

Place programme

JUNE 2024

Executive summary

Key successes
Key challenges

One Community support & development

Risks, issues and requests
CD work-plan status

Reports from the One Communities

One Ilfracombe
One Atlantic
One Barnstaple
Torrington 100
Holsworthy & District Community Forum
Live Well in Braunton
One South Molton

One Community and Community Developer employer logos



Live Well in Braunton
Connecting the Community



BARNSTAPLE
TOWN COUNCIL



South Molton
Town Council



Holsworthy Communities



For Board Attention & Discussion

Key successes

Funding secured for Community Development across Northern Devon

NDVS and TTVS have been successful in their National Lottery Community Fund bid. One Northern Devon have match funded the bid and will be supporting the aim: Thriving, cohesive, resilient and resourceful communities who have a strong voice and a greater say in how public money is spent in their community

- To build a strong, vibrant and connected VCSE sector, using a community development alliance model, to bring about social change and improve the quality of life across North Devon and Torridge.
- To create a model that is sustainable through greater integration with the public sector and enables social mobilisation amongst all parts of our communities (including those hidden/quiet voices).
- To develop and enhance the work of the 'One Communities' community partnership model which then can also provide a national framework of community development best practice
- To build an inclusive and integrated community partnership development framework across Northern Devon.

The community developer role is recognised as crucial and this funding will allow for 2-3 years of job security and benefit longer-term planning.

Recognition of effort and outcomes

The School of Public Health has recently undertaken a thematic analysis of past One Community reports, documents and other media collected during the programme. The analysis was both exploratory (content-driven) and confirmatory due to the a priori aims of the evaluation. Themes relating to the overarching research questions were primarily identified and discussed, alongside additional themes inducted by the researcher. The Key findings are:

- The work of the One Communities demonstrates considerable effort to take a person-centred (particularly through co production) and a partnership working approach
- The community developer or facilitator has a pivotal role in supporting ideal conditions to foster impactful community projects
- A number of clear positive outcomes stemming from these approaches incl. connectedness, skill sharing, empowerment, wellbeing outcomes, confidence and combating loneliness and isolation

Key challenges

Development of a consistent evaluation framework and outcome measures across the participating communities/projects to evaluate the work of each One Community

Recent funding will enable the development of a consistent evaluation framework and outcome measures to more effectively evaluate the work of the One Communities. The challenge is to create a framework that allows outputs and outcomes from individual project to be translated and compared across different populations. Amongst other themes, evaluation will aim to report the impacts and outcomes produced by co production at the individual, community, staff, organisation and project level, as well as better quantifying impacts of challenges experienced. Measuring such variables will allow for a coherent establishment of pathways to impact future work.

We aim to draw on our relationships with researchers, universities and research organisations in Devon to support this process. Furthermore, we will explore the capacity of the partners involved with OND to ensure evaluation meets the requirements of all stakeholders. This will allow us to:

- Monitor the impact that resource issues have on community developers ability to do their role well
- Explore how co producing and integrating sustainable practices extend activity and impact beyond the scope of a given funded period and enable community led funding applications.

One Communities evaluation: A thematic analysis

by the School for Public Health Environments Research at Exeter (SPHERE)



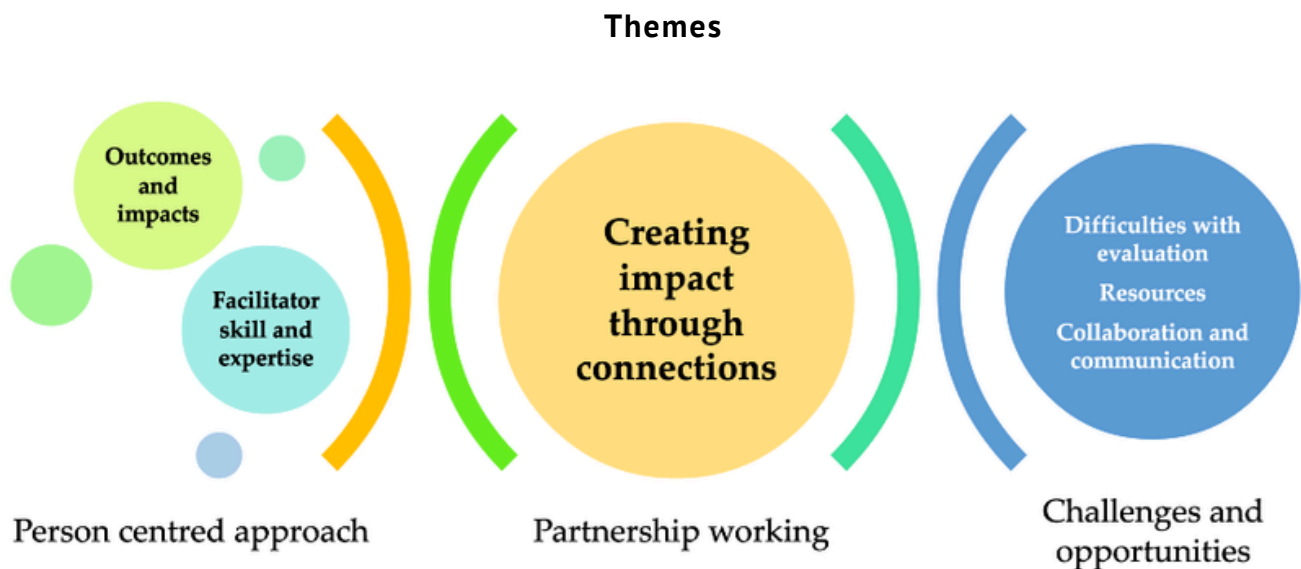
University
of Exeter

The evaluation focused on 3 broad research questions

1. Understanding to what extent the One Communities projects exemplify taking a person-centred approach
2. Understanding the extent of the empowerment of community partnerships in the One Communities project
3. What are the reported impacts of taking these approaches?

