Please find the notes below from last week's Living Well meeting – 5th November 2025

Just a reminder that December's meeting will be the last one until February so if you have any updates and want to be agenda's for December's meeting then let me know 😊

One Ilfracombe/Ilfracombe Town Council Updates:

Ilfracombe Futures

- We met with various leads from DCC and NDC to present the urgent need for youth provision in Ilfracombe, and more specifically shared our vision for a multi-purpose Youth Hub. The presentation was well received and really reiterated the need for such a space, but it was clear that the logistics around securing a permanent location wasn't easy.
- There are so many conversations around hubs/spaces for various reasons across all sectors at the moment (the Poverty Truth Commission have coined this the Ilfracombe Campus Model), but there needs to be a bigger strategic look at who needs what, what spaces are available, who is going to run it, how is it funded etc.

Space Youth Engagement Event

- Space Youth Services held two afternoons of youth street art/engagement workshops outside the Landmark during half term. I obtained funding from North Devon Council's Winter Flourishing Cultures Fund for Dan from Silk Crystal Studio to deliver graffiti workshops and the Space team bought along sumo suits, zorbs, footballs, a range of games and gave out free snacks and hot chocolates. Cerys from Space was really happy with how the event went, with over 50 young locals attending, including some of those that are known to be a bit 'difficult'. She strongly feels that we need to be capturing the youth voice as much as possible and although there isn't the funding for Space to have a permanent presence in Ilfracombe, they are keen to do more pop ups to keep the momentum going.

Poverty Truth Commission

- We had our final Poverty Truth Commission Meeting and it was a wonderful opportunity to share what a worthy, humbling and wonderful experience this whole project has been. It has been refreshing to see leads from a wide range of local organisations change their attitudes towards poverty and in turn influence

change within their own organisations to “humanise” their services, and it has always been fantastic to build relationships with the community commissioners who have been so open and honest with their stories and experiences. The closing event is on the 4th December, but the projects to come out of the commission will continue, including working with the community commissioners to design the front window of the Ilfracombe Centre so that people know that they can find the information that they need.

One Ilfracombe Employment and Skills

- There is a huge amount of work happening within this work stream, with successful events such as the fully subscribed Countryside Skills course with the National Trust, and the introduction to the NEETs LIFT programme, which is now oversubscribed.
  There are a wide range of courses upcoming including functional maths, functional English, customer skills and woodworking. There is a lot of engagement to be done on this project as we need to make sure that the courses on offer are what the community need. You can find out more on the One Ilfracombe website here - Ilfracombe Works - One Ilfracombe
  Sarah Maddocks who has been leading on this for One Ilfracombe is now moving over to work for DCC, so please send any questions enquiries to me on Charmain.lovett@northdevon.gov.uk

Arts Council Creative People and Places Funding

- We heard back from The Arts Council at the beginning of the month and sadly they chose not to support our project. We are all incredibly disappointed with the decision as a lot of hard work went into the year long application process and we felt that it was a strong application. We are pursuing the Arts Council for further feedback as to why they felt their “money could be spent better elsewhere”, as that was the only feedback we received with the decision. We will look into alternate funding to see if someone else could fund this project.

Singing for Lung Health

- I am involved with the development of the Singing for Lung Health steering group. One of our social prescribers, Joanie has undertaken a Singing For Lung Health qualification which enables her to lead classes which support people with lung conditions such as COPD, asthma etc. we are looking to run these at Combe

Coastal with support from the respiratory nurses, who are currently identifying patients who they think would benefit.

Tesco Funding

- Just a reminder that until 31st December you can use your blue tokens in Ilfracombe to vote for Into The Blue. We have a guaranteed £500, but if we get the most votes we receive £1500

Terry Elliott – English Indices of Deprivation 2025

Terry kindly shared with us the recent statistics that have been released, and how Ilfracombe faired.
Sadly, the data show that inequalities haven't improved in Ilfracombe, in fact in some areas it has now worsened.
You can see a snapshot view here - deprivation.communities.gov.uk/about-your-neighbourhood/E01020112?postcode=EX349EE
I have also attached Terry's presentation to this email.

