

# ONE COMMUNITIES NEWSLETTER

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BROUGHT TO YOU BY ONE NORTHERN DEVON



## What is a ONE Community?

BY DR JOHN WOMERSLEY



One Communities are local place-based partnerships within Northern Devon, designed to bring together community, voluntary and statutory services alongside residents with the aim of improving the wellbeing of residents.

One Ilfracombe was the first One Community developed 6 years ago which pioneered the model ahead of One

Northern Devon and now other One Communities.

There are currently five One Communities at different stages of development across Northern Devon.

One Northern Devon has now commissioned a partnership development manager to support the One Communities and to support and develop this place based model across Northern Devon.

[www.northdevonhealth.nhs.uk/one-northern-devon](http://www.northdevonhealth.nhs.uk/one-northern-devon)

# ONEILFRACOMBE



One Ilfracombe is a not-for-profit company which brings together services, businesses and the community for better health, economic prosperity and a higher quality living environment for the people of Ilfracombe.

Over the last 6 years, One Ilfracombe has developed and delivered many projects to improve the wellbeing of its residents. These have included the Community Connector Social Prescribing Service, Mental Health and dementia awareness, The Town Team,

Out of the Blue cadet programme as well as many others. Recently One Ilfracombe has received funding to expand the Community Connector service for 2 hours every day in Combe Coastal GP practice and employ a Community Development Officer.



Out of the Blue



The Town Team



Community Connector

## TORRINGTON100

The Torrington 100 Group received funding from the improved Better Care Fund (Health and Social Care Funding) to employ two part time community developers. Torridge volunteer services (TTVS) and The Plough Arts Centre are facilitating the project which aims to

support Torrington's satellite village communities as well as Great Torrington itself with an arts and culture based scheme. The group are also collaborating with Torrington Futures Group and Care forum to develop a website and database.



# ONE BARNSTAPLE



[www.onebarnstaple.org.uk](http://www.onebarnstaple.org.uk)

One Barnstaple is a partnership of local voluntary, community and public service organisations in Barnstaple, chaired by local GP Dr Simon Jones. In May 2019, One Barnstaple was officially launched with a 3-day event showcasing the fantastic community and voluntary sector organisations within the town. Representatives from One Barnstaple partner organisations attended the event to ask residents their opinion of Barnstaple and what

they thought could be improved. Over 300 responses have been received so far, and these will be used by the One Barnstaple partnership to form a one year plan alongside public health data. To add your responses please visit our website. One Barnstaple FLOW project started in March 2019 and is a social prescribing project aimed at system change within community, voluntary and statutory services.

*'We want to learn to connect the system NOT try and connect the person through the current system'*



## LIVE WELL IN BRAUNTON



### Live Well in Branton Connecting the Community

Live Well in Branton is a community partnership started by Dr Susanna Hill, Lorraine Loveden, Roger Byrom and others in 2017. The aim of the group is to improve connections within

Branton which they have done by launching a website which provides links to all community organisations in the village. The group has published a directory with copies located at the GP surgery and other

venues in Branton. Live Well in Branton have recently received funding from the Improve Better Care Fund and employed a Community Connector based at the 'hub' in Branton.



# ONE BIDEFORD



Bideford Town Council, Torridge District Council, the police, fire service and Safer North Devon created One Bideford in February 2016. One Bideford aims to be a cohesive, collaborative, visible multi agency team that works daily to create a cleaner, safer and more vibrant town centre and to use public resources effectively and efficiently to resolve issues that matter most to the community. One Bideford works closely with Intag8 to run a

wellbeing centre open 5 days a week. This centre provides counselling and support to Bideford residents, as well as having two minibuses which are loaned out to different agencies. A job club has recently been started to help get people back into work and the service is looking to expand into other towns in the area. One Bideford has received confirmation of £50k funding to run a youth mental health project for 13-25- year olds which started in March.

## SOCIAL PRESCRIBING ACROSS NORTHERN DEVON

Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other professionals to refer people to a range of local, non-clinical services.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations.

Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

There are many different models for social prescribing, but most involve a link worker or navigator who works with people to access local sources of support.

Source: [www.kingsfund.org.uk](http://www.kingsfund.org.uk)



# NORTH DEVON SOCIAL PRESCRIBING NETWORK

Within the last few years, several social prescribing schemes have developed across North Devon. A network connecting organisations and individuals has been set up to support and enhance this vital role within our communities. Social prescribing roles often comprise of one person working within an

organisation or community to link people to statutory, voluntary and community services and groups to improve their wellbeing. The network provides an opportunity for people delivering this service to meet, share knowledge and resources, support and enhance each other's services. Discussion in the first two meetings have

included anonymous case studies which have proved difficult to tackle, training opportunities available and overviews of each service. Organisations represented so far have included, Live Well in Braunton, Devon and Cornwall Police, DCC Early Help Board, One Ilfracombe, Care Direct +, Litchdon Medical Centre and One Barnstaple.



The One Ilfracombe Community Connector service has now been running for 5 years, signposting Ilfracombe residents to organisations, groups and activities that can help with their wellbeing. Referrals come from variety of routes including self-referral, health and social care organisations, drug and alcohol services, GPs and many others. Since April 2019, the Community Connector has been based at Combe Coastal GP surgery from 9 – 11 every day. Referrals to the Community Connector service have doubled since April 2019.

## TORRINGTON 100

Torrington 100 have recently received funding to employ two Community Developers to map, communicate and develop community capacity within Torrington and its 16 villages. These roles work closely with the upcoming GP Link Worker role.



Live Well in Braunton  
Connecting the Community

Live Well in Braunton have recently employed a part-time Community Connector who works out of the Braunton Work Hub.

The One Barnstaple FLOW project team has been in place for three months now and is setting out to deliver system change within the community, voluntary and statutory agencies within Barnstaple. The essence of the pilot is to encourage and support those agencies to step outside of their 'remit' and take a holistic problem solving approach to supporting individual clients



to address their own needs and vulnerabilities and to pull in the support of partner agencies where appropriate.