Methods

- Nvivo was used to support a thematic analysis of One Communities reports, documents and other media collected during the programme
- The analysis was both exploratory (content-driven) and confirmatory due to the a priori aims of the evaluation
- Themes relating to the overarching research questions were primarily identified and discussed, alongside additional themes inducted by the researcher



Key Findings

- The work of the One Communities demonstrates considerable effort to take a person-centred (particularly through co production) and a partnership working approach
- The community developer or facilitator has a pivotal role in supporting ideal conditions to foster impactful community projects
- A number of clear positive outcomes stemming from these approaches incl. connectedness, skill sharing, empowerment, wellbeing outcomes, confidence and combating loneliness and isolation
- Challenges included evaluation approach at the individual project level and resources

Recommendations

- Monitor the impact that resource issues could have on community developers/facilitators ability to do their role well
- Build in a focus on 1) co producing and integrating sustainable practices that can extend activity and impact beyond the scope of a given funded period and 2) allocating time and resources within existing funded projects to work with community members, groups and initiatives to support and enable community led funding applications.
- Development of a consistent evaluation framework and outcome measures across the participating communities/projects to evaluate the work of each One Community

OC RISKS, ISSUES, REQUESTS

*Risk score /25 = Likelihood (/5) x Impact (/5)



HIGH RISK



MEDIUM RISK



LOW RISK

| Risk/Issue | Potential Impact / Request | Current Mitigation | Score /25 |
|--|---|---|-----------|
| <p>Risk: Required resources needed for evaluation exceed current scope (time, cost)</p> | <ul style="list-style-type: none"> • Unable to gather / analyse data with current capacity • Reduces quality of evaluation, negatively impacting our ability to learn / develop / support the One Communities effectively | <ul style="list-style-type: none"> • University of Exeter have completed thematic analysis of past CD reports and will be running a focus group • Creating a logic model based on stakeholder feedback • Secured some funding to support the creation of an evaluation framework • Exploring impact evaluation software | 15 |
| | <p>OND Board & OC request - You will be contacted to take part in a focus group with the University of Exeter, please attend so that the output best reflects the One Communities.</p> | | |

CD WORKPLAN STATUS

The following outlines the work requirements of the Community Development Officers and the work submitted to One Northern Devon for sharing with the board.

 COMPLETED

 IN DEVELOPMENT/UNDER REVIEW

 NOT IN PLACE

| CD TASKS | | OB | OSM | LWIB | OI | OA | T100 | H&DCF |
|---------------------------|---|---|--------------|--------------|--------------|--------------|-----------------------------|--------------|
| Governance | OC forum setup | Completed | Completed | Completed | Completed | Completed | Completed | Completed |
| | OC members list | Completed | Completed | Completed | Completed | Completed | Completed | Completed |
| | OC terms of reference | Completed | Completed | Completed | Completed | Completed | Completed | Completed |
| | Chair in post (volunteer) | Completed | Completed | Completed | Completed | Completed | In Development/Under Review | Completed |
| Communications | OC forum meeting notes and action log | Completed | Completed | Completed | Completed | Completed | Completed | Completed |
| | Online community platform | Not in Place | Not in Place | Not in Place | Not in Place | Completed | Not in Place | Not in Place |
| Community action planning | Map assets of community value (strengths) | Completed | Completed | Completed | Completed | Completed | Completed | Completed |
| | Agree local priorities | Completed | Completed | Completed | Completed | Completed | Completed | Completed |
| | Theory of change / logic model | Not in Place | Completed | Not in Place | Not in Place | Not in Place | Completed | Not in Place |
| Take collective action | Community-level projects | See 'OND PLACE REPORT' for outcomes/outputs | | | | | | |

One Communities

Outcomes & Outputs

Feb 2024 & March 2024

Reported outputs and outcomes

One Ilfracombe

One Atlantic

One Barnstaple

Torrington 100

Holsworthy & District Community Forum

Live Well in Braunton

One South Molton

One Community and Community Developer employer logos



Northern Devon Inclusive Community framework

Who?

The Community Developers, OND Flow staff and Encompass Southwest.

What?

Co-create a trauma-informed framework, to support populations across Northern Devon that are often marginalised due to discrimination, stigma and lack of understanding.

Updates

The project started with complex needs and has expanded to become a general inclusive framework that celebrates diversity and aims to support the integration of all within our communities.

Progress

Currently producing the first draft of the framework. Engagement work has explored:

- how our communities view people with complex needs
- what is going well (areas of good practice)?
- what is needed?
- what could be improved?
- how can we reach those often described as 'hard to reach' (to involve them in co-design)?

Whats next?

Due to existing funding ending (Encompass) and new funding secured (TTVS/NDVS), upon completion of the first draft of the framework, Encompass are handing the continuation of the project over to NDVS/TTVS to take the work forward.

Encompass will still support (connection to people with complex needs), ensuring that their system transformation work includes our communities.





Community priorities:

- Loneliness & isolation
- Young People
- Healthier Lifestyles
- Travel & Transport
- Unpaid Carers
- Services in your home
- Fuel Poverty
- Mental Health
- Climate change & 'green' initiatives

How H&DCF helped the community

THIS IS A SNAPSHOT OF THIS PERIODS CD WORK, FOR MORE OUTCOMES INCL. PREVIOUS MONTHS/YEARS PLEASE CLICK [HERE](#)

