

# Place programme September 2024

## Executive summary

Key successes  
Key challenges

## Community 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



## For Board Attention & Discussion

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### Key successes

#### **The continuation and expansion of Community Development in Northern Devon**

- Barnstaple Town Council continue to employ two Community Developers, including a One Barnstaple Community Developer
- South Molton Town Council employ a part-time Community Developer
- Ilfracombe Town Council and One Ilfracombe employ two project officers and a programme manager
- Live Well in Braunton continue to fund a Community Developer via their own National Lottery Community Fund
- NDVS/TTVS National Lottery Community Fund has secured five Community Developer posts across Ilfracombe, South Molton, Torrington, Holsworthy and Bideford
- NDVS/TTVS are currently recruiting a part-time post in the Lynmouth and Lynton area and two new research and development posts to work across Northern Devon, focusing on Children & Young people and rural and coastal inclusivity (Lottery funded)

#### **Inclusive and participatory Community Development work**

Community Developers are involving local communities, including disadvantaged groups, to help empower them and place them at the heart of decision making through inclusive and participatory approaches. The One Communities are currently updating their priorities, drawing on local engagement and public health data. Collaboration is at the heart of their approach and the OC forums and work of the CDs continue to be a place where partnerships are created and routes to involving those often marginalised or without a voice are explored and implemented.

### Key challenges

#### **Competing demands**

Multiple funding streams, employers and partnerships create a complicated array of aims. Efforts to bring together those that support Community Development include:

- The OND One Communities group continues to meet, bi-monthly, bringing together representatives from across all seven One Communities.
- NDVS is hosting a new Northern Devon Community Developer Forum, bi-monthly - alternating with the OND One Communities group is open to any organisation hosting or employing staff supporting Community Development.
- The Community Development & learning steering group - work relates to clarifying the CD&L joint Forward plan and the NDVS/TTVS Community Lottery aims.
- Northern Devon Futures Communities and places group

As such, governance is complicated and confusing. The impact is that Communities often feel 'done to' as shared objectives do not exist causing further confusion. The Community Development & Learning steering group aims to work closely with Northern Devon Futures Community and place groups to amalgamate top-down objectives and promote bottom-up priorities. Additionally, external evaluation partners, Clarity CIC/ Research your way, give us an opportunity to drive this work forward.

#### **Development of a meaningful and consistent evaluation framework**

The challenge is to create a framework that allows outputs and outcomes from individual projects to be translated and compared across different populations.

Building on the work of the One Communities and the findings of the recent thematic analysis of the One Communities (see June OND place report), external evaluation partners, Clarity CIC/ Research your way are beginning to develop a:

- Participatory approach to ensure evaluation framework, methods and outcome measures are meaningful to the communities and wider stakeholders
- 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.

# Community Development

Purpose

Values

Functional areas of work

Governance

Risks, issues and requests

CD work-plan status

The National Community Development National Occupational standards 2023 (CDNOS), created in partnership across all four UK nations, provides a useful framework that supports Community Development practice. They describe the purpose, values and key work areas of the field.

## Purpose of Community Development

**Community development enables people to work collectively together in a structured and co-ordinated way to bring about positive social change to achieve equality, social justice, climate justice and human rights. It is underpinned by a clear set of values and ethical principles**

This long-term process starts with people's own experience and enables communities (defined by geography, identity or interest) to work together to:

identify the needs and actions they wish to address

- plan and take collective action
- build on and strengthen their confidence, skills and knowledge
- challenge unequal power relationships
- promote social justice, equality and participation in order to improve the quality of their own lives, the communities in which they live and societies of which they are a part.

## Values

### **Social justice and equality**

Work for a more just and equal society which recognises environmental, political, cultural and economic issues by: • Celebrating the strengths, skills and assets in communities • Acknowledging and challenging inequalities, injustice and imbalances of power • Promoting human and civil rights and responsibilities

### **Anti-discrimination**

Respect, value, support and promote difference and diversity whilst rejecting and challenging any form of oppression, discrimination and sectarianism. • Recognise that discrimination works at individual, community, organisational/institutional and societal levels • Explore and challenge all forms of discrimination • Develop anti-oppressive policies and practices which actively support and value diversity

### **Community empowerment**

Enable communities to develop confidence, capacity, skills and relationships to shape collective action and challenge imbalances of power. • Enable communities to recognise and build on their existing skills, knowledge and expertise • Promote the rights of communities to define themselves, their priorities and agendas for action • Provide the space for communities to develop critical, creative, independent and active decision making and participation

