

**From:** [Highways Communications](#)  
**Subject:** Parish/Town/District Councils - Grit bin refilling process  
**Date:** 23 February 2021 09:20:40

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Hi All

We hope you are well.

Following the severe weather in recent weeks, with Suffolk seeing heavy snow fall and extremely icy conditions, we are writing to provide you with an update on the grit bin refilling process.

**Suffolk Highways is currently undertaking a full restock of the County's grit bins to prevent you from logging each individual bin for a refill. Please note that this will be a one-off re-stock as this was an extreme weather event and we must ensure each bin is full.**

Should any bin require further re-filling throughout the season, we encourage you to use our [Highways Reporting Tool](#). Further details and instructions can be found online at <https://www.suffolk.gov.uk/roads-and-transport/highway-maintenance/check-which-roads-are-gritted/grit-bins/>

As a reminder, grit bins are owned by [parish/town/district councils](#) to ensure that the contents of grit bins are used to make roads safer and we ask you to monitor how and where the grit is used. We will therefore only accept requests to refill grit bins from yourselves for future re-filling requests.

Suffolk Highways, on behalf of Suffolk County Council, will also only accept requests for **new** grit bins from a [parish, town, borough or district council](#).

We would like to thank those who have already requested a restock. Your request(s) will be carried out as part of this process. If you have not requested a restock, we can confirm that all grit bins will be refilled, and you do not need to do anything further.

Please do not hesitate to contact us should you have any questions.

Kind regards

**Gemma Allard**  
Communications Officer

**Suffolk Highways** | Phoenix House, 3 Goddard Road, Ipswich, Suffolk, IP1 5NP  
Twitter: [@Suff\\_highways](#) | [www.suffolk.gov.uk/highways](http://www.suffolk.gov.uk/highways)



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<https://www.suffolk.gov.uk/about/privacy-notice/>

### Babergh and Mid Suffolk Councillor briefing update on the Joint Local Plan (January 2021)

The Regulation 19 Joint Local Plan (JLP) consultation closed on 24<sup>th</sup> December 2020. No further points can be made on the JLP following the end of the Regulation 19 Pre-Submission consultation.

The Councils must process, assign and store the duly made Regulation 19 JLP representations in a suitable manner for Examination. The Councils must also analyse, consider and prepare a summary statement of the main issues raised for publication when the JLP is formally Submitted under Regulation 22 of The Town and Country Planning (Local Planning) (England) Regulations. The full representations, together with all of the statutory supporting information such as notices and statements will be published at the Submission stage. This is currently scheduled for late March 2021.

All of the duly made Regulation 19 JLP representations, in full, are to be made available to an appointed independent Planning Inspector who will conduct the Examination of the Babergh and Mid Suffolk Joint Local Plan. The Examination is conducted in the public domain, meaning that all documents, correspondence and meetings will be publicly available through the Councils' websites. The public can attend any Examination Hearings (which may be virtual or in-person), although only persons and organisations who have made duly made representations to the Regulation 19 JLP have the right to take part in the Examination Hearings.

Full consideration must be given to the objections to both the JLP and the supporting Sustainability Appraisal and Habitats Regulations Assessment before the Councils can proceed to the Submission of the JLP for Examination. The Secretary of State will appoint an independent Planning Inspector to conduct the Examination. A Programme Officer will be appointed to work for the Inspector and provides a channel for all communications between the Inspector and the Councils and other participants.

Further information and guidance on the Examination process is available on the Government website – <https://www.gov.uk/guidance/local-plans>.

### The emerging JLP and decision taking

For decision taking, the policies in the emerging JLP are a material consideration with limited weight. Councillors are cautioned against treating the emerging JLP as attracting more than limited weight at this point in time in decision taking at Planning Committee.

The JLP is nevertheless the Councils' intended development strategy to be Submitted for Examination. To this extent the JLP represents a clear direction of travel for the location and delivery of growth for the Councils.

When the JLP is Submitted, together with publication of the full set of duly made representations, further advice regarding weight will be provided having regard to paragraph 48 of the National Planning Policy Framework.

If there are any further queries regarding the JLP, please contact the planning policy team at [localplan@baberghmidsuffolk.gov.uk](mailto:localplan@baberghmidsuffolk.gov.uk).