| PROJECT | OUTPUTS | OUTCOMES | PARTNERS |
|---|---|--|---|
| Repair Cafe | <ul style="list-style-type: none"> • Working with local groups and Councillor to establish. Positive response to support at the recent Community & Volunteering Event. | <ul style="list-style-type: none"> • environmental: challenging planned obsolescence, reducing waste, and promoting sustainable behaviours Increase social capital, helping build norms such as reciprocity and trust role in tackling deprivation improve mental wellbeing (volunteering) informal learning space | Local groups Town Councillor |
| Supporting Libraries Unlimited | <ul style="list-style-type: none"> • Funding is available volunteer coordinator appointed to expand libraries offer Fortnightly Board Game Club sessions are now running with a small group of regular attenders. other activities to follow | <ul style="list-style-type: none"> • Increase use of libraries Young people who find it difficult to engage with mainstream/available activities, are able to meet and have fun/make friends. Some of the gap left by the demise of the mobile library service are filled (expansion of libraries at the programme of activities is accessible to all ages. | Libraries Unlimited TTVSH & DCF |
| Affordable leisure activities for Carers | <ul style="list-style-type: none"> • Identified 'carers in the community' (380 registered through Devon Carers in the Holsworthy area) TTVSH are utilising their Know Your Neighbour Creative Lives grant Holsworthy has a new Carers group meeting monthly and an ambitious 6 session programme has now been agreed with them to commence in July incl creative projects, Tai Chi/Sound Bath Singing/drama tutor, craft Workshops run in Holsworthy Library | <ul style="list-style-type: none"> • Reduce social isolation/loneliness Improve Mental and physical wellbeing by providing opportunities to make friends within their peer group. | TTVSH, Devon Carers, Libraries Unlimited, Tai Chi/Sound Bath Singing/Drama tutor |
| Bereavement Cafe/ Grief & Trauma support | <ul style="list-style-type: none"> • PCN identified need Engaging (research) Fortnightly 'Grief & a Cuppa' sessions are commencing in June in The Coffee Hub, Holsworthy. CD /PCN produced survey to improve bereavement Support Services - data can then be used to apply for funding via the PCN. Monthly activities (eg walking group / 'Grief and a Cuppa' sessions) | <ul style="list-style-type: none"> • Improve access to timely support (many agencies do not offer support for the first 6 months). enabling friendships | Ruby Country PCN, TTVSH, Holsworthy Youth & Community Hub, HCC, Holsworthy Primary |



| PROJECT | OUTPUTS | OUTCOMES | PARTNERS |
|---|--|--|---|
| Stroke Support Group (Volunteer-led peer support group) | <ul style="list-style-type: none"> 3 monthly sessions have now taken place, it is a small group at the moment but good friendships are evolving and they are enjoying speaking to other stroke victims and supporting each other. PCN Wellbeing Lead identifying patients CD advertise locally/on social media | <ul style="list-style-type: none"> Increased awareness of support available for stroke victims Improved wellbeing Reduce loneliness - new friends Increase local support - peer group Effective publicity coordinated by a volunteer with lived MH experience | Stroke Association, TTVS, PCN Wellbeing Lead, Kings Arms |
| Market clinics: Mental wellbeing for farmers & suicide prevention in the rural community | <ul style="list-style-type: none"> promotion of the clinics (Market Chaplaincy) accessed evaluation funding and support from the University of Exeter Public Health school (Market Chaplaincy), which came about via the OND Public Health workshops with GJ Grant application has been submitted by Methodist church and quotes are being obtained for printing of credit card information. establish easy access to basic MH support for farmers & suicide prevention in the rural community. Design & produce information cards with MH/Crisis support information for distribution Provide basic MH training for all those coming into regular contact with farmers (delivery drivers, drovers, etc). Seeking a grant to cover costs and enable the project aims to be widened. | <ul style="list-style-type: none"> Reduce suicides in the farming community Improve access to MH services | Plymouth & Exeter Methodist District (Andy Jerrard, Rural Support Worker), TTVS, PCN, Kivells, Market Cafe, Market Chaplaincy Team, Grief Specialists |
| Food Hub (ongoing) | <ul style="list-style-type: none"> Awards for All grant received of £7250 to ensure stability of the Food Hub over the next 3 years. volunteers have been amazing and 3 have been trained up as Coordinators and are now confident to lead sessions including food ordering. We celebrated their achievements during National Volunteering Week. offering low cost food (approx 60 bags p/wk) Running very successfully with over 150 members. CD leads 1 in 4 sessions including food ordering | <ul style="list-style-type: none"> help low income families stretch their budgets Increase volunteering opportunities putting an estimated £10,000 worth of food back into the local community with zero waste | DMAT, Live West, Tressell Trust, HDCF, TTVS |
| Volunteering Fair | <ul style="list-style-type: none"> Visited 3 regional wellbeing fairs looking to roll out similar event in Holsworthy, liaising also with NDVS Building on what ROC3 brings to the surface. A successful Community & Volunteer Event was held in Holsworthy in June, to coincide with National Volunteering Week. 28 local groups/organisations attended, 40 members of the public attended We have received good feedback. Community engagement | <ul style="list-style-type: none"> Increase awareness and uptake of volunteering networking | Redeeming our communities (ROC) NDVS28 Local groups/organisations |
| Lets Cook Club | <ul style="list-style-type: none"> 5 week after school course, and most of the existing 8 interested learners were unable to attend (communication with the primary school parents seems to have been challenging) sessions teaching people basic skills to enable them to cook healthy meals, utilising low cost ingredients and cooking on a budget. Learners will be provided with a £50 set of cookery equipment (purchased with a Cost of Living grant) to enable them to continue healthy cooking at home. | <ul style="list-style-type: none"> Learners (parents) acquire basic cookery skills and are enthused to carry on cooking healthy meals at home, utilising low cost ingredients (from the Food Hub, Community Fridge, etc) | HDCF Learn Devon (tutor) TTVS Dartmoor MATHols Primary ROC |



Chair: Dr Susanna Hill (Caen Medical centre)
 Community Developer: Andrea Mules



Community priorities:

Live Well in Braunton is a community resource helping people to live healthier and happier lives. Our priorities are:

- Make the village more connected
- Build social equity
- Support existing projects
- Identify gaps and coordinate respective projects
- Support social prescribing