### **Collective action**

Promote the active participation of people within communities, using the power of a collective voice and goal. • Recognise the wealth of creative and positive resources within individuals and communities • Promote and support diverse communities to agree and take action on their common concerns and interests • Use the power of the collective voice to plan and take collective action while respecting the rights of others

### **Working and learning together**

Create and encourage opportunities for collective learning through action and shared reflection. • Learn from shared experiences of working in collaboration • Understand experiences in the context of wider social, political and economic forces • Encourage critical reflection on own practice, values and beliefs

# Key areas of work

## 1. Understand and practise community development

- Integrate and use the values and process of community development
- Work with the tensions inherent in community development practice
- Relate to different communities
- Develop yourself as a community development practitioner
- Maintain community development practice
- Support inclusive and collective working
- Manage programmes of work or projects
- Promote equality of opportunity, diversity and inclusion in your organisation

## 2. Understand and engage with communities

- Get to know a community
- Facilitate, analyse and disseminate results of community research and consultations

## 3. Group work and collective action

- Organise community events and activities
- Support communities to manage and address conflict within and between communities or community groups
- Support communities who want to bring about positive social change
- Facilitate community leadership

## 4. Collaborative and cross-sectoral working

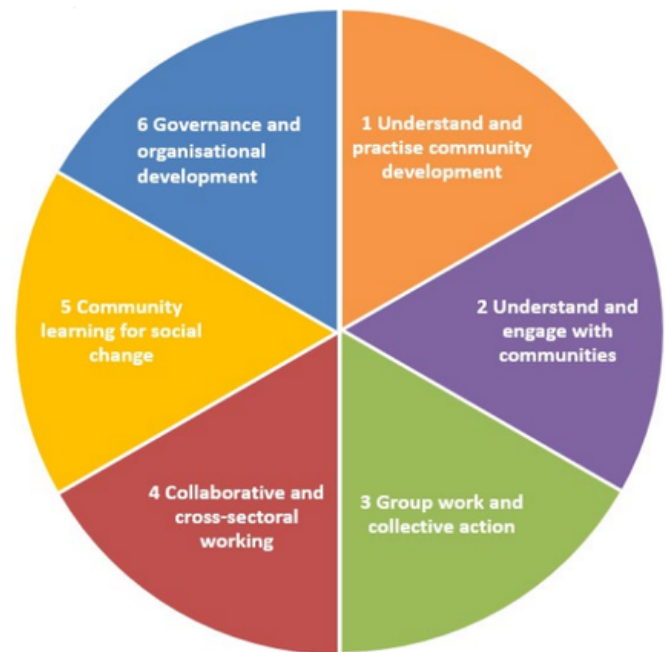
- Promote and support relationships between communities and public bodies and other agencies
- Encourage and support public bodies to build relationships with communities
- Support collaborative and partnership work
- Strategically co-ordinate networks and partnerships
- Advocate with and on behalf of individuals and communities so that their interests are represented

