



**Volunteer Centres**

**Suffolk**

**Developing a modern, dynamic, strategic and  
co-ordinated infrastructure for volunteering in Suffolk**

**STRATEGY 2009 - 2014**

## 1. EXECUTIVE SUMMARY

Volunteering is defined as an activity that involves spending time, unpaid, doing something that aims to benefit the environment or individuals or groups other than (or in addition to) close relatives.

This strategy seeks to provide a framework for the development of volunteering infrastructure, specifically Volunteer Centres, in Suffolk until 2014.

Volunteering infrastructure comprises the organisations and services that exist to encourage people to volunteer for other agencies (whether they are in the community, voluntary, public or private sectors), to support these agencies in the development of high quality volunteering programmes and opportunities, and to act as a voice for volunteering.

The purpose of the Volunteer Centres Suffolk Network is to develop integrated practices which will achieve 'a modern, dynamic, strategic and co-ordinated infrastructure' that promotes participation in volunteering as a positive choice for all members of our society

## 2. VOLUNTEERING INFRASTRUCTURE

a) **Volunteer Centres** across Suffolk provide up to date information and guidance to people wanting to volunteer in their community and to organisations wishing to involve volunteers in their work

The Volunteer Centres are situated in each of the districts of the county<sup>1</sup> to provide maximum coverage and consistent high quality service, whilst meeting local need

The majority of individual Volunteer Centres in Suffolk have achieved Volunteer England Quality Accreditation and including those that have not achieved the standard will be re-accrediting as a county in June 2010.

The Volunteer Centres in Suffolk work to the six core functions of the VE accreditation which are brokerage, marketing volunteering, good practice development, developing volunteering opportunities, policy response and campaigning and strategic development of volunteering.

The Volunteer Centres offer advice and support to volunteers and organisations working with volunteers

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<sup>1</sup> See Appendix 1

**b) Age Concern** supports volunteers working with the elderly people. The organisation aims to promote and deliver a better quality of life for all older people and manages a variety of services to achieve this objective.

**c) Optua** provides a wide range of services for disabled people across Suffolk and represents disabled people on relevant voluntary and statutory committees involving the planning, monitoring and provision of services for disabled people across Suffolk. Optua works to provide disabled people with the opportunities to play an active part in the community and to help them recognise their equal right to take part in all aspects of everyday life.

**d) Young Suffolk** ensures that young people and organisations can access high quality support, advice and guidance. The organisation works with volunteers aged from 16 to 25 and helps them to find an opportunity that suits their passions, cares and interests.

Young Suffolk supports organisations working with youth volunteers and has developed a Quality Standards Framework that is endorsed by Suffolk County Council and Suffolk's Safeguarding Children's Board.

**e) Suffolk Volunteering Federation (SVF)**

As an infrastructure organisation for volunteer involving organisations in Suffolk, SVF aims to promote and develop volunteering, to raise standards of volunteer management, enable best practice and improve the volunteer experience.

It achieves this through VOICES (Volunteers Organisers Information and Communication Exchange in Suffolk) which provides information, advice, guidance and training to volunteer-involving organisations

### **3. THE STRATEGIC CONTEXT**

#### **Nationally**

**a) Volunteering England** is the national volunteering development agency for England, committed to supporting, enabling and celebrating volunteering in all its diversity. Volunteering England's work links research, policy, innovation, good practice and grant-making in the involvement of volunteers.

Volunteering England have developed a brand for Volunteer Centres linked to their quality accreditation to ensure that people wishing to use the services of a Volunteer Centre receive the same service universally

**b) Volunteer Centre Advisory Group** is a sub group of Volunteering England, made up of Volunteer Centre members nominated from across the regions of

England as well as officers from Volunteering England. The purpose of the group is to promote Volunteer Centres and to discuss issues raised by the regions.

### **c) England Volunteering Development Council**

The national body of the Council was established in 2004. The Council created a regional body in each of the nine Government Office regions in 2006, to extend its reach and enable it to more effectively represent the breadth of volunteering in England. Council members are drawn from the voluntary, community, public and private sectors. Members from the voluntary and community sectors represent a wide range of interests and activities, as well as generic and specialist volunteering infrastructure organisations.

The England Volunteering Development Council has responsibility for the monitoring and development of 'Building on Success: strategy for volunteering infrastructure in England 2004 - 2014'.

