



Spring Newsletter 2024



Hello from our CEO...

This time of year for me always fills me with curiosity and interest for what the next few months will bring - if we are lucky, we will be starting to see positive changes in our weather as we move out of what has been quite a mild winter. However mild, we know how challenging the winter months can be for many and we have seen an increase in people reaching out to us for friendship, information and support.

I think it's important for us all to try and focus on the little things that bring us comfort or joy as we move through the year - for me, having moved house in the winter, watching little surprises ping up in my garden is providing some unexpected "joy" and I look forward to being able to potter around as the weather continues to improve.

I am lucky - so fortunate to be able to do this, with my family and friends near by, but at CTEA we know first hand that this is not the case for everyone, and that's exactly why we are here - to make it simpler for people to find the support that they need, when they need it. Having access to information through our Community Connect service, friendship, connection and conversation through BeAFriend, social and activity groups through our Chinwags, You're Welcome meet ups, and upskilling or simply learning the basics through our Digital gatherings - we know how important all of these opportunities are to keep us all connected and supported. And when possible, the transport to get you there!

We look forward to seeing you and speaking with you over the next few months and as always, please feedback any comments to us - it's so important for us to hear what people need to help them stay connected.

01449 707030

info@communitiestogether-ea.org



The CTEA Team

At Communities Together East Anglia we have a team of 39 staff in varying roles across the charity, from our friendly community engagement team to our caring transport drivers. A lot of work goes on behind the scenes to deliver the crucial work we provide in communities across Suffolk.

Say Hello to our newest team members...

'I have been at Communities Together East Anglia for 6 months now! Before joining this fantastic team, I had spent 15 years caring for elderly people that had been diagnosed with dementia.

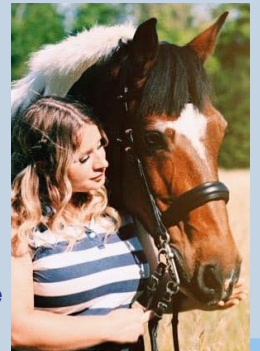
I have two amazing girls and a 9-year-old dog that keep me busy and certainly keep me on my toes. When possible, I love travelling around the UK, looking for hidden gems for a bit of peace and tranquillity, and of course – the dog comes with us!



Aimee Riddell

'Community Connect Co-ordinator'

'I joined the CTEA team in October 2023 and I love my role as it is so varied, but the thing I love the most is knowing the work I do makes a difference to so many peoples lives in the community. In my spare time you will find me at the stables with my horse Ruben or spending time with my family and friends.'



Maisie Capon

'Marketing & Fundraising Officer'

'Communities Together has been joining us on the last Friday of the month for over a year now. Members look forward to the group and Sharon's team have become friends. Being able to ask the team questions on benefits (that they may be entitled to) is a great help, as not all members are able to use a computer or have access to one.

I would like to thank Sharon and her team for all the help and support she has given the Community Club'

Val Mann. MBE, Club Co-ordinator for Wickham Market and District Community Club

What's New

We are always keen to extend our groups into new areas, so that people from all across the county can benefit from the support we offer.

Check out what new services we are providing within communities across Suffolk below.

NEW 'CommuniTEA Chinwag' Locations

- . Aldeburgh
- . Saxmundham
- . Great Blakenham
- . Stowmarket
- . Rushmere St Andrew

'Suffolk Young Ones' COMING SOON

. If you are living with or supporting someone with early onset dementia, Suffolk Young Ones is a new project being delivered in partnership with the Stowmarket & Community Dementia Group. For more information, give us a call or drop us an email.

'ChatABoard' - Mid Suffolk

- . New friendly Pilot Bus Service
 - . Circular routes around Stowmarket to local supermarkets
 - . Thursdays, market day service to Eye
- Enjoy some Chat A Board along with fellow passengers

'Digital Workshops'

- . New locations for Digital Workshops in Haverhill, Hadleigh and Halesworth
- ### 'NHS App Drop In Sessions'
- . Come along to our various Drop In Sessions to learn how to use and navigate the NHS App to support your health & wellbeing

For more information on any of our events and services, call 01449 707030 or email info@communitiestogether-ea.org

Information Focus

Telephone Scams

Vishing

Vishing, or 'voice phishing', is when fraudsters call you pretending to be from your bank, HMRC, the FCA or other organisations.