**From:** [Paul Bryant](#)  
**To:** [BMSDC Community Planning](#)  
**Cc:** [Parish - Woolpit](#)  
**Subject:** FW: FYI - Publication of Woolpit NP Exam Report  
**Date:** 05 August 2020 09:35:10

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Dear Consultee

My e-mail copied below refers. With apologies for any inconvenience caused by the typo in the website address, this should read: [www.midsuffolk.gov.uk/WoolpitNP](http://www.midsuffolk.gov.uk/WoolpitNP)

Paul Bryant  
N'hood Planning Officer | BMSDC

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**From:** BMSDC Community Planning  
**Sent:** 04 August 2020 14:57  
**To:** BMSDC Community Planning <communityplanning@baberghmidsuffolk.gov.uk>  
**Cc:** Parish - Woolpit <peggy.woolpitpc@btinternet.com>  
**Subject:** FYI - Publication of Woolpit NP Exam Report

***\* This e-mail has been sent for your information only. You do not need to respond. \****

Dear Sir / Madam

### **Publication of the Independent Examiners Final Report on the Woolpit Neighbourhood Plan**

We are contacting you because you are a Statutory Consultee or because you have previously expressed an interest in the Woolpit Neighbourhood Plan (NP). This includes the recent consultation on proposed significant modifications. Please accept our apologies if you have received this e-mail in error.

**On Mon 3 August 2020, both Parish and District Council received a copy of the Independent Examiners Final Report.** This is now available to view via our website:  
[www.midsuffolk.gov.uk/WoopitNP](http://www.midsuffolk.gov.uk/WoopitNP)

The report makes a number of detailed modifications, many of which were set out during the recent consultation. The Examiner has also indicated that, even with these modifications "*the Woolpit NP will provide a strong practical framework against which decisions on development can be made.*" She also states that, subject to implementation of all the recommendations, the Plan should proceed to Referendum.

A paper on the Examiners Report will be presented to Mid Suffolk Cabinet at a future meeting (date tbc). The paper will recommend that the Parish Council do as asked and will also seek Member approval for the Plan to proceed to a local referendum, once all of the modifications have been made.

Due to the Covid-19 emergency, and as a consequence of new regulations brought in by Government, the earliest date (at present) that any referendum could take place is May 2021. However, that does not prevent the Parish Council from making those changes now and for both

them and the District Council publishing the Referendum version of this Plan well in advance of that date.

We will continue to keep our Woolpit NP webpage updated as and when we have further news to report.

Yours faithfully

Paul Bryant  
Neighbourhood Planning Officer | Planning for Growth  
Babergh & Mid Suffolk District Councils - Working Together  
T: 01449 724771 / 07860 829547  
E: [As above]

*Cc: Woolpit Parish Council*



*Thank you for contacting us and for your patience, while we work hard to protect our staff, residents, communities and businesses and keep essential services running during the coronavirus outbreak.*

During this time, we may have to reduce or suspend services, but we aim to respond to your query as soon as possible. In some cases we may not be able to deal with your request until business as usual is resumed.

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**From:** Daphne Youngs  
**To:** Drinkstone Clerk  
**Subject:** Fwd: Drinkstone Neighbourhood Plan  
**Date:** 17 February 2021 13:27:32

Hello Hilary  
Could you please record the contents of the email below. It will be relevant until such time as the NP is subject to its periodic review and the necessary minor change to policy DRN8 can be made.  
Thanks  
Daphne

Sent from my iPad

Begin forwarded message:

**From:** Paul Bryant <Paul.Bryant@baberghmidsuffolk.gov.uk>  
**Date:** 17 February 2021 at 10:42:10 GMT  
**To:** Daphne Youngs <daphneyoungs248@gmail.com>  
**Cc:** Peter Holborn <drinkstoneholborn@gmail.com>, Ian Poole <Places4People@outlook.com>  
**Subject:** RE: Drinkstone Neighbourhood Plan

Hello Daphne, All

The current status of the Drinkstone NP is set in the following text taken from [para 107](#) of relevant Planning Practice Guidance:

**What changes have been introduced to neighbourhood planning in response to the coronavirus (COVID-19) pandemic?**

The government has been clear that all members of society are required to adhere to guidance to help combat the spread of coronavirus (COVID-19). The guidance has implications for neighbourhood planning including: the referendum process; decision-making; oral representations for examinations; public consultation; and the Community Infrastructure Levy. This planning guidance supersedes any relevant aspects of current guidance on neighbourhood planning, including in paragraphs 007, 056, 057, 061 and 081 until further notice.

- **Decision-making:** Where the local planning authority has issued a decision statement (as set out under Regulation 18 of the Neighbourhood Planning (General) Regulations 2012) detailing its intention to send a neighbourhood plan to referendum, that plan can be given significant weight in decision-making, so far as the plan is material to the application.

Our Reg 18 Decision Statement and the Referendum Version of the Plan were [published](#) by us on 17 June last year. The Drinkstone NP therefore remains on course to be put to a local vote on 6 May 2021 subject to final confirmation from and publication by our Electoral Services Team of the 'Referendum Notice'. I believe the last day on which that notice can be published is 25 March (i.e. 28 wkg days prior to polling day).