One of the most poignant comments on this new data is around how deprived we are under the category of Health & Disability, with Ilfracombe being in the top 3% of the most deprived neighbourhoods in England. We are statistically worse in that area than Jaywick who are the most deprived neighbourhood in England.

One of the conversations that rose from this is why, with such shocking statistics does Ilfracombe always miss out, and one reason may well be that as a wider area these small pockets of deep deprivation get lost. North Devon as a whole only ranks 121st out of 296 local authorities, and only 5% of neighbourhoods within North Devon are highly deprived, where as across England the percentage is 10%.
Sarah Williams commented that One Ilfracombe are signed up to the Coastal Navigators Network, and this is the type of issue that they could be looking at in order to attract additional funding into Ilfracombe.

Another conversation was how we need to change the narrative for Ilfracombe. Whilst we are all acutely aware of the issues that we face as a town, we really need to flip the

script and start shouting about all of the amazing things that happen here as they should be the lead story when talking about the town – not all of the doom and gloom.

Tyrrell Legue of Friends – "The Future of the Tyrrell Hospital and NHS Care in Ilfracombe" event – Thursday 20th November 6-7.30pm @ The Lantern (upstairs in the Club Room)

Whilst we were on the topic of health inequalities, Gloria reminded us that the LoF are holding this event to look at issues and solutions to the health issues that Ilfracombe face.
There will be a panel consisting of representatives from the NHS, local pharmacies, Devon Mind, county councillor Sara Wilson and others.
I have attached a copy of their poster – please do come along or share it with people who may be interested. The more the merrier!

Update - James Lander – Poverty Truth Commission

The commission has now finished, with a final closing event to be held on the 4th December in the Lantern.

Despite the regular meeting now finishing, there are 15 "products" which have come out of the commission which are in the process of being adopted by the involved partners so that they can continue with this work as a legacy to the commission. Each product is essentially a project or idea for change that has come out of the 12 months of joint working between the Community Commissioners (people with lived experience) and the Civic Commissioners (people working in local bodies/organisations). These products span the four identified areas of work which are:

Housing

Adult Education, Skills & Training

Understanding Poverty

Humanising the System

Full reports of the work of Ilfracombe's will be available in December.

Although the event is invitation only, if your organisation would be keen to be more

involved with the work of the Poverty Truth Commission and would like to attend the closing event then please email James on james.lander2@nhs.net

Update - Helen Bearsley – The Filo Project – helen.beardley@thefiloproject.co.uk

We welcomed Helen who has recently joined the Filo Project in the role of Area Co-ordinator for North Devon.
We had has a full presentation from the Filo Project at the beginning of the year and heard about their marvellous service which works with local hosts who support people with dementia by inviting them into their home as part of a small group (3-4 people) where they have conversations, play games, have lunch or go on a trip out, and generally give them a chance to socialise with other people. The people who sign up are collected from their homes and returned at the end.
There are active groups across North Devon and Torridge but there has been a recent burst of referrals from Ilfracombe residents so they are on the hunt for Ilfracombe based hosts. They have had a few applications from people in Ilfracombe but unfortunately they live in houses that aren't easy to access (too many steps for instance), so they haven't been able to take them on.
Hosts are paid a generous daily rate, have all travel and expenses covered (including any money they spend on providing lunch) and include all the regular bonuses of an employed position such as paid holidays, training and pension plan. Filo also provide ongoing support for the hosts.
The main requirements that they need from a host is a 5dr car, a reasonably well accessible home (e.g. minimal steps/steep slopes etc.) and a downstair toilet.

I have attached Filo's leaflets should you know of anyone who would like to apply to be a host, or would like to refer someone you know into the project. The project is paid, but the local authority will fund participation just as they would with day care if they are eligible, if not it will need to be privately funded.

