. Social innovators have already established exciting initiatives such as Freecycle, which links people who have things they want to get rid of with people who can use them and JustGiving, which allows people to sponsor friends online. The Government wants to help more ideas like these get off the ground so people can unleash untapped community spirit, and even get something in return.

For more information, please visit the Cabinet Office website.

BBC CHILDREN IN NEED'S GRANTS PROGRAMME

The BBC Children in Need's grant programme is open to organisations working with children and young people who are 18 years old and under. Small grants (£10,000 or less per year for up to three years) and main grants (over £10,000 per year for up to three years) are available, with four deadlines throughout the year for applications. These deadlines are 15 January, 15 April, 15 July and 15 October.

For more information, please visit the BBC Children in Need website.

BOWLING GREENS TO BE GIVEN SPECIAL PROTECTIONS UNDER NEW PLANNING RULES

Bowling enthusiasts will be able to use new powers to safeguard treasured bowling greens from the threat of development or closure, Secretary of State for Communities and Local Government Eric Pickles has announced. Under new planning rules being proposed by the Government, communities will be able to classify green spaces such as bowling greens for special protections. New community rights will give local people a bigger say over what happens in their area and taken together these new powers could be used to ensure that pitches are preserved for the enjoyment of future generations.

For more information, please visit the Department for Communities and Local Government website.

CLG RELEASE BEST VALUE GUIDANCE

Communities Secretary Eric Pickles has published guidance to local authorities on how to protect voluntary and community groups from disproportionate cuts to their funding. It follows warnings from Mr Pickles that councils should not "pull up the drawbridge" in this tough economic climate, but should instead look to give greater support for local groups that do so much for some of the most vulnerable in their communities.

THE RAYNE FOUNDATION GRANTS

The Rayne Foundation offers grants within four criteria areas; the arts, education, health and medicine and social welfare and development, and is expected to invest around 1 million in 2011.

For more information, please visit the Rayne Foundation website.

SOCIAL ENTERPRISE MARK

SuffolkACRE are delighted to announce they have successfully renewed their Social Enterprise Mark licence; which proves they are an organisation that has society and the environment at their heart. For more information on the criteria for holding the mark visit <http://www.socialenterprisemark.org.uk/>

COUNCIL IN RURAL BUS FARE CAMPAIGN

Councillors have launched a campaign to persuade the government to fairly fund concessionary bus fares for rural passengers. Calculating a £4.5m concessionary bus fare shortfall, Norfolk County Council said it was "coming out fighting". It has launched a campaign backed by councillors, businesses and MPs to persuade the government to fairly fund concessionary fares in the county.

The scheme allows pass holders to travel free on buses. But the council says the gap is putting extreme pressure on rural bus services. Under the government's scheme, eligible older and disabled people are entitled to free off-peak travel with about 180,000 passholders in Norfolk. But the costs of providing the minimum scheme far outstrip the resources allocated by the government, said a council spokesman.

For more information, please visit the Rural Services Network website.

UK BOOM IN START UP SOCIAL ENTERPRISES REFLECTED IN SUFFOLK

The UK social enterprise sector is outstripping mainstream enterprise and turning deprivation into business success, reveals a major new report launched last week. "Fightback Britain" says one in seven of all social enterprises is a start-up, more than three times the proportion of start-ups in mainstream small business. Three times as many social enterprises as mainstream small businesses are operating in Britain's most deprived communities. The report adds that some of the biggest social enterprises operating in the UK today began life in the recession of the 1980s.

Suffolk is also seeing a substantial rise in people wanting to become social entrepreneurs Barry Henson Community Support Manager at SuffolkACRE said "The new social enterprise team at Brightspace is experiencing an unprecedented demand for help and advice from people and groups who are looking to start enterprises that benefit the community. Many of these are from people in Suffolk's rural towns and villages. The Team is also supporting the BBC / Big Lottery Village SOS programme, as the main point for referrals in Suffolk.

To find out more about the new Social Enterprise team call 01473 345300 For more about Village SOS visit villagesos.co.uk

RESEARCH INTO COSTS OF PROVIDING SERVICES IN RURAL AREAS

A research report from the Rural Services Network and Local Government Futures has shown that rural communities receive a lower government grant and pay more council tax for fewer services than their urban counterparts. The study showed that rural local councils receive 50% less government grant per head of population, yet people living in the countryside pay £100 a year more in council tax than urban inhabitants and receive fewer public services.

For more information, please visit the Rural Services Network website. Further information can be found at the BBC news website.

Consumer Focus report says banking could save post offices.

Widening financial services at post offices would benefit rural customers hit by bank branch closures, says the

Consumer Focus report, Counter Measures. All UK high street banks should allow customers full access to personal bank accounts through the post office network, argues the study. If such a service was available and promoted, many more people would use their local post office to access their current account, it adds. The service would allow customers to make cash withdrawals, deposit cash and cheques and access information on their account balance at the Post Office. This would offer more accessibility and convenience to customers, particularly in areas where local bank branches have closed or are some distance away.

For more information, please visit the Rural Services Network website.

SUFFOLK ACRE IS PLEASED TO ANNOUNCE THAT THEY HAVE BEEN ACCREDITED WITH THE SUFFOLK CARBON CHARTER BRONZE.

Last year Suffolk ACRE sent several staff members on a course at the Green Light Trust to be trained as Low Carbon Champions. This resulted in a number of measurements including Carbon Footprinting, new policies being implemented, the setting up a carbon log tool and engagement with staff to look for other ways of reducing the charity's environmental impact. The result of all this work was independently audited by Groundwork East of England for Suffolk County Council's Creating the Greenest County. Robert Horn of Suffolk ACRE said "I am delighted that we have achieved this accreditation. We will continue to work towards minimising our environmental impact and hope to progress to the next level of the Carbon Charter."