With regards to the Local Green Space issues, yes, Ian and I did have a conversation about this last year, but we (Mid Suffolk) have not acted on this.

If the Drinkstone NP is to go to referendum on 6 May 2021, the window of opportunity to carry out any consultation on Local Green Space policy DRN8 has now passed us by. The counter argument for not making the change now but, instead, leaving any change to such a time when the Parish Council decide to review and update their NP is that, had it not been for the cancellation of last May's elections, the Drinkstone NP would in all likelihood have gone to referendum and been formally adopted by Mid Suffolk some eight or nine months ago – a situation which I am sure you are all too painfully aware of. In that sense, policy DRN8 as currently worded is no different to many of the already dozen or so adopted plans that also have green space policies.

I trust that the above is helpful.

Paul Bryant  
N'hood Planning Officer | BMSDC  
T: 01449 724771 / 07860 829547

*[NB: Please note that, until the end of March 2021, my normal workdays will be Mon to Thur]*

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-----Original Message-----

From: Daphne Youngs <daphneyoungs248@gmail.com>  
Sent: 15 February 2021 17:06  
To: Paul Bryant <Paul.Bryant@baberghmidsuffolk.gov.uk>  
Cc: Peter Holborn <drinkstoneholborn@gmail.com>; Ian Poole <Places4people@outlook.com>  
Subject: Drinkstone Neighbourhood Plan

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Dear Paul

What is the current status of the Drinkstone NP? I understand that MSDC was to undertake a short consultation on changes to the wording of our Green Spaces Policy (DRN8) in the light of a court judgement in Somerset stating the wording in our policy is more restrictive than the NPPF.

The proposal was to amend the policy by removing the final two sentences in DRN8.

Has this consultation been completed?

Do I have your assurance that the Drinkstone Neighbourhood Plan will be ready to go to referendum in May, now the government has confirmed that local elections will go ahead?

Regards  
Daphne

Sent from my iPad

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**From:** [BMSDC Public Realm Mailbox](#)  
**Subject:** How to report flooding in Suffolk  
**Date:** 09 February 2021 07:53:42

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Dear Parish Clerks,

With weather forecasts predicting rain and snow over coming weeks – see latest [Met Office UK Weather Warnings](#). We thought you may appreciate a reminder of the process to report flooding in Suffolk - so you can best prepare and be ready for any resident enquiries as needed.

[All information about flooding in Suffolk can be found on Suffolk County Council's website](#)

[Flooding should also be reported via the county's online reporting tool](#)

Many thanks for your support in advance, and we hope this helps.

Babergh and Mid Suffolk Public Realm Team

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**From:** [BMSDC ROI Admin Mailbox](#)  
**Subject:** Prospective election candidates attending meetings  
**Date:** 12 February 2021 09:42:35  
**Attachments:** [image001.png](#)

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Dear Town / Parish Clerk,

I have received a number of queries, passed on by District Councillors, relating to concerns that you are being approached by prospective election candidates who wish to speak at Town / Parish Council meetings.

Ultimately, any member of the public, including prospective candidates for the forthcoming elections on 6 May, have the right to attend council meetings (unless the public and press are otherwise excluded). However, there is no automatic right for prospective candidates to speak at the meeting – it would be for the Mayor or Chairman to determine whether or not to permit this under your public speaking slot, or any other relevant agenda item. I would recommend that if you do permit a prospective candidate to speak to the meeting, you should provide the same opportunity to all prospective candidates in the interests of fairness.

You will note that I have deliberately used the term *prospective candidate* throughout this email. This is because, even if someone tells you they are *the candidate*, a person cannot technically become a candidate at an election until the notice of election has been published - at the earliest. The notice of election for both the Police and Crime Commissioner Election and the Suffolk County Council election will be published on 25 March 2021.

If you have any queries about this, or any other aspect of the forthcoming elections please do not hesitate to contact me.

Kind regards,

**Emily Yule**

Assistant Director – Law & Governance and Monitoring Officer

**Babergh and Mid Suffolk District Councils - Working Together**

Tel: 01449 724694

Email: [monitoringofficer@babberghmidsuffolk.gov.uk](mailto:monitoringofficer@babberghmidsuffolk.gov.uk)

[www.babergh.gov.uk](http://www.babergh.gov.uk) [www.midsuffolk.gov.uk](http://www.midsuffolk.gov.uk)

**Thank you for contacting us**

We are working hard to keep services running safely to support and protect our residents, businesses, communities and staff through this period and beyond.

