

SUFFOLK COUNTY COUNCIL REPORT from COUNCILLOR MARY EVANS

Dear All,

I hope to be with out tonight but in case I am late here is my report.

I think you know that we have SCC elections next May. I recently saw a list of proposed polling stations prepared by West Suffolk Council and the suggestion is that there should be no polling station – no caravan - in Depden and you would have to go to the Erskine Centre to vote. I also wanted to tell you that I am not standing at the elections and will be stepping down from SCC in May. It has been a great privilege to be your county councillor – I am in post until May so do let me know what needs doing locally!

Incidents of domestic abuse and child neglect increased during the first lockdown. The police and local councils want people to know that they can break lockdown if they are at risk of domestic abuse. Please share

Are you a victim of domestic violence and abuse?

If you need the Police: call 101 or 999 if it's an emergency. If speaking would put you in danger, you can call 999 and press "5 5" – and the police will know you need help

Call the 24-hour Suffolk Freephone Helpline 0800 977 5690

Are you hurting the one you love? Choose to stop. Call The Respect Phonenumber 0808 802 4040

Support during lockdown for residents in need:

The Suffolk Support and Advice Line has been set up to help people struggling financially.

It can help with debt advice, budgeting, mortgage, rent or credit card problems and employment queries. **The freephone number is 0800 068 3131 and is manned Monday to Friday 9am to 5pm. People can also go to: <https://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service/>**

Through this advice line, residents can be helped financially by our Local Welfare Assistance Scheme that funds supermarket, food and fuel vouchers; school uniforms; essential furniture items; white goods; oil heating refills etc

We have also re-established the Home But Not Alone freephone number for the most vulnerable needing help with food and prescriptions etc - **0800 068 3131** and open from 9am to 5pm Monday to Friday.

Councils in Suffolk are helping administer a Government scheme to provide financial help to those on low incomes and benefits who must self-isolate. Details about the Test and Trace Support Payments, and how to apply, can be found on District and Borough Council websites.

If you have been contacted by NHS Test and Trace and told to self-isolate, you are under a legal obligation to do so, and could be eligible for a £500 Test and Trace Support Payment.

Those who are eligible will need to meet all the following criteria:

- Told to self-isolate by NHS Test and Trace.
- Employed or self-employed.
- Cannot work from home and will lose income as a result.
- Currently receiving at least one of the following benefits: Universal Credit; Working Tax Credit; income-based Employment and Support Allowance; income-based Jobseeker's Allowance; Income Support; Housing Benefit; and/or Pension Credit.

Applications are made for one person only and any further applications within the same household must be made by each individual. Payments are subject to tax but not National Insurance. People must make the application within 14 days of the last day of their NHS test and trace self-isolation period.

Applicants should ensure that they have the below information available before starting the application:

- NI number
- 8-digit test and trace ID number
- Recent bank statement, proof of self-employment, or wage slips.

Testing

If asked to do so by Test and Trace, you must self-isolate by law. Failure to do so will mean you are no longer eligible for the payment and steps will be made to recover the funds.

Please visit the [NHS Test and Trace](#) website for more details of the NHS Test and Trace self-isolation requirements for those:

- Testing positive
- Those who have been in contact with someone who has tested positive and now has been told to self-isolate by NHS Test and Trace.

Visit our District Council websites for details on how to apply for the £500 Test and Trace Support Payment:

- West Suffolk Council www.westsuffolk.gov.uk

We recently marked the launch of Adopt East, a regional adoption agency which has been established to recruit adopters across the East of England.

Adopt East will work across local authorities in Southend, Thurrock, Essex, Suffolk, Norfolk, Hertfordshire, Bedford and Luton to find families for children who are waiting

to find their forever home. Adoptionplus, Barnardo's, and Adoption UK are also part of the partnership.

The Adopt East alliance will deliver the highest quality adoption service to children and families throughout the region by bringing together the expertise and skills of all its partners. The scale of the organisation means that adopters will have access to a larger number of children waiting for adoption. This will help partners to match children with the right family for them, at the earliest opportunity.

Adopt East is committed to providing good quality adoption support services to support all families with their adoption journey. To find out more about the Adopt East Alliance [visit the Adopt East website](#).

