One Ilfracombe – Living Well Meeting Notes November 2023

It was great to see so many of you at our November meeting, including lots of new faces which was fab! Unfortunately I forgot to ask our new members to drop me their email address, so if any of you had invited someone else to come along yesterday please can you forward this to them and ask them to ping me their email so I can add them to the distribution list ☺

Just before I get into the meeting notes/presentation info, I just wanted to ensure everyone was aware that there is yet another round of Link Centre consultation that is now underway but the deadline is December 6th which is the date of our next meeting, so only a short amount of time to send any responses in. The email that has been sent out (including the link for your reply) is below:

Dear Colleague

Devon County Council and Devon Partnership NHS Trust ran a consultation from 22nd February to 9th May 2023 on the future of the Link Service. To provide people with more information and an additional opportunity to help us consider the future of the North Devon Link Service, a further period of consultation is now starting on the following proposal:

- To close the North Devon Link Service Drop-in services that run from the Link Centres in Barnstaple, Bideford and Ilfracombe, and work with current service users to confirm their needs and support them to find alternative provision.
- The Council will consider targeted funding to the voluntary and community sector to support the transition to alternative services should this be needed.
- In addition, to cease the short-term enabling support to those service users in receipt of Care Act 2014 eligible services, including assessments, and provide this support in different ways to be agreed with current service users, in line with current assessment and care planning processes.

The consultation begins on 6th November and ends on 6th December 2023, and we are seeking your views on the proposal.

The consultation document will be housed on the Devon County Council Have Your Say Webpage Have your say | Help shape services across Devon where you can submit your views on the proposal.

There were lots of really good discussions in our November Living Well meeting and two great presentations, so I shall try and keep the notes as short, but as informative as I can!

One Ilfracombe Updates:

Devon Carers – Devon Carers are in the middle of their "Ilfracombe Week" and had reported back that they'd had a really good day on Monday at Tesco, a bit of a

quitter one on Tuesday in the Ilfracombe Centre, but were heading to Combe Coastal on Wednesday and then the library on Thursday (I have since heard back that they had a great day at Combe Coastal too which is brilliant news)! As well as recruiting unpaid carers to sign up, they have also been trying to get local businesses and organisations involved by becoming Carer Friendly. If you or your organisation is interested, then please pop Claire and email on Claire.Cowen-Brown@devoncarers.org.uk

Age Concern – Just an update that we're a bit behind on our engagement with Age Concern as it's been a mixture of really busy and also annual leave being used up, but Charmain will chase up soon with Amanda to see how we can push forward with the volunteer recruitment for befrienders in Ilfracombe.

PCC Funding – We've been working with Inspector Nella Barker on some Police Crime Commission funding which is focussed on reducing anti-social behaviour, so we have been engaging with the Academy and Shaun Kennard from Studio 20 Gym to create an activity/mentoring programme focused on mixed martial arts/boxing training. The application will be submitted this week and then hopefully we'll hear back soon as to whether we have been successful or not.

Community Developer Update – John Thornton has now left the role to go and work for the police, but the position will be covered by Mary and Natali from the wellbeing team. Most of John's work was completed before he left but we will continue to support Belle's Place with funding opportunities and some of his legacy projects such as the wellness clinic for farmers across North Devon and Torridge will continue.

Ilfracombe Culture Plan – We have been working with a company called Things Made Public on developing a culture plan for Ilfracombe. This has been funded by North Devon Council and is part of the North Devon Flourishing Culture Strategy. The outcome of the plan should be that we have a some shelf ready projects ready for when funding comes along, and we will have this great research document to back up the applications. There is a health and wellbeing angle within the plan given the huge link between arts, culture and the positive impact it has on someone's wellbeing.

Warm Spaces – We had received an email from Molly in the group about Warm Spaces and whether they will be happening again this year following the success of last year. Neil Ingram (ITC/One Ilfracombe) commented to say that he was currently working on that and there may be some funding available. Terry Elliott commented that most of those involved last year would be keen to take part again but unfortunately she wouldn't be running the Lantern sessions this year.
Whilst we were talking about Warm Spaces, new member Heath commented that he was working on a project which utilises wasted heat from fridges to help grow vegetables indoors, so if anyone has a space with lots of fridges he'd be keen to talk to them about using the heat from the fridges to grow items indoors.

Louise Flagg kindly posted a link in the chat for the DCF funding for Food, Fuel & More which is a small grant for local organisations of up to £2k, and there is a larger

amount available for bigger organisations - Food Fuel & More - Devon Community Foundation (devoncf.com)

Presentation – James Lander – Project Manager for Ilfracombe Poverty Truth Commission

Ilfracombe Poverty Truth Commission is a model that has come from the charity, the Poverty Truth Network and have run these across the UK for a few years now.
The Integrated Care Board (ICB – NHS Devon/DCC) have funded a Poverty Truth Commission and One Northern Devon voted on where that should focus on.
Because of Ilfracombe's levels of deprivation, Ilfracombe was chosen to be the area for the commission to be undertaken.
The project runs for around 2 years and the premise is that people who have lived in poverty, or are living in poverty are bought together to talk about their experiences and share these with the service providers with the end of goal of them working collaboratively to improve the experience for people in the future who were in the same boat that they were.
James is looking to work with 15-20 individuals to become part of the project and share their experience.
If you know anyone who may be interested in taking part then please let James know. It is important to mention that this won't cost anyone anything and food and drink are provided and costs are covered.