We will respond to your query as soon as possible. In the meantime, you can find the latest council information, including our response to Covid-19, on our website.



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**From:** [Christopher Mortimer](#)  
**To:** [Christopher Mortimer](#)  
**Subject:** Play equipment and Grounds Maintenance  
**Date:** 18 January 2021 12:59:04

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We attach a leaflet detailing the services our company can offer, with particular reference to play equipment.

Chris Mortimer is a ROSPA qualified Operational Play Inspector, and is able to do interim play inspections, repairs and installations. We are not tied to any of the big manufacturers, we work with a range of suppliers, and can offer a broad range of play equipment or manufacture wooden items to your specification. We can save Councils quite a lot of money in most cases.

The leaflet also details other services we offer, but the list is not exhaustive, we can do most types of outdoor jobs.

If we can be of any assistance to you, please do not hesitate to contact us. Chris Mortimer can be reached on 07342 882944.

Kind regards,

Colette Mortimer  
Mortimer Contracts Limited

**From:** [Penny Otton \(SCC Councillor\)](#)  
**To:** [Parish - Buxhall](#); [Parish - Drinkstone](#); [Parish - Hesselton](#); [Parish Meeting - Harleston](#); [Parish Meeting - Thurston](#); [Parish - Beyton](#); [Parish - Felsham](#); [Parish - Great Finborough](#); [Parish - Onehouse](#); [Parish - Rattlesden](#); [Parish Meeting - Shelland](#)  
**Subject:** FW: CORRECTION: Rapid testing centre to open in Bury St Edmunds  
**Date:** 31 January 2021 12:31:38  
**Attachments:** [image001.png](#)  
[image002.png](#)

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**From:** Communications Mailbox <Communications.Team@suffolk.gov.uk>  
**Sent:** 29 January 2021 17:30  
**To:** All Councillors (SCC) <AllCouncillors@dist.suffolk.gov.uk>  
**Subject:** CORRECTION: Rapid testing centre to open in Bury St Edmunds

Suffolk Resilience Forum news release  
For immediate release: 29 January 2021  
For further information contact: Mark Langford  
Tel: 07598 404131  
Email: [communications.team@suffolk.gov.uk](mailto:communications.team@suffolk.gov.uk)

**Correction: Amends spelling of 'Risbygate' in second paragraph.**

## **Rapid testing centre to open in Bury St Edmunds**

A new Covid-19 rapid testing centre targeting people who unwittingly have the virus and do not show symptoms is to open in Suffolk.

It will begin operating at West Suffolk College in Out Risbygate, Bury St Edmunds, from Monday February 1.

The centres use lateral flow testing to identify people who may have coronavirus but who are asymptomatic – crucial in arresting the spread of the virus.

The Bury St Edmunds centre will be available to anyone living or working in the town and surrounding area who is unable to work from home.

Employers are also being urged to book their staff in for testing.

The centres are operated on behalf of Suffolk County Council (SCC).

The Bury St Edmunds launch follows the opening of the first centre at the University of Suffolk in Ipswich at the start of January.

Lateral flow testing involves taking a swab from the throat and nose to see whether coronavirus is present in the body.

The person tested will then receive a text message giving the result within an hour.

Anyone giving a positive test will be told to self-isolate and advised on what to do next.

People are being asked to get tested twice a week, three to four days apart, as part of their weekly routine.

Anyone receiving a negative result needs to continue to follow the social distancing guidance as they may only be at the early stages of developing the virus.

This is in case levels of the virus in a person at the earlier test were too low to be detected at that time.

Stuart Keeble, the director of public health for Suffolk, said: "Although the vaccination programme is now underway, community testing is vital in helping control the spread of the virus.

"Up to one in three people who have the virus may not show any initial symptoms – so the more people we can identify with it, and get them to self-isolate, the better."

Councillor Matthew Hicks, the leader of Suffolk County Council and chair of the Local Outbreak Board, said: "This is a very welcome addition to Suffolk's fight against Covid-19.

"I would urge everyone who is eligible to use it to do so, and regularly. Repeat testing is how we will identify and isolate anyone who is unknowingly carrying the virus and therefore help stop the spread."

Testing is being run by contractors Commisceo on behalf of SCC through government funding seven days a week between 7am and 7pm.

Tests are by appointment only and can be made through the booking website <https://commisceo-pcs.shiftpartner.com/> or calling 0333 772 6144.

The centres are only for people not showing symptoms of Covid-19.

Anyone who is showing symptoms, or who may have been in close contact with someone who has, should not visit the centre.

Instead, they should ring 119 or go to the NHS website to book a test at one of the 12 symptomatic testing sites in Suffolk.

