Good afternoon all,

Lovely again to see a nice busy meeting this month, again with some new faces so welcome to you all ☺

As usual, the notes from the meeting are below and the agenda for next week's meeting is attached!

Many thanks to our presenters this month, Abi Obene from the Telling Our Stories, Finding Our Roots Project and Sue Wallis from The Filo Project. You can find information on their presentations below.

One Ilfracombe Updates:

Charmain started by giving an update on last month's presenter, Karen from the North Devon Baby Bank to share the good news that she has managed to secure a safe, warm space to store donations after Charmain tagged her in post on Facebook, so a great result!
There had also been a mention last month about a memory café and a few conversations outside of the meeting, but the Wellbeing Team have now taken that project on following a visit to the Barnstaple Memory Café and they will be including it as a part of their Wellbeing Wednesdays, with the first memory café session starting on 10th April from 1.30-3.30pm. Another brilliant result ☺

Education Forum – Following on from the successful first meeting of the Education Forum, there will be a follow up meeting on 24th April for us to look at all the different groups and how we all work alongside each other without duplicating the work of the others, and how instead we can all exist in the same world and support each other. The forum has been set up to look at supporting the children and young people in our town.

Age Concern – They start their Benefits Clinic for the Over 60s on Tuesday 19th March and will then be at the Ilfracombe Centre every 3rd Tuesday in the month. People over the age of 60 can get advice on benefit entitlement, form filling and applying for a blue badge.

Ilfracombe Bowls Club – Charmain has visited Ilfracombe Bowls Club as they are looking for funding for a wide range of projects including physical building expansion to increasing the number of youth members. They have recently won National Bowls Club of the year and have vastly increased their membership in the last year and are keen to show it isn't just a sport for old, rich people and is a great community activity.

Active Devon Walk Leader Training – Active Devon have spaces for free walk leader training on the 17th March if anyone is interested (update – Abi from the Wellbeing team and two friends the friendship group have now taken part in this)

Ilfracombe Mental Health Alliance – I have been invited by Sophie Read from the Salvation Army to come to a first meeting which is looking at the mental health provision in Ilfracombe, especially with the impending likely closure of the Link Centre. Phil Harris from the Devon Mental Health Alliance/Devon MIND had come

along and will also be a part of the group so elaborated a bit more on the purpose of the group which initially is to get our heads together to look at what Ilfracombe needs specifically so that the Devon Mental Health Alliance can have a look at a more tailored offer than what it would offer in other areas of North Devon. There is no funding to currently deliver anything, but with the imminent closure of the Link Centre, the timing is right to see what can be done to support the people who will fall through the gaps and also the groups that may inadvertently wind up with these people in their groups when they are not trained to deal with them. Gloria Satchwell commented to say that the League of Friends may be able to support with some funding.

Ilfracombe Town Council – Just a reminder that the Ilfracombe Spring Clean will be running from 9-17th March and any groups, roads, individuals are encouraged to have a tidy up of a section of town.

Charmain also reminded the group about the Community Car Service who are a group of volunteers, led through Ilfracombe Town Council, who drive Ilfracombe residents to medical appointments outside of Ilfracombe. It is a much cheaper alternative to a taxi and they travel as far away as Bristol, Plymouth and even Shepton Mallet.
The cost is 50per mile which all goes to the volunteer to cover their fuel and costs and unlike taxis, the drivers can wait for you whilst you attend your hospital appointment.
The service is run through Sarah Maddocks and if you'd like more information or to book a journey you can contact her on sarah.maddocks@northdevon.gov.uk

Terry Elliot Update (Terry was unable to make the meeting so sent through some updates to be read out):

The decision over the future of Ilfracombe Link Centre will be made on the 13th of March by Devon County Council*. A recent visit by DCC to the Link Centre was poorly received as many users of the service (and staff) are anxious and exhausted by the process as well as fearing the outcome. The visit was supposedly to tell people what alternative services are out there but they didn't seem to have an alternative and feelings were understandably running high.

Tyrrell Minor Injuries Unit - as you know the paramedic contract is coming to an end on March 31st. The Healthcare Trust is apparently working on an alternative. Gloria (Chair) and myself from the League of Friends met with two representatives to make the case for the continuation of the service. No word as yet as to what the alternative will be.