Filo also offers a family support service for family members of people signed up to the project, and it is a lifelong service, even if the person only attends a few times. It is a regular, confidential phone service and 50% of families tend to call within 6 weeks of their relative signing up so it is a well-used, valuable service for those family members.

Please contact Helen on the above email address for more information.

Update – Miriam Mansfield – miriam.mansfield@salvationarmy.org.uk **- Ilfracombe Salvation Army – Hope Kitchen**

Miriam shared with us that the Hope Kitchen started at the end of June and runs every Thursday between 12-2pm.
She explained how it is more than just a community meal, but it is almost an artificial family living room where people can come along and socialise but also be included in the whole process just as you would if you were if you were having a meal at a family members house. It's a lovely way for those people who feel disconnected to come along and feel a sense of community and belonging, or even for those who have always been surrounded by family but no longer have that.
It is open to everyone and is very intergenerational, and you can be as hands-on as you like, with some people getting stuck in with the food prep or washing up.
As well as the meal side of the project, they also have people come in and run some art activities and there are board games available too.

Hope Kitchen is on a donation basis only (so no need to donate if you can't afford to), and once a month they team up with the Benita Project.

AOB/Round the Table

Amy from the North Devon Baby Bank joined us to share the fantastic work that they have been doing recently. We'd had an update from Karen last month (you can see a full run down if you have a look at last months notes), but also added the fab news that they are partnering with the Hygiene Bank to create family hygiene packs, and they have handed out over 40 so far.
They also have provided 50 Sleep Spaces (so cots, bassinettes etc.) with each one having a new mattress.
She shared with us some of the shocking statistics around child poverty including that there are 4.5m children in the UK living in poverty and 72% of them are from working families. In our area there are 1200 children living in poverty, and to date the Baby Bank have reached 400 of them, which means they have done a brilliant job of catering to a third of those families already!
Referrals to the Baby Bank are on a professional referral basis only and you can do this via their website – www.northdevonbabybank.co.uk

Hannah Shackleton from Active Devon updated us on everything they were up to and kindly sent through the following summary:

- Active Devon Launches Welfare Bursary Support for Sports Clubs: Clubs across Devon can request support for up to £500.
- Free funding advice from Active Devon at the NDVS Meet The Funders Webinar (November) - NDVS on 12th November
- We're encouraging everyone to GLOW - Grab Life Outdoors this Winter! Please like and share our campaign on social media.

For healthcare professionals:

- Free Championing Movement for Health online training for supporting conversations with patients around physical activity:

- Mental health practitioners: Championing Movement for Mental Health - 19th November
- Child and young person practitioners: Championing Movement for Health – Children and Young People - 12th December

- Information for GP surgeries on becoming an Active Practice: RCGP Active Practice Charter in partnership with Sport England.

For educators:

- Active Devon is 25 years and we're inviting children and young people to help us celebrate in two competitions:
- A Letter to Movement competition for primary and secondary-aged pupils
- What will movement of the future look like? drawing competition for 4-11 year-olds

We're excited to be partnering with the fire service to offer a five-day intensive 'Phoenix Project' course for young people based at Ilfracombe fire station, commencing 17th November. Photos to follow!

Terry Elliott – Terry asked whether the hearing bus was still attending the Landmark as there are quite a few people who would benefit from the bus. Sam from the Tyrrell commented that on a related note there was a national shortage on certain hearing aid batteries at the moment.
Action – Charmain to speak to Living Options (now known as Disability Together) to see

if this service still exists.