For more details about asymptomatic community testing go to [the Suffolk County Council](#) website.

**ENDS**

**Notes to editors**

### **Suffolk Resilience Forum**

The information above has been issued on behalf of the Suffolk Resilience Forum. The forum is comprised of the Suffolk's NHS, Emergency and Public Services, working together to keep the county safe.

For more information about the Suffolk Resilience Forum, visit

[www.suffolkresilience.com](http://www.suffolkresilience.com)

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**JOHN WRENN'S CHARITY Reg.no. 239786**

John Wrenn by Deed of Feoffment dated 20/11/1564 settled the <sup>13.52</sup>~~15.2~~ acres of land adjacent to Deadmans Lane in Drinkstone to be ploughed, tilled & sown by poor householders of Drinkstone for their own profit.

The land was subsequently let with the rent used to purchase bread corn which was distributed among poor householders living in the Parish. The Charity Commission register dated 10/2/1965 recites the object of the Charity as "For the general benefit of the poor of Drinkstone".

David Ford and Ray Wilmshurst were appointed Trustees at the Annual Parish Meeting (either 1997 or 1998) following the death of the sole Trustee Mr. Smith. At that time the land was let on a peppercorn rent to a local farmer for an annual rent of £156 and the new trustees were instructed to arrange for this to be relet on a formal farm tenancy. Bury St. Edmunds land agents Lacy Scott Knight acted for the charity and the land was let to a local farmer at a rent of £1500 pa. Short term tenancies have continued – current rent £1757pa.

Ray Wilmshurst resigned as a trustee 28/1/2019 following his move from the village and was replaced by Dave Woodward at a trustee's meeting on 6/2/2019. The Parish Council were advised of this change.

The original Indenture dated 20/11/1564 is held in the Records Office in Bury St. Edmunds in which the land transaction is recorded.

The object of the charity is "For the general benefit of the poor of Drinkstone", and as you thought it does not come under the remit of the Parish Council because there is a potential conflict of interests between the Council's duties as a Council and its involvement in a charitable relief organisation.

We agree that it may be of long term benefit for the land owned by the John Wrenn's Charity to be registered as it prevents someone else registering the same land.

We have taken advice and also referred to the Land Registry website as below -

“Where charity trustees are individuals we will enter them as proprietors in the usual way, except that we will enter an appropriate description after the names and addresses of the proprietors. The following example shows this.

‘(date) Proprietor: Fred Lawson of 27 Cromwell Way, Kerwick, Hertland, AB1 2XY, Angela Beech of 13 Pym Road, Kerwick, Hertland, CD1 2XY, and Philomena Tomlin of 1 Hampden Green, Kerwick, Hertland, EF3 3XY, the trustees of the charity known as the Hertland Countryside Trust’.

This would mean that the registration would have to be in the names of David Ford & Dave Woodward, the current trustees, as in the example above. Any future change of trustees would involve a revised registration at the Land Registry with additional costs.

If the Parish Council is willing to provide a free service to local charities to register their land in the names of their current trustees, it is worth considering as a practical expedient.

We suggest that this should be an agenda item for a future Parish Council meeting, or possibly the Annual Parish meeting when the Trustees would be able to attend to discuss the way forward.

David Ford & Dave Woodward

Trustees – John Wrenn’s Charity

**From:** [Marc Williams](#)  
**To:** [Marc Williams](#)  
**Subject:** Online Arthritis Support from Arthritis Action  
**Date:** 10 February 2021 17:07:20  
**Attachments:** [FA 2021 online Poster.pdf](#)

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Good afternoon,

I wanted to get in touch to introduce myself. My name is Marc and I am Area Coordinator for UK charity Arthritis Action. We give hands-on, practical help to combat the pain of arthritis through self-management and lifestyle advice. We provide a range of free resources, including factsheets, exercises, recipes and videos.

To support people living with arthritis, we also run online Arthritis Action Groups, including groups for the East of England, and evening groups. We know that all the changes in people's lives this past year have made managing arthritis more challenging, and our groups are a great place for people to meet others with the condition, share experiences and learn about self-management.

I've included a short blurb below and would appreciate if you could spread the word with your parish residents. I'm also available for one-off presentations on self-management of arthritis via zoom if there is a local group that would be interested.

#### **Online Arthritis Action Groups**

Arthritis Action Groups are an opportunity for people with arthritis to talk with others and share their tips on how to manage their arthritis and stay active whilst at home, and we actively welcome new attendees. We discuss a variety of self-management techniques. Participants will need to contact us directly for the log in instructions for the meeting, and we have produced 'How To' guides for those not familiar with using Zoom.

