



Stepping into Autumn

No one can pretend that the weather we are currently experiencing is nothing but confusing - as I write this, in one week we have gone from sunshine and shorts weather to blowing a hooley and contemplating putting the heating on! This made me start to think about the challenges of the winter months for many of the people that we support and how confusing it can be to know where to go to get the help, information and support that is important to you. If you are receiving this, then you will of course have already accessed a service or support from CTEA, but there are many people who have not and could benefit from what we can offer. Please share our details with anyone who you think may benefit, and don't forget to keep our number by your phone if you need a natter!

"Diane" - my running story...

Here in Diane's words is what inspired her to take on this formidable challenge...

"My running /get fit story started when my husband's health began to deteriorate first with 2 strokes and several TIA's I made the decision that I needed to get a grip of my health and get fit to be able to care for my husband. He has since been



The amount Diane raised for us stands at £910!

diagnosed with a combination of vascular dementia and Alzheimer's. At aged 68 in the July with the support of a friend I walked my first Parkrun and found my love for running. In 2021 At the age of 70 I ran my first Great North Run, and at the young age of 73 in 2023 I will be running my third GNR. I'd like to raise money for Communities Together to give a little back for all that they do for so many people in our community".

Despite the weather conditions Diane finished in the fantastic time of 4hrs 1min, remarkable in those conditions! We would like to take the opportunity to give a huge well done and thank you to her for supporting CTEA.



BeAFriend

We often get asked "what is befriending?" We think of it as a route to opening up options for building friendships and support - this could be through telephone, digital, penpal, face to face, or through social groups - all of these are ways to encourage friendships in a safe way supported by our fabulous volunteers. Often our befrienders start by telephone, and move onto face to face, once their friendship develops.

Knitting and Laughing - A story of friendship

Maureen is very isolated and lonely as she is housebound and until Ann came into her life she had many days on her own. She is a keen knitter and is now teaching Ann to knit, with differing results although Ann has progressed from small patches to attempting a jumper.



"I wasn't sure what to expect when I signed up for BeAFriend but I really enjoy the time I spend with Maureen chatting and learning a new skill has been an added bonus.

Maureen has been very patient whilst teaching me to knit and I am improving all the time" - Ann

"Top marks to Jayne, she made a brilliant choice introducing Ann to me as we clicked straight away and Ann is a quick learner and progressing all the time. We laugh and knit and even my cat, who is very discerning, likes her so that's just another plus" - Maureen

Although one of our specialisms is in supporting people in later life, everything that we do is about reducing loneliness and isolation - and of course, we all know that this can be a concern for all ages.

BeAFriend is open to all adult ages, so if you think that this is something you would benefit from, please get in touch. We work hard to get the right match, so it may not happen straight away but if we don't know, we can't help!

Jayne Rowley-Evans -
Befriending Co-ordinator



New Areas for Local Friendship Services & Support

Reducing loneliness & social isolation is at the core of everything we do at Communities Together East Anglia. By working both at a county level and locally within communities, we can support people to make meaningful friendships and access support at a time when they may not know where else to turn.

New community friendship groups have started now in **Sudbury** and the **Shotley/Holbrook Peninsula**.

If you or someone you know who lives in these areas who would benefit from regular calls or visits from one of our befrienders, or perhaps would like to come along to one of our community groups that will be running as part of these projects, then please get in touch.

We will also be looking for volunteers from these areas to help with this project, so if you are passionate about helping others, can spare around an hour or two each week and live in or around **Shotley, Holbrook or Sudbury**, then we'd love to hear from you!



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Community Connect

Tracy, Amanda & Aimee

- Community Connect/Later Life Specialists



As we wave goodbye to Summer and greet the Autumn we will be preparing for the cooler weather and the challenges that the change in season can bring. We all know that we live in a very beautiful county here in Suffolk but people can face big problems, whether it is trying to access the services needed, coping with the darker, longer nights & shorter days. We want everyone to remember that you can get in touch with us through our Connect Line - 01284 334516, find out about community groups/events taking place locally, source local tradespersons, make referrals to other organisations and much more, to other organisations. Whatever your problem or query is, Amanda, Tracy and Aimee are waiting to hear from you.

