Hi all,

Many thanks to those of you who made it to February's meeting.

Before I start, just a quick note to say that I have a couple of presentation spaces left for the March and April meetings. Give me a shout if you'd like some floor time.

Please find the notes below:

Updates from One Ilfracombe/ITC:

Cultural Town Team – We had another successful Cultural Team meeting with over 25 members joining us at The Landmark Theatre.
This time we were able to start putting tangible projects in place that members of the team committed to work on. These were:

1. Blue Plaques
2. Trails (for families, for health, for locals and for tourists)
3. Recycling Sculpture
4. Digitising the Museums Newspaper Archive
5. The Beach of Dreams (how we can create a programme for this national event in May).
6. Telephone Box Info Point
7. Art Fair to tie in with the Art Trail

CPP Funding – The Creative People and Places funding application has now been submitted by North Devon Plus. We should hear in June/July time if the Arts Council like the project and invite North Devon Plus to meet them. The total amount applied for was £862,958 with 15% match funding making the total project £1,017,664.

AHF Funding – I have submitted an Expression of Interest via One Ilfracombe (as the funding wasn't available to councils) for £15,000 of funding to conduct a viability study on the Emmanuel Church. Unfortunately we missed the most recent round, so if we are successful and invited to apply, this would be submitted into the next round that finishes in May.

Ilfracombe Future Forum – I have meeting lined up with Cat Hewitt from the Children's Centre and Jody LeBredonchel to plan the next full meeting. I have yet to set the date for the next committee meeting, but one of the team has been working to find a venue for a new youth club. We have had confirmation from Space (formerly Devon Youth Services) that they will provide free training for volunteers when we get to that point.

Poverty Truth Commission – Following the last session, we received feedback from the Community Commissioners that they struggled to find information on support, available household grants and emergency numbers, and felt that it should be something available at the Ilfracombe Centre. I have spoken with the PO and she has agreed that I can use space in the centre window to display information on a variety of support organisations in a dedicated space. This will of course need a regular review to keep information up to date, but all information will have a date on it.

Singing for lung health – The League of Friends kindly suggested applying for funding but until the PCN contracts are sorted it wouldn't be the right time to obtain funding until we know that we have a team in place that can deliver the project, so this is on hold.

Presentation – Jody Coyle – Recovery Devon

www.recoverydevon.co.uk
jody@recoverydevon.co.uk

Recovery Devon is now in its 22nd year and is committed to change mental health care and improve creative recovery opportunities.
Members of the team have lived experience and are mental health trained. They empower individuals and believe that everyone deserves that opportunity to recover, and want to see recovery at the heart of every mental health service.
They provide different services for people at different stages and offer:

* Signposting - help for navigating mental health services, resources and support in connecting to the community.
* In person events – they attend a variety of events promoting what they do
* Training – Applying recovery principles, recovery training for individuals and organisations, mental health awareness delivered by someone with lived experience.
* A resource library – For Individuals – Recovery Library They have produced a series of books and leaflets aimed at supporting people at different stages of their mental health journey including the Storm series of books, the letter of hope and the Letter of Tomorrow (a young person's version of the Letter of Hope)
* Promotion of opportunities through their social media accounts
* A podcast
* Their website (which is being relaunched soon to be more accessible)
* The Recovery Fund – Up to £750 for projects that promote recovery

Jody said that they want to get more involved with community events, so if anyone has space for them to come along with a stall then please contact her.
I have attached her leaflet to this email.

Presentation – Carl Duke – Hilldales Residential Home

Hilldales is known locally for housing people with mental health and addiction issues, and due to a few residents behaviour in previous years, their reputation isn't great; however, the home now has new owners and a new management team who are more focussed on supporting the residents and their recovery.

There are 47 residents in Hilldales and so far 42% have engaged with Karl.
Karl is leading a programme where they are aiming for 3-4 blue/green space therapies a week including visits to places such as Woolacombe, Bicclescombe park etc. These types of activities improve the residents mental and physical wellbeing.

They are looking to get more involved with the community and community based projects, so are going to visit Cow Green, and Charmain is going to liaise with North Devon Council about using Oxford Park (which is right on the front door of Hilldales) to use it for a community gardening project.

Members of the team said that despite the negative press Hilldales gets they have had some really positive interactions with residents including a regular visitor to the Landmark café.