In 2006 The England Volunteering Development Council established the Commission on the Future of Volunteering to shape a 10-year vision for the evolution of volunteering in England.

## **Regionally**

### **a) England Volunteer Development Council East**

The East of England EVDC covers the counties of Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk involving a wide mix of urban and rural locations and communities. Membership is drawn from a wide range of local, sub-regional and regional voluntary and community organisations together with representation from statutory and private sector partners.

The work of EVDC East encompasses:

- Taking a strategic overview of volunteering in the region
- Promoting the Compact volunteering code of good practice
- Influencing the social, economic and legislative agendas
- Engaging in dialogue and advocating for the appropriate allocation of resources for volunteering
- Working with government and public sector agencies to promote a dynamic, viable, integrated, sustainable and accountable volunteering infrastructure

### **Nations and Regions East (NRE)**

Nations and Regions East is made up of regional and local partners to take advantage of the opportunities arising from the 2012 Games for the economy and people of the region. With partners' support, the Olympics will help to raise the region's national and international profile, grow the visitor economy, secure Olympics-related contracts for businesses, increase opportunities for

people to get involved in sport and culture and enhance the region's cultural and sporting facilities.

The overall goal is to reach everyone - using the games as a catalyst to help people achieve personal benefits through culture, sport, skills, work and volunteering. NRE are building a powerful and positive legacy, so that work from the Games will continue to deliver benefits long after 2012.

NRE is the leading delivery partner and is responsible for maximising benefits from the 2012 Olympic Games and Paralympic Games and is part of the London 2012 organising committee (LOGOG) official Nations and Regions Group.

### **Volunteer Centres East**

Representatives from Volunteer Centres from Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk meet quarterly together with a representative from Volunteering England.

### **Sub regionally**

#### **Volunteer Centres Suffolk Network**

The seven accredited Volunteer Centres in Suffolk are all members of the Volunteer Centre Suffolk Network. Terms of Reference and Partnership Agreements have been adopted

The purpose of Volunteer Centre Suffolk Network is to develop integrated practices which will achieve 'a modern, dynamic, strategic and co-ordinated infrastructure' that promotes participation in volunteering as a positive choice for all members of society.

There are seven key objectives set out for Volunteer Centre Suffolk Network members to work towards, to the raise the profile of Suffolk Volunteer Centres locally, regionally and nationally and to ensure their representation at all these levels.

Volunteer Centres Suffolk Network provides a cohesive and informed response to issues that affect volunteering in Suffolk. Relationships are being developed with local councils and other bodies that will provide opportunities for potential funding to be levered into the county.

#### **Suffolk Volunteering Federation (SVF)**

The Suffolk Volunteering Federation comprises a range of volunteer involving organisations in Suffolk and is a project of Suffolk Association of Voluntary Organisations. Suffolk Volunteering Federation aims to promote and develop volunteering, to raise standards of volunteer management, enable best practice and improve the volunteer experience

### **Local Area Agreement**

Local Area Agreements set out the priorities for a local area agreed between central government and Suffolk County Council.

Local Area Agreements were designed to simplify some central funding, help join up public services more effectively and allow greater flexibility for local solutions to local circumstances.

Suffolk did not adopt National Indicator 6: Participation in regular volunteering but it is included as Local Target across Suffolk. The Community and Inclusion Delivery Partnership Executive of the Suffolk Strategic Partnership has agreed local targets for increased numbers of volunteering in Black Minority Ethnic Communities, supported volunteering, young people, older age groups, culture and sport.

### **Compact**

The Compact is a set of guidelines and principles concerning relations between the statutory agencies and the voluntary and community sector to adopt in order to improve working relationships between the two sectors.

A Code of Practice has been written for Volunteering, both nationally and locally within Suffolk.

## **4. CORE FUNCTIONS OF VOLUNTEER CENTRES**

### **The role of Volunteer Centres Suffolk**

#### **Brokerage**

Volunteer Centres' primary function is to match both individuals and groups interested in volunteering with appropriate opportunities in the local community. Volunteer Centres hold information on a comprehensive range of opportunities. They offer potential volunteers support and advice matching their motivation to volunteer with appropriate volunteering opportunities.