## 5. Community learning for social change

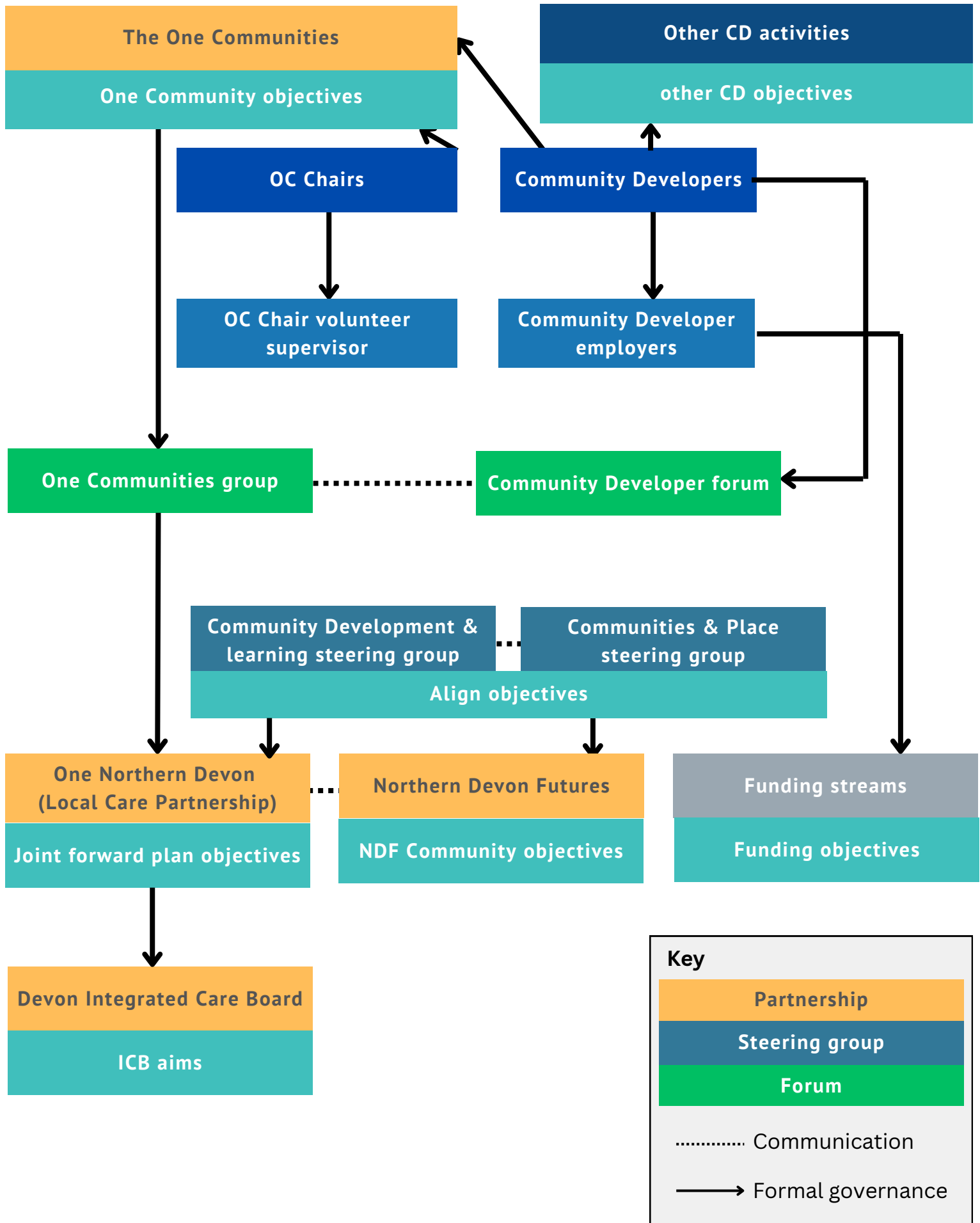
- Promote opportunities for community development learning
- Facilitate community learning for social and political development
- Support communities to become aware, collectively explore and act on the impacts of climate change in pursuit of climate justice

## 6. Governance and organisational development

- Advise on organisational structures to support community development
- Plan and gain resources and funding for sustainability
- Strengthen the organisational development of groups
- Monitor and evaluate community development activities
- Manage internal organisational development and external relationships
- Supervise and support community development practitioners
- Recruit and manage volunteers



# CD Governance (emerging)



# 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><b>Risk:</b> Required resources needed for evaluation exceed current scope</p>	<p><b>Potential impact:</b></p> <ul style="list-style-type: none"> <li>• Unable to effectively gather / analyse data within current staff capacity</li> <li>• Reduces quality of evaluation, negatively impacting our ability to learn, develop and support effectively</li> </ul>	<ul style="list-style-type: none"> <li>• External evaluation partners, Clarity CIC/ Research your way, are supporting the development of an evaluation framework within resources</li> </ul>	15
<p><b>Issue:</b> Communities are unable to effectively support individuals with mental illness since link centre closures</p>	<p><b>Impact:</b> People with mental illness lack appropriate support, community wellbeing groups are having to deal with acute MH episodes</p> <p><b>OC group Request:</b> DCC update for clarity of available support for those with mental illness</p>	<ul style="list-style-type: none"> <li>• DMHA are working with local VCSE to offer some drop-in sessions with professional support</li> </ul>	25
<p><b>Issue:</b> Multiple community development objectives exist across partnerships. Governance is complicated and confusing.</p>	<p><b>Impact:</b> Communities often feel 'done to' and shared objectives do not exist causing confusion</p>	<ul style="list-style-type: none"> <li>• Community Development &amp; Learning steering group aim to amalgamate top-down objectives and be driven by bottom-up priorities</li> <li>• External evaluation partners, Clarity CIC/ Research your way, could help drive this work</li> </ul>	15

# CD WORKPLAN STATUS

The following outlines the work requirements of the Community Development Officer & One Community.

