One Ilfracombe – Living Well Meeting Notes June 2022

Many thanks to those of you who were able to come along to last week's meeting, especially as we had to change the date.

Thank you to our presenters too; Hannah McDonald from the North Devon Coastal PCN and Sallie McKay-Roper from Devon & Somerset Fire & Rescue Service.

Before the presentations we had an update from Russ Drayton who manages the Link Centres across Northern Devon.
Russ said that he has been working with DCC and one of the proposals on the table is for current Link Centre staff to concentrate on supporting the community directly (so people who have been referred through the Community Mental Health Team/social care teams) and then the drop-in will hopefully be provided by Volunteer/Community groups. He said it's a nice idea but he isn't sure how it will work on the long term, but he is currently scoping the potential of this. He explained that each community is different so will have different needs but he has support from higher up to make sure that each community is looked at individually, He also thanked the Ilfracombe community for their amazing effort in campaigning in support for the Link Centre.
Russ updated that as of Mon 13th June the drop in would recommence for 2 sessions a week on a Tuesday and Thursday between 12-3 and will be manned by Link Centre staff. This move he believes has come from the political pressures placed on DCC for these to resume and the teams are happy to see this.
He said that the future is still unknown.
Terry Elliot said it was welcome that the drop ins were back. She also asked about the involvement of service users and other organisations in the community in this engagement as it was important to include them in developing the future of the link centres as currently it sounds very top down. Russ has said that this is the plan as it's important to have their input. He also said that potentially an open day would be planned where local groups would be invited to give their views. Terry suggested that a town councillor should be involved as they represent the town. Russ has said that he will raise that suggestion.

Presentations:

Hannah talked to us about the PCN (primary care network) and their plans on developing social prescribing.
For those of you who haven't heard of a PCN or what they are, essentially it is a collaborative of GP services working together. This is a nationwide scheme so all GP practices are now part of a PCN.
A PCN covers an area of around 50,000 patients, so whilst PCNs in cities may have a smaller geographical footprint, the North Devon Coastal one is much wider to get to that 50,000 number so it encapsulates: Combe Coastal (Ilfracombe, Woolacombe and Combe Martin), Lyn Health (Lynton & Lynmouth), Caen Medical Centre (Braunton) and South Molton Medical Centre.
Barnstaple and surrounding villages was big enough to have it's own.

Money comes into these PCNs from government and this has allowed for the creation of a host of new positions within our PCN and Hannah explained to us how these new roles fit in around the traditional social prescribing service.

I have attached her presentation to this email should anyone fancy having a look at their plans.

If you want to contact Hannah about this, her email is:
Hannah.mcdonald9@nhs.net

Sallie's presentation was around the free Home Fire Safety Visits in relation to supporting hoarders who are at a much higher risk of an incident and also likely to be in far more danger should anything occur within their home.
Whilst the fire service aren't there to, nor able to, remove hoards from a home, they can provide additional safety measure to support that person in their home.
She shared this video with us which is well worth a watch -
https://www.youtube.com/watch?v=6d_2IIvmu_A

The service that DSFRS is non-judgemental and people can self-refer or you can refer on behalf of that person if they have given you permission to do so.
If you are part of a service/group/organisation or you are an individual working with older or vulnerable people then please contact Sallie and she can set you up as a referral partner.
Her email is: smckayroper@dsfire.gov.uk

AOB:

Terry asked about the possibility of having face to face Living Well meetings as Eric Hayes (Access Group) and Gloria Satchwell were unable to access the meetings online but would like to be involved again.
Charmain and Neil said that will look at a hybrid way of doing (although the tech in the Ilfracombe Centre isn't the best) this but would welcome Eric and Gloria back to the meetings.

Mark Keeley – One Small Step are running a free MECC course 7th July over Zoom. He added that they have also just developed a brief alcohol awareness training package which would enable people to be more confident in approaching conversations with people around their alcohol use. It's up to an hour and he is happy to deliver this to anyone who would like to take part.
Charmain said we may be able to tag this on to a future Living Well Meeting.
Please contact Mark for further information – markkeeley@onesmallstep.org.uk

Louise Flagg – NDVS have obtained a small amount of funding to support VCSEs to run the 2 day Mental Health training course. She asked whether there was any strong feeling as to whether people are now preferring to keep courses online, or if they'd prefer face to face. Please contact her should you be interested or wish to sign up **–** cvs@ndvs.org.uk

She also gave another push for the Devon Connect website and asked that you sign your organisation up **-** Devon Connect - Connecting communities in Devon.

Lolly Bradley – Oral Health educator at Torrs Park Dental Practice – Lolly said that if anyone wants a free oral health talk then please contact her on – torrsparkeducation@outlook.com
She can do a talk to anyone e.g. nurseries, schools, care homes…anyone ☺

The date of the next meeting is Wednesday 6th July at 12.30pm via Zoom (Terry – I will email you about Eric and Gloria)
We will be taking a break for August as the summer holiday meeting is usually a low attendance one, but I am still looking for an extra presentation in July as well as presentations for September onwards.
Please ping me an email if you're interested or know someone who would like to come along and talk to us.

Many thanks all,

Charmain