East Anglia Groups:

Afternoon: 16<sup>th</sup> February 2pm

Evening: 4<sup>th</sup> March 6pm

Morning: 5<sup>th</sup> March 10:30 am

For joining details see <http://www.arthritisaction.org.uk/media-centre/events>

Best Wishes

Marc

**Marc Williams**

Area Co-ordinator

Direct Line: 020 3781 9233

Mobile: 07562 430886

T: 020 3781 7120

W: [www.arthritisACTION.org.uk](http://www.arthritisACTION.org.uk)



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Registered office: One Upperton Gardens, Eastbourne, East Sussex BN21 2AA

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**From:** [OneLife Suffolk](#)  
**To:** [drinkstoneclerk@gmail.com](mailto:drinkstoneclerk@gmail.com)  
**Subject:** OneLife Suffolk Service Extension  
**Date:** 12 February 2021 14:43:41

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Dear Sir/Madam,

I firstly wanted to start by thanking you for your ongoing support throughout the past challenging year.

OneLife Suffolk ended 2020 with the positive news of a two-year extension of our contract with Suffolk County Council which means we can continue to deliver healthy lifestyle services across Suffolk until March 2023.

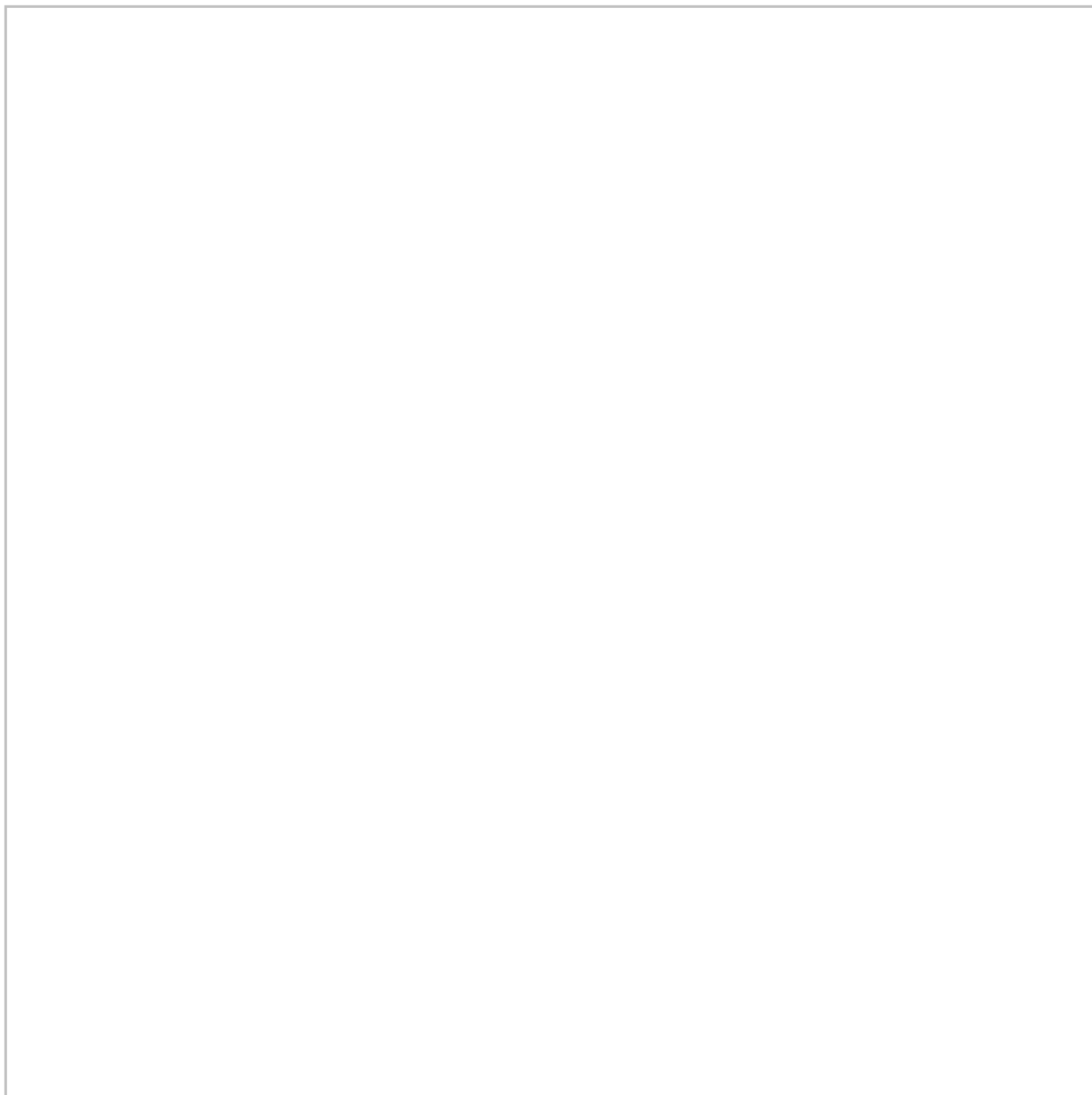
### **Our response to Covid-19**

Our services are more important than ever to our local communities in the context of the Covid-19 pandemic. They include Adult Weight Management, Stop Smoking, Families & Young People (weight management targeted to ages 5-18), Get Help To Get Active (targeted towards those with long-term conditions), Health Walks and NHS Health Checks.

At the onset of Covid-19, we adapted our face-to-face services to provide virtual delivery and have developed a suite of digital resources, including information sheets, podcasts and videos. During the pandemic, we have made over 100,000 wellbeing calls to those who are most in need of our services.

### **Continuing to create positive outcomes**

OneLife Suffolk benefits from the research and insight provided by our parent company MoreLife and partner Leeds Beckett University which helps us ensure we get the best outcomes for our clients.



In 2020

- 12,401 people started one of our Healthy Lifestyle Services
- 4,374 people joined an Adult Weight Management programme, losing a total of 16,624 kg's
- 7,437 people have stopped smoking with our support
- 17,455 children received a Tier 1 intervention
- 2,559 Health Checks have been delivered in the local community
- 1,279 professionals including teachers, pharmacists and community nurses have been trained by us to make every contact count (MECC)

### **Working together to support those in need of our services**

During these challenging times, it is more important than ever that we work together with our stakeholders to raise awareness of our services. We look forward to continuing our relationship with you this year.

I would be delighted to talk to you at any time about what OneLife Suffolk offers to residents in Suffolk and how we could work more closely together. Please email me at [marketing@onelifesuffolk.co.uk](mailto:marketing@onelifesuffolk.co.uk)

Yours sincerely

Lisa Cox

Head of OneLife Suffolk

