

PROVIDER NEWSLETTER

Welcome to the first edition of the Public Health & Communities Provider Newsletter

We're excited to share the first issue of our new monthly newsletter, bringing you the latest opportunities, training sessions and updates from across Suffolk's Public Health & Communities system.

Each edition will highlight key developments, showcase good practice and share information designed to support our partners and providers across the county.

In this edition:

- Free Oral Health and Supervised Toothbrushing training
- Community Safety training on VAWG and Prevent
- Recovery's Got Talent 2025 event
- Suffolk Joint Strategic Needs Assessment (JSNA) updates
- Trauma Awareness training by Dr Karen Treisman
- New baby weighing stations in libraries
- Stoptober support groups
- Creative health programmes: Brave Art and Curious Minds
- VCFSE sector update – Community Action Suffolk awarded the new Community Sector Infrastructure contract

Updates from the Community Dental Service

The Community Dental Service's Oral Health Improvement Team in Suffolk is delivering **free online Oral Health training sessions** for staff and volunteers who work with children and young people.

Each session lasts around 90 minutes and takes place on Microsoft Teams.

The team is also offering **free Supervised Toothbrushing training** for early years settings, including schools, nurseries and childminders.

Sessions are delivered online by oral-health practitioners, with the chance to join the ongoing support programme and access free brushing supplies for eligible areas.

Register your interest here

Email: ohp.suffolk@cds-cic.co.uk



Community Safety Training

The Community Safety Team leads countywide programmes tackling **Criminal Exploitation, Violence Against Women and Girls (VAWG)**, and **Preventing Radicalisation**.

Free training is available to anyone working in Suffolk who supports children, young people, families, or communities. These sessions help professionals recognise risks, build confidence, and take early action.

[View the training brochure](#)

[Sign up for VAWG training](#)

Recovery's Got Talent 2025

Turning Point is delighted to announce that this year's **Recovery's Got Talent** is almost here!

Join us on **Saturday 11 October 2025** at **King Edward VI School**, Bury St Edmunds, for an evening celebrating creativity, resilience and recovery. Expect music, poetry and performances from people sharing their experiences and talents in a supportive, uplifting environment. There's still time to take part - scan the QR code on the poster or click below to register your act, or share with someone who might like to perform.

[Register your talent](#)



The Suffolk Joint Strategic Needs Assessment (JSNA)

The **Suffolk JSNA** offers a comprehensive, evidence-based picture of the county's health and wellbeing. Whether you're planning services, shaping strategy, or seeking insight into population needs, the JSNA provides up-to-date data, trends, and analysis to support informed decision-making.

Explore themes from health inequalities and life course outcomes to future projections and system enablers — all designed to help deliver targeted, effective public health interventions.

[Visit the JSNA](#) today and put insight into action.

You can also keep up with new findings and analysis in the [monthly JSNA blog](#)

Safe Hands Thinking Minds - Trauma Awareness Training

Our Public Health and Communities Directorate is pleased to offer professionals across Suffolk a **free three-day online training course** delivered by [Dr Karen Treisman](#) from *Safe Hands Thinking Minds*.

The **Relational & Developmental Trauma Awareness** course explores the multi-layered impact of trauma, neglect, toxic stress and disrupted attachment on children, adolescents and the adults who support them.

Course dates:

- Day 1 - 10 November 2025
- Day 2 - 11 November 2025
- Day 3 - 18 November 2025

The sessions run from 9:30 am – 4:30 pm and are delivered online.

[Find out more and book your place.](#)

New library drop-ins to help people get more from the free NHS app

Suffolk Community Libraries are running a new pilot project offering friendly, hands-on drop-in sessions to help people access and use the free **NHS App** with confidence.

The sessions aim to raise awareness of the app and guide people through its key features — from booking GP appointments to viewing health information securely online. The pilot is funded by the **Integrated Care Academy** at the **University of Suffolk**, and everyone is welcome to attend.

Drop-ins are taking place throughout **October and November** at:

Bury St Edmunds Library, Ipswich County Library, Eye Library, Gainsborough Library, Chantry Library, Framlingham Library, Hadleigh Library, Kedington Library, Kessingland Library, Leiston Library, Woodbridge Library and Stowmarket Library.

[Find out more about the NHS App drop-ins](#)



Join your local stop smoking group this Stoptober

This Stoptober, **Feel Good Suffolk** is running a series of local support groups to help people quit smoking with expert guidance and - most importantly - the encouragement of others on the same journey.