● COMPLETED    
 ● IN DEVELOPMENT/UNDER REVIEW    
 ● NOT IN PLACE

TASKS		OB	OSM	LWIB	OI	OA	T100	H&DCF
Funding	End date	Ongoing	April 2027 / Ongoing	Nov 2025	April 2027 / Ongoing	April 2027	April 2027	April 2027
	Funder	BTC	Lottery / SMTC	Lottery	Lottery / ITC	Lottery	Lottery	Lottery
Governance	Structure	Community Forum	Community Forum	Community Interest Company	Ltd (not-for-profit)	Community Forum	Community Forum	Community Forum
	Community forum(s)							
	OC members list							
	OC terms of reference							
	Chair in post (volunteer)						Interim	
Communications	OC forum meeting notes and action log							
	Online community platform							
Community action planning	Map assets of community value (strengths)							
	Agreed local priorities							
	Shared action plan							
Take collective action	Community-level projects	See 'OND PLACE REPORT' for outcomes/outputs						

# One Communities

## Outcomes & Outputs

### Cross-community

Northern Devon Inclusive Community framework

### North Devon

One Ilfracombe

Live Well in Braunton

One South Molton

One Barnstaple

### Torridge

One Atlantic

Torrington 100

Holsworthy & District Community Forum

One Community and Community Developer employer logos



Live Well in Braunton  
Connecting the Community



BARNSTAPLE  
TOWN COUNCIL



South Molton  
Town Council



Ilfracombe  
Town Council



One Great Community



One  
BARNSTAPLE  
connecting our communities



Holsworthy Communities



# 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.

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.

## Updates

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.

## 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?

Pilot project - Research a baseline level of training that groups and organisations feel is necessary to support inclusivity.



# Northern Devon Inclusive Community framework

## Creating a more Inclusive Community whole day experience

Provides opportunities to participate in a selection of taster sessions from the full Inclusive Community Training Toolkit (under development). This is a pilot project in the planning stages. We hope to invite relevant organisations so that information gets cascaded beyond the training. Additionally, it supports the research around what organisations are looking for – ideally creating a baseline of courses that we feel organisations should have in their toolkit. Including:

### Trauma Informed Community Assessment Tool

The tool seeks to answer three main questions:

1. Does the impact of trauma influence and guide the way this community interacts and meets needs?
2. Does this community have access to the resources and provisions to support a journey towards recovery from trauma for those that desire it?

How can we continue to improve both of these areas?

For more information, [HERE's a detailed summary of the tool.](#)

### Equality, Diversity and Inclusion

This bitesize session aims to

- Enhance knowledge of local diverse community experience
- Explore practical ways we can take action to improve EDI.

### Trauma Awareness - Encompass South

This bitesize session aims to

- Increase understanding of how trauma impacts the lives of our community members
- Provide practical guidance and support so we can be more trauma aware in our actions and interactions

### Mythbusting - Together Drug and Alcohol Services

This bitesize session aims to

- Provide clarity and factual information about substance use and how it affects the lives of our community members.
- Increase understanding of recovery models and treatment options available locally.

### Mental Health First Aid - Awareness session

This sessions will provide an overview of the full course and cover a few practical tips for understanding and supporting people with their mental wellbeing.

### Devon Mental Health Alliance - local context

15 minute whistlestop tour - what is the DMHA, what services are available in our community and how do people access them?