How LWIB helped the community

THIS IS A SNAPSHOT OF THIS PERIODS CD WORK, FOR MORE OUTCOMES INCL. PREVIOUS MONTHS/YEARS PLEASE CLICK [HERE](#)

| PROJECT | OUTPUTS | OUTCOMES | PARTNERS |
|---|--|--|---|
| The Benita community project | <ul style="list-style-type: none"> • £421 (Growing Communities Fund) -to pay for 4 free meals and Chat session at The Braunton Parish Hall (next. Tues 25th June @ 2pm to 4.30pm.) venue hire, ingredient costs and a small pot of money to cover transport costs for volunteers.Currently advertising | <ul style="list-style-type: none"> • to provide meals, company, events and friendship for all! a celebration of community work in action | The Benita Project CIC |
| Community Ambassadors / Youth Volunteering opportunities | <ul style="list-style-type: none"> • Continue to train and recruit Community Ambassadors. 14 out of twenty (end of year 2 number trained)Community AmbassadorsDelivered Community Ambassador training to Saunton Youth Life Savers as part of their D of E awardAim to upskill and offer advice to those with hearing loss. as currently only support in North Devon is 2 new volunteers in Bideford. Volunteer Hub- Working with the Work group to develop the resources and paperwork. | <ul style="list-style-type: none"> • raise awareness of community services and activitiesIncrease volunteering opportunities that benefit young people's career progression | Saunton Youth Life SaversYouth work group |
| Directory | <ul style="list-style-type: none"> • completed the 2nd edition of the directory, and uploaded the LWIB website. Seeking funding for a print run. | <ul style="list-style-type: none"> • Increase awareness/access to services | LWIB |
| Community Garden | <ul style="list-style-type: none"> • a working group of the Lead Volunteers have been busy clearing the garden alongside Andy Parsons and Clive Magson of Braunton Academy.A digger has been donated by Eagle Plant Hire and 3 of the volunteers will be digging out roots and levelling the areadraft list of jobs has been agreed creating a Facebook pageopen day in JulyCommunity Contract created (amendments to suit both parties) final stages of completion1st location being finalised2nd location has been offered at £1 a year rent from the council6 volunteers recruited to be Lead Volunteers of open groups and have roles such as Planning etc. £3000 of the growing communities fund spent on the garden.£1500 for 10 workshops from primary school to adultsEquipment purchased | <ul style="list-style-type: none"> • Generate interest in Garden and wildlifeIncrease volunteeringIncrease nature connection | Live Well in BrauntonBraunton AcademyGardeners CoBraunton Parish CouncilAsk for JakeResidentsEagle Plant Hire |
| Living Life Longer-Wellbeing Walks | <ul style="list-style-type: none"> • Promote free Walk Leader Training, develop the walks and help make it sustainable.£200 from the Growing Communities Fund to help with training for volunteer walk leadersActive Devon- have agreed to complete the training Seeking groups and volunteers to help secure the future of the walks. | | Braunton Countryside CentreActive Devon |



Community priorities forming:

- Young Adults (17-25) Community Support Group
- Isolated Population
- Adult Mental Health
- LGBTQ+ Support
- Unpaid Carers



How One Atlantic helped the community

THIS IS A SNAPSHOT OF THIS PERIODS CD WORK, FOR MORE OUTCOMES INCL. PREVIOUS MONTHS/YEARS PLEASE [CLICK HERE](#)

| PROJECT | OUTPUTS | OUTCOMES | PARTNERS |
|---|--|---|--|
| Adult and Young Carers voucher Scheme | <ul style="list-style-type: none"> • Data suggests >20% of Torridge 68k residents are carers. Discussions with Young Carers and Devon Carers Activity Vouchers (up to £10 value) Recruiting local cafes / venues that Young Carers and Devon Carers feel comfortable with Secured Funding (TDC, Bideford Bridge Trust) Vouchers circulated to caring agencies including young carers, parents carers, adult carers and Dementia groups. | <ul style="list-style-type: none"> • flexibility to attend a social activity in their own time rather than a set time (Due to constraints on the carers availability) Engage & co-produce with carers | TDC, Bideford Bridge Trust, Pannier Pantry, Otters Quay 22, Cool Beans, Young Carers - Torr age - TTVS, Devon Carers, TDC, Bideford Bridge Trust |
| Rough Sleeper Lite Bite Voucher Scheme | <ul style="list-style-type: none"> • 15 registered rough sleepers (TDC data) in the Torridge area. Lite bit vouchers from local cafes participating in the scheme to provide food & drink up to £10. Encompass outreach support workers to hold vouchers and accompany clients so vouchers reach target group | <ul style="list-style-type: none"> • Reduce isolation & loneliness. Improve wellbeing. Reach and support complex, isolated social group. Feedback has been positive and vouchers well received. | Participating cafe's, Cool Beans, Cafe Collective, Pannier Pantry, Cafe Collective |
| Creative Community - Creative Activities | <ul style="list-style-type: none"> • Funding secured from Creative lives. Local artist to deliver 6 week art court to residents at local community housing. | <ul style="list-style-type: none"> • reduce loneliness/isolation. Build healthy resilient relationship and community. Improve well being and mental health. Course attracted a regular core group of attendees (4-5). Feedback is very positive and they are learning new techniques and skills. | Westward housing, Creative Minds community Artists, Creative Lives (know your neighbourhood) |
| Carers Activities | <ul style="list-style-type: none"> • Forward any activities suitable for adult carers to Devon Carers. Applying for funding. Exploring opportunities for: Seated Yoga - teacher to be sourced. Sketching Workshop (local artist) in Appledore to capture a different group of people. A breakfast club for men, they have identified a need for this. Venue to be sourced. Community craft - art group. Green social prescribing meeting re Natures Foot print project. | <ul style="list-style-type: none"> • Reduce isolation, especially in rural areas. Build stronger resilient communities, improve mental health and wellbeing. Reach hard to engage members of community (Cares). Provide warm, safe space. | Devon Carers, TTVS |
| Beginners Meditation Classes | <ul style="list-style-type: none"> • Meditation group now in week 3 of 6 week trial - Uptake variable. Challenges with venue access made the course difficult to deliver - tutor is keen to deliver in another location which is currently being sourced. Creating Posters | <ul style="list-style-type: none"> • Improve Health & wellbeing. Learn new skills. Reduce isolation/loneliness | TTVS, Westward Housing, Ian Godfrey |



8 key priorities ([see our Community Action Plan](#))

- Ensure funding and future planning to sustain One Barnstaple
- Create a Mental Health Network
- Create a Volunteer Bank
- Connect the community through events and activities
- Create a (physical) Community Hub
- Coordinated communications and media across the community
- Create a Community Food Network
- Create a Virtual Hub for collaborative working