Some Tips for Autumn

- .Keep up to date with vaccines i.e. Flu & Covid
- .Make sure you keep yourself warm by starting to put on extra layers
- .Make sure your surroundings are lit up to prevent trips/stumbles/falls
- .Try to keep as mobile as you are able to, partake in light exercise such as a chair based exercise class, go for a short walk during the lightest part of the day.

Our telephone support line is available 7 days a week between the times of 10.00am and 2.00pm with Tracy, Amanda and Aimee waiting to hear from you.

Say hello to....Adam!



"My name is Adam Burrows and I am the Business Support Officer for CTEA (since May 2023). My role is varied, and includes looking after the administrative side of the office, assisting with telephone calls, general emails and at times helping my lovely colleagues out & about at our community groups. Looking after people's best interests is such an importance to myself and I'm always happy to help. In my spare time I rescue animals, enjoy the outdoors and gardening and am always up for pizza!"

If you have a problem or query, whatever it may be, why not give us a call on our support line - 01284 334516 to see if we can help.

Carers & Communities

A Warm CommuniTEA Welcome Is Waiting!

As we get into Autumn, we have a whole host of locations where we are welcoming everybody to come along to meet friends old and new, to get information, join in with some activities, even have a sing-a-long if you wish! All this plus plenty of tea, coffee, cake, biscuits and fruit.... And free of charge.

Our CommuniTEA Chinwags and You're Welcome events really are for everybody, mostly held monthly at local venues. Periodically we also invite different organisations to come along to the sessions and share their information about trusted and reliable services to our guests. Our events are a safe and friendly environment where you can access help and support without having to worry about 'scams' or whether the services are suitable or relevant to yourself.

Check out a location near you and come along for a cuppa and a chat.

Join us at one of our You're Welcome Groups

A health and wellbeing group for anyone aged 18+. Register your interest by calling Communities Together East Anglia on 01449 707030

- Ipswich** - 1st Tuesday of month
- Old Felixstowe** - 1st Tuesday of month
- Sudbury** - 2nd Tuesday of month
- Felixstowe Library** - 2nd Wednesday of month
- Halesworth** - 2nd Friday of month
- Kirton & Falkenham** - 3rd Thursday of month
- Eye** - 3rd Thursday of month
- Stowmarket** - Every Friday



If you would like to share information about a group in your community or arrange for us to pop in to your group and share some of our information, we would love to hear from you. Sharon, Vicki, Rachel, Donna & Jane - our Community Engagement Team To get in touch please call 01449 707030.

Felixstowe CAN

FelixstoweCAN is a specialist hyper-local community action project which in Suffolk is unique to Felixstowe and the immediate surrounding villages. Working in partnership with East Suffolk Council, we are facilitating a suite of services supporting individuals, groups, and services in the Felixstowe area. There is a schedule of FelixstoweCAN regular drop-ins at 6 different public venues across the town. Additionally, CTEA are providing 3 You're Welcome groups across the Felixstowe area. Both types of event aim to combat loneliness and isolation, provide advice, guidance and signposting and of course free refreshments for attendees at all locations & dates. FelixstoweCAN was delighted to attend the Tour of Britain Stage 5 Cycle Race and met lots of people in the event village. FelixstoweCAN has an active Facebook page which can be followed to see regular updates of what the project has on offer - [@CommunitiestogetherEA](#)



One of our autumn craft projects at a You're Welcome group



Sharon, Vicki, Rachel, Donna & Jane - our Community Engagement Team
To get in touch please call 01449 707030 or email engagement.team@communitiestogether-ea.org



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Carers & Communities contd.

Caring & Beyond

We have been running our Caring & Beyond sessions along the A14 corridor throughout 2023. Stowmarket, Felixstowe and Bury St Edmunds have been the locations for this calendar year. Clients who no longer have a caring role, or who have had a significant change in circumstances in that regard, have been taking advantage of these blocks of 8 sessions. Communities Together East Anglia have been working in partnership with BWIS (Being Well In Suffolk) with participants having the opportunity of some one-to-one time with a BWIS Life Coach to explore next steps with their lives. Just as important of course is the peer-to-peer support that the sessions offer. This of course helps to combat isolation and loneliness at the same time. Our staff from CTEA facilitate these sessions and often we have a volunteer on hand to rustle up the refreshments. Caring & Beyond has been offered free of charge to the service users and includes a light social event to highlight the importance of making time for respite for ourselves. We have had participants re-establish careers, change careers completely, take up volunteering or even simply continue a caring role with a different focus. Look out for an update as to whether the Caring & Beyond project will continue in different Suffolk locations in the future.