Last months we approved a new policy aimed at reducing the numbers of children and young people being permanently excluded from school. We will be working more closely with mainstreams schools – and providers “Alternative Provision” to ensure that children and young people who are subject to exclusion are given tailored support to get them back on track swiftly.

Suffolk residents are being urged to support their physical and emotional wellbeing this winter and to get help early if they have any concerns.

As we head into winter, with ongoing restrictions on our daily lives related to the Coronavirus pandemic, it is vital to know what support is out there and to seek help if you need it.

Dr Mark Shenton, chairman of NHS Ipswich and East Suffolk Clinical Commissioning Group and Professor of Integrated Care at the University of Suffolk, says: “The NHS is open to support people’s physical and mental health needs, and it’s important no-one puts off seeking help as that could lead to the condition deteriorating.

“You can seek help in a number of ways, such as NHS 111 by telephone or online. Your local pharmacy is a very good source of advice, with many open long hours and you don’t need an appointment to speak with the pharmacist. GP practice staff are there to help, and we urge you to make contact by ‘phone or online. Once you contact your practice, someone will get back in touch with you. It might not always be a GP; it could be a physician associate, a nurse, pharmacist or physiotherapist, depending on your medical need.

“There are lots of online resources to support your mental health available from Wellbeing Suffolk and, if you need to talk, Suffolk has a 24/7 mental health support line, First Response, meaning you can speak to someone anytime on 0808 196 3494.”

Support is still in place for anyone who is struggling with emotional or physical wellbeing due to the ongoing coronavirus pandemic. The Covid Hub acts as a gateway to local services which can provide support for a range of issues related to emotional and physical wellbeing. If you need ideas on how to look after your and your family’s mental health and wellbeing, [visit COVID-19 information hub](https://healthysuffolk.org.uk/covidhub) at healthysuffolk.org.uk/covidhub.

Suffolk County Council has successfully delivered the largest digital care project in its history - from procurement to delivery in just 16 weeks. Working alongside care technology specialists, Alcove and Rethink Partners, the council delivered over 750 Carephone devices to elderly and vulnerable people, both in and outside of formal care settings, to help them, their families and care providers stay in touch during the coronavirus pandemic.

The Carephone service is provided through the Alcove Video Carephone, a simple communication device that allows people with little or no technological ability to have two-way video contact with care workers, family members and other approved service providers. The project also delivered comprehensive training to both the user and their care providers on how to get the most use from this new technology.

Real life success stories from the project include one from Jeni, an 83-year-old retired teacher who lives in Bury St Edmunds.

Speaking about her experience using her new Carephone, Jeni said:

“The other day it was such a thrill as my niece showed me her granddaughter - who is just over a year old. She walked straight across the room and I saw her on the screen. It was really lovely to see her. It was the first time she had walked, and they gave me a call straight away so I could see her do it. I have only ever seen her in person once before, so it was such a pleasure.”

This technology is helping to keep families connected, easing the pain of separation that all families have felt at some point since the pandemic started. It also provides essential welfare reassurance for the family and is helping to reduce incidents of poor mental health on both sides of the call. There are indications that this technology can have a positive, measurable impact on loneliness in older and vulnerable people.

The technology has also helped maintain and enhance the communication between care giver and care receiver. The benefits of this project continue to be felt and have provided clear insight into using this technology to improve care outcomes, especially over the coming winter.

SCC is now looking at further innovative digital projects such as using IT for reminiscences sessions for people with dementia – playing film clips and music from the era in which they grew up.

DEPDEN PARISH COUNCIL

BUDGET PROPOSAL 2020/21

2020/21		2021/22
Estimate		
30.00	Hall Hire	90.00
346.00	Insurance	346.00
15.00	Postage, Stationery etc	10.00
1563.00	Clerk's Salary	1575.00
140.00	SALC Subs	150.00
175.00	Grass Cutting	175.00
135.00	Graveyard Maintenance	135.00
0.00	Training	15.00
50.00	Website	50.00
150.00	Clerk's Home Facilities	150.00
35.00	Data Protection - ICO Fee	35.00
131.00	Grit Bins	0.00
£2,770.00	Totals	£2,731.00
	Precept (total received)	£2,700.00

Estimated bank balance at 31 March 2021 is £3800.00 (Approx. £1100.00 more than the total Precept)