

Thank you to everyone who made Wednesday's meeting, and huge apologies for the technical difficulties we had.

This has all been sorted now so should be fine for next month, but thank you for sticking with it and making it in to the meeting!

Biggest apology goes to Richard Murray from Forgotten Foods CIC as we got cut off right as he was about to start his presentation, but he has kindly sent me through his power point as well as some notes so I will add those below, so please make sure you have a look at the brilliant work that they have been doing and their plans going forwards.

Sarah kicked off the meeting with expressing her thanks to John Womersley who is gradually reducing his hours with the NHS and as such has retired as a One Ilfracombe Board Member, and as he is now no longer going to be within the town's circuit he is also stepping down from this group.

Sarah thanked him for all of his hard work and valued input to One Ilfracombe, and John said that it had been really, really enjoyable and a great privilege to have been a part of it.

"It must be around 10 years since we started the Living Well section of One Ilfracombe. It has always been a productive and hard working group; one that has achieved many real benefits for local people. It is in excellent hands, with yourself and Sarah Williams continuing to lead on things that really matter to people and that make a positive difference locally. I wish you all the very best for the future and the strength to continue to combat the Cost of living Crisis that is hitting hardest those who are least able to absorb its impact"

Enjoy your semi-retirement, John. It has been well earned and we will certainly miss your presence here at One Ilfracombe 😊

The agenda started with Sallie from **Devon & Somerset Fire & Rescue Service** who are currently looking at the challenge that is being faced with the Cost of Living Crisis and people looking at alternative, unsafe methods for keeping warm or heating their house.

The service has already come across people dusting off decades old heating equipment and even using barbecues indoors so this is a real safety issue that is being faced right now.

Off the back of this DSFRS are launching a Heating Homes Safely campaign in due course, and as soon as her comms team have any shareable information, Sallie will send it through and I will share this out to you all.

It was really lovely to welcome Kate Mercer to the meeting as the new Health and Wellbeing Lead for Combe Coastal and North Devon Coast PCN. She came along with Susanna and Samantha who are part of the newly expanded Social Prescribing team.

Our PCN (Primary Care Network – a collaboration of GP surgeries which for our area spans from Woolacombe, right across to Lynton & Lynmouth and then down to South Molton and Braunton).

She explained how the new Social Prescribers are coming into the team and have specialism areas such as cancer support, chronic disease and health inequalities.

She has kindly sent me through a document which has the contact details of the new members of the team along with a bit about them which I have attached.

I (Charmain) gave an update on the **Cost of Living Crisis Stakeholder meeting** that we had in Ilfracombe last Thursday.

The meeting was well attended (given the last minute notice) with over 30 local groups represented in person and quite a few more who couldn't make it but wanted to be involved.

The meeting looked at the structure that we would be following in order to collate information about groups, organisations, schemes, initiatives etc. on a local level that could support those who needed it in our community through the toughest time of year.

We are working alongside One Northern Devon and North Devon Council who are pulling together some of the more regional and national campaigns to support people.

An end goal is to have an online database where people can click on their locality and discover what is out there to help them in their towns, districts and counties.

It is important to note that one big discussion point was around access to this information as we know that not everyone will be able to access this information online, so we are looking at multiple ways of spreading this information.

One of the main agenda items was looking at the fantastic work that Cllr Terry Elliot (a member of this team) has pulled together around having regular "Warm Spaces" available in Ilfracombe every day of the week. These are places that can provide warmth, socialising opportunities, hot food/drink and hopefully some additional activities. Everyone agreed that these need to be 'marketed' more as a friendly social opportunity rather than a place to go if you can't afford food or utilities. We don't want people to feel stigmatised for need to use these spaces.

We made some really good progress with collating some of the brilliant stuff already on offer in Ilfracombe and we also looked at any gaps. Gaps are being recognised in two ways – 1. General gaps in services for people, 2. Gaps that organisations/businesses may have in expanding or delivering their project. We heard some examples of these such as the Food Bank needing knitted blankets, and Forgotten Foods who were keen to expand but need access to additional kitchen space.

We also were hearing as to help and support that people could offer, such as fundraising, volunteering time and practical support.

This was the first main meeting, and as we start to pull some of the new projects together and continue to find we will be sharing information out on a Cost of Living email group.

Please let me know if you'd like to be included in that group.

It's at this point that technology started to let us down! However Richard Murray from **Forgotten Foods CIC** has kindly sent me the following information, and I would encourage anyone who wants further information, or could help with kitchen space/volunteers etc. to contact Richard directly on rdmurray39@gmail.com

As a brief overview, Forgotten Foods CIC create 'pay as you can' meals, from and for the community, made using lost ingredients and whipped up in underused neighbourhood kitchen space, to sustain resilient communities.

They have been trialling this in local schools with great success and are wanting to expand further into the community.

- They are currently working with Father John Roles to use the kitchen in St Peter's Church and will be restarting their bi-weekly meals at Junior School from 3rd November.
- As part of understanding the wider community need they are working with Belle's Place to run an online poll, and they would appreciate it if this could be shared (we will share this via the One Ilfracombe Facebook page so keep your eyes peeled).
- They aim to run the food programme (to begin with a v tasty lasagne) for the whole community from 15/11.
- They very much are still looking for community kitchens that can be used and would welcome any introductions that any of you may have. Anyone with big ovens and fridges are most welcome to speak to them.
- Anyone that wants to help them cook and prepare meals also very welcome as volunteers or paid positions.

If any of you, or your contacts can help Richard, please do drop him an email on his address above.

The date for the next meeting is Wednesday 3rd November. We still have spaces for presentations and updates, so please let me know if you'd like to be put on the agenda 😊

Many thanks all,

Charmain