Ipswich

If you live in or near Ipswich – come and join us on a Tuesday afternoon at The Unity Centre (Whitton Clinic).

We'll be hosting **FREE** activities on a Tuesday afternoon so come along and join us for a cuppa!

- 1st Tuesday - You're Welcome (all adult ages)
- 2nd Tuesday - Physical Activity session - Otago/Boccia* (age 55+)
- 3rd Tuesday - to be confirmed
- 4th Tuesday - Physical Activity session - Otago/Boccia* (age 55+)

Eye

We now have similar groups running at the Michael Burke Wellbeing Centre (Hartismere Hospital) in Eye on a Thursday morning.

To book or to find out more, call 01449 707030

Are you struggling with your caring role? If you feel that you would benefit from a course of free counselling to address any carer related concerns, we may be able to help. Through our partners, MTCIC we have counselling courses available. If you think this could benefit you, please get in touch. *Subject to completion of a wellbeing questionnaire. **Available for family carers only.



Join us for a CommuniTEA Chinwag!

Beccles - 1st Friday of month

Carlton Colville - 1st Friday of month

Ipswich - 3rd Wednesday of month

Leiston - 3rd Wednesday of month

Reydon - 2nd Friday of month

Wickham Market - Last Friday of month

Woodbridge - 4th Tuesday of month

Eye - 1st Thursday of month

Woolpit - 3rd Friday of month



All Chinwags are FREE of charge and are for anyone aged 60 or over!



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Community Transport

The Right Time, Right Place

We know how important it is to stay connected, and to get to where you need to be in a safe and timely way.

We do our best to do this with a welcoming smile and a listening ear. If you live in Ipswich or Mid Suffolk, why not give us a call on 01449 614271 and let us take you to where you need to be.

There is a charge for the service, but prices start from just £2.50 for a single journey and we also accept travel vouchers. Although journeys must be pre-booked, you can pay (tap and go) on the buses.

If you live outside of Ipswich or Mid Suffolk, the numbers below are for transport operators in other parts of the county.

Suffolk Coastal - 01728 635938

West Suffolk - 01638 664304

Babergh - 01473 826242

Waveney - 01986 896896

Could you help us with a new service?

Wherever we go, we hear about the challenges of rural transport connections.

If you live in the Stowmarket, Wickham Market, Diss and surrounding villages, then we'd love to hear your thoughts on the current transport options available to you. If you would be happy to receive a short questionnaire to help us plan this new work, then please email us at info@communitiestogether-ea.org or give us a call on 01449 707030. This project will also offer a new volunteering role for **Chatty Bus volunteers**, so if you live in these areas and think you may like to get involved, we'd love to hear from you!

Register with us for a quicker booking!

If you are travelling with us for the first time, we will need to take some information from you, so if you think you may like to use our service, it's a good idea to register before you need to book and then we will be ready to get you booked in when you need us. You can call us on **01449 614271** between 9am - 4pm, Monday - Friday and speak to Jo, Linda or Andrea who will be happy to help you.

Do you need a minibus for an activity or event? Our 14 seater private hire minibus is fully wheelchair accessible and your hire comes complete with a friendly driver to take you to where you need to be. For a competitive quote, give us a call on 01449 700793.



Our rickshaw is a great and free way to explore the immediate local area or to use to get to that all important appointment in town. Donations for journeys are welcome. Rickshaw rides can be booked by calling 01449 707030 and speak to Adam, or email: info@communitiestogether-ea.org with 'Rickshaw' in the subject line.



Danny, Andrea, Jo & Linda - Community Transport Team



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Keeping Connected - Online Safety Tips

How to spot a scam call

At least one in four unwanted calls to your home phone are thought to be from scammers.

Stay one step ahead with our tips.



