



April 2021 Monthly Parish Newsletter



Visit suffolk.gov.uk/coronavirus for health advice, service changes, business support and schools' guidance.

Keep up to date on the latest guidance on Covid-19 from central government here: www.gov.uk/coronavirus

Registration now open for “Life changing” Great East Run Outreach programme

On April 1st it was announced that registration opened for the renowned Great East Run Outreach programme for inactive Suffolk residents.

25 Suffolk residents who are currently inactive are being given the opportunity to change their lives and sign up for a supported run training programme in Ipswich, with the aim of completing the challenge of the Great East Run half marathon on the 26th September 2021.

Participants will receive an extensive programme of support which will include, advice and guidance by double Olympic long-distance runner Paul Evans, expert

weekly coaching sessions, gait analysis and exclusive discounts on running gear at Coes in Ipswich, and physiotherapy support from Allied Health Professionals.

Participants can also join Suffolk Mind for a free Suffolk's Needs Met course to learn about their emotional needs and wellbeing.

Over the course of 4 months participants will be supported to develop their stamina, fitness and confidence to take on the 13.1 mile course.

The programme developed by Suffolk's Most Active County initiative is open to individuals over the age of 18 who do less than 30 minutes moderate to vigorous physical activity per week.

88% of the individuals who signed up for the programme in 2019 completed the Great East Run.

The programme received praise from 2019 participants. One participant said:

"Life Changing. I have more energy and I want to continue running. It's also improved my mental well-being, self-belief and self-motivation"

Another said:

"It has been the most positive experience I have ever taken part in. It has restored my confidence and belief and I can now say 'yes, I can!' Thank you!"

Stuart Keeble, Director of Public Health, said:

"It's inspiring to hear about the individual and collective stories of those taking part in Great East Run challenge programme. This programme provides an incredible opportunity for 25 Suffolk residents to take that first step to an active lifestyle and all the benefits this can provide.

"We are working in partnership to integrate physical activity into as many aspects of life as possible through our ambition of becoming the Most Active County in England. Without doubt, one of the best ways to look after your physical and emotional wellbeing is to stay active. If you are considering becoming more active, but need some support and motivation, signing up for the Great East Run Outreach programme could be the perfect opportunity to help you start moving more.

"We have seen the transformational impact of mass participation events can have on individuals lives."

The Great East Run returns in 2021 with renewed vigour following its cancellation in 2020 due to the pandemic and is anticipated to sell out with 4,000 runners taking the starts line on the 26th of September.

The Great East Run is one of the Great Run Company's portfolio of mass participation events, which also includes, amongst others, the Great North Run which is the World's biggest half Marathon.

To apply for a place on the programme, visit www.macoutreach.com where full details of the eligibility criteria are available alongside the application form.

Reflections on a year of the Keep Moving Suffolk Campaign

Additionally, April 1st marked the first anniversary of the Keep Moving Suffolk Campaign.

Just nine days after the Prime Minister announced the first lockdown on the 23rd March 2020, Suffolk's Most Active County Partnership launched the Keep Moving Suffolk campaign. The ambition was to help people stay active or become active during the pandemic.

Stuart Keeble, Suffolk County Council's Director of Public Health said:

"We knew that keeping active during lockdown was going to be hugely important. These were unprecedented times, with people having to spend more time in doors, along with the impact of the situation on mental wellbeing. Physical activity is an important antidote and it was important that we did as much as possible to encourage, support and inspire people to be active.

"In response, we gave birth to the Keep Moving Suffolk campaign. The campaign highlighted many of the ways we can all stay active at home for little or no cost, and as the weather got warmer, one of the real positives was rediscovering the outdoors with the many nature walks and cycling routes Suffolk has to offer.

"Twelve months on, and with restrictions still in place, we continue to do all we can to help the people of Suffolk to keep moving."

In the last year, 20,000 'Active at Home' booklets were distributed to help older adults undertake physical activity at home and 12,000 'Movement and Mental Health' cards circulated to support young people's mental health.

Over 1,600 age-appropriate sports activity packs were provided to looked-after children, 3,500 activity packs given to digitally isolated older people to help them stay active and resources supplied to support more than 25,000 primary school children walk to school.

In just one month (September) of the new 14-month Love to Ride programme, participants cycled over 50,000 miles whilst our **Dance with Millie tutorials**, to help children stay active whilst home-schooling, received thousands of hits. Numbers, however, don't tell the whole story. More importantly are the reasons why people have needed help.

"I'm 78 and lost my husband to Covid in November so been here in the four walls 'til we are allowed out again" and "I have been shut in since last March and only have a small house and can't move that well" were typical responses from the recipients of Keep Moving Suffolk activity packs for older people.

A local key worker told us about the impact of the sports equipment packs on a family he supports.

He said: "I support a family with a parent who struggles to be active with the children due to her mental health difficulties. This pack helped her get involved in sports with the children. Since then, she has made a goal to be more active and she now has the goal to go for a walk once a day with the children."

Mother of two, Kelly Hutchinson from Ipswich, was grateful for our home schooling resources. She said,

"It's a big challenge home schooling and juggling work and home life so the Keep Moving Suffolk website is a godsend".

Stuart Keeble, Suffolk County Council's Director of Public Health added:

"There are many similar stories from the last year, however, as lockdown restrictions begin to ease it is certain that the impact of the pandemic will be felt for some

significant time to come. Our response will be to continue to play our part in helping Suffolk to keep moving.”