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Stay up to date with what's going on here at OneLife Suffolk by following us on our social media. Click on the icons below to find us on Facebook, Twitter and Instagram.

You can visit our website here: [onelifesuffolk.co.uk](http://onelifesuffolk.co.uk)



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You are receiving this email as we thought you'd be interested in hearing the latest from OneLife Suffolk to benefit you and your contacts.

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MoreLife (UK) Ltd  
Churchwood Hall  
Leeds Metropolitan University, Headingley Campus  
Leeds, West Yorkshire LS6 3QJ  
United Kingdom

[Add us to your address book](#)

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## **How Headway Suffolk has helped its community during Covid (500 words)**

A year on since the Covid-19 pandemic hit, this is how local charity Headway Suffolk, who supports adults living with brain injury, stroke and neurological conditions, has continued to help its clients throughout.

As the peak of the virus struck, Headway had to close its Bury St Edmunds hub, its four outreach hubs and its face-to-face support and therapy services, as well as drastically reduce the number of clients at its Ipswich hub. Like many charities, we feared for our financial stability and survival.

We saw a big increase in demand for our homecare services from Suffolk County Council to help hospitals with the discharge of patients.

To support those isolated at home, we adapted and created new services.

We implemented a virtual hub so clients could access rehab and social activities remotely and provided free devices to those who needed them. Activity books were also sent out regularly to help stimulation.

Supermarkets felt such an unsafe place to visit and online deliveries were tough to access, so we registered with the local authority to produce and deliver nutritional hot meals, as well as a food bank to supply parcels of food and essential products.

Counselling sessions moved to remote support and saw an increase as clients naturally struggled with anxiety and stress at such a difficult time. And our phones were always open to offer a friendly, listening ear.

With gyms being a no-go zone, we adapted by supporting clients at the local outdoor gym in between lockdowns so they can work on their fitness, improve mental health and play sports, such as basketball and walking football.

As things gradually began to ease, we have been able to resume some face-to-face services and clients can now get support with physiotherapy, speech and language therapy and occupational therapy.

Our Ipswich hub is now open Monday to Friday and our Bury St Edmunds hub is currently open Wednesday to Friday, but naturally many clients still feel safer at home until things improve.

We continue to operate strict procedures on infection control, social distancing, temperature checks and full PPE. Our staff team have received the first dose of the Covid-19 vaccine and will receive the second dose in April.

Headway Suffolk would like to thank everyone who supported us throughout a traumatic 2020 and has ensured we continue to survive and thrive into 2021 to support all our clients.

