We started as always with One Ilfracombe Updates:

Ilfracombe Cultural Plan – This is coming along really nicely and the team from Things Made Public came and spent a few days here and loved it. They are the organisation who are doing all the research and meetings to pull together a strategic cultural plan for Ilfracombe. This encompasses an area on the strategy for wellbeing as it's well documented how much arts, crafts, culture and heritage can support not only residents wellbeing but also their connectedness to their community.

Cardiac Rehabilitation Project – One Ilfracombe have received funding via North Devon District Hospital to deliver cardiac rehabilitation activities in Ilfracombe. This project is being led by Mary Midson who has moved over from the wellbeing team to become the new Community Developer with support from Natali Purdy-Guevara and initial meetings with the cardiac team at the hospital have been really positive with lots of great ideas about next steps.

Healthy Devon Learning Labs – I've been working with Jean Harrington who is a senior research fellow at Exeter University and Dr Kay Brennan on a research project through One Devon which is looking at how the "system" deals with weight management and it's approach to overweight patients. I was unable to attend their conference last week but have been asked to be involved ongoing with their project via what they can the prototype vortex – this is their way of developing a better service for people based on their experiences.

Link Centre Consultation – I was asked to draft a response letter to the latest round of consultation by DCC on the proposed closure of the Link Centre on behalf of Ilfracombe Town Council. Terry gave an update on this after the One Ilfracombe updates. The link to the consultation where you can leave feedback is here -> North Devon Link Service Consulation - Have Your Say

PCC Funding – We are still awaiting news on the result of our application for funding for a youth boxing project working in collaboration with Devon & Cornwall Police and Studio 20.

Poverty Truth Commission – James sent his apologies for the meeting but has said that he writing an updated report that he will circulate when completed.

Movement for Alzheimers – I bumped into Jane Williams in Tesco and had a good chat about the success of her Movement for Alzheimers group. She is really keen to do more to support people with Alzheimers and their carers including hosting a Dementia Café. We had a chat about this in the group as Louise Flagg regularly works with the other dementia cafes in the area and also Charlaine commented that Louise Mulholland has also been looking into this, so we agreed that Charmain would send a group email to get the ball rolling on that. Dr Sarah Williams comments that the Institute of Social Prescribing may have some pockets of funding available.

Link Centre Consultation Update – Terry Elliott

Terry updated the group that DCC had run another round of consultation on the closure of the Link Centres, but with a very short timeframe of just a month and that deadline is today (6th December), so a reminder to all to make sure you make your comments known by completing the online form or sending an email. The links are here - North Devon Link Service Consulation - Have Your Say
Due to the very short amount of time given, there are many people who have felt too overwhelmed to complete the survey, but it's worth mentioning that despite the previous consultations being pulled after a legal contention, any previous comments/letters submitted on the topic will still stand.
Terry also felt that it is unfair that Cllr James McInnes and Solveig Wright attended the Link Centre to hear the stories of the centre users themselves and then have almost used the users comments against them in that one of the main arguments for closure in the new consultation is that the Link Centre is providing for a far higher level of need than the service was established to do. Terry suggests that either DCC have been running the service for years with no clue that it was catering for such high level needs (and therefore showed no care for staff or clients), or they have known about it yet continued to let staff who they say in the consultation aren't trained enough deal with these ongoing complex issues. Either way means that there has been a lack of duty of care and it's unfair for DCC to use the service users experience as an excuse to now close.

Presentation - Tom Dart – One Northern Devon Community Flow

Tom came to the meeting to share with us the work that he does as our local Community Flow Coordinator.
The service supports vulnerable people coming out of hospital (or at risk of hospitalisation) and works with the community to support them where possible.
I have attached his presentation which explains it all far better than I could, so please do have a look through and if you have any questions you can contact him on:
01271 314077 (EXT 1005)
T.Dart@encompass-sw.org.uk

One conversation that came from Tom's presentation is that there is very little known about Community Mental Health Flow, so Charmain will contact Tara Rundle to see if she can come to a meeting in the new year to tell us about that service.

AOB

Terry Elliott – '*Telling our Stories, Finding our Roots*' – This is a project that Terry mentioned a few months back which is tackling isolation cause by issues that people experience around things such as ethnicity or religion. The project interviews local people to show how multi-cultural Ilfracombe is even though many of us don't realise it. Part of it is through interviews and part of it is through looking at Ilfracombe's heritage.
There is an event at the museum tomorrow from 3-5pm tomorrow (7th December) which will show how it is progressing

Louise Flagg – NDVS

Great news that NDVS have been told that they are through to the 2nd round of funding for the National Lottery application that NDVS/TTVS submitted to support Community Developers for the next 3 years as well as pushing community development out further to rural communities.

North Devon Council are launching a good cause lottery that will be launched on the 24th January at Barnstaple Library. On the day, organisations can sign up to be one of the good causes which are supported through the lottery. There are of course cash prizes for the public to win also.

NDVS are holding an event on 20th Feb to attract members of the public to find about volunteering; what it is, what they can do to be involved, who needs volunteers etc. This will hopefully be an event which can be shared with other communities.

They have been working with CAG (Community Action Group) Devon who are keen to work more in North Devon. They are hoping to work with local "sustainable" type groups in the area such as community gardens, Mens Sheds, repair cafes etc. so keep an eye out in the new year for more information on that.

With her Simonsbath hat on, she reminded everyone about the HAF programme that they are running over Christmas which includes lots of fun things such as panto days, a day on the high ropes at Butlins etc. Any school aged child who receives free school meals should be eligible and have been issued a HAF number by their school. They can cater to kids in Ilfracombe too and offer free transport also. I have attached the poster with all the information.

Molly – Coastal Creatives Ilfracombe CIC

Molly has received a bit of funding to put together some free art packs for people who could do with something a little extra this Christmas, so someone who may be on their own, or need something to support their wellbeing. She really wants to be able to reach those people who really need it, and has about 40 packs available (but may be able to do some more), and we had a few suggestions in the meeting on how to reach them, but if you know anyone who would benefit then please contact Molly on - molly@creativecommunitiesilfracombe.co.uk

Date of next meeting

As per usual, we don't have a January meeting, so our next date will be Wednesday 7th December

And that's a wrap for 2023 folks! A big thank you to everyone who has come along this year and contributed to the Living Well meetings whether that is giving a presentation or sitting quietly in the background and helping to share information – you are all valued members of this group ☺

I will send out dates for 2024 when we return in the new year, but there won't be any big surprise as the first Wednesdays in the month at 12.30pm seem to work well!

Have a great Christmas everyone,

Charmain