ENCOMPASS



COMMUNITY FUND



Live Well in Braunton  
Connecting the Community



BARNSTAPLE  
TOWN COUNCIL



one ilfracombe  
our future, our choice

OneAtlantic



FLOW  
one northern devon



One  
BARNSTAPLE  
connecting our communities



South Molton  
Town Council



Ilfracombe  
Town Council



Holsworthy Communities



TORRINGTON  
100  
One Great Community



onesouthmolton

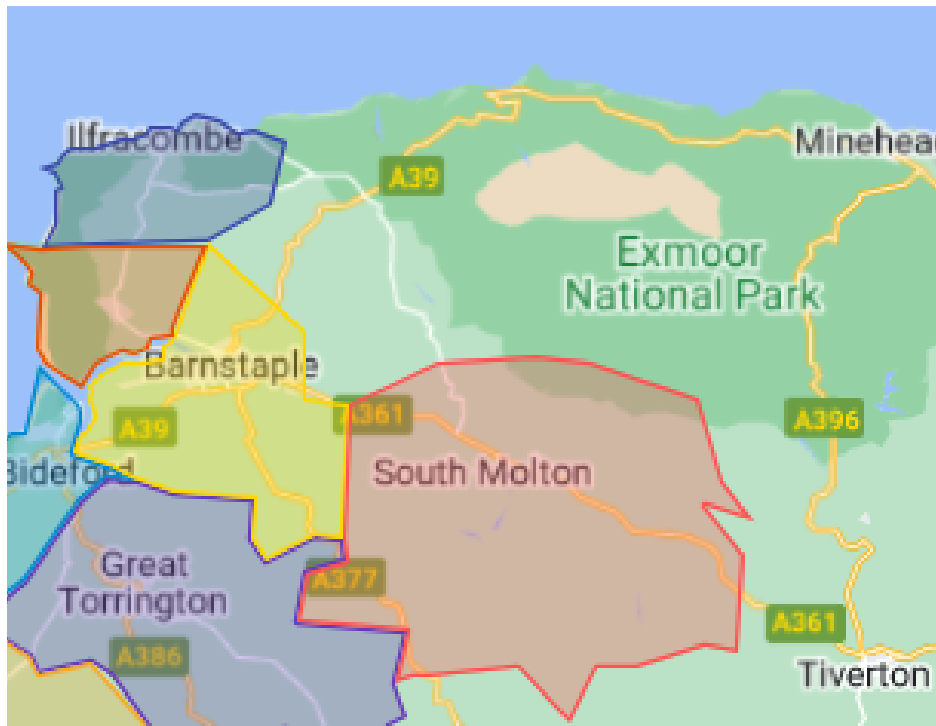
# One Communities in North Devon

One Ilfracombe

Live Well in Braunton

One South Molton

One Barnstaple



### 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 we are supporting our community

PROJECT	OUTPUTS	OUTCOMES	PARTNERS
<b>Wellbeing Wednesday (including Memory Café)</b>	<ul style="list-style-type: none"> <li>• Data sourced from the Social prescribers in the H&amp;WBT – Isolation/ Loneliness</li> <li>• H&amp;WB Team – Help run this group.</li> <li>• SP's can meet patients and get them involved in activities – following the 5 steps to Health and wellbeing</li> <li>• Weekly - 30+ attendees</li> <li>• Purchase all for set up.</li> <li>• Collaborate with DMCC Secure funding Secure premises</li> <li>• Manage rota and activities Coordinate external agencies to attend</li> </ul>	<ul style="list-style-type: none"> <li>• From feedback book for attendees Improve health &amp; wellbeing</li> <li>• Reduce loneliness and isolation Increase self-esteem</li> <li>• Increase volunteering opportunities</li> </ul>	H&WB Team One Ilfracombe Ilfracombe Town Council Ilfracombe Residents DMCC
<b>Continued support for Belles Place</b>	<ul style="list-style-type: none"> <li>• Data sourced from Belles Place and H&amp;WB Team re: need for this provision.</li> <li>• Setup on NDDC Community Lottery Organise &amp; Coordinate The pop up 'uniform shop' (free school uniforms) - was open for 8 weeks</li> <li>• Regular One Ilfracombe meetings re Funding applications etc. ITC / One Ilfracombe provision of premises</li> </ul>	<ul style="list-style-type: none"> <li>• Donations of uniform</li> <li>• Donations of money</li> <li>• Children provided with free school uniform</li> <li>• Family financial support</li> </ul>	One Ilfracombe Ilfracombe Town Council
<b>Poverty Truth Commission</b>	<ul style="list-style-type: none"> <li>• Co facilitate/plan Commissioner workshops</li> <li>• Event Launch</li> <li>• Support evaluation</li> <li>• Attend steering group</li> </ul>	<ul style="list-style-type: none"> <li>• Involve people experiencing poverty in decision making / service design</li> <li>• Better understanding of Poverty in Ilfracombe for Civic/business Leaders</li> </ul>	One Ilfracombe, One Devon, One Northern Devon, Ilfracombe Residents – lived experience, Civic / business Leaders of North Devon, Exeter University/Devon Communities foundation - Evaluation
<b>Community Pantry/swap shop</b>	<ul style="list-style-type: none"> <li>• Promote Source volunteers to monitor Mended are building the internal shelving and doors for the Pantry</li> <li>• ITC are providing the premises for the pantry</li> <li>• Funds for the set up are coming from One Ilfracombe</li> </ul>	<ul style="list-style-type: none"> <li>• affordable food provision and substantial cost savings (typically saving £21 per week)</li> <li>• Increase volunteer opportunities (monitor it) dignity, choice and hope, bringing people together around food</li> <li>• give members community, confidence, volunteering opportunities and job skills, wrap around support and improved physical health and mental wellbeing</li> </ul>	Mens Shed Ilfracombe Residents One Ilfracombe Ilfracombe Town Council
<b>Mycelium Mental Health Network</b>	<ul style="list-style-type: none"> <li>• Monthly meeting with a network of people in the voluntary sector pool resources and help with the lack of MH provision in Ilfracombe.</li> </ul>	<ul style="list-style-type: none"> <li>• MH drop in held in the foodbank hall but staffed by MH Alliance every Friday 10am to 2pm</li> <li>• arranging MH training for Volunteers at the foodbank, Belles Place and Tyrrell charity shop</li> </ul>	MH Alliance, MIND, Ilfracombe Town Council, One Ilfracombe, Residents of Ilfracombe, Food Bank, Salvation Army, Belles Place, NDVS
<b>World Heart Day Event</b>	<ul style="list-style-type: none"> <li>• Request from H&amp;WB Team to attend to get feedback from Ilfracombe Residents.</li> <li>• Display boards for Wellbeing Wednesday, FAT club</li> <li>• arranging / lead art &amp; craft activity</li> </ul>	<ul style="list-style-type: none"> <li>• Increase participants for Wellbeing Wednesday, FAT club</li> <li>• get feedback from Ilfracombe Residents</li> </ul>	H&WB Team, Wellbeing Wednesday, FAT club