If you would like to support our cause, please visit [www.headwaysuffolk.org.uk](http://www.headwaysuffolk.org.uk) or see us on Facebook and Twitter as @HeadwaySuffolk.

On Wednesday 12 May, we hold our annual Neuro Conference, which will take place online and tickets are just £20 each with an impressive line-up of speakers:

Steve Thompson - England Rugby star and dementia sufferer; Dawn Astle – better safety in football campaigner; Dr Michael Grey – neuroscientist at UEA; Sam Norris – speedway rider and brain injury survivor; Dr Sajid Alam – stroke lead at Ipswich Hospital.

To book, call 01473 712225 or email [helenmfairweather@headwaysuffolk.org.uk](mailto:helenmfairweather@headwaysuffolk.org.uk). At details at [www.headwaysuffolk.org.uk/events](http://www.headwaysuffolk.org.uk/events). Sponsorship and trade stands are available.

### **How Headway Suffolk has helped its community during Covid (400 words)**

Local charity Headway Suffolk, which supports adults living with brain injury, stroke and neurological conditions, has continued to help its clients throughout the Covid-19 pandemic

As the peak of the virus struck, Headway had to close its Bury St Edmunds hub, its four outreach hubs and its face-to-face support and therapy services, as well as drastically reduce the number of clients at its Ipswich hub. Like many charities, we feared for our financial stability and survival.

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To support those isolated at home, we adapted and created new services.

We implemented a virtual hub so clients could access rehab and social activities remotely and provided free devices. Activity books were also sent out to help stimulation.

To combat the difficulty of visiting Supermarkets and getting online deliveries, we produced and delivered nutritional hot meals and registered as a food bank to supply parcels of food and essential products.

Counselling sessions moved to remote support and saw an increase due to clients feeling anxious, while our phones were open to offer a friendly, listening ear.

With gyms being a no-go zone, we supported clients at the local outdoor gym in between lockdowns so they can work on their fitness, improve mental health and play sports.

As things gradually began to ease, we have been able to resume some face-to-face services and clients can now get support with physiotherapy, speech and language therapy and occupational therapy.

Our Ipswich hub is now open Monday to Friday and our Bury St Edmunds hub is currently open Wednesday to Friday. We operate strict infection control procedures and our staff team will be fully vaccinated in April having received the first dose.

Headway Suffolk would like to thank everyone who has supported us and ensured we continue to survive and thrive into 2021.

If you would like to support our cause, please visit [www.headwaysuffolk.org.uk](http://www.headwaysuffolk.org.uk).

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To book, go to [www.headwaysuffolk.org.uk/events](http://www.headwaysuffolk.org.uk/events).

### **Online Neuro Conference – 12 May**

England Rugby world champion Steve Thompson will be a headline speaker at neurology charity Headway Suffolk's Neuro Conference on Wednesday 12 May, which will be streamed online.

The 42-year-old won the Rugby World Cup with England in 2003 but recently announced he has been diagnosed with early-onset dementia and probable chronic traumatic encephalopathy (CTE) – a degenerative brain condition that is thought to be caused by repeated blows to the head.

Steve and seven other former players are taking legal action against rugby associations over what they claim is their failure to protect them from the risks caused by concussion.

The conference will be streamed live securely online and tickets are just £20 each. To book, call 01473 712225 or email [helenmfairweather@headwaysuffolk.org.uk](mailto:helenmfairweather@headwaysuffolk.org.uk). Full details at [www.headwaysuffolk.org.uk/events](http://www.headwaysuffolk.org.uk/events).

Joining Steve as speakers will be Dawn Astle, Dr Michael Grey, Sam Norris and Dr Sajid Alam.

Dawn Astle is daughter of former England striker Jeff Astle and campaigner for better safety in football after Jeff died due to the concussive effects of heading a leather football.

The Jeff Astle Foundation raises awareness of brain injury in sport and works with governing bodies to research into the links between sport, brain injuries and neurodegenerative illnesses. Sir Bobby Charlton is the fifth of England's 1966 World Cup winning team diagnosed with dementia.

Dr Michael Grey is a neuroscientist at the UEA, specialising in neuroplasticity and neurorehabilitation associated with acquired brain injury. He leads the university's research into testing former professional footballers for early signs of dementia.

Sam Norris is a 17-year-old Suffolk speedway rider who had to relearn to walk and talk again after being struck by a bike in 2019 that left him in a coma. His recovery has been described as remarkable by medics and he achieved his ambition of getting back on a bike again just eight months later.

Dr Sajid Alam is a consultant in stroke medicine at the East Suffolk and North Essex NHS Foundation and a stroke lead at Ipswich Hospital.

The conference is being kindly sponsored by Irwin Mitchell and Slater and Gordon.