Home testing now available from libraries and pharmacies as opening times change for community test sites

It was announced on April 15 that home testing kits will be made available from libraries and pharmacies across Suffolk as part of the fight against coronavirus.

Lateral flow devices (LFD) can now be obtained free from any library in the county, subject to stock availability and [opening times](#), from Monday 19 April.

Similarly, more than 130 NHS pharmacies across Suffolk will be taking part in the [Pharmacy Collect scheme](#), where people can collect kits free of charge.

Pharmacy Collect sits under the national NHS Test & Trace service and is being operated by [Suffolk Local Pharmaceutical Committee](#), which represents 136 community chemists including independents and those part of larger community pharmacy chains.

Regular testing is seen as key in controlling the spread of the virus as the UK’s vaccination programme continues.

Shops, pubs, and indoor leisure businesses such as gyms re-opened in England on Monday April 12 under the government’s roadmap to recovery from lockdown, and in Suffolk bosses are being asked to sign up to the [Yes2Test scheme](#) which asks them to commit to workforce testing.

Stuart Keeble, director of public health for Suffolk, said:

“I urge the public to play their part in the fight against COVID-19 by testing regularly and these schemes will help them to do so.

“We want to make testing as easy and accessible to the community as possible, which is why we are making LFD kits available in libraries and particularly so in those areas that previously had a testing centre.

“Pharmacy Collect is another way of making it easy to test – pharmacies, like libraries, are at the heart of our communities.

“Testing and isolating following a positive result, along with vaccinations, and following the current guidance, is how we will get through this pandemic and we want to make getting a test as easy as picking up a prescription or borrowing a book.”

The growth of home and workplace testing has resulted in 10 smaller community asymptomatic testing sites in Brandon, Debenham, Elmswell, Eye, Hadleigh, Halesworth, Holbrook, Nayland, Needham Market and Saxmundham being closed after Friday April 16.

Centres remaining open seven days a week but with reduced opening hours from 7am to 2pm are:

- Bury St Edmunds - STEM Centre, West Suffolk College, Western Way, IP33 3TB
- Ipswich - Former Profiles gym, University of Suffolk, 4 University Avenue, IP3 0SF
- Lowestoft - Kirkley & Pakefield FC, Walmer Rd, NR33 7LE

The following sites will open between 7am-2pm Monday, Thursday, Friday, Saturday, 12pm-7pm on Tuesday, and be closed on Wednesday and Sunday:

- Haverhill - Haverhill Arts Centre, High Street, CB9 8AR
- Ipswich - Whitton sports centre, Whitton Church Lane, IP1 6LW
- Martlesham - Community Hall, Felixstowe Rd, IP12 4PB
- Mildenhall - The Pavilion, Recreation Way, IP28 7HG
- Newmarket - Unit 16, Guineas shopping centre, CB8 8EQ
- Stowmarket – Museum of East Anglian Life, off Iliffe Way, IP14 1SL
- Sudbury - Stevenson Centre, Stevenson Approach, Great Cornard, CO10 0WD

Sites in Felixstowe and Lowestoft will open between 8am and 3pm Monday, Thursday, Friday and 8.30am – 3.30pm on Saturday, 12 – 7pm on Tuesday and be closed on Wednesdays and Sundays.

- Felixstowe – Felixstowe Sports Centre, 75 Undercliff Road West, IP11 2AE
- Lowestoft – Waterlane Leisure Centre, Water Lane, NR32 2NH

Sites in Beccles and Framlingham operate as follows:

- Beccles – Blyburgate Hall, Blyburgate, NR34 9TA. Monday, Tuesday, Wednesday, Friday between 7am-1.30pm, Thursday 12.30pm-7pm. Saturday & Sunday – closed
- Framlingham – Fire Station, B1119 Saxmundham Road, IP13 9DB. Monday, Tuesday, Wednesday, Friday 7am-11.30pm, Thursday 3pm-7pm. Saturday & Sunday – closed

Home testing kits are available from all testing centres.

99% of pupils receive a preferred primary school on National Offer Day

It was announced on April 16 that 99.15% of children offered a place at one of their parents' three preferred schools and 95% were offered a place at their first preference school.

This year, 99.15% of children were offered a place on National Offer Day at one of their parents' three preferred schools and 95% were offered a place at their first preference school.

Suffolk County Council received 7207 applications from parents indicating which primary school they would prefer their child to join in September 2021.

Families who applied online are able to log on to the Admissions Portal from today to see the school their child has been offered. They will also receive an email with

details of the school place offered. Letters will be sent to parents who made a paper application by second class post today (16 April 2021).

Allan Cadzow, Corporate Director for Children and Young People said:

“We are delighted that so many children have been offered a place at one of their parents’ preferred schools and particularly with the high number of those offered a place at a first choice school.”

“We do understand that not all families will have received a place at their preferred school. If a parents’ preference for a Suffolk school is refused, we will automatically add their child’s name to the waiting list for that school. We will also advise them about how to lodge an appeal should they wish to do so.”

Any parents or carers with a child born between 1 September 2016 and 31 August 2017 who have not yet applied for a school place should make an application immediately. Information on how to make an application can be found on the [School Admission pages](#) or by contacting Suffolk County Council on **0345 600 0981**.

Once school places have been confirmed, parents need to consider how their child will get to and from school. If their child is eligible for Suffolk County Council funded school travel they will receive an email by 14 May 2021 with details of how to opt-in.

For further information on how to view your offer online and guidance on what to do if you have not received your preferred offer, please read the [School admissions FAQ page](#).