- All Volunteer Centre partners offer an open access brokerage service on at least three days a week. (Most four days a week)
- An outreach service is offered by VC Babergh, VC Forest Heath, VC Framlingham and VC Lowestoft

#### **Marketing Volunteering**

Volunteers stimulate and encourage local interest in volunteering and community activity. This may include promoting and marketing volunteering through local, regional and national events and campaigns. Volunteer Centres will manage and promote a national brand for volunteering.

This may include promoting and marketing volunteering through local, regional and national events and campaigns:

- VC Forest Heath, VC Bury St Edmunds and VC Lowestoft have a marketing plan.
- VC Haverhill, VC Bury St Edmunds and VC Lowestoft have their own websites.
- All VCs have and use their own local publicity materials
- All VCs use the VE branding. 5 out of seven VCs are using VE marketing materials
- All VCs use local press for advertising events, opportunities.
- All Volunteer Centres use the “The Bigger Orange Book on Involving Volunteers” and “Spring into Action” postcards

### **Good Practice Development**

Volunteer Centres promote good practice in working with volunteers to all volunteer involving organisations. They deliver training for potential volunteers, volunteers, volunteer managers and the volunteering infrastructure.

Volunteer Centre partners deliver training for potential volunteers, volunteers, volunteer managers and the volunteering infrastructure:

- Volunteer Centre partners facilitated “Volunteers and the Law” training delivered across the county by the Suffolk Volunteering Federation.
- All partners have completed training in the use of VBase, in order to standardise its use across the county.
- Volunteer Centre Lowestoft has developed a training opportunity to assist placement organisations create volunteer support policies.

### **Develop Volunteering Opportunities**

Volunteer Centres work in close partnership with statutory, voluntary and private sector agencies as well as community groups and faith groups to develop local volunteering opportunities. Volunteer Centres understand the potential offered by local communities and work with them to realise this potential. Volunteer Centres will target specific groups which face barriers to volunteering. Volunteer Centres work creatively to develop imaginative, non-formal opportunities for potential volunteers.

Examples of specific projects:

- |                    |                                                                                                             |
|--------------------|-------------------------------------------------------------------------------------------------------------|
| VC Bury St Edmunds | Reaching Out, Opening Doors, International Women’s Group, Community Transport                               |
| VC Lowestoft       | Working with Volunteers needing additional support, Opportunities for those facing barriers to volunteering |

VC Forest Heath	Befriending Service, Community Transport (led by The Voluntary Network)
VC Framlingham and District	Framlingham Furniture Project, Youth Volunteering Project
VC Haverhill	Befriending Families, 16+“Go Wild” Conservation Work, Youth Volunteering, Supported Volunteering

### **Policy Response and Campaigning**

Volunteer Centres identify proposals or legislation that may impact on volunteering and campaign proactively for a more volunteer-literate and volunteer-friendly climate.

Volunteer Centres devolve the responsibility for identifying proposals or legislation that may impact on volunteering to a single Volunteer Centre. They report to the main group for response

- Volunteer Centres Suffolk response to the impact of possible boundary changes following the local government review.
- Volunteer Centres Suffolk response to the Department of Work and Pensions contract being awarded to CSV Media.

### **Strategic Development of Volunteering**

As the local experts on volunteering, Volunteer Centres inform strategic thinking and planning at a regional and national level.

- On a local level the formation of Volunteer Centres Suffolk Network has improved the strategic development of volunteering in Suffolk. Volunteer Centres Suffolk has encouraged and supported networking within the Capacity Builders Modernisation Agenda.
- Representatives of Volunteer Centres Suffolk ensure that the ideas, views and experiences of the VCS partners are expressed in strategic planning at a regional and national level.
- Volunteer Centres Suffolk policy response and campaigning work ensures that volunteering is high on the local agenda and engaged with by decision makers locally.
- Volunteer Centres Suffolk takes a strategic approach to the development of volunteering, and continually seeks to improve itself and has long term and short term plans in place to ensure the survival and sustainability of the partnership.

## **5. RELATIONSHIPS AND LINKS**

The Volunteer Centres Suffolk Network comprises a disparate group of Volunteer Centres: disparate in a variety of ways including size, staffing, funding and methods of working. Their capacity for forging relationships with

other bodies either nationally, regionally, sub-regionally, locally and with more immediate partners and stakeholders is limited or defined by these limitations. At a local representation level, the larger VCs are more widely represented due possibly to their larger capacity, whereas smaller VCs receive feedback usually in the form of minutes and by networking. Regionally, the Volunteer Centres Suffolk network is represented through Volunteer Centres East and the national Volunteer Centre Advisory Group. Volunteer Centres are also represented by SVF on Infrastructure Network Suffolk, Suffolk 2012, Nations and Regions East, EVDC East and EVDC nationally. It is generally felt that SVF currently has more capacity to do this on Volunteer Centres Suffolk's behalf. All the VCs have extensive links and relationships with their own stakeholders and partners.

