At the 2nd March Meeting we had two presentations. One from Dave Monk from Stop Loan Sharks and one from Dr Kay Brennan on the Live Longer Better Programme.

Anyone who has seen Dave's presentation before will know how hard hitting it is, and is stark reminder that Loan Sharks are very much active in our community.

I have attached Dave's presentation should you want to have a look through it.

If you know anyone who may be borrowing, or be under the pressure of repaying a Loan Shark then they can contact Stop Loan Sharks on the below (please note that this is a fully anonymous procedure, so please reassure the person that their call/chat cannot be traced back to them as that may be a huge concern for them):

Stop Loan Sharks 24/7 Helpline: **0300 555 2222**
Live Chat available 9am-5pm weekdays at www.stoploansharks.co.uk

If you have any questions at all, or you would like Dave to present to your own organisations then please contact him on:

Tel: 07864 928758
Email: dave.monk@birmingham.gov.uk (please note that although Dave's email is Birmingham he lives in the Southwest and covers Devon and Cornwall)

Dr Brennan gave us a really interesting insight into how we age and how we can live better for longer and introduced us to an online learning programme which will help promote, accelerate and unify our thinking on longevity and advancing age which is available for professionals and also anyone with an interest (including local groups and organisations). It is part of a nationwide programme which is designed to reset how we all think and talk about ageing and so to help spread the word that growing old is not a reason to slow down mental, physical and cognitive ability.

I have attached a document which is an introduction from Sir Muir Grey, former Chief of Knowledge Officer for the NHS, which gives a bit more information about the programme (there is a handy video link imbedded at the end of the intro) as well as Kay's Powerpoint presentation.

We have been given a number of free licences for the training so if you would be interested in this, please drop me a message, or if you have further questions you can contact Kay on kay.brennan@nhs.net

I (Charmain) gave an update on the Mental Health Steering Groups first meeting (and the actions that came from that).
To summarise we are looking initially at the following 3 stage plan:

1. Improve general access to mental health support services through a QR code scheme which would see window stickers placed around town in shop windows, GP surgeries, strategic places etc. and when scanned you will be taken to a landing page on the One Ilfracombe website which houses a list of Mental Health support (ranging from local to national and emergency to preventative).
2. Host a promotional awareness event at The Lantern, following the template of previous similar events, where we will have a good number of stalls which are all able to provide a service/activity that could support your mental wellbeing (again ranging from more urgent support to preventative). We will also use this opportunity to invite along people who would be interested in being a part of our stage 3 which is….
3. Upskill local residents/business (person-facing) employees in being able to signpost to support services (via the QR code and databases) to people who they speak to through work or social activities. This is following a similar model to Mendips Health where they have over 1000 'Community Connectors' (not to be confused by that name as it's what our social prescriber Miriam is called here!) who have all has a morning of training on how to open conversations and where to signpost people to.

The date hasn't been set for the second meeting yet as currently the majority of stages 1 and 2 fall onto mine and Neil's workload so we are getting that timetabled in around our other projects, but if anyone would like to be a part of that steering group moving forwards, please let me know ☺

I've had a few other bits come in for circulation but I'll try and gather them in one email to go out with the agenda for the next meeting.

Many thanks all and I will hopefully see you all on the 6th April.

Charmain