Living Well Meeting 6th November 2024

1. Dr Sarah Williams (Chair) welcomed everyone to the meeting.

2. Charmain gave an update on the One Ilfracombe and ITC projects since the last meeting in September.

   - The Cultural Plan for Ilfracombe was launched on Monday 4th November 2024. There are a lot of actions within the Cultural Plan around health and wellbeing such as sports, arts, cooking etc which can support people and their wellbeing.

   - Charmain attended the Active Devon Moving Community Conference at Sandy Park in Exeter, which was about empowering communities through physical activity. They are trying to reach out to all people especially people with 'quiet/hidden voices'.

   - Ilfracombe Futures, formerly the Ilfracombe Youth Forum, had a really full committee meeting which Dr Sarah Williams attended. Ilfracombe Futures forum is made up of the community, education and the family hub. The community part has been looking at youth clubs. There is a local volunteer who has had lots of experience of leading youth clubs. They have also spoken to Space, formerly Devon Youth Services. They are keen to support projects in Ilfracombe. They are able to provide a lot of the training, which the volunteers will need. They are looking for spaces to hold youth clubs to work alongside the existing youth group Delta.

   - There is good news about the water sports project, which is working with local schools, the water sport centre and the providers at the centre. It is to enable local children to have the opportunity to be able to use the water sports centre and it is not seen as elitist. Fullabrook is giving just under £5.5k of funding for wet suits, life jackets, dehumidifiers etc. They are just waiting to hear back from the Children's Alliance with a bid to enable them to pay people to run the sessions at the centre.

   - Charmain is part of the Ilfracombe Mental Health Mycelium network, which Miriam and Mary are also on. This is a good forum for people working with people with mental health issues and is a useful support network for the mental health workers.

   - Charmain read the notes sent from Theresa from the Family Hub who was not able to attend the meeting:

   - As a family hub we are opening up our centre for other agencies to use the rooms available, which will encourage networking and collaborating with a range of services such as SPACE, health and Salvation Army
   - Mark worker from Man Down came to one of our meetings to share what is being offered to men in Ilfracombe
   - We have Jo Sargent from the CA using the building at certain times via a referral
   - I am personally attending and supporting the Mycelium meeting once a month on behalf of the hub, which is run by Sophie Read from Salvation Army

- We have set a couple of dates for a Dad's antenatal but have had no one booking on Eventbrite yet. The next one is on the 26th November 6-7.30pm
- On the same date and time, we are holding a parent drop in for parents with pre-teens and teens for support and advice at the centre and then possibly at the Academy in the new year with the pastoral team
- We are collaborating with the pastoral team at the Ilfracombe Academy to support parents and teenagers
- We are offering single sessions for parents for needs and advice which is about an hour, this is done from a request for contact form which can be done by a professional or a parent. (this can be accessed via our website or we can send the link)
- I am delivering J9 training which is a Domestic Abuse Awareness course. I have delivered to this to my team and some local nurseries in the hope that the training can be delivered to anyone that deals with the public so that it Ilfracombe becomes a safe place for people experiencing abuse to access the right support where they see the J9 logo

- DWP are going to be bringing some of their workshops into Ilfracombe so people do not have to get to Barnstaple. Sarah will look into whether DWP could provide a service in Ilfracombe since they closed the Job Centre about 12 years ago.

- Mary one of the Community Developers explained about the Poverty Truth Commission. They work with people with lived experience of poverty. There was a launch at the end of September where they explained their lives to civic and business leaders. The aim is to work together.

3. Val Gates, a Trustee of the Ilfracombe Lions, gave a presentation about the Lions Anniversary Fund. Val gave a brief history of the Lions, which started in America in 1928. The Ilfracombe Lions Club has been going for 50 years. They want to pilot an anniversary fund for people in Ilfracombe or people having links to Ilfracombe for example if their child goes to an Ilfracombe School. Their policy is 'money that is raised in Ilfracombe is spent in Ilfracombe'. Val said they are not qualified to evaluate requests for funding so they want to reach out to people on a professional basis such as teachers, medical staff, health visitors, social workers etc who can then make a referral. They are going to put an application form on their website for people to make referrals, but in the meantime you can use the existing application form on their website but just head the email with "Anniversary Fund" - Grants and Awards | Ilfracombe and District Lions Club

4. John Slater and Wayne Harris came to the meeting to talk about MoMENtum. John explained that it started as a support group for male survivors of childhood sexual abuse. It affects 1 in 6 men in the UK. It is historically a taboo subject and people do not tend to talk about it as there is a lot of shame and people can blame themselves.

   Wayne gave an account of his personal story and how he came to know about MoMENtum, and then became involved in order to help other men. People can get involved with drugs, alcohol, and gambling which they use as a way of

coping. Wayne wants to be able to help teenagers and young men, to avoid them having to use those coping strategies. Over 43% of men in prison are there because of having been abused as children and the life they have led.

They need more referrals and to link up with more services. They have recently had Lottery funding for the next three years, which is specifically for Ilfracombe and Barnstaple, but they need more funding to enable more staff to be employed, and they need more people to get involved.

They said confidentiality is very important in their groups and everyone works at their own pace. Referral is via email and there is also a WhatsApp group, which they can join.

John said the main things that help are: not being isolated; trauma is explained; how to deal with their feelings; and connecting with others who understand.

They are holding a training day on 22nd November 2024 at Filleigh Village Hall called 'Pull Yourself Together Man'.

You can contact MoMENtum on:
07773 151080
info@momentumdevon.org.uk
www.momentumdevon.org.uk

5. Mary from the Health & Wellbeing team said they are going to hold a Cancer Care hub in Ilfracombe on the first Tuesday of each month starting from January. It will be a two hour session where people can go for a cup of tea and a chat and there will be people there from different organisations such as sound bath therapy, Reiki, someone from MacMillan and things relevant to cancer care.

6. The next meeting will be on **Wednesday 4th December 2024** at 12:30pm.