

## **February 2026 Parish Report East Suffolk Council GLI Group – Councillor Update**

### ***Helping households to save money, eat well and reduce food waste***

Households across Suffolk can now get free access to an award-winning meal planner to help them eat healthily, save money and reduce food waste.

Feel Good Suffolk provides free support to residents who want help managing their weight, getting more active and to stop smoking. Now it has now teamed up with FiveDinners.com

The online platform founded by TV chef and author Theo Michaels is already working with NHS Trusts and a number of other councils supporting over 30,000 members.

Now through the partnership with Feel Good Suffolk, it is offering households across the county free premium access for this year to the platform which would otherwise cost them £86 a year.

Residents simply have to visit the website, select the district council area that they live in and then put in their postcode - they won't be asked for any bank details which means they won't be charged for using the service.

Once registered, they will receive a meal plan every week, tailored to their needs and preferences. This can be personalised for low calories, child friendly, low cost, vegetarian, gluten-free, quick and easy, menopause friendly and more. Alongside the meal plan, members receive a shopping list for the week ahead, which automatically adjusts to the number of people they are cooking for.

The idea is that through meal planning, the service can help people manage a healthy weight with nutritious meals and portion control. That in turn can also help reduce household food waste and save households money.

GLI Cllr Jan Candy, East Suffolk's cabinet member with responsibility for Community Health, said: "It's fantastic to be offering the FiveDinners meal planning service free to residents across Suffolk. The benefits of helping people to manage their weight, improve their wellbeing whilst saving time and money as well as reducing their food waste, make it easier for us all to live healthier lives. I hope people will take advantage of this opportunity to cook smarter, save money and to eat well."

To take part, please visit: [fivedinners.com/my-community-food-hub/mycommunity/](https://fivedinners.com/my-community-food-hub/mycommunity/)

For further information about receiving support for weight management, getting more active, or stopping smoking, please visit: [feelgoodsuffolk.co.uk](https://feelgoodsuffolk.co.uk)

### ***East Suffolk Youth Councillors Visit Parliament***

On March 6, a delegation from East Suffolk Youth Council will visit parliament for a tour and to engage in a debate about social media and critical thinking – conducting politics at the heart of politics! This follows on from their recent meeting with MPs regarding

flooding, during which they stated their desire for the Lowestoft Tidal Barrier to receive government funding.

East Suffolk Youth Council was established with cross-party, unanimous support from East Suffolk Council in March 2024, and has welcomed members from special, state, private, and homeschooling backgrounds. The council is the first of its kind, with the GLI administration having written the powers of ESYC into the constitution, so that any motion passed by the young people must be discussed at Full Council. They have so far passed motions across a range of topics, including community infrastructure levy (CIL), community cohesion and flooding.

GLI Cllr and Chair of East Suffolk Council Dr Anthony Speca said: “Our Youth Councillors were invited to Parliament not just as ordinary school pupils, but elected representatives of their communities, just like the MPs who meet in the same building. The future of democracy visiting the cradle of democracy – how fitting! Our Youth Councillors play a big role in East Suffolk, and they’ve already moved the needle on issues such as youth safety and local planning. I’m tremendously proud of what they’ve achieved, and they should be proud, too.”

### ***Communities encouraged to choose sustainable transport with new grant scheme***

East Suffolk Council is inviting organisations to apply for funding towards cycle parking in their local community.

The Community Cycle Parking Fund is offering grants of up to £1,000 for the purchase and installation of new or upgraded cycle parking facilities.

Both town and parish councils, as well as community groups that work alongside them, can apply for the funding.

GLI Cllr Sarah Whitelock, cabinet member for Communities, Culture, Leisure and Tourism, said: “When travelling locally, having a safe and secure place to store a bike at the destination can be a key factor in deciding what mode of travel to use. We want our communities to journey by bicycle, confident in the knowledge that they can park, lock and leave a bike in a safe space.

“This grant fund supports the wider work of our Cycling and Walking Strategy, which aims to reduce the environmental impact of traffic pollution and congestion from cars through meaningful and community-focused initiatives.”

Applications are now open for the grant fund. There is no deadline and applications will be considered on a rolling, first come first served basis until all funding has been allocated.

Guidance on applying to the grant can be viewed at: [tinyurl.com/yhmwbp5](https://tinyurl.com/yhmwbp5)

If you are considering making an application and have any questions or are unsure if this grant scheme is appropriate for your project, please contact: [climate.sustainability@eastsuffolk.gov.uk](mailto:climate.sustainability@eastsuffolk.gov.uk).

### ***Ease the Squeeze on Cost of Living***

Are you, or someone you know, worried about the increasing cost of living? We understand the pressures faced by many people today and we are working closely with key partners to ensure support is available to help ease the squeeze for households in East Suffolk.

To make it as easy as possible for you to access the services and support available, locally and nationally, we have gathered information about them in one place:

**[www.eastsuffolk.gov.uk/community/squeeze/](http://www.eastsuffolk.gov.uk/community/squeeze/)**

For the most up to date information regarding East Suffolk Council, please visit:

**[www.eastsuffolk.gov.uk](http://www.eastsuffolk.gov.uk)**

**View the Well Minds East Suffolk booklet:** [tinyurl.com/9xhka624](https://tinyurl.com/9xhka624)