Many thanks to those of you who were able to make our meeting yesterday! It was nice to see you after our summer break 😊

Lots of good things to report on, so have a good read of the below:

One Ilfracombe/Ilfracombe Town Council Update from Charmain:

Space Youth Engagement Event – Space Youth Services held an engagement event at the skate park on the 18th August which was a success so we are now devising another for the October half term which will build on ideas raised by the young people who have their opinions at the first event. These include creating a manny pad as part of the skate bowls and a graffiti wall.
To tie in with this I have secured £250 funding from Flourishing Cultures to run a youth graffiti workshop with Dan from Silk Crystal Studios.

Ilfracombe Futures – We have postponed the 30th September meeting as it was more urgent to push on with the Youth Hub proposal. We have a strategic meeting on 20th October with some of the department leads at DCC to pin them down on commitments to delivering a youth hub in Ilfracombe, and we (myself, Jody Le Bredonchel from Ilfracombe Jr School and Cat Hewitt from Family Hubs) will be presenting them with research and engagement findings, supported by the local narrative for need and a good list of partner organisations who would like to deliver their services from such a space.

I met with Cerys from Space at the Barnstaple Youth Hub, "Georgies" and it was really inspirational to see what an incredible youth provision they have there. It is funded by DCC and they also have one in Bideford, so it is a good precedent to push for something in Ilfracombe.

One Ilfracombe Employment and Skills – I met with Keir Duffin from DCC to talk about how the work that Sarah Maddocks is doing could be pushed out more to the community and potential employers. I suggested we maybe look at holding an open day/information event based around cultural careers (one of the 5 areas they are looking at) as it's a much softer introduction to skills, upskilling, training etc. than having an outright employment event, and bring in local artists/makers who are a part of Culture Club and ask them to run some hands on mini-workshops, tasters, activities etc. We can then also invite voluntary groups along to share volunteering opportunities and have information on hand regarding the new skills courses that are taking place across Ilfracombe. This is currently pencilled in for Thursday 6th November 10-2 at the Lantern.

There is a Functional Skills in Maths course starting on 5th November at Ilfracombe Library that will run every week and is led by Learn Devon. I have attached a poster should you want to share or for more info please contact Learn Devon on 01237 472462 or email on learndevon@devon.gov.uk 😊 I have also included a poster for the Countryside Management event led by the National Trust.

Ilfracombe Culture Club – we had another productive meeting this month, again with more new members which is always great to see! I was able to hand over the reins this month as members of the group are now chairing the meeting and taking minutes which is a big relief for me, but obviously I will continue to support the group and am especially keen to support in sourcing grants as project ideas come through. Our conversations included how the Culture Team can support with opportunities that are arising through the One Ilfracombe Employment and Skills group. We also heard that several members had been successful in their applications to the Flourishing Cultures Fund and will be running a series of cultural workshops over the winter at Hand:Plant.

Car Seat Training – I have supported Karen Goode from Devon & Cornwall Police in linking her in with local groups who work with parents of babies/toddlers, as she had funding for car seat training. This training is more important now than ever as a lot of parents turn to Facebook marketplace and online sales to purchase their car seats, but this then means that they don't receive the correct advice on how to get the right seat and how to ensure their child is in it safely. There have recently been avoidable infant deaths due to incorrectly fitted car seats, so I linked her in with Early Nourishment, the Family Hub and Salvation Army.

Tesco Funding – I made a successful application to Tesco for their Groundworks Funding. From October – January you can use your blue tokens at Ilfracombe Tesco to vote for Into The Blue as your chosen recipient. We are guaranteed to receive at least £500, but if we get the most amount of token we get £1500, so please pop yours in the Into The Blue slot next time you are in there!