Whilst it is not within our reach at present for us all to attend and give our views at regional and national levels, it is our future goal. As the Volunteer Centres Suffolk, we will have the ability and skills to represent ourselves on more issues, using the specialities of our members to bid for funding, locally and nationally instead of relying on others to do this on our behalf. We will become a strong body with whom the SCC and local councils can engage and we will be a body known to comprise professional people delivering a professional service in volunteering.

We must ensure that we enable our members to take relevant training to gain the required skills so that we can be a force to be reckoned with when engaging with statutory bodies instead of being too weak and insignificant to be considered. Volunteer Centres Suffolk must become a household word, a name to be associated with the delivery of excellent service and best practice in the volunteering world.

## **6. KEY AREAS OF ACTIVITY**

### **Core Work**

In order to comply with the requirements of Volunteer England Quality Accreditation all Volunteer Centres in Suffolk need to fulfil and further develop the core functions of a Local Volunteer Development Agency. All Suffolk's Volunteer Centres have this accreditation and Volunteer Ipswich and Volunteer Suffolk Coastal are working towards it when the whole county re-accredits in June 2010.

The six core functions as defined by Volunteering England are:

1. Brokerage
2. Marketing volunteering
3. Good practice development
4. Developing volunteering opportunities
5. Policy response and campaigning
6. Strategic development of volunteering

### **Project Work**

In addition to this core work some Volunteer Centres in Suffolk have separately funded projects to meet local needs in their part of the county.

### **Community Transport**

Community Transport/ Social Car Schemes are operated under the auspices of Suffolk County Council by the following Volunteer Centres:

- V C Bury St Edmunds
- V C Forest Heath
- V C Framlingham

### **Befriending**

Befriending schemes are operated by the following Volunteer Centres:

- V C Forest Heath
- V C Framlingham
- VC Haverhill

### **Furniture Projects**

- VC Framlingham operates a furniture recycling project which supplies recycled furniture to needy families in the Suffolk Coastal Area.

### **Youth Volunteering**

Youth Volunteering projects are operated by:

- VC Framlingham
- VC Haverhill

### **Projects for Hard to Reach/ Socially excluded groups**

- VC Bury St Edmunds - 'Reaching Out'
- VC Bury St Edmunds - 'Opening Doors'
- VC Bury St Edmunds - International Women's Group
- VC Haverhill - Supported Volunteering
- VC Lowestoft - Working with volunteers with extra support needs
- VC Lowestoft - Mentoring Service for socially excluded men and women

### **Gardening/Environmental**

- VC Haverhill - environmental volunteering project 'Go Wild'
- V C Haverhill - Gardening Project

## **6. The Strategic Vision of Volunteer Centres Suffolk Network**

- Create a modern, dynamic, strategic and co-ordinated infrastructure for volunteering in Suffolk
- Improve the quality of services by making them more joined up and sharing examples of best practice and ideas for further improvement

- Achieve economies of scale, identify possible income streams, making for a more sustainable VC network
- Working in partnership to achieve Volunteering England Volunteer Centre Accreditation through a county submission
- To ensure comprehensive and cohesive development and representation of volunteering in Suffolk
- Develop a shared vision, a unified drive for success and mutual willingness to adapt to a changing world of volunteering in a 21<sup>st</sup> century context.

### **Outcomes**

- Volunteer Centres Suffolk will be recognised by the general public, volunteer involving organisations and public and private sector agencies as the body which is best informed about and most able to recruit and signpost individuals to volunteering opportunities.
- Individuals, including those from under-represented and hard-to-reach groups, as well as organisations from all sectors, will be aware of the value and benefits of volunteering, the range and diversity of volunteering opportunities and volunteers and also the role that volunteering can play in developing communities.
- The volunteering experience, including recruitment, retention and development of volunteers is consistently positive across the area served by Volunteer Centres Suffolk
- Volunteer Centres Suffolk's development activity increases and improves the quality, quantity and diversity of volunteer opportunities across the county.