**Chair: Jane Petch (Libraries Unlimited)
Community Developer: Ella McCann & Rosie Mahoney**



How One Barnstaple helped the community

THIS IS A SNAPSHOT OF THIS PERIODS CD WORK, FOR MORE OUTCOMES INCL. PREVIOUS MONTHS/YEARS PLEASE CLICK [HERE](#)

| PROJECT | OUTPUTS | OUTCOMES | PARTNERS |
|---|---|---|---|
| <p>One Barnstaple Networks</p> | <ul style="list-style-type: none"> • All networks are continuing to meet at intervals agreed by attendees. • Networks in development including Children and Families, Community Food and Accessibility. • One Barnstaple Membership Meet up held in March. • Calendar of Network Meetings now available for 2024/2025 | <ul style="list-style-type: none"> • Collaborative working and shared resources • Improved communication across organisations • Increased visibility of activity • Actions informed by community needs and what's important to our community. • Partnership projects and events | <p>All One Barnstaple Members are invited to connect to the range of networks and make use of them as fits best with the needs of the community members they are supporting.</p> |
| <p>Wellbeing Wednesdays (Cafe and Chair Yoga sessions)</p> | <ul style="list-style-type: none"> • Funding secured by Barnstaple Town Council for Wellbeing Wednesday Cafe and Chair Yoga throughout 2024 • Chair Yoga sessions run twice each Wednesday morning. • Wednesday Wanderers meet in the afternoon from the same space. • The first Wednesday of each month incorporates Elder Day in collaboration with Age Concern) • Barnstaple Town Council have moved the Community Cafe to the Library Foyer (whilst work on the Guildhall/Shambles takes place) which extends the Cafe until 2pm on the first Wednesday of each month. | <ul style="list-style-type: none"> • Increased connection between community members. • Reduced isolation and loneliness. • Increased physical movement and wellbeing through Chair Yoga sessions. • Access to advice, information and signposting from One Barnstaple Member Organisations. • Connection to Library and range of activities available through Libraries Unlimited and OB Members. • Other One Communities rolling out #WellbeingWednesdays including cafe style drop in and activities. | <p>Barnstaple Library Barnstaple Town Council Yoga and Holistics with Jeanine A range of One Barnstaple Member organisations With funding from Devon County Council's Growing Communities</p> |
| <p>Food For Thought Project - Phase 2</p> | <ul style="list-style-type: none"> • Peer Researchers recruited. • 3 x cooking sessions at Barnstaple Georgie's Youth Centre • 3 x cooking sessions at Bideford Space Youth Centre • Visits and activities scheduled for April onwards • Encompass South West also joining the Food for Thought project. | <ul style="list-style-type: none"> • Peer Researchers sharing learning. • Young People enjoy cooking, learning new skills, sharing existing skills, exploring food and trying new dishes. • Project aligns with One Barnstaple Youth Network and One Barnstaple Community Food Network. | <p>Devon Community Foundation Barnstaple Town Council Space Youth Services Encompass SW The Young Foundation UK Research Institute Devon Food Partnership</p> |



see our Community Action Plan

Member Representative (Chair): Jane Petch,
Libraries Unlimited - Barnstaple Libra
One Barnstaple Community Developer: Ella
McCann
Barnstaple Town Council Community
Developer: Rosie Mahoney

Our mission is to effectively address challenges faced in and by our community. To work together, with compassion, to improve the wellbeing of our community; the place itself, those living, working and visiting it.

Our purpose is to improve wellbeing in and of Barnstaple by developing a local network made up of community members, residents, volunteers, and providers of services who will work together to tackle local issues using shared assets, resources, and expertise.

Our Key Themes form a framework which all activities and priorities link back to. It's an holistic approach influenced by the 5 Ways to Wellbeing.

- Body | Physical Health
- Mind | Psychological Wellbeing
- Spirit | Giving Time - Sharing Skills
- People | Connect with Others
- Place | Take Notice of Local Area
- Planet | Take care of Climate and Environment

Our 2024-2025 Goals are drafted below along with actions our members will be more consciously taking to benefit our community:

Goals

- Increase the feeling of pride / worth people have in themselves and the town, starting with their environment.
- Increase free and accessible activities and events for young people.
- Provide a vibrant physical space which is a hub of activities, kindness and community, inclusive and visible in the heart of the town centre.
- Bring people together through free events and activities, accessible to everyone, for the community - include skills building.
- Encourage the community to get involved with volunteering

Actions

- Be part of the regeneration of Barnstaple Town through meaningful participation in One Barnstaple Networks - creating cohesion and capacity.
- Communicate and collaborate on what matters in the town, with a genuine sense of team, compassionate support for each other and enthusiasm which ripples wide into the community.
- Increase use of Devon Connect - populate it with Volunteering opportunities, activities and events so it becomes a go to directory.
- Connect, listen, be alongside and understand missing or quiet voices within our community.

How One Barnstaple helped the community

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Ongoing activities and projects: One Barnstaple Community Developer and Barnstaple Town Council's Community Developer support, facilitate, develop and deliver on a number of regular and ongoing activities / projects.