Stop Loan Sharks – We had another brilliant presentation from Dave Monk of the Illegal Money Lending Team back in the summer, but just to follow on that the IMLT have recently arrested two 23yr old loan sharks in Barnstaple, so it is a good reminder that they are very active in our communities. It's estimated that 1.08 million people in the UK are currently under the shadow of a loan shark in the UK. If you'd like to know more, the website is www.stoploansharks.co.uk or if you'd like a free talk to your

organisation/department/employees then please drop Dave an email on dave.monk@birmingham.gov.uk

Devon & Cornwall Police have asked us to share a new campaign based around romance fraud which is becoming more and more of an issue with people being scammed online into believing they have a romantic match with someone only to be scammed out of money. You can find more about this at Action Fraud

Presentation – Kevin from 361 Energy – kevin@361energy.org – www.361energy.org

361 Energy CIC is a not-for-profit social enterprise. Their focus is on providing energy advice to households and businesses in North Devon and Torridge. They provide free energy saving advice to vulnerable households. They also have Retrofit Coordinators who can advise on suitable ways to upgrade your home, making it more energy efficient and lowering its carbon emissions. Please contact Kevin if you would like to know more about their services or you can refer a client, friend, family member etc. via an easy to complete form on their website.

I have attached a copy of Kevin's PowerPoint presentation to this email 😊

Presentation – Karen from North Devon Baby Bank – ndbb@btinternet.com – www.northdevonbabybank.co.uk

Karen was unable to make the meeting, but had very kindly sent through the following update which was read out:

The baby bank is now 18 months old, and has now been a registered charity since last November.

We have received generous grants from Ilfracombe Town Council, The Buffaloes, Gossip around Ilfracombe, The TLC Shop, Fullabrook CIC, The Ilfracombe Rotary Club, The Lions Ilfracombe, Baby Bank Alliance, and numerous private fundraisers and artists and businesses in Ilfracombe.

We are now in the running for Tesco`s Blue Tokens and they have kindly allowed us to install a collection bin for donations in store. We get £1500 if we win, to buy new cribs, cots, mattresses and bedding.

We are managing well in our 40ft shipping container at Mullacott and have been gifted a second one by Garness Contracting, where we store prams, baby baths, stairgates, cots and cribs.

The first one is for storing, sorting and packing clothes, nappies, toiletries, toys and books. We have a small team of weekly packers and delivery people.

We remain by referral only, as this way we are reaching the most vulnerable families, most referrals are coming from midwives and health visitors.

Some families are very mobile, for example, arriving in Ilfracombe Holiday Park as emergency accommodation, and then moving onwards to anywhere in North Devon. We complete the referral regardless.

We are approaching our 180th family referral now, which means 250 children have been directly supported with bedding, clothes, toys and toiletries, ages 0-5 years, but also several teenagers.

We now supply Labour Ward NDDH with new born `concealed pregnancy` bags. For those surprise babies! These contain emergency baby vests x 10, grows x 10, 100 nappies, wipes and toiletries for mum, including sanitary wear and breast pads.

We have also supported women fleeing domestic violence and seeking refuge with their children, as they often leave with nothing. Delboys have kindly gifted adult clothing for us too, as needed.

We now collaborate with The Hygiene Bank who supply us with bags of family toiletries, toothbrushes, toothpaste, shampoo, conditioner, baby bath etc. Most families say yes to this!

We always need extra help, especially sourcing second hand cots and prams, especially double buggies. Then checking, cleaning and delivering them. Get in touch if you can help.

We do not collect or gift any food or baby milks, as this is for the food bank, and any school uniform is passed to Carol at Belle`s Place for the school uniform bank.

As a team we feel so grateful for the high quality donations from families and supporters, much of it bought new, and the financial support that is continuously being offered now.

Thank you again for all of your support.

Karen and Team

Presentation – Hannah Shackleton – Active Devon's Tackling Health Inequalities through Physical Activity Programme – hannah.shackleton@activedevon.org

Here are details of the PACC trainings Hannah mentioned:

Free training courses open to all working within health and wellbeing:

Championing Movement for Health - PACC Training - Active Devon

Championing Movement for Mental Health - PACC Training - Active Devon

Championing Movement for Health – Children and Young People (PACC training) - Active Devon

A summary of the work we do and support available can be found here: Movement with Communities - Our Work in North Devon - Active Devon

And I would be really keen to connect with any groups or organisations working in Ilfracombe with our priority audiences: Children and Young People, (particularly those interested in suppporting mental health through physical activity) and people living with Long Term Health Conditions.