These scams often use scare tactics to get you to act quickly. The fraudsters may claim your bank account is at risk, or that you owe money that must be paid immediately. They may also say that they're calling from your bank's fraud team to check your account.

The call might be from a real person, or it might be an automated message. Either way, the scammers will try to get you to share important information, such as your account or login details.

To appear genuine, the scammers might also use number spoofing to get you to answer their call.



Number Spoofing

Number spoofing is when fraudsters change the number displayed on your caller ID to look like they're calling from a real bank or organisation. They will then try to trick you into sharing information about your account.

To protect yourself from vishing and number spoofing:

- Avoid answering calls from numbers you don't recognise (let it go to voicemail)
- Hang up on suspicious calls and return the call using the contact details on the Financial Service Register, or on your bank statement.
- Never give out personal information unless you're certain who you're dealing with

Never share your bank account or credit card details unless you're certain who you're dealing with. If you've already given fraudsters this information, tell your bank immediately using the contact details on the Financial Services Register or on your bank card.

*Information provided by FCA - Financial Conduct Authority



Stories of Friendship

Our BeAFriend service is where we pair a volunteer with someone who is experiencing social isolation and loneliness and our Befriending Co-ordinator Jayne is passionate about finding the perfect match.



Helen and her Befriendee Barbara

'I felt like I wanted to contribute something and I am aware of how valuable volunteers are to charities.

I think the nice thing about it is the relationship you form with the person and I'm hoping I make a difference in their life' - Helen

'I met Helen and we have a lot in common which is wonderful and now I'm involved in the Suffolk Wildlife Trust with her. She is great to chat to and we get on really well' - Barbara

'I feel like I've made a really close friend. Dorothy now knows some of my family and our relationship has developed just from being a volunteer to a friendship' - Anita

'Before the BeAFriend service I felt very quiet and had no friends around me, I just don't know how I managed. Nobody used to speak to me. Anita and I often have a lovely bowl of soup together and a coffee, we enjoy going to Notcutts and I love looking round there. Before meeting Anita I was unable to do this as I had to stop driving. Anita is an absolute friend and someone I do love, and I mean that' - Dorothy

For more information regarding Befriending please email info@communitiestogether-ea.org



Dorothy and her Befriender Anita

CTEA offers various roles as volunteering opportunities, so if you can make a difference and want to dedicate a few spare hours to being a part of our aim to reduce social isolation and loneliness please email volunteering@communitiestogether-ea.org to find out more

Getting Out & About In Suffolk

Now that spring is here it is a great opportunity to get out and about in your local area. Below is a guide to some local attractions and groups that are accessible and inclusive to all.

FOOD MUSEUM

Through exhibitions, activities, events and programmes, the museum seeks to engage visitors with where their food comes from and the communities that grow and make it. The museum is located in Stowmarket, Suffolk in East Anglia, known as 'Britain's Breadbasket' -
01449 612229

Our OTAGO and Boccia sessions are a great way to get active, regardless of physical ability.

OTAGO takes place in Ipswich every second Tuesday of the month and every second Thursday of the month in Eye. Boccia sessions take place every fourth Thursday of the month in Ipswich and every fourth Thursday in Eye - **01449 707030**



wellbeing WALKS

OneLife Suffolk's Wellbeing Walks are led by trained volunteers all across the county. The walks are graded from 1 to 5 to suit ability, offering something for everyone.
For more information head over to www.onelifesuffolk.co.uk for more information on how to get involved - **01473 718193**

Our team of volunteer pilots are on hand to get out and about in the town with our two-seater tri-shaw (complete with wet weather protection). We can help you with getting to appointments, visiting friends - even taking your pet to the vet. We can also run regular care home visits and trips - **01449 707030**



ActivLives Changes Lives ●●●

ActivLives is a local independent charity working in Ipswich and across Suffolk to keep people active, connected and involved with their local community through accessible sports and exercise and learning new skills. ActivHubs is a project working with older individuals and communities providing health and wellbeing services to keep people active, healthy and connected - **01473 345350**

Volunteering Opportunities

Do you have a few spare hours each week?
We are looking for friendly & reliable volunteers around
the county to join our fabulous team!