Earlier on in the meeting **Gloria Satchwell from the Tyrrell League of Friends** had raised the issue of there being an obvious increase and presence of rough sleeper in Ilfracombe in recent weeks.
Collectively we spoke of the complexity of the individuals in question and that as far as we were aware they were all known to the homelessness outreach services. Some of them are open to help, some not so much.
The town council's Maintenance Team have been verbally abused in recent weeks by members of the public despite the town council having no powers at all to move people on, or touch any of their personal possessions, so there have been ongoing conversations with North Devon Council and the police about how to best handle any issues that are arising such as anti-social behaviour, open use of drugs in a public space and environmental health issues/littering.
It was suggested that it may be worth having an extraordinary Living Well meeting specifically around this issue.

I have also been asked to share the following:

Tony George from the Department of Works and Pensions (Job Centre Plus) has shared the attached file regarding dates for their external stakeholder events which include online upskilling sessions that raise awareness of different benefits (Personal Independence Payments, Disability Living Allowance (including Child Disability Living Allowance), Industrial Injuries Disablement Benefit and Access to Work) and the eligibility criteria around them, the customer journey when making a claim, including the assessment process. There will be the opportunity for Q&As at the end. Please use the links within the document to register for them via Eventbrite.

Louise Flagg from NDVS asked me to update the group that they have just appointed a new Accessibility and Inclusion Connector, Natali Purdy Guevara (who many of you will already know as a part of this group and her previous roles within One Ilfracombe and Sunrise Diversity). She starts in her new role on 10th November – Congratulations Natali!

Sallie McKay-Roper from Devon & Somerset Fire & Rescue Service has asked me to share the following on their new SAME4 Campaign. For more information you can contact Sallie on smckayroper@dsfire.gov.uk :

Devon and Somerset Fire and Rescue Service has launched the SAME4 campaign in a focused effort to help prevent fatal fires across our counties.

SAME4 highlights the four key risk factors most often linked to fire fatalities:

- Smoking
- Age (over 65)
- Mobility
- Emollient creams

When these risks combine, they can make it much harder for someone to escape safely in the event of a fire. Sadly, many of the lives lost in recent years have involved one or more of these factors.

We're asking our partners, community organisations, and support networks to help spread this important message. Please share the campaign through your channels and conversations and especially with anyone you care for, support, or work with who may be vulnerable to these risks.

A few small actions can make a life-saving difference:

- Encourage smoking outdoors or ensure cigarettes are fully extinguished.
- Check mobility aids and make sure escape routes are clear.
- Use emollient creams safely and be aware of their fire risks, using the information below.

Together, we can protect those most at risk and prevent future tragedies.

Emollient safety information

As part of the national Know the Fire Risk campaign, a new video resource has been developed to help domiciliary care providers, support workers, health professionals, and informal carers understand and reduce fire risks linked to emollient use in the home.

This video offers practical advice and supports key messages including:

- **All emollients**, including paraffin free are a fire risk when dried onto fabrics
- Changing to a lower paraffin or paraffin free emollient **will not** reduce the risk

Please note: The video includes real-life imagery and discussion of fire injuries and fatalities which some viewers may find distressing NFCC Carers advice Emollients on Vimeo

It is designed to help carers and professionals to:

- Carry out person-centred risk assessments using NFCC's Fire risk checklist for domiciliary care providers
- Access campaign information, leaflets, and further advice tailored to carers: Emollients and risk of severe and fatal burns: new resources available - GOV.UK

Please help by:

- Sharing SAME4 posts on your social media channels (follow us on socials to see our posts Facebook and Instagram).
- Sharing emollient safety information, particularly with those who care for others in the home
- Including campaign details in newsletters or bulletins
- Talking to your teams, clients, and communities about these risks, especially those working in care, who may visit people who are vulnerable.
- Using our SAME4 poster to display in community areas, doctors surgeries and pharmacies, etc. Please find this attached
- Making referrals to us with customers who might be at risk, via our website using your partnership code. Referrals can be made using **this link**

We have lots of helpful information on our website: SAME 4: Fire safety starts at home | Devon and Somerset Fire and Rescue Service

The next Living Well meeting will be on **Wednesday 3rd December.**
Please let me know if you would like to be on the agenda for any presentations/updates.