## **7. KEY RISKS AND BARRIERS TO SUCCESS**

### **Risks and Barriers to Success**

The current economic downturn and consequent pressure on organisations to modernise and achieve efficiencies make the potential benefits of collaboration more compelling than ever. In Suffolk a pending Local Government Review and expected boundary changes adds a further compelling factor. Organisations working more closely together should be an obvious answer to cutting duplication, using resources better and creating more joined up services.

However, it does not necessarily follow that there will not be issues or difficulties which, if not overcome or at least minimised, could severely undermine a collaborative working arrangement from being successful in what it aspires to.

These issues and difficulties could be:

- Organisational cultural differences
- Resource constraints
- Personality clashes
- Competition between organisations
- Poor communication and lack of information amongst partners
- Resistance to change
- Fear of loss of local focus and identity

Partners of Volunteer Centres Suffolk have sought to avoid such issues and difficulties from arising by putting in place a Partnership Agreement that all partners have committed to. This Agreement addresses issues of leadership, accountability and the role and responsibilities of partners in relation to delivering the Capacity Builders funded Modernisation Agenda, upon which their collaboration is currently focussed.

Over the next year or so the partners of Volunteer Centres Suffolk will be considering, amongst other matters of common interest, how they might bring their working methods in line and staff skills up to an agreed standard. The groundwork for achieving these outcomes has already been commenced as part of the first year's work undertaken for the Modernisation Agenda.

Ongoing progress of this work will, ultimately, lead to partners having a deeper understanding of each other and recognition of their differences as well as their similarities. The development of a common understanding and, from it, enhanced respect amongst partners will further promote success being achieved. Success being a modern, dynamic, strategic and co-ordinated infrastructure for volunteering in Suffolk, as is the aim of the Modernisation Agenda.

### **Risk Management**

While partners of Volunteer Centres Suffolk have taken steps, as outlined above, to avoid issues and difficulties arising that might undermine their chances of success, the partnership is still in an early stage of development. It would, thus, be prudent to think ahead and to have ready to hand some tools and techniques that will help to manage the risks of disputes, competition, personality clashes, resistance to change that might surface as the partnership further develops and, as it does, the challenges it faces may become more intense.

Tools and techniques that could be used include:

- **Focusing on gain:** Throughout the process it is useful to keep asking how will working together deliver better outcomes for users?
- **System mapping:** A useful exercise is to look at organisational boundaries and see if they work as a whole system. Are there elements of overlap, duplication or unnecessary competition?
- **Get staff sharing:** Inter-agency training, secondments and events to benchmark best practice can break down barriers and identify potential gains from joint working
- **Joint planning;** Sharing strategies can highlight common approaches and opportunities for joint work.
- **Identify strengths:** Building joint working on what organisations do well can be a positive foundation for cooperation
- **Shared leadership:** Encouraging trustees and managers to meet together and champion joint projects can open communication and explore possibilities
- **External help:** A jointly appointed external person can facilitate the process and be a broker to aid the process.

The usefulness of these tools and techniques in managing risks and barriers to success will be reported upon and published as and when it may be appropriate to do so in order to inform best practice elsewhere. Collaborative working is, as yet, for many organisations 'unchartered water' and one partnership learning from another is an additional way of minimising risks and barriers to success.

## Appendix 1

VC Babergh	The Christopher Centre, 10 Gainsborough Street, Sudbury CO10 2EU	0845 370 6340	mariansedwell@bctssuffolk.org.uk info@bctssuffolk.org.uk	Marian Sedwell Jo Travis- Shelton
VC Bury St Edmunds	86 Whiting Street Bury St Edmunds IP33 1NX	01284 766126	chiefofficer@volunteercentre.co.uk volcoordinator@volunteercentre.co.uk	Hazel Pidsley Sandra Nicotera
VC Forest Heath	The Old Courts 147 All Saints Road Newmarket CB8 8DE	01638 608048	caroline@thevoluntarynetwork.org jane.carter@thevoluntarynetwork.org	Caroline Cowie Jane Carter
VC Framlingham	10a Riverside Framlingham IP13 9AG	01728 621210	framvc@btconnect.com	Jan Wright
VC Haverhill	Lower Downs Slade Haverhill, Suffolk CB9 9HB	01440 708444	info@hvc.org.uk	Elaine Hewes
VC Lowestoft	Milton Road East Lowestoft NR 32 1NT	01502 562299	lowestoftvb@tiscali.co.uk	Linda Mason
VC Mid Suffolk	5 Poplar Hill, Stowmarket IP14 2AS	01449 612486	volunteer.centre@optua.org.uk	Helen Fairweather
<b>LVDA's</b>				
Volunteer Ipswich	1 Cornhill Ipswich IP1 1DD	01473 261116	Wendy-herber@ipswich-cvs.org.uk	Wendy Herber
Volunteer Suffolk Coastal	43a Woodbridge Road East Ipswich IP4 5QN	07540 855980	coastal@volunteeringsuffolk.org.uk	Lorraine Stiff