To see James' presentation please go to – Poverty Truth Ilfracombe - One Northern Devon

At this point we moved the agenda around so that **AOB** came before the second presentation:

Louise Flagg - NDVS – There is a Young Person volunteering event being held on 24th Jan at Barnstaple Library.
This is for younger people who maybe had previous interest in volunteering but never taken the plunge. Organisations can go along and advertise their opportunities.
Louise has asked whether this is possibly something that could run in the other one communities to support volunteer recruitment for their projects?

With her other hat on (Simonsbath House Outside Centre) she let us know that their HAF programme is running over Christmas. It is half a day of activity plus they get fed and there 4 days over Xmas (one day just for the 12-15s).Ilfracombe is one of their pick up points for their free minibus. If you need more info please contact Louise on cvs@ndvs.org

Sallie McKay-Roper – Devon & Somerset Fire & Rescue Service.
DSFRS are launching a new campaign which is targeting people that are older (over 65) living alone, in a deprived area/on a low income and asking friends/family/neighbours to check in on them and make sure that they are living safely. They can then refer for a Home Fire Safety Visit is they are concerned and DSFRS have some free equipment to hand out such as cooking timers as there is in increased risk of kitchen fires within this demographic. .

Another campaign is around educating friends/family about false alarms as the service is experiencing high numbers of calls that are false.

Cate Blatherwick – Learn Devon
Learn Devon are running a low level digital skills at the Candar on a Tuesday. The current one is full, but if people are interested they do have a list for the next one in January. They are also looking at running a short Enterprise course on a Thursday lunchtime.
Learn Devon are always looking to expand on their offer but make sure that it is something that the community needs, so if there is anything that you or others want to learn specifically then please contact Learn Devon well in advance. Cate's email is cate.blatherwick@devon.gov.uk

Sheila Roles – St Peters Church drop off and drop in session are running on a Monday morning 8.40-10am. They have equipment for young kids to play with and they have tea and coffee so that the parents can have a chill.

Lolly Bradley – Torrs Park Dental Practice & On The Doorstep
Christmas @ On The Doorstep – Every year, On The Doorstep run a programme where partner organisations, groups, schools or individuals can make a request for a Christmas present for a person, couple or families who are struggling and may not receive a Christmas present. This programme has grown year on year, and at present (no pun intended) they currently have 628 requested gifts. Last year was over 850 and they think they may exceed that this year.
The gifts are all donated by the community or are bought via fundraising activities and donations or shops who contribute.
If you would like to donate presents (they need to be new) then you can do at Torrs Dental practice.
Anyone who is struggling can be referred.
You can contact them via their Facebook page - Facebook
Or pop Lolly and email on - torrsparkeducation@outlook.com

We then had our final presentation of the meeting which was from the ever-informative **Dave Monk from Stop Loan Sharks**

For those of you who have been coming to Living Well for a while, you'll know that this is the fourth time that we have had a presentation from Dave on this subject, however everytime you hear it you come away feeling just as shocked as you did the last time. I have attached Dave's presentation to this email and really recommend that if you are working with people in the community that you have a look through. Also, if you feel that the place where you work, or a group that you are a part of would benefit from a presentation from Dave, then please contact him and he'd be more than happy to bring his presentation to you, as the more people who are aware of what Stop Loan Sharks can do, the better.
You can email him on dave.monk@birmingham.gov.uk (although it's a Birmingham Council email address, Dave covers Devon & Cornwall so don't be put off by that!)

Some key points from Dave's presentation:

*Stop Loan Sharks are also known as the England Legal Money Lending Team.

They are a government law enforcement agency and the only team in the country that have the powers to investigate, prosecute and convict loan sharks so they have more power than the national crime agency and the police. They have 70 officers across the country and have prosecuted over 2500 loan sharks and supported over 13,000 borrowers and written off nearly £90m of illegal loans since they started.
*__In 19 years they have had a 100% conviction rate with the exception of one case last year that is currently being escalated.__
*A loan shark is either an individual, a group, a business or an organised crime group that lends money for profit. To lend money with the aim of making a profit without a licence for profit is illegal.
*1.2 million people in the UK are using loan sharks currently. That's expected to raise to 10million in the next 5 years.
* Devon has the highest rates of Loan Sharks in the country. There are currently 4 investigations in Devon including one in North Devon.
* At present, the most targeted groups are U24s, 35-50 and over 50 homeowners
*Loan Sharks will only lend money to vulnerable people. They may not only want cash repayment, but could coerce the borrowers into illegal activity as a way of repayment.
*Last year they had to support people who were earning in excess of £70k a year. It is not just for the people on the poverty line.
*Loan Sharks make their own rules and the highest ever interest rate that SLS discovered was 1,000,000%
* Borrrowers may feel that there is no way out of their deal with their loan shark as there is no contract and the payments could go on forever, well beyond what was borrowed and agreed initially. They will threaten and intimidate the borrower and their families to ensure that you keep paying
*Stop Loan Sharks offers a confidential way for people to report loan sharks and probably the only real way that they will be able to escape the jaws of a loan shark. The team create a case against the loan shark and then convict them and cease their assets. By doing the latter then can in some instances help recover the money that the borrower has paid them.

Please have a look at the website for more information - Home - Stop Loan Sharks, and if you would like a presentation for your colleagues or even just some leaflets to leave in your venue, then please drop Dave an email.

Congratulations on making it to the end! Bit of a long one this month, but lots of good stuff happening.
The next meeting is Wednesday December 6th at 12.30pm.
If anyone wants a bit of floor time then let me know and I will add you to the agenda!

Many thanks,
Charmain