Each six-week group, led by trained stop smoking advisers, includes:

- Free stop smoking products such as Nicotine Replacement Therapies and vapes.
- Practical tips and strategies to beat cravings.
- Help with stress management and coping techniques.
- Advice on stop smoking products and treatments.
- A supportive space to share experiences and stay motivated.

Groups are running across Suffolk, with both **in-person and online sessions** available. Each course is **free**, and booking is essential.

[Find your local stop smoking group](#)



Suffolk Community Libraries - Baby Weighing

The baby weighing partnership between **Suffolk Community Libraries** and **Family Hubs** has been running for just over three years, starting in 14 libraries. The aim was to make it easier for parents to weigh their babies in convenient, welcoming spaces with longer opening hours.

The initiative helps families get a healthy start, while also introducing parents to new early years activities and encouraging children to engage with early words and play. It's also created valuable opportunities for connection and support during the postnatal months.

The partnership has been so successful that a further **18 libraries** are set to join, and last year the baby weighing facilities were used **more than 3,500 times**.

Weighing can be done at any time, and libraries will also advertise special baby weighing sessions for those who prefer a set time to come along.

[Find out more about library events and activities](#)

Brave Art is back!

This September, we welcomed the **Brave Art** project back into our library spaces after the summer break. The groups in **Bury St Edmunds, Ipswich** and **Lowestoft** have been busy exploring creativity through colour, lines and shapes this term.

What is Brave Art?

Brave Art is a programme for learning disabled and neurodivergent people, offering high-quality, artist-led creative opportunities. Across three library locations, participants are supported to express themselves through visual art - enjoying the social connection and wellbeing benefits that come from being creative together.



For more information, please contact **Chrissie Meikle**, Senior Creative Health Producer at Suffolk Community Libraries: Chrissie.meikle@suffolk.gov.uk.

Brave Art is a Suffolk Artlink project delivered in partnership with Suffolk Community Libraries.

Curious Minds

Curious Minds is a friendly, accessible space where people can explore creativity with professional artists and discover fascinating heritage stories that spark imagination. The programme supports adults aged 18 and over in Ipswich and East Suffolk who are living with complex health needs.

Colleagues are warmly invited to visit the next **Curious Minds exhibition** at **Felixstowe Library** to view work created by participants. The next programme launches at **Ipswich Library** in November - further details can be found [here](#).

Please do share this opportunity with anyone who might benefit from taking part.

For more information, contact **Chrissie Meikle**, Senior Creative Health Producer at Suffolk Community Libraries:
Chrissie.meikle@suffolk.gov.uk.



Curious Minds is a Suffolk Artlink project delivered in partnership with Suffolk Community Libraries, the Food Museum and the Ipswich and East Suffolk Alliance.

Community Action Suffolk awarded the contract for Community Sector Infrastructure

The **Voluntary, Community, Faith and Social Enterprise (VCFSE)** sector is at the heart of Suffolk's communities. Suffolk County Council continues to invest in the infrastructure that enables this vital sector to thrive — building capacity, supporting volunteering, and strengthening collaboration across the county.

The sector is largely made up of small and medium-sized charities, 98% with an income under £1 million. Collectively, they:

- Employ around **35,000 people**
- Support **65,000 volunteers**
- Deliver **£136.6 million** in public-sector contracts
- Generate **£487 million** in revenue

The **Community Sector Infrastructure contract**, delivered by **Community Action Suffolk (CAS)**, provides leadership, coordination and practical support to help VCFSE organisations deliver safe, sustainable and impactful services. This includes capacity building, partnership development, and advocacy to help communities grow stronger together.

CAS strategic priorities:

1. Build sustainable income growth through continuous improvement.
2. Deliver high-quality, needs-led services that strengthen the sector's capacity.
3. Promote volunteering, capacity building, leadership and collaboration across Suffolk.

CAS's vision is to make Suffolk a county where every community aspires, thrives and grows.

[Find out more about Community Action Suffolk](#)

WE WELCOME YOUR CONTRIBUTIONS

Have feedback, ideas or stories to share for future editions of this newsletter?

We'd love to hear from you - please email us at
phcproviderforum@suffolk.gov.uk

The **deadline for submissions** for the next edition is **19 November 2025**.

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