DIGITAL TV SWITCHOVER

Television in Anglia is going digital!

Television in Anglia is going digital – the final phase is approaching!

The digital TV switchover began in the Anglia TV region in March 2011. The old analogue TV signal is being switched off and replaced with a new stronger digital one.

The digital TV switchover is happening so the Freeview services (digital TV through an aerial) can be extended to people who can't currently get them. It will mean that almost everyone will be able to receive digital TV through an aerial.

When you switch depends on where your TV gets its signal from. This is because homes on the same street can be served by different transmitters that switch on different days. Each transmitter group switches in two stages. It is important you are ready by stage one.

Transmitter Group (including relay transmitters)	Area serving	Stage one	Stage two
Sandy Heath	Parts of west Suffolk	Switchover Completed	Switchover Completed
Sudbury	Parts of Suffolk and Essex	Switchover Completed	Switchover Completed
Tacolneston	Norfolk and North Suffolk	9 November 2011	23 November 2011

To check which transmitter you are currently receiving a signal from, use the postcode checker at www.digitaluk.co.uk or call Digital UK on 08456 50 50 50.

The Help Scheme and Digital UK are here to help

Digital UK offers independent and unbiased advice and information about Switchover. For more info, ring 08456 50 50 50 or visit www.digitaluk.co.uk

NAYLAND CELEBRATES OFFICIAL OPENING OF SECOND PHASE OF PARISH AFFORDABLE HOUSING SCHEME.

The parish of Nayland with Wissington in Babergh celebrated the official opening of the second phase of local needs housing on the 29th July. An initial first phase of 4 houses on Babergh District Council owned land on Harpers estate was completed in late 2008.

A start on site was made in March 2010 on a site previously identified on Wiston road and the Meadow Cottages scheme was completed in March 2011. The five home development comprises a mix of four two-bedroom homes and one three-bedroom home, all for social rent. The scheme is for local people with priority going to people with a local connection to Nayland with Wissington.



A partnership approach has contributed to the success of this project with involvement and support from Suffolk ACRE which undertook the local needs housing survey, Nayland with Wissington Parish Council, Babergh District Council, Flagship Housing Group, the Homes and Community Agency, contractor DCH Construction Ltd and employer's agent- Oxbury & Company.

The scheme opening was arranged to be on the 29th July to coincide with a housing Panel Review Day for Babergh and Mid Suffolk members. During the day the members had the opportunity to visit various completed affordable housing schemes in Babergh, including the opening of Meadow Cottages and the Capel St Mary Very Sheltered scheme highlighted in the previous Suffolk ACRE update.

Peter Lakey, Chair of Flagship Housing Group gave the opening speech at Meadow Cottages. David Wood, Chair of Babergh District Council unveiled a garden bench with the help of some of the children who has moved into the new homes. New residents Samantha Hogson and Helen Price-Wright were thanked for allowing guests to view their new homes.

3 MORE PARISHES CELEBRATE THE START ON SITE OF NEW LOCAL NEEDS AFFORDABLE HOUSING SCHEMES.

The parishes of Thorpe Morieux in Babergh working with Orwell Housing Association, Cavendish and Bardwell in St Edmundsbury working with Havebury Housing and Hastoe Housing Association respectively, are all to benefit from small local needs affordable housing schemes which have all now started on site. All are due to be completed in early 2012.

These have all come about through the Parish Councils initially working with Suffolk ACRE to undertake local needs housing surveys to formally identify the local need. Following the survey report findings and recommendations provided by Suffolk ACRE, the parishes have all continued with joint working with District and Borough Councils, and a chosen Housing association to progress a small local needs scheme which will provide affordable homes for people with a local connection to the parish.

If your parish would like to find out more how Suffolk ACRE Rural Housing Enablers can assist your parish, please contact Sunila Osborne, tel 01473 345344 for parishes in Suffolk Coastal, Mid Suffolk and Waveney, and Louise Wilby tel 01473 345326 for parishes in Forest Heath, Babergh and St Edmundsbury.





Buzabout is a public transport service on the Shotley Peninsula and runs as far as Ipswich, Copdock, Washbrook, Stratford St Mary, Holton St Mary, Great Wenham and Capel St Mary.

Anyone can use it – including those with baby buggies and wheelchairs

- It can carry up to 11 people.
- It operates between 7am – 7pm Mondays to Saturdays.
- Evening Services run on Tuesdays, Fridays & Saturdays from 7pm – midnight.
- It costs about the same as a bus fare. Bus passes are accepted during the day and there are concessionary fares for senior citizens and children in the evening.
- The service goes where you want it to go within the designated area and will pick up other people along the way.

You have to book a seat in advance. Buzabout works on a first-come-first-served basis, so the earlier you book, the more likely it is that we can find a seat for you.

- The booking lines are open between 9am – 4pm Monday to Friday.
- To book please ring Tel: 0845 458 1920
- It is advisable to book as soon as the booking lines open, 7 days in advance of travel.



Billy Morton from Suffolk ACRE said: -

“We would like more people to use the Buzabout service, especially in the evenings. Buzabout can take you as far as Ipswich train station during the day and into Ipswich town centre in the evening. So if you’re planning a night out to a pub, restaurant, cinema or theatre, we can get you there and bring you home again afterwards.

Buzabout has for many years provided transport on the Shotley Peninsula. On August 8th it changed its name to Suffolk Links Buzabout. This name change is part of a county-wide re-branding of community transport services. The services are subsidised by Suffolk County Council and known as Suffolk Links, Demand Responsive Transport Services.

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Suffolk Action with Communities in Rural England is an independent charity enabling the development of community self-help projects, tackling disadvantage and building the capacity of the charitable sector in Suffolk for 7 decades.