*Since the meeting, we have had an update following the meeting on the 13th March -
Please could you pass on to members that Cabinet members at DCC voted to close Ilfracombe Link Centre.

Users of the service are in shock and are absolutely devastated. There are a lot of people currently attending that will need a lot of support and specialist mental health

help but there are no services providing that, only community led opportunities around well-being which isn't the same as providing a service for people who are ill.

**Another update, is that the Committee agreed with the Cabinets recommendation to close but they have asked for a 6 month review as they had concerns about the transition of the Link Centre users into community alternatives (possibly because there has been no published plan as to what this pathway is and where they intend on transferring them to).

Presentation 1 – Abi Obebe - Telling Our Stories, Finding Our Roots
abitosfor@gmail.com

It was lovely to welcome Abi who was invited to come along initially by Terry, to talk about the multicultural history project that they have been working on. It focuses on Ilfracombe's History and Heritage and shining a light on the less well known and hidden stories and also show how multicultural our town is.
They have previously worked in Exeter, Bideford, Tiverton and Okehampton and this current round of funding (National Lottery) is covering Ilfracombe.
They use resources such as museums and research of records, archives as well as interviewing locals in order to find all of the interesting and compelling stories.
When the project is finished it will be uploaded to the Telling our Stories website, a copy will be given to the museum and they are looking for somewhere, potentially in the High St, where people can easily access the document.

At the moment Abi is looking for volunteers (full expenses paid) to help record people's stories, research archive material and use storytelling to share what is found.

A few members of the group said that they know of some local, older folk who will have many great stories to share and Phil Harris suggested having a conversation with Combe Martin Silver Mine who have an abundance of great material which may be of interest.

I have attached Abi's presentation which will give you a clearer explanation of the project ☺

Presentation 2 – Sue Wallis – The Filo Project
Sue.wallis@thefiloproject.co.uk
www.thefiloproject.co.uk
0333 939 8225
direct mobile 07706 310914

The Filo Project is an award winning not-for-profit organisation which provides small group care days for people with early to moderate dementia or brain function issues. They offer an alternative way of supporting people with dementia through hosts who invite groups of 3 or 4 into their homes for a day. For the client that means it feels like they are going to a friend's house for lunch. The hosts care deeply about the

people with dementia (usually because they have had someone in their own family who has struggled) and they graciously opens their homes to support the group. The host picks them up in the morning and they spend the morning having a chat and being sociable, having cups of tea, coffee etc. and lunch, and then in the afternoons they try and do activities that are of interest to the people who are there and they like to pair groups together with similar interests to make sure they are engaged and stimulated and get some real value from them. They are then dropped home later and can provide some great respite for the persons carers.
The service isn't free but if people have a care plan with DCC then it can be paid for under that plan.
At the moment there are a few spaces available with Braunton hosts but they may look into coming into Ilfracombe if there were hosts available.

Any other business

Charmain mentioned that off the back of last months meeting it was suggested that she shared Living Well minutes with town councillors so that they were aware of the great things that happen within our meetings. She had some great emails back to say well done to the team ☺ She also had an email from Cllr Harrison Perrin who runs the SMD Pharmacy with his partner and he was interested in the work that was happening with the cardiac rehabilitation project and he had replied to say that SMD Pharmacy proudly offers the NHS Hypertension case-find service.
Attached is a PDF outlining details about the service, which is free for patients over 40 without hypertension. He continued to say that they would be delighted to collaborate and assist in directing patients to us to facilitate the identification of hypertension cases.

Louise Flagg (NDVS) – Just a reminder that voluntary groups can contact NDVS should they have any training needs and they can then put on the training sessions for them.
NDVS and TTVS have submitted a lottery bid around community development and supporting their work across North Devon and Torridge. They are expecting to hear if they have been successful by the middle of April and that will provide 3 years of funding for the CDs.
With her Simonsbath House hat on, she reminded everyone that the Easter HAF programme was open for booking and people can book on via the HAF website and also a reminder that they also provide transport from Ilfracombe. The HAF programmes provide free hot food and activity for kids during the holidays.

The date of the next meeting is Wednesday 3rd April.