**Volunteering England Annual Membership Return 2007/08**

**Key findings (only available analysis at 01.08.09)**

The activities of Volunteer Centres have increased around all six core functions. In some cases this has been a significant increase, such as the number of enquiries and the increased level of direct representation on local partnership bodies.

The demands for services of Volunteer Centres far outstrip their capacity to deliver services. This is true for all six core functions.

There was a general experience of increasingly restricted funding, which although providing valuable income for the Volunteer Centre, only provides limited resources for direct investment in their core functions. There was also thought to be a need for investment in the expertise to engage with new groups (potentially opening up new funding opportunities). Finally, many Volunteer Centres felt that they needed to invest resources and expertise in expanding their activities beyond brokerage and into their other core functions.

As would be expected there was a strong correlation between the range and extent of activities and the range and extent of funding received by Volunteer Centres. The AMR suggests (although does not provide conclusive evidence) that it is those Volunteer Centres that have successfully diversified their activities that have been most successful at capitalising on more diverse funding opportunities from grant making bodies, regional government and European funding streams.

## NI6 Place Survey 2008 Results

% given unpaid help to any groups, clubs or organisations, at once per month in the previous 12 months, by Government Office Region and England

North East	19%
North West	22%
Yorkshire and Humber	22%
East Midlands	23%
West Midlands	22%
<b>East of England</b>	<b>25%</b>
London	21%
South East	25%
South West	28%
<b>England</b>	<b>23%</b>

## East of England Authorities

Bedford Borough Council	27.5%
Central Bedfordshire Council	24.3%
Luton Borough Council*	23.5%
Peterborough City Council	23.3%
Southend-on-Sea Borough Council	21.8%
Thurrock Council	18%
Cambridgeshire County Council	28.4%
Essex County Council	25.2%
Hertfordshire County Council	26%
Norfolk County Council	25.7%
Suffolk County Council	27%
<b>East of England</b>	<b>25%</b>

## Suffolk Local Authorities

Forest Heath District Council	23.5%
St Edmundsbury Borough Council	24.8%
Ipswich Borough Council	21.3%
Mid Suffolk District Council	30.9%
Suffolk Coastal District Council	32.7%
Waveney District Council	23.7%
Babergh District Council	31%
<b>Suffolk County Council</b>	<b>27%</b>

### Active People Survey

- Active People Survey 2 took place between October 2007 and October 2008 and interviewed 191,000 adults in England (age 16+) by telephone.
- Active People Survey 1 was undertaken between October 2005 and October 2006 and interviewed 363,724 adults in England (age 16+) by telephone.
- KPI 2 Volunteering is defined as ‘Volunteering to support sport for at least one hour a week’.
- A statistically significant change is indicated by 'TRUE' in the column donating change and this means that we are 95% certain that there has been a real change (increase or decrease).
- Where there has been no statistically significant change, this is indicated by ‘FALSE’

#### Key Performance Indicator: VOLUNTEERING

Region	Community Sports Partnership	Local Authority	Survey 1 %	Survey 1 Base	Survey 2 %	Survey 2 Base	Change
East	Suffolk	Babergh	5.3%	1,000	7.6%	507	FALSE
East	Suffolk	Forest Heath	5.1%	999	4.8%	509	FALSE
East	Suffolk	Ipswich	3.7%	999	3.3%	505	FALSE
East	Suffolk	Mid Suffolk	5.0%	1,000	5.4%	511	FALSE
East	Suffolk	St Edmundsbury	5.6%	999	4.4%	503	FALSE
East	Suffolk	Suffolk Coastal	5.3%	1,000	7.2%	509	FALSE
East	Suffolk	Waveney	4.9%	1,000	5.5%	502	FALSE