# Wellbeing Wednesday Feedback

**\*EXPRESS YOURSELF\***

Had fun, out of my comfort zone such a laugh. Thank you enthusiasm is great Sue x

Good fun way out of my comfort zone. Laugh & laugh would do it again! Great group x

Was able to fun myself here with everyone together. With a good laugh and all. Friendly.

Really enjoyed this session. It was fun & expressive. Everyone had a great time! (We will definitely come to next session) x x x x x

Such a great time

Just what I needed at the right time.

Had great fun today, play acting and singing. Well enjoyed and accepting.

We have had a great time. Friendly welcome & lots of laughs. Our first time - we hope to come again. Dawn x x x x x

Forever's session with Joanne - learning new skills, having fun, forever!

## Wellbeing Wednesdays

10am - 2:30pm every week  
The Lantern - High St - Ilfracombe

**FREE!**

Friendly supportive drop in, have a chat, meet people & try some of the activities



8 May 2024

Lots of lovely things to do, colouring, arts, and crafts, board games, lovely company, Great Yarnk walks and it's a really nice place to spend a few hours a week. Thank you so much! x

Thank you for well being group on Wednesday. Nice to meet different people and try some different activities. Tanya K.

I love the way being was we have great to meet up with people each week and do various activities I especially love the colouring and all that attend are friendly and a big thanks to all who are involved with making it happen.



I absolutely love the Well Being group. It's great to meet people and make friends. The activities are great fun - colouring, crafts, walks, singing, songs etc. I look forward to the next one! x x x x x

I need the wellbeing workshop for my mental health. After more help. Thank you for everything you do from starting.

I enjoy the well being group. I like the variety of things to do and meet people. It's a nice change. I'm looking forward to meeting new people and getting out of the house. Some who are soft and friendly to go to.

I love the place. Loving people. The group is really nice. It's on Sunday. There are some and everyone is there. It's a nice surprise and you can count on it to see the people and to know that the well being workshop group is there to do. Love everyone. Dawn x x x x x

Love to see Wellbeing Wednesday in full flow and active as a new social partner. Thank you.

12 June

Love Wednesday been good for my mental well being. Staff are great and group friendly. Always away it doesn't rise. Thank you for everything. Sarah x

I look forward to Wednesday each week. It's a enjoyable day. Friendly people. Great staff. Thank you for always having time for us. We would not go anywhere to meet people without it. Thank you. Sue x

12 June

Art was helpful. Just having some lovely people to talk to. Having a ball this evening. It's art of therapy and enjoy the lemon. Very much. Laila & Dave

## Community Development





Chair: Dr Susanna Hill (Caen Medical centre)  
 Community Developer: Andrea Mules (NDVS)  
 CD post funded by: National Lottery Community Fund