Updates/AOB:

Beckie Brady told us about the Healthy Living Workshops that the PCN are delivering starting in Weds 16th October. She has kindly sent through the below information:

🌿 **Healthy Living Workshop – Ilfracombe**

Hosted by: One Ilfracombe **Start Date:** Wednesday 16th October 2025 **Time:** 10:30 AM – 12:00 Noon **Location:** Ilfracombe Centre **Duration:** 8-week programme
Audience: Residents of Ilfracombe and surrounding areas, including Caen patients

Workshop Overview: This holistic programme offers practical tools for healthier living, covering topics such as:

- 🍎 Healthy eating
- 🤸 Getting active
- 😴 Sleep hygiene
- 🧘 Mindfulness
- ...and more

Additional Info:

- Free to attend this time (future sessions may incur a charge)
- Refreshments provided
- Limited spaces: 12–14 participants

Referral & Contact: If you know someone in Ilfracombe or nearby who would benefit, please share Natali's contact details: 📧 **n.purdy-guevara@nhs.net** 📱 **07870 697378**

Please note, this programme can be tailored to suit a range of audiences and may be adapted to meet the needs of specific populations. Any future delivery will involve cost considerations, which will need to be discussed with One Ilfracombe.

She also reminded is that on the 15th October, following the success of last year they are holding another Healthy Heart Day on Wednesday 15th October. It will be at The Lantern from 10 – 2.30pm. I have attached a poster should you wish to share it.

Terry shared with us the continuing fight that the League of Friends are putting up to retain MIU services in Ilfracombe. She reinforced how important it is to stand up for the rights if rural communities who are being left behind, especially when it comes to healthcare. The League of Friends are asking for anyone who has had any issues with the lack of access to MIU services to complete form (available at the Ilfracombe Centre, Ilfracombe Library or Tyrrell shop) as it helps build a good narrative around the major issues that people face.

Louise Flagg from NDVS gave us a few updates:

- They are coming the end of the first year of their National Lottery funding which was granted to reinforce and progress Community development across Northern Devon. They've got some really good learning from this first year so far and the lottery have now adjusted their targets for the project and has narrowed it to four key areas – 1. Listening & Supporting Communities, 2. Improving Practice, 3. Strengthening the VCSE sector and 4. Influencing Statutory Organisations and Partners.
- www.devonconnect.org – devon connect now has some new features including an interactive map. They are looking to hold online training to support communities to upload their information to the website
- Training – they have some upcoming training programmes available including "Meet The Funders" which will have local grant-giving organisations presenting information on how communities can apply for their funding pots. You can find out more here - Events from November 28, 2024 – February 12 – NDVS

Charmain gave an update on Ilfracombe's Poverty Truth Commission, as it is due to end in December.
There is a final event on the 4th December, and although it is invite only, if you really are

keen to be there then please drop myself or James Lander an email – james.lander2@nhs.net

They are currently looking at the legacy of the project and how to support the wonderful community commissioners who have done a fantastic job of advocating for people with lived experience of poverty. They have four 'headlines' coming out of this which are – People, Place, Projects and Power which essentially when combined are looking at how we collectively embrace the confidence that the community commissioners have gained and use to continue to co-create/co-design projects with them, including some which haven't quite finished, or ideas which haven't yet started. If you have any ideas about how your organisation could work with the commissioners within your own projects then please drop James an email.

Lots of info there for you all, but hopefully it's helpful!
We have spaces for presentations in November and December so please let me know if you'd like some room on the agenda 😊

The next meeting will be Wednesday 5th November at 12.30pm.

Hope to see you there!

Charmain