If anyone else knows of any local opportunities then please contact Carl on steponeprocess@gmail.com

AOB

Beckie from the Wellbeing Team just reminded the group that we have the Wellbeing Team where you can either self-refer (ask at reception at Combe Coastal) or you can be referred via the GP. They are looking for more support with Mental Health providers so please contact Becky if you have any new/unknown support out there. Her email is – Rebecca.brady13@nhs.net

Terry Elliot – The MIU contract is up at the end of March so the League of Friends are continuing to campaign to restore a better and more sustainable service for Ilfracombe.
They have an online petition that can be signed. Please share this through your networks - Petition · Restore a fully functioning Minor Injuries Unit to the Tyrrell Hospital Ilfracombe - Ilfracombe, United Kingdom · Change.org there are also paper
She also raised an issue with the library, highlighting the amazing things they do there to support people ranging from providing warm spaces to breakfast clubs. Devon County Council are proposing cuts to the grant they give Libraries Unlimited (a charity), there is a £200,000 cut for the library budget across Devon and when the contract finishes next year there is a belief that it will be pushed towards a 'community solution' which would mean more reliance on volunteers, so this is something that should be on our radar.

She also said that she has raised with the MP the lack of CAHMS support and support for children with Autism and ADHD and the waiting list is up to 3years. They are referred to in the interim as being on a 'pathway' but this often means that their needs are not met and they not supported as they should be which is particularly damaging at that age. It is an issue that Terry has raised with the MP.
Phil Harris commented that there was an event coming up on the 25th March around this subject but details haven't been finalised yet and he will send though the info when he has it.

Carol Turner for The Landmark Theatre told us about the fabulous project they are doing in collaboration with Running Dog Theatre CIC called The Goat Show - THE GOAT SHOW — Running Dog Theatre CIC
Make sure you keep an eye out for goats around town!
They also have local artist Jennie Cousins is running a free 10wk workshop for local young people.

Phil Harris – Devon Mental Health Alliance reminded us that there is now a mental health drop in on a Friday at the Salvation Army Hall between 10.30-1.30pm. There is also an online drop in on Mondays from 3-6pm. I have attached flyers for both to this email. Please feel free to print or share with your networks.

He also emailed after the meeting to say:
"*I spoke briefly about the 'Partnership Panels' the last Living Well meeting. These are an informal meeting space for VCSE partners to gain information around referrals / navigating the system / signposting / supporting people with mental health needs they might come across. These panels are staffed by the DMHA, with a clinical psychologist, a community developer and the area manager available twice a month to answer queries.*
The only criteria is that we ask people to please book into the panels using the form that can be found, with further information, here: https://www.mentalhealthdevon.co.uk/partnership-panels
Booking helps us manage flow – these panels aren't widely attended and are offered on an 'as needed' basis, so the booking lets us know there's need. We don't want to keep staff waiting in an

online meeting room if there's no demand!"
If you need to contact Phil, his email address is Philip.harris@devonmind.com

Mary Midson – Mary updated that the Cancer Care Hub has now started at the Lantern and runs on the first Tuesday of every month. The first group had 35 attend which was fantastic and the group is supported by other organisations attending such as Energy 361, CAB, Devon Carers etc.
If you'd like more info please email her on marymidson@nhs.net

Jayney & Michael - Jayney explained that Body Aware Pilates are now also working from the Positive Pilates studio (opposite the garage on the High St) where they will be offering pilates, yoga and physical therapy.
They also have some space available that they are offering for community use for workshops, meetings etc.
For more information please contact Jayne on jaynebodyaware@gmail.com

Louise Flagg NDVS (via email) –
"*Just a reminder that we have a volunteering event at Barnstaple Library on the 12th where around 30 organisations are attending to promote their volunteering opportunities and members of the public are welcome to drop in and find out more between 3 – 6pm.*
If you have any new members who would like to join the NDVS Managing and Support Volunteers Forum please ask them to get in touch with me cvs@ndvs.org.uk
NDVS is hoping to have a new round of courses for Volunteers and Voluntary Service staff in the new financial year all aimed at helping them to understand the needs of their local community and the challenges they face.

Also a bit a good news if no one has already mentioned that Devon Schools and Families are going to be able to fund the HAF programme for another year, providers have not yet been provided with the funding application/offer documents but it would be useful to know if groups/families are keen to access this provision during the holidays and what type of activities they would like to see on offer."

We also received an email from Val Gates of Ilfracombe Lions who had previously presented to the group the Lions Anniversary Fund which supports residents in need. Her email read:
"*We have had a really good response from the Living Well group for support from our Anniversary Fund.*
We have now loaded a specific application form onto our website for the group to use in future. It can be found on our website and is shorter than our usual application. We will be supporting these applications as long as we can. If there is any change I will let you know.
I attach a form to be distributed to the Living Well members so they know what they are looking for.
The website is: ilfracombeanddistrictlionsclub.com"

Thanks everyone,

I will see you all on 5th March

Charmain ☺