### 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 we are supporting our community

PROJECT	OUTPUTS	OUTCOMES	PARTNERS
<b>Wellbeing Walks</b>	<ul style="list-style-type: none"> <li>• Growing Communities Fund (£200) training up volunteers to lead the Wellbeing Walks. Wellbeing Walk, 14 people booked onto the Active Devon Walk Leader Training (of which 4 are using for their own projects). First walk led by me will be 06th November. Each volunteer will have to do 2 observation sessions.reserve list of approx. 12. Administration</li> </ul>	<ul style="list-style-type: none"> <li>• Increase access to green/blue spaces Increase volunteers to lead walks</li> </ul>	Growing Communities Fund, Braunton Countryside Centre Active Devon
<b>The Benita community project</b>	<ul style="list-style-type: none"> <li>• Secured Growing Communities Fund (£421)-to pay for 4 free meals and Chat session at The Braunton Parish Hall venue hire, ingredient costs and a small pot of money to cover transport costs for volunteers Benita Meals @ Vivian Moon Centre</li> </ul>	<ul style="list-style-type: none"> <li>• to provide meals, company, events and friendship for all a celebration of community work in action</li> </ul>	Growing Communities Fund, Braunton Parish Hall, Vivian Moon Centre
<b>Community Ambassadors</b>	<ul style="list-style-type: none"> <li>• 14 out of twenty (end of year 2 number trained) Relaunch: increasing advertising in September/October</li> </ul>	<ul style="list-style-type: none"> <li>• raise awareness of community services and activities</li> </ul>	
<b>Youth Work</b>	<ul style="list-style-type: none"> <li>• <b>booking youth events:</b> 2 x Youth First Aid, have 6 reserves so have booked a second course. Youth T &amp; F group agreed that we would book a second <b>training course</b> held at The Ask for Jake Hub. A <b>Youth Yoga session</b> will be held Weds 30th Oct, again at AFJ Hub. <b>Community garden Youth Open day</b>, with art and craft activities, as well as a bug Hunt, Veg Soup to be available. <b>Seeking funding for Youth Projects</b>, including potentially taking group to South Molton Skate Meetings/engagement/activities/Youth First Aid/LWIB Youth Meetings/Child Protect Training online</li> <li>• <b>Meeting the Student Council</b> (Braunton Academy)</li> </ul>	<ul style="list-style-type: none"> <li>• Increase volunteering opportunities that benefit young people's career progression</li> <li>• Increase youth voice, volunteering, awareness/access to services</li> </ul>	Saunton Youth Life Savers Youth work group, Braunton Community Garden, LWIB, Yoga teacher, Youth forum, Braunton academy
<b>Volunteering</b>	<ul style="list-style-type: none"> <li>• <b>Volunteer Hub:</b> Media and Marketing Induction / set up provisional dates for 10 potential volunteers. had referrals from the Social Prescribers for patients who would benefit from some support. Child protection Level 2 training online- helped to develop discussions on how to tweak practice for the Hub.</li> <li>• <b>Braunton Mobility</b> to look at some training for volunteers to support new mobility scooter users</li> <li>• <b>Attended:</b> NDVS Volunteer Award ceremony LWIB Volunteering Meetings Student Council- Braunton Academy Volunteer Coffee Morning, AFJ.</li> </ul>	<ul style="list-style-type: none"> <li>• Increase volunteering opportunities (incl. Those that support career progression)</li> </ul>	Volunteer Hub, Social Prescribers, Braunton Mobility, Student Council- Braunton Academy, AFJ
<b>Braunton Community Soup (local fundraiser)</b>	<ul style="list-style-type: none"> <li>• Braunton Choir performance Gardeners Co, Green Paths education CIC and Wave Project will be pitching. Soup available raffle</li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness and support for local VCSE organisations</li> </ul>	Volunteers, Gardeners Co, Green Paths education CIC and Wave Project, Braunton Choir

WEDS 30TH  
OCTOBER  
11.00AM-  
12.00PM

ARE YOU  
11-16?

FREE  
YOUTH YOGA  
SESSION WITH  
LOUISE  
POUNDS

UNWIND, RELAX  
AND HAVE FUN

**VENUE:**

AFJ HUB  
SOUTH STREET  
BRAUNTON  
EX33 2AA  
BEHIND DANCING FEET ACADEMY



To book a free place or for further details contact:

[support@livewellinbraunton.co.uk](mailto:support@livewellinbraunton.co.uk)

TO SECURE A SPOT YOU **MUST**

RETURN BOOKING FORM PRIOR TO EVENT



THURS 31ST  
OCTOBER  
10.30AM-  
13.30PM



**HALLOWEEN IN THE  
GARDEN  
FAMILY FUN @  
THE BRAUNTON  
COMMUNITY  
GARDEN**

BRAUNTON ACADEMY  
WRAFTON RD. EX33 2BP

JOIN US A FREE MORNING OF FUN AND  
ARTS IN THE POLYTUNNEL.

