Living Well – Wednesday 2nd April 2025

One Ilfracombe Updates:

1. **Ilfracombe Culture Club** – There are some of the projects within Culture Club which have a wellbeing/community crossover including:
   * Trails (for families, for health, for locals and for tourists) – IDBTA are now Ordinance Survey partners, so Ilfracombe trails are now on the OS website. QR trails are being investigated and the Fish Trail will be ready soon once the artwork is updated and printed.
   * The Beach of Dreams (www.beachofdreams.org). – Mel from Hand:Plant is doing a fantastic job at bringing groups together to deliver a number of smaller actions throughout the month of May to tie in with the national Beach of Dreams project which addresses climate change through culture. If you have any ideas on how your organisation can get involved then ping Charmain and email.
   * Potential to relaunch the Silver Saturday/Sunday project beyond just the museum – looking to create a more town-wide offer similar to the Elder Days that Age Concern run in Barnstaple. Charmain has spoken to Jill Ackland from Age Concern and will try and meet up with Meryl Tanton who already runs the drop in for them in Ilfracombe.

2. **Into The Blue** – Our project is ready to launch after the Easter holidays and we have 190 Junior School children signed up to take part in a free 6 week sea-based course working with local activity leads, the RNLI and National Landscapes. They will learn about sea safety, effective sea swimming, coasteering, SUPs and kayaking. To date we have obtained £27,000 of funding to run this.

3. **Ilfracombe Futures Forum** –- https://www.ilfracombefutures.org/ - Lots of productive conversations happening outside the meeting to develop projects to support children and young people in Ilfracombe including:

   Youth Club – Myself and volunteer Ali Hogg met with Mark from Pip & Jims to hear about their plans to run a youth club from their newly renovated space at the Pip & Jims Community Hall. Although we looked at the potential to work together on this, it seems that the aims of each club weren't quite the same, so it would be more of a case of each of us doing our own thing, but still looking at how we could pool resources and opportunities for the wider benefit of young people in the town. If anyone knows of a space that would be available regularly and consistently and ideally somewhere that had storage and an outside space, then let Charmain know!
   Until this happens we are looking at creating some pop up events to get the youth engagement work rolling.
   Aspire Project – Aspire is a project run by Clem Bennellick through his role at Exeter City Community Trust (a charitable arm of Exeter City Football Club). The project is supported by the Salvation Army and works with young people at the Academy who are at risk of suspension. The work he does brings great reward and they've even managed to reintegrate some more challenging students back into school. They spend several weeks with Clem during term

time and he supports them in exploring their interests and creating opportunities. He also works to integrate them into the community and to date have included volunteering at Belle's Place and Wellbeing Wednesdays. Charmain has met with Clem to support him in a funding application for Proceeds of Crime Act money via Devon & Cornwall Police and linking him in with other organisations that can provide opportunities.

4. **The Family Hub/Ilfracombe Children's Centre** – Following a previous Teams meeting and Terry asking me chase at this meeting I have sent a follow up email to Ian Flett who is Head of Services for Young People and Partnerships as he is overseeing the change from Action to Children to DCC. Concerns have been raised now at both Living Well and the Mental Health Mycelium Network about staff redundancies and potential reduction in service and accessibility.

Presentation 1 – James Lander – Ilfracombe Poverty Truth Commission
Ilfracombe Poverty Truth Commission launched in September 2024 following 6 months of engagement with the Community Commissioners (people with lived experience of poverty). Since then the Community Commissioners have been meeting monthly with the Civic Commissioners (people who work for a range of local/regional organisations) to build relationships and identify areas that they would like to collectively work on to try and improve the experience within community and services of people living in poverty. They are now at the stage of honing down the areas to target and will be inviting other organisations and community groups to join them once the areas of focus have been identified.
You can learn more about the commission by having a look at James presentation which I have attached.

If you have any questions or would like to be involved, please contact James on james.lander2@nhs.net

Presentation 2 – Ellie Hird – Good Boost Programme
Please see Ellie's attached presentation.
Following a successful programme in Barnstaple, Tarka Leisure now have an aqua based programme that runs once a week at Ilfracombe Swimming Pool and is for people with musculoskeletal conditions.
The sessions provide a tailor designed programme for each individual, using the benefits of exercise in water to support them. As well as providing a physical benefit there is also a valuable social aspect to the individual.
Referrals can be self-referrals as weall as made through GPs, Social Prescribers, Pain and physio team at the hospital etc. using this link - https://parkwood.atreemosurvey.com/Home/Index?id=eyY1iPX1RVd31cTKjJp0AQ==&NewSession=1 You can also contact the pool directly on 01271 864480
It is available for everyone over the age of 18 and costs £6 per session.
If you have any further questions, you can contact Ellie on ellie.hird@lexleisure.org.uk

Round The Table/Updates

Terry Elliott spoke about the Minor Injuries Unit at the Tyrrell Hospital. It is currently only open at weekends from 10am-6pm offering a paramedic led service, which is limited as they don't offer what you'd expect from MIUs such as suturing cuts and prescribing antibiotics. It was due to close at the end of March but this has been extended to end of July. Part of the issue here is the inconsistency as every time the contract is extended the days/times seem to change so there is a lot of confusion locally about what is available to them. Terry and Gloria have met with the Healthcare trust to discuss this and have pointed out the huge health inequality across Devon as there is a clear north/south divide as in South Devon they have 10 Minor Injury Units running 7 days a week (a couple are 5 days a week) from 8am-8pm, where as in the North the provision of the Tyrrell is all that is available.
Terry has said she will keep us up-to-date with ongoing conversations around this.

Sarah Maddocks, Community and Volunteer officer from ITC spoke about the Community Car service and the Garden Angels service. The Car Service works with volunteer drivers to support local residents get to medical/hospital appointments outside of Ilfracombe at a much cheaper rate than a taxi (plus people on certain benefits can claim back this cost at the hospital). Gardening Angels is a new project that helps older people who have gardens that they can no longer manage. At present referrals are only coming in through North Devon Homes, but if they can get more volunteers they can extend this.
More volunteers are needed for the Garden Angels so please contact Sarah on sarah.maddocks@northdevon.gov.uk if you know of someone who can help. James Lander suggested talking to the running club about www.goodgym.org
Please see leaflets attached.

Louise Flagg from NDVS said (following on from Sarah's update) that Devon Connect can be used for volunteering opportunities (and they also have their volunteer co-ordinator Sammi).
They are putting on a Group 2 Safeguarding course on Monday 12th May through VOYC. It will be 1-4.30pm online and it is subsidised so that places are only £20pp. The link to take part in that is here - https://www.eventbrite.co.uk/e/1316028790539?aff=oddtdtcreator
They will be putting on more training events throughout the year as the funding comes in.
With her other hat on Louise also spoke about the Holiday Activity and Food (HAF) programme for which they have got funding for another year. It opened last Thursday although the Easter holidays are almost here. EEQU are hosting it and there is a link to register and book for HAF programmes on their website - Eequ · After school. In place of school. Beyond school.. NDVS can assist anyone who cannot access the system due to technology issues.

Natali from Sunrise was unable to make the meeting but asked us to share the posters (attached) for the Barnstaple Diversity Festival and Pride March on 21st June and Bideford Pride on 31st May.

Date of Next Meeting Wednesday 7th May 2025