- **Contacted out of the blue** - Unsolicited calls should always be treated with caution. If you're in any doubt, hang up, wait for a few minutes, and call back on a number you trust.
 - **No time to think** - Professionals don't pressure you into making a decision quickly, or create a sense of panic, telling you that your broadband will be disconnected or that your bank accounts are under threat.
 - **Asked to share personal details** - Your bank will never ask you to move money to a 'safe' account or share your full online banking password, four-digit card pin or security codes, such as those generated on a card reader.
 - **Asked to go to your computer** - Never let someone access your computer, or other devices such as a phone or tablet, unless you know the caller and their intentions.
 - **Asked to keep quiet** - Any attempt to stop you talking about the call to someone you trust (a friend, family member or independent adviser) is a red flag. Seek support before making a decision.
- <https://www.which.co.uk/money/banking/banking-security-and-payment-methods/>



Do you have a phone, tablet/iPad or laptop that you need help with or to gain confidence in using it.

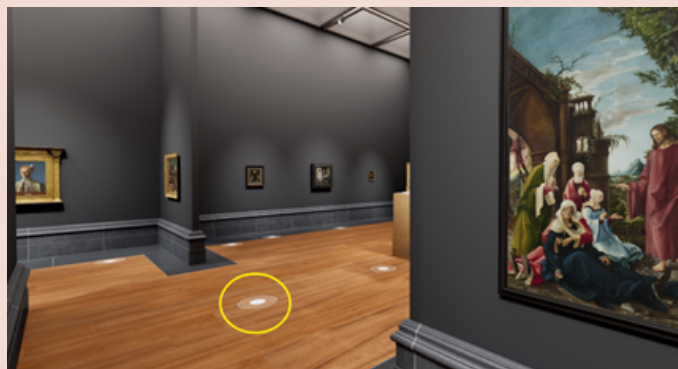
Why not book onto one of our digital workshops, where one of our friendly digital champions will support & guide you to use your device more effectively.

A National Treasure Trove

Why not take a virtual tour of the National Museum, especially if you have never been or not able to attend in person. By visiting virtually, you get to see all exhibitions like you were there in real time!

Click on the link below if you have received this newsletter via email or type the link into your web browser i.e. Google
<https://www.nationalgallery.org.uk/visiting/virtual-tours>

Choose the exhibition you would like to tour, to move around the exhibition you just click on the circles on the floor of the virtual gallery. If you click on each picture/sculpture, you can read or listen to the information about each item.



Go ahead and have a day out, without leaving home!

In 9 months, we have delivered 45 Digital Workshops & supported 215 attendees!



Tracey Walsh - Digital Lead
Call Tracey on - 01449 707030 or Email: tracey.walsh@communitiestogether-eara.org



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Volunteering

'Volunteering is fun and rewarding.

The benefits are enormous - exchanging experiences and learning, giving back to the local community, being a friend to someone in need. You can shape both your own and someone else's world with just the giving of your time.'



Terri-Ann Perkins
- Volunteering Manager

We are currently recruiting volunteers for the following roles:

- Be-A-Friend Volunteers - especially face to face volunteers in Felixstowe, Shotley, Holbrook, Sudbury & Ipswich
- Community Car Drivers - Stowmarket area
- Community Engagement Volunteers
- Digital Champions - everywhere!
- Chatty Bus - Mid/East Suffolk

Full training provided & DBS checks undertaken

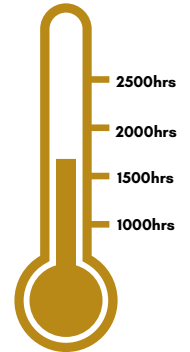
'King's Coronation - 2,023 hours for 2023

Well done and sincere thanks to all our volunteers for supporting this campaign. We are well on our way to smashing our target with over 1560 hours donated and it has been incredible to read about all the volunteering undertaken, not just for us, but also for other well-deserving causes. Our volunteers often have other roles including: church volunteers, reading mentors, animal carers, odd jobs, drivers and more, demonstrating how selfless they are. If you can pledge some of your time please do get in touch and help us to reduce loneliness and social isolation across Suffolk.

Here are a few of the pictures over the last few months...'



20,23 for 2023



Get in touch!

01449 707030

info@communitiestogether-ea.org

Communities Together East Anglia, Red Gables, Ipswich Road, Stowmarket, Suffolk, IP14 1BE
www.communitiestogether-eastanglia.org



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