ALL WELCOME!  
FANCY DRESS OPTIONAL  
VEGETABLE SOUP FROM 12PM



### 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 we are supporting our community

PROJECT	OUTPUTS	OUTCOMES	PARTNERS
<b>Together Devon</b>	<ul style="list-style-type: none"> <li>• Quarterly drop-in for individuals &amp; agencies</li> </ul>	<ul style="list-style-type: none"> <li>• access information for recovery</li> <li>• promote collaborate work</li> </ul>	Together Devon, SMTC
<b>Community Hub</b>	<ul style="list-style-type: none"> <li>• Co-design with Social Prescriber</li> <li>• SMTC and medical centre working together with PCN Wellbeing team leading hub</li> <li>• Promotion through networks / rural community shops.</li> <li>• Managing booking and room prep with SMTC -4 attendees so far</li> <li>• monitoring form for SP to gather postcode info</li> </ul>	<ul style="list-style-type: none"> <li>• identify rurality and area (postcode)</li> <li>• Identified a need for LGBT support</li> <li>• 8 users, 17 attendance, from EX34 area</li> </ul>	PCN Wellbeing team, SM medical centre, SMTC Councillors
<b>National Playday</b>	<ul style="list-style-type: none"> <li>• Funding, Organising layout, volunteers, risk assess, providers, promotions and co-production, Amenities staff</li> <li>• 100 – 150 Attendees</li> </ul>	<ul style="list-style-type: none"> <li>• Promotion of importance of play.</li> <li>• Sharing of info re Breastfeeding and new parent support.</li> </ul>	North Devon ArtsSMART Action ProjectBenitaSMTC Amenities and EventsEarly Nourishment
<b>SMTC Park Installation</b>	<ul style="list-style-type: none"> <li>• Sourcing and organising welfare facilities, negotiating budget traffic management and utilities mapping.</li> <li>• Sourcing signage</li> <li>• Park Opening with Ghana Twin Town - Organising drinks/food reception for Ghana visitors and ribbon cut</li> </ul>	<ul style="list-style-type: none"> <li>• Great response from community, they love the park.</li> <li>• Touchwood play showcasing SMTC project and capturing start to finish process</li> </ul>	SMTC, local residents park group
<b>Woodland wellbeing</b>	<ul style="list-style-type: none"> <li>• 3 forest bathing sessions</li> <li>• Social 'green' prescribing</li> <li>• seeking funding</li> </ul>	<ul style="list-style-type: none"> <li>• supports addiction recovery</li> </ul>	Together Devon, SM Community Woodlands
<b>Devon right to transport</b>	<ul style="list-style-type: none"> <li>• CD facilitated engagement</li> <li>• collected 500 signatures for campaign</li> <li>• press release</li> </ul>	improve transport links incl. young people to access college	Devon right to transport



**Member Representative (Chair):**  
Jane Petch  
Libraries Unlimited - Barnstable Library



**BARNSTABLE**  
TOWN COUNCIL

**One Barnstable Community Developer:** Ella McCann  
**Barnstable Town Council Community Developer:** Rosie Mahoney  
CD posts funded by: Barnstable Town Council (BTC)

**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 Barnstable 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

**Community Action Plan:**

[2024 - One Barnstable Community Action Plan.pdf](#)

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

<b>Goals</b>	<p>Increase the feeling of pride / worth people have in themselves and the town, starting with their environment.</p> <p>Increase free and accessible activities and events for young people.</p> <p>Provide a vibrant physical space which is a hub of activities, kindness and community, inclusive and visible in the heart of the town centre.</p> <p>Bring people together through free events and activities, accessible to everyone, for the community - include skills building.</p> <p>Encourage the community to get involved with volunteering</p>
<b>Actions</b>	<p>Be part of the regeneration of Barnstable Town through meaningful participation in One Barnstable Networks - creating cohesion and capacity.</p> <p>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.</p> <p>Increase use of Devon Connect - populate it with Volunteering opportunities, activities and events so it becomes a go to directory.</p> <p>Connect, listen, be alongside and understand missing or quiet voices within our community.</p>

June and July have been a busy couple of months with lots of network sessions, exciting things growing and going on through the Food For Thought Project, we've started a 3 month pilot of a One Barnstable Community Development Connect and Collaborat Space and finished off July with Tapeley Feast and our 3rd year at the North Devon Homes Customer Summer Fair.

**Ongoing activities and projects:**

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

<p><b>10 One Barnstable Network Sessions were offered during June and July 2024</b></p> <p><b>One Barnstable Membership Whole Meet Up (Jane &amp; Ella)</b> 3rd June</p> <p><b>Mental Health Network (Devon Mental Health Alliance)</b> 10th June</p> