Notes from November 2022 meeting:

Project update from Charmain, starting with the Cost of Living Crisis update from Charmain, James Lander (One Northern Devon) and Terry Elliott (Ilfracombe Town Council/Belle's Place/Tyrrell League of Friends)

Charmain – Following on from the initial Cost of Living stakeholder meeting, there have been a couple of quick wins including a local knit and natter group knitting lap blankets for the foodbank and Richard Murray from Forgotten Foods CIC expanding his reach into new community kitchens.
There are also fortnightly CoL meetings led by One Northern Devon (OND).
The Warm Spaces in Ilfracombe started on November 1st and there is a 7 day coverage in town for anyone to access a friendly, warm space for free.

James – There are similar initiatives across the OND patch, with each One Community (OC) holding their own community meeting focussing on specific areas. All OCs are feeding back into OND around the needs that were identified, potential solutions and conversations around communication to make sure that those who need support can access it. There is also a database on the OND website (Cost of Living - One Northern Devon) and the next stage is to create action plans at a local level and work on the possible solutions and enable those to happen

Terry – In Ilfracombe, sadly we already had resilience as an area of long standing deprivation, so we pulled on what we have to create a 7 day a week warm space coverage. These spaces aren't just about keeping warm, it's about social isolation and mental health. The spaces are public spaces rather than businesses and they are managed (so there will always be staff/volunteers on hand).
A lot of these spaces are extending their existing offers to support people through the CoL crisis.
Terry is running the Saturday afternoon sessions at the Lantern where visitors are able to get hot drinks, feel welcome, play games, activities for the kids etc. and importantly it is a non-judgmental space.
Other Ilfracombe warm spaces include local churches, the library, Salvation Army and Belle's Place.
There is a plan in place to run these until the end of February so that they don't just drop off after Christmas.

Terry added that the Minor Injuries Unit provision over the summer that ran Friday-Monday has been agreed to continue until the end of March. It's a shame it's not 7 days a week but the Tyrell League of Friends are campaigning still to get that provision back.
There are still issues with the Link Centre in that it's still only drop ins and no groups. She said that no-one is still fully aware of what is going on. Charmain commented to say that DCC had fallen off the radar in regards to the Link Centre and she hadn't heard anything following the previous co-production meetings several months back.

Other updates

- Ilfracombe Community Minibuses have received funding for two more rounds of Welcome to Exmoor Trips which is great news as they were really worthwhile, impactful projects.

- One Ilfracombe attended the Kailo workshop and Katie Potter from Kailo will give an update at Decembers Living Well meeting to show us what they have achieved in their first year
- There is a new Core20+ role that is in place specifically for Ilfracombe and Charmain, James Lander and Sarah Hiscock (Ilfracombe Town Council) were planning on meeting them to look how we can all work together on the Core20+ project
- We have in contact with Tara Rundle from Devon Mental Health Alliance as she is new in post as the Community Mental Health Development Lead and looking to connect with local communities.
- Time for You (a volunteer sitting service run through Ilfracombe Town Council) and the Community Car Service are both going well but are need of more volunteers.
  If you know of anyone (or want more info on either Time for You or the car service) please contact Sarah on sarah.hiscock@northdevon.gov.uk

Martine Bryant – Navigate Charity Community Health and Social Care Team Voluntary Representative
Email – martine@navigatecharity.org.uk Phone – 01823 299050 / 07938 488768
Website – www.navigatecharity.org.uk

Navigate get referrals from the Tyrrell and their role is to support people and help them to fill in gaps that they may have.
Martine doesn't live locally but is keen to get involved with groups such as Living Well as she knows we are ell linked in to local providers and services.
Navigate also offer debt and money advice and support people to a point where there feel comfortable/confident enough to handle their own financial situation themselves - there is no timeframe as to how long they support that person and they can do home visits, but they need to be classed as vulnerable to qualify.
Referrals – people can self-referral online, or community health and social care teams can also refer in. They can also phone if they aren't computer literate or professionals can also pass on clients details (if they have obtained permission).

Harry Batley – Team Lead YLOH Devon (Your Life Our Help)
Email – harry.batley@yloh.co.uk Phone – 0800 1337 355 / 07540 313 367 Website – www.yloh.co.uk

YLOH is a Community Enabling and outreach team that has just started in Bideford (it is just Harry at the moment but looking to recruit).) Although starting in Bideford they are planning to service the whole of North Devon. Although YLOH is new to Devon, they have been active in Suffolk for the last decade or so.
As well as the community enabling, they also cover supported living, student support and cluttered homes but are focussing on the community enabling for the moment with the aim to eventually offer in Devon all of the same services that they offer in Suffolk..
They work a bit different to other enabling companies as they tend to use a different language and use the power threat meaning framework (an alternative to the current diagnostic model) and are one of the only (if not the only) company who are listed as displaying best practice of that framework by the British Psychological Society. The framework is essentially asking people "what has happened?", rather

than “what is wrong”? They are really mindful that language can put barriers between service users and the service they are trying to access.
Their ethos is “People helping people” and they follow their 3 Cs – Curious, Creative and Compassionate.
They currently have a contract with DCC for Zone 1 (Bideford) but are negotiating for Zone 2 (which would include Ilfracombe).
They’re hoping to create lots of new links with local organisations and providers so please do contact Harry if you’d like more information.

Other Updates/Comments

Mark Keeley – One Small Step– They have just finished a very successful STOPtober where they were at events every day of the month. Lots of engagement, lots of interested people and hopefully lots of people stopping smoking.
Looking forwards to the festive season looming they are looking at how to navigate it without over indulging and making sure people understand their alphol units and the importance of giving your liver and kidneys a few days off. If anyone has any events coming up, please ask Mark along and he’d be happy to make an appearance!

Paul Rossiter (BeeZee Bodies – Gutless Project) – They are halfway through their current rotation and they’re doing really well with double the amount of guys on this course and they are already planning for January. He’s spoken who Yvette Curtis and Louise Flagg about running groups alongside such as a walking group or activity group. They’re getting lots of people coming in now via GP referrals and they’re really happy with the numbers. Over 90% of the guys are now losing weight ☺

Anne Clayton - Living Options – A reminder about the Time to Talk service which is a telephone based service supporting people with disabilities and long term health conditions. They’ve made some changes to it so that they are working with people on a more time limited basis (up to 6 hours) but that can included WhatsApp or video chats. It’s very person-centred so based on what they want to talk about. For some people they just want signposting, for others they want someone to walk their journey with them and provide some peer support. They are hearing a lot from people who are concerned about the CoL crisis.
On an enabling front, they see people who need that practical, physical support in order to make changes so she was happy to hear about YLOH.
Referrals can come from organisations or individuals themselves and at present they have capacity for new clients.
The Sight and Hearing Loss service gives clients the opportunity to meet face to face with an equipment advisor who can support them with equipment needs and they are available every Tuesday morning at Roundswell Community Centre in Barnstaple. People can try equipment can it away to try at home – it is a loan service, not a shop, but they can contact the suppliers to buy of needed.

Well done for making it to the end and thank you for your contributions this month ☺

Many thanks everyone,

See you on Wednesday!

Charmain