Volunteering Roles

- . Befriending
- . Community Car Driver
- . Meet & Greet/Events
- . Rickshaw Pilots (Stowmarket)
- . Digital Champions

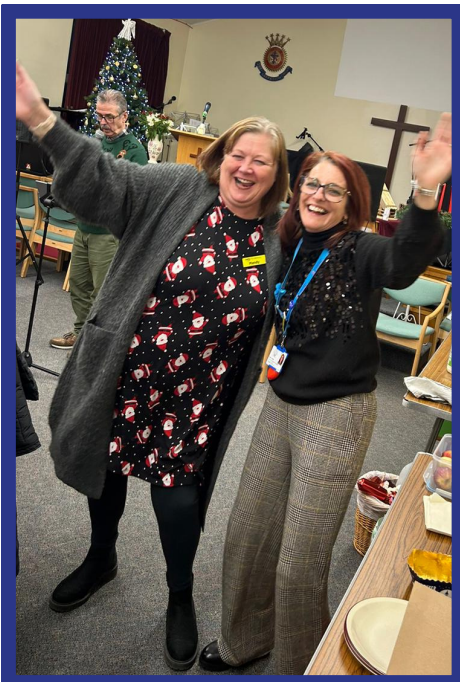
Volunteers must be 16+ and
DBS check will be provided by
CTEA

If you want to make a
difference in your community
and feel like one of our
volunteering roles suits you
please contact us for more
information. Call us on

01449 707030

or email us at

volunteering@communitiestogether-ea.org



Games and Puzzles

Riddles

- 1) I have cities, but no houses.
I have mountains, but no trees. I have water, but no fish. What am I?
- 2) What belongs to you, but everyone else uses it?
- 3) What starts with a T, ends with a T, and has T in it?
- 4) What is so fragile that saying its name breaks it?

(Answers at bottom right)



Flowers

G	V	A	L	U	D	N	E	L	A	C	R	R	D
N	L	I	D	O	F	F	A	D	O	N	T	N	A
O	J	A	S	M	I	N	E	P	I	L	U	T	T
R	A	C	O	C	K	S	C	O	M	B	D	L	U
F	I	A	D	A	I	S	Y	D	O	S	L	L	R
F	D	A	N	D	E	L	I	O	N	F	N	E	A
A	L	N	A	R	C	I	S	S	U	S	C	B	S
S	W	E	E	T	V	I	O	L	E	T	E	E	U
O	L	E	A	N	D	E	R	Y	L	I	L	U	L
S	A	E	E	C	E	M	A	R	I	G	O	L	D
S	U	T	O	L	D	A	H	L	I	A	A	B	L
L	E	V	Y	L	P	U	C	R	E	T	T	U	B
P	N	O	I	T	A	N	R	A	C	A	L	I	L
R	E	W	O	L	F	N	U	S	B	S	A	A	L

DATURA
LEVY
LILY
COCKSCOMB
SWEETVIOLET
DAFFODIL
BLUEBELL
JASMINE
DANDELION
DAHLIA
MARGOLD
DAISY
CALENDULA
CARNATION
BUTTERCUP
SUNFLOWER
OLEANDER
NARCISSUS
TULIP
LOTUS
SAFFRON
LILAC

This wordsearch was jointly created by Brooke from Stowupland High School as part of volunteering for the bronze Duke Of Edinburgh Award.

1) A map
2) Your name
3) A teapot
4) Silence