| | | | |
|--|---|--|---|
| <p>One Barnstaple Youth Network (Rosie) 11th April and 9th May</p> <p>Mental Health Network (Devon Mental Health Alliance) 15th April</p> <p>NEW: One Barnstaple Accessibility Network (Ella) 14th April and 13th May</p> <p>NEW: One Barnstaple Children and Families Network (Ella) 15th May</p> <p>One Barnstaple Older People's Network (Ella) 20th May</p> <p>NEW: One Barnstaple Community Food Network (Ella) 23rd May</p> <p>One Barnstaple Community Developers Network (Ella) 28th May</p> <p>Summaries of sessions are made available to One Barnstaple members - work on our website is underway to enable these to be made public.</p> | <p>#WellbeingWednesdays</p> <p>Weekly Wellbeing Cafe (Ella) sessions in Barnstaple Library Foyer 10am until 12 noon with a variety of One Barnstaple Members attending with information and advice. Sessions regularly supported by a Library Volunteer.</p> <p>Chair Yoga (Yoga and Holistics with Jeanine) upstairs in the Library with classes at 10.15am and 11.45am.</p> <p>Barnstaple's town wide monthly Elder Day in collaboration with Age Concern (the first Wednesday of each month) with a Community Cafe (Rosie) from 12 noon - 2pm serving lunch.</p> <p>A report on impact from this initiative will be completed at the end of the current funding period (January 2025)</p> | <p>Food for Thought</p> <p>With Devon Community Foundation, Space Youth Services, Encompass Southwest, Taw Valley Organics and North Devon Moving Image.</p> <p>Expanding our Phase 1 conversations between young people and producers in order to find new ways to develop sustainable, accessible local food systems. Young people are our peer researchers and decision makers in building the evidence base, and making grants for pilot projects to test the ideas in other contexts.</p> <p>A full report on this project will be made available later in 2024.</p> | <p>Barnstaple Repair Cafe</p> <p>Taking place on the 3rd Saturday of each month, a team of skilled volunteers mend and fix items brought in by community members.</p> <p>Plastic Free North Devon support a network of Repair Cafes in the area thanks to funding from the Postcode Local Trust, People's Postcode Lottery and Naturesave Trust.</p> <p>Barnstaple Repair Cafe is a collaboration between Barnstaple Town Council, Barnstaple Library and Plastic Free North Devon.</p> <p>Plastic Free North Devon report on the impact these cafe sessions have in their annual report.</p> |
|--|---|--|---|

Learning and sharing to enhance community development in Barnstaple:

| | | |
|---|---|---|
| <p>Asset Based Community Development</p> <p>Ella has completed a series of sessions with other community professionals working to deepen community centred practice through asset based community development. The programme was lead by Cormac Russell whose work over the last 25+ years has demonstrated an enduring impact in 35 countries around the world. In June, he's a key note speaker at the International Social Prescribing Conference #ISPC2024 organised by the National Academy for Social Prescribing.</p> | <p>Prince 2 Project Management</p> <p>Rosie is undertaking this internationally recognised course which provides a range of skills and techniques to aid the development of future projects and programmes by the community.</p> <p>SPHERE Public Health Conference</p> <p>As lead Peer Researcher for Food for Thought which is a youth focused participatory research project, Rosie is co-delivering a workshop to share her experiences and learning.</p> | <p>UK Research and Innovation and The Young Foundation - Building Learning</p> <p>Through the Food for Thought project, both Rosie and Ella have been participating in Learning Sessions with researchers and peers from across the UK also involved in projects funded by the Community Knowledge Fund. This enables our Community Developers to connect with best practice, learn from and share experiences in community development and projects working on what matters to communities.</p> |
|---|---|---|



April and May 2024 - a few snapshots of what's been happening:

#WellbeingWednesdayCafe



We welcomed familiar faces and new visitors to the Wellbeing Cafe sessions in April and May. Our lowest attendance was 12 and highest was 24 individuals at any one session.



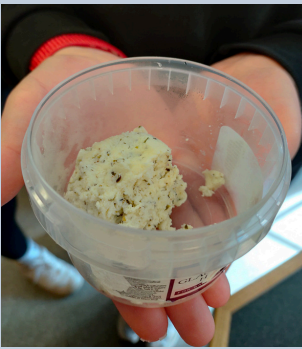
Guests in April and May included: North Devon Against Domestic Abuse, Nicky Ruddick - Collage Artist, South West Water, The Gardener's Collective, NDVS, Warrior Women CIC, Early Nourishment and FND Friends.

Things we did:

We drank LOTS of tea, coffee and hot chocolate, played some Genius Games and Sudoku, ate biscuits and even had a few cakes on Hunnie's last day. We helped organise appointments for people, connected a few professionals and signed up at least one new Library member! We heard about lawn bowls, shared anecdotes of travel and wishes of places we'd like to see. We also helped make cuppas for the launch of the Seed Library.



Magical moment: Seeing home made birdboxes being brought in by a regular attendee. He made them and gifted them to a local primary school following one of the teachers being present at a session he'd been to.



The Food For Thought Project includes regular cooking sessions at Bideford and Barnstaple Youth Centres which are run by Space Youth Services. We have between 4 and 8 young people attending at any one time.

There's often some tasting of food and local produce which our project chef Zoe brings in, there's nearly always TOO MUCH washing up but sometimes, the young people bring in something to share or show ... in this case, some cheese made during a school food tech lesson. It was one of our Peer Researchers who brought the soft cheese and shared it with fellow project participants at Georgie's Youth Centre, telling us how she'd made it and what the ingredients were.

In Bideford, one of the Peer Researchers spent her birthday evening with us, bringing in a cake to share which she'd made at home - a family favourite made on every birthday - she served it beautifully with stories and sharing cultural traditions.

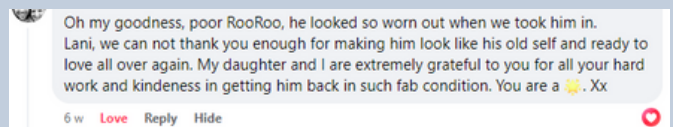
Barnstaple Repair Cafe takes place each month, currently in Barnstaple Library

Fixing and mending lamps, toasters, speakers, clothing and soft furnishings is the bread and butter of a repair cafe. In April we had 27 items brought in for fixing, May numbers went up to 29. Some are fixed there and then, some are taken home by volunteers for a bit more work or special tools, others are assessed and given a good try but resigned to being beyond repair. It all helps reduce waste.

Sometimes, we have special visitors turn up in need of help, ones who are precious and loved so very much. This little bunny had been gifted to a young person when they were a baby, now some 9 or so years on, bunny is a bit threadbare. Plastic Free North Devon Repair Cafe Volunteer Superhero to the rescue - with care and compassion (and a little holiday with our volunteer), this little bunny looked as good as new in record time.

When we posted this picture on our One Barnstaple facebook page, the comment which followed was wonderful to read.

The collaborations through this project bring so much benefit.



Membership of One Barnstaple

May 2024

There are 105 individuals signed up as One Barnstaple Members

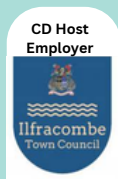
A wide range of Community Groups, Services, Organisations and departments are represented by One Barnstaple Members



Community priorities:

The priorities identified by One Ilfracombe following engagement with Ilfracombe residents and considering the local public health data are:

- Increasing life expectancy
- Enabling older people to remain independent longer
- Helping our young people to reach their potential
- Increased growth of local business
- More Ilfracombe residents in work
- Improving town image
- More residents feeling proud



How One Ilfracombe helped the community

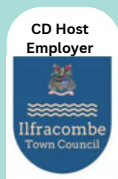
THIS IS A SNAPSHOT OF THIS MONTHS CD WORK, FOR MORE OUTCOMES INCL. PREVIOUS MONTHS/YEARS PLEASE CLICK [HERE](#)

| PROJECT | OUTPUTS | OUTCOMES | PARTNERS |
|--------------------------------|--|---|---|
| Youth NEAT programme | <ul style="list-style-type: none"> • Supporting Salvation Army who are delivering skills classes in Maths, English, sport coaching and bicycle mechanic skills | <ul style="list-style-type: none"> • to increase skills and build confidence | Salvation Army (lead), Football association, Ilfracombe Academy |
| Food club | <ul style="list-style-type: none"> • exploring funding and opportunities | <ul style="list-style-type: none"> • sustainable, cheap management of food | Tbc |
| Cardiac Rehab (phase 4) | <ul style="list-style-type: none"> • Arranging an event in September for World Heart Day regular meetings Steering group cohort of patients for Primary Prevention (offered a place via their GP) on a 'Healthy Living' 6 week course Health & Wellbeing Team creating course content 12 weeks x1 exercise sessions and the 'Healthy Living' 6 week classes. Led by BACPR Health Coach 'GP Exercise Referral Course' to cover the Primary Prevention referrals CD designing referral forms, arranging logins for the Cardiac Rehab Team, referral pathways etc. | <ul style="list-style-type: none"> • (½ cohort) Primary prevention to prevent cardiac arrest (½ cohort) Tertiary prevention to stop recurrence of cardiac arrest Improve partnership working, incl. subject matter experts User led co production to develop the project. | Cardiac Clinic NDDHCombe Coastal Practice. Health & Wellbeing Team. One Ilfracombe. Ilfracombe residents. Vista Wellbeing and National Landscapes |
| Wellbeing Wednesday | <ul style="list-style-type: none"> • CD & the Health & Wellbeing Team developed (based on 5 Steps to Wellbeing (Connect, Be Active, Keep Learning, Give and Take Notice) Weekly session cafe style drop-in (arts and crafts, soup and bread, activities incl. Gentle exercise, Memory Cafe, singing, poetry, improvisation, Chat & Chill, Walks) average footfall is approx 30/week Looking at other agencies holding events/talks/activities during Wellbeing Wednesday. E.g. South West Coast Path Association walk in May - more planned - monthly 30 minute brisk lunch break walk from WW every other week (well attended.) Students from the Academy volunteering at Wellbeing Wednesday | <ul style="list-style-type: none"> • Hub where people can meet others learn activities on a regular basis Help combating loneliness/isolation. Increase volunteering opportunities offering advice, equipment demo's and signposting We have had some great feedback and actively listen to the attendees to develop/change the activities | Health & Wellbeing Team. One Ilfracombe. Ilfracombe Residents. One Barnstaple South West Coast Path Association |

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|---|--|---|--|
| Supporting Belles Place (existing asset) | <ul style="list-style-type: none"> • Providing ongoing support with the following - Updating Belles Place Good cause page on the ND Community Lottery and promoting so more people buy tickets Admin support for event 'Belles and Whistles' promote latest initiative 'The Prom shop'. arranged storage/cleaning of donated dresses/suits. Photo shoot sourced location for the pop up 'uniform shop' to run for the 6 week school summer holiday, helping stock and collect donations. Funding applications | <ul style="list-style-type: none"> • Increase funding and support for existing asset | Ilfracombe Town Council. One Ilfracombe. Ilfracombe residents. |
| Poverty Truth Commission | <ul style="list-style-type: none"> • Co-facilitating getting great engagement from the community participants. workshops every 2 weeks until the launch event in September now have support from the lovely Carol Turner from the Landmark Theatre. | <ul style="list-style-type: none"> • have a better understanding of the impact and root causes of poverty people with lived experience will have an active role in decision-making work in partnership to bring about positive social change Create a shared understanding of the sphere of influence and barriers to change | One Ilfracombe, One Northern Devon, One Devon ICB (Funder), Poverty Truth Network (Funder and support), Local and regional cross sector supporters tbc |
| Memory Cafe | <ul style="list-style-type: none"> • Arranging for Pianist to attend a session to provide light music for the attendees to enjoy. CD & Social Prescribers developed monthly memory Cafe for people with Dementia and memory problems to attend with their carers preparation work / training videos. Contacting a cohort of patients/carers registered with Dementia at CCP/Connecting with Barnstaple MC (loaned items and shared insight and guidance). Donations of cake / biscuits from local supermarkets, props from Small Pond Productions, The Tyrell Charity shop donated history books, postcard picture books etc. The Museum created a photo album. | <ul style="list-style-type: none"> • allow people experiencing memory loss and a loved one to connect, socialise, and build new support networks | Combe Coastal Practice. Health & Wellbeing Team. One Ilfracombe. Ilfracombe residents. |
| Eco Walk | <ul style="list-style-type: none"> • Regular and sustainable event run at multiple locations around Ilfracombe Walking, litter picking, general tidy up of area. Hot drink at the Lantern after with different topics of discussion received donation from Surfers Against Sewage, created risk assessments and completed planning. every 3rd Wednesday of the month (part of Wellbeing Wednesdays) | <ul style="list-style-type: none"> • Promote 5 steps of wellbeing Increase understanding and awareness of environmentally friendly practice Increase physical activity | North Devon Plastic Free Surfers against Sewage National Landscapes Ilfracombe Residents |



Community priorities:

The priorities identified by One South Molton following engagement with South Molton residents and considering the local public health data are:

- To enable individuals and the South Molton Community to improve and promote their own health and well-being.
- To support families and vulnerable members of the community with the effects of the pandemic, including food support
- To work closely with the South Molton Social Prescriber to identify community need and develop projects and support to meet these needs

How One South Molton helped the community

THIS IS A SNAPSHOT OF THIS PERIODS CD WORK, FOR MORE OUTCOMES INCL. PREVIOUS MONTHS/YEARS PLEASE [CLICK HERE](#)

| PROJECT | OUTPUTS | OUTCOMES | PARTNERS |
|---|--|--|---|
| Communita Drop – in | <ul style="list-style-type: none"> • Organising other groups to attend, promoting and commsHosted pop up # 1Community rota to share/hostCreate & distribute Poster and Comms | <ul style="list-style-type: none"> • Signposting Plastic Free North Devon promoted work Social prescribers and Pluss referrals1 person referred for volunteering referred to volunteer at community woodlandGorilla gardening volunteers for park, have started work1 funding referral 2 informal contact at library4 Volunteer referrals, 3 to groups. | <p>South Molton LibraryYMCAPlastic Free North DevonFoodbankSM Community WoodlandSocial PrescribersLibrary</p> |
| The Big Lunch (event) | <ul style="list-style-type: none"> • Supporting Benita Project CIC with design, applying for funding on their behalf, introduction to children's cooking session, organising with SMTC amenities staff and some publicity and comms. Booking SpacePoster and Commsyoung person to create photo show for the Big Lunch event | <ul style="list-style-type: none"> • provide hot meals, drinks, friendship, and hampers to vulnerable families and individuals in the area | <p>Benita Project CICSMTCEden Communities</p> |
| BMX pump track | <ul style="list-style-type: none"> • Organising the improvements and Revamp Engaged local BMX riders and skaters | <ul style="list-style-type: none"> • Increase activities and training for young people | <p>BMX pump track</p> |
| Community Woodlands Wellbeing sessions | <ul style="list-style-type: none"> • £500 raised so far. Co-designing sessions Promoting Volunteering Promote - Posters / Devon Connect / Social Media Referral from Pluss for volunteering. £300 received so far by Friends of SMCW to commission 4 sessions | <ul style="list-style-type: none"> • Increase volunteering • Improve wellbeing • Increase access to nature (determinant of H&W) | <p>South Molton Community Woodlands incl. Friends of 'Wild Things Outdoors'Thrive in NatureDevon Connect</p> |



Community priorities:

The priorities identified by Torrington 100 following engagement with residents and considering the local public health data are:

- Create a forum that allows all local stakeholders to have a say in the continuing development of their community, related to wellbeing involving: Residents and the public, voluntary, community & private sectors
- Be part of the wider Devon Integrated Care System (ICS) and in particular One Northern Devon
- Build Community Capacity by delivering sustainable activities, projects and services to meet peoples' needs.
- Improve wellbeing (Individual and Community) and build a sense of community (belonging)

How T100 helped the community

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|--|--|---|--|
| Fun Palace Torrington | <ul style="list-style-type: none"> • Community Engagement developing a 'Theme' for a Fun Palace event in connection with Torrington Library later in the year. | <ul style="list-style-type: none"> • Bringing local talents and opportunities to a wider audience encourage creativity & skill sharing, opening up opportunities for people to use their skills to benefit the community raise awareness of opportunities in the Community Preventing loneliness and social isolation | Torrington Library |
| Community 'Photography for Wellbeing' | <ul style="list-style-type: none"> • Starting on 4th June for 4 sessions, every Tuesday 10am-1pm. Creative Lives Funding Walking photography sessions taking place in and around Torrington and RHS Rosemoor. Relaxed supported photography for beginners with a local Community and Stock Photographer | <ul style="list-style-type: none"> • connect with the local built and natural environment* Preventing loneliness and social isolation* Connecting local people* Learning a new skill* Introducing people to places that they may not regularly have the opportunity to visit, or may not be aware of | Local Photographer RHS Rosemoor The Plough Arts Centre Community Development Trust Local Residents |
| Great Torrington Community & Volunteering Fayre | <ul style="list-style-type: none"> • Fayre 15/4/24, 4-7pm @ The Plough Arts Centre - 70+ members of organisations and the community attended. Set up a booking system Communications & engagement with local organisations, groups and residents. capturing community need information. | <ul style="list-style-type: none"> • Bringing together key local organisations /groups to raise awareness of what is available to the local community in terms of groups, activities and volunteering opportunities Feedback from organisations indicated that it was a great networking opportunity. Evaluation confirmed that all attendees found new volunteering opportunities and/or activities to take part in | The Plough Arts Centre, Community organisations and groups, local residents |

CD Host Employer



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| Winter Community Events. Cost of Living/Mental Health & Wellbeing | <ul style="list-style-type: none"> • 'Bite Size' Information stands and presentations in prominent places around the town (money saving ideas, staying warm and well)Community engagementOngoing throughout the Winter monthsGroup bookings being made for Energy adviceOngoing | <ul style="list-style-type: none"> • raise awareness of what services and help are available to the local communityCitizenship - keeping active and engaged in the Community.Community Engagement, bring together local key agencies/groups with the community. Keeping active and engaged in the Community. Community Engagement *Bringing together key local organisations /groups to raise awareness of what services and help are available to the local community. *Group bookings being made for Energy advice. | Devon CarersSouthWest WaterEnergy Outreach ProjectBefriending SchemeLibraries UnlimitedCommunity Development Trust |
| Creative Needlecraft 'Try It' Sessions(Creative Lives Funding) | <ul style="list-style-type: none"> • Starting 12th June for 6 weeks, 1pm - 3pm. A chance to try needlecraft - with a different theme each week; knitting, crochet, pompom craft, clothing repair etcLooking to engage Young Parents and Carers - these have been highlighted as groups which are at risk of social isolation in the community. | <ul style="list-style-type: none"> • Preventing loneliness and social isolation*Connecting local people*Learning a new craft/intergenerational skill sharing | <ul style="list-style-type: none"> • Great Torrington Town & Community HallVolunteersLocal residents |