

# SUFFOLK

# PRO

# HELP



We begin our funding support from The National Lottery Community Fund. We have big ambitions to reach more community organisations and widen our professional network.



# IMPACT STATISTICS

Connecting businesses and  
communities

Strengthening the voluntary and community sector

**15 ENQUIRIES/NEW REQUESTS FOR PROHELP**  
**9 ORGANISATIONS MATCHED WITH SUPPORT**  
**APPROXIMATELY £15,000 WORTH OF SUPPORT GIVEN**  
**APPROXIMATELY 150 HOURS OF PROFESSIONAL**  
**SUPPORT**

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## PROJECTS RECENTLY ASSISTED

**JUST 42**  
**STRADBROKE SPORTS & COMMUNITY CENTRE**  
**DENHAM COMMUNITY COUNCIL**  
**BEACONSFIELD RESIDENTS**  
**SELIG (SUFFOLK) TRUST**  
**SPOT WELLBEING**  
**BRAMPTON & STOVEN VILLAGE HALL**  
**THORNHAM WALLED GARDEN**

PLEASE NOTE THAT QUARTERLY AUDITS ARE CONDUCTED WITH PROFESSIONAL MEMBERS AT THE END OF EACH QUARTER SO FIGURES ABOVE ARE ESTIMATED UNTIL AUDITS COME THROUGH WHICH TAKES UP TO THREE MONTHS

# CASE STUDY

SUFFOLK PROHELP

## STRADBROKE COMMUNITY CENTRE



Built in 1965, Stradbroke Community Centre recently completed a major refurbishment. At the heart of the community it is hired by social groups, sports organisations, private individuals and charitable organisations for fundraising and social activities. The Centre also runs a monthly cinema with high definition wide screen surround sound system. As well as running successful community suppers to bring people together. On an average week approximately 500 - 600 people use the Centre. They are constantly being asked to host various events but frequently have to decline due to lack of space or availability.

The recent village wide survey done as part of our Neighbourhood Plan identified many activities for young and old that they would like to provide for. The Centre wishes to extend its facilities to meet known and forecast demand and in the first instance needed professional help to determine what may be technically feasible given the constraints of the existing building and site location. Pavis architects were able to take up the request and advise on what may be achievable and at what likely cost.

# HIGHLIGHTS

## THIS QUARTER

With our new funding in place from the Big Lottery, we have big ambitions.

We want to support 50 organisations a year and increase our professional membership. To this end we have been busy simplifying our application process and promoting our work to the business and voluntary sector.

We spoke at the Suffolk Punch Business Breakfast and had several business showed interest in joining us. We have recruited three new businesses this quarter: Studio Brand Up, branding and marketing agency, Andrew Laws Associates, digital marketing agency and Mc Tear Williams Wood Business Rescue and Insolvency agency.

We paid a visit to Stowmarket Chamber of Commerce and wrote an article for members on how they can support the voluntary sector either through ProHelp, employer supported volunteering or becoming a trustee.

We gave a key note speech at Community Action Suffolk annual Village Hall and Community Buildings Conference and the local Saxmundham Forward Conference.

Bury Free Press have also generously offered us a quarterly column to profile our work.



We have updated our website and made it easier to ask for support and publicised our service through Suffolk Association of Local Councils, Libraries and GPs.

# LEARNING LUNCHESES

DELIVERING PROFESSIONAL EXPERTISE TO THE VOLUNTARY SECTOR

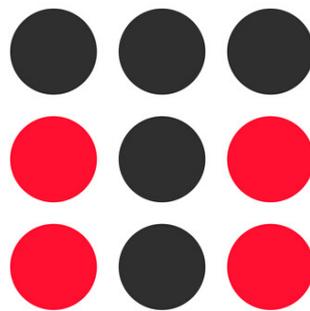
Learning Lunches are a valuable opportunity to informally network with colleagues across the voluntary sector and to hear from guest speakers who are experts in their field. These events are hosted by businesses and special venues across Suffolk.

## Strategic Planning: Kevin Ward, Conatus Associates



KEVIN WARD

**CONATUS**



**LEARNING LUNCHESES**



KESGRAVE HALL

**MILSOMS**

With a number of stakeholders to please, and a lot of rules to comply with, it can be a really challenge for charities and other voluntary organisations to keep their strategy simple enough to actually achieve all their goals with minimal stress and distraction. This Learning Lunch delivered by Kevin Ward from Conatus explored ideas and a formula to help pull together a successful internal strategy that would compliment the business plans, work around obtaining funding and satisfy other mandatory requirements for community and voluntary organisations.

Participants said, it was a 'very relaxed and informative learning session with everyone engaged sharing their experiences and challenges'.

This event was generously hosted by Milsoms Kesgrave Hall.



MORE REACH

# CONNECTING WITH BUSINESSES

Now that Community Action Suffolk has been co-ordinating Suffolk ProHelp for over two years we are beginning to see wider benefits and interactions with the business sector. This helps us improve our reach and transform our services.

- Kevin Ward from Conatus has very recently become Chair of Community Action Suffolk
- Prettys were engaged to deliver masterclasses with the sector.
- Fenn Wright conducted a valuation of Community Action Suffolk's properties
- KLH architects have been engaged to look at options and ideas for developing Community Action Suffolk's site
- EDI have conducted a site survey
- Greenshoots Learning have been supporting our training department with mentoring
- Yellobelly recently delivered an exploratory session on marketing for staff at Community Action Suffolk
- Birketts & MLH Larking Gowen are long terms supporters of our work, sponsoring our annual awards, for example.

[SUFFOLKPROHELP.ORG.UK](http://SUFFOLKPROHELP.ORG.UK)

# OVERVIEW

## SHARING EXPERTISE



Suffolk ProHelp is a countywide network of businesses who provide professional and strategic support free of charge to voluntary and community groups. This shared time, passion and commitment helps create thriving, resilient and sustainable communities.

### — Supporting communities

Suffolk ProHelp was established in June 2001 and was previously run by Business in the Community (BITC). It is now co-ordinated by Community Action Suffolk and funded through the National Lottery Community Fund. The Suffolk ProHelp business network includes solicitors, accountants, architects, surveyors, property consultants, marketing and public relations.

### — A wide range of expertise

"Businesses commit to undertake one-off projects which may include activities such as feasibility studies, structural surveys, marketing strategies, legal and accountancy advice and property valuations. The only difference is that the community client is not charged for the work undertaken. Clear eligibility criteria are applied to make sure that this valuable expertise is directed to voluntary and community sector organisations who are most in need and would most benefit.

### — Focused input



150

hours of professional expertise this quarter

£15,000

worth of professional support

9

voluntary organisations matched with support

