

Workshop Descriptions

East Suffolk Community Partnerships Forum 2025: Innovation to Impact

27 October 2025, 09:00 – 14:00, Lowestoft Sixth Form College, NR32 2PJ

WORKSHOP 1: Mental Health Toolkit Introduction (*Room 1*)

Jon Neal, CEO, Suffolk Mind

We all have a brain, and we're all on the mental health continuum. And stress is the crossover point between wellbeing and mental ill health. One in four of us will have a period of mild/moderate mental ill health in any given year. If we can avoid stress as much as possible, we can help prevent mental ill health. There are many ways we can help ourselves, and each other, to stay well. This session will introduce some of them.

WORKSHOP 2: Participate! Interactive music session (*Performing Arts Space*)

Steph Wakeman, Musician, Britten Pears Arts

Rob Gildon, Artist, Britten Pears Arts

Kate Thubron, Director, Mindful Care

Creative music making workshop for those in Later life, exploring dementia-inclusive practise and empowering individuals through social and musical outputs to improve social isolation, and wellbeing.

WORKSHOP 3: Who Wants to be a Grants Millionaire? (*Room 2*)

Kevin Wegg, Funding Officer, East Suffolk Council

Informative, entertaining and memorable, Funding Officer Kevin Wegg will lead the group through exercises and experiences to improve your funding application outcomes.

WORKSHOP 4: Holistic Health and Wellbeing - You+ (*Room 3*)

Donna Taylor, General Manager, Everyone Active (Waterlane Leisure Centre)

James Brown, Fitness Manager, Everyone Active (Waterlane Leisure Centre)

Head next door to Waterlane Leisure Centre and experience some of their holistic wellbeing opportunities and learn some key facts about nutrition and keeping well.

WORKSHOP 5: Seasonal Gardening Activities for Wellbeing for Community Groups (*Room 4*)

Alison Findlay, Senior Community Outreach Advisor, Royal Horticultural Society

Come along to learn easy seasonal activities for wellbeing to bring your community together through gardening.

Nicola Marsden from the Integrated Neighbourhood team Felixstowe will share her experience of how setting up a garden at a community centre that has brought groups together.

This is a chance to have a go at a range of easy to set up activities

- Explore ways to keep your projects growing over the year
- Make Origami seed packets at the end of the summer
- Grow pea shoots and other edible windowsill growing ideas in the spring
- Hard wood cuttings and bird feeders in the winter

Whilst we are making things we can discuss and share ideas to help our groups thrive.

WORKSHOP 6: Cyber Security Escape Room Experience (*Room 5*)

Gemma Theobald, Cyber Security Advisor, Norfolk and Suffolk Police

The Cyber Escape Room is a fun, interactive cyber security exercise designed to highlight good online security behaviours. Teams are assigned to work within the 'police cybercrime unit' and must work together through a variety of problem-solving tasks to prove an organised crime gang is behind an attack on the Detective Chief Inspector.

WORKSHOP 7: Youth Council and Key Engagement (*Room 6*)

Sam Kenward, Communities Officer, East Suffolk Council

Youth engagement and participation can sometimes be easier said than done. This session looks at a way to track how well you are engaging with young people and how you can climb the ladder of youth participation.

WORKSHOP 8: The "Red-Blue" Game (*Room 7*)

Gemma Fraser, Communities Officer & Marmot Place Programme Manager, East Suffolk Council
Samantha Read, Communities Officer, East Suffolk Council

We're all working in an increasingly complex and uncertain landscape—characterised by social division, stretched resources, rising inequality, and major shifts in policy and services. In such conditions, it's natural to focus inward: on our own organisations, priorities, and workstreams. But what impact does that have on the people and communities we serve?

WORKSHOP 9: Map of Opportunity (*Room 8*)

Nicole Rickard, Head of Communities and Leisure, East Suffolk Council
Matt Stevens, Senior Health, Wellbeing, and Leisure Officer, East Suffolk Council
Amy Marr, Health, Wellbeing & Leisure Project Officer, East Suffolk Council

Play our interactive game that explores how where we live impacts on our health and life outcomes. To mark East Suffolk joining the national Marmot Place programme (working with Professor Sir Michael Marmot and the Institute for Health Equity) we have developed a new game which explores the eight Marmot principles in an engaging way – how does the neighbourhood that you live in impact the Wellbeing of your character – and will the events that unfold during the game make things better or worse for you?

**Please note: All nine workshops will be repeated in Sessions 1 and 2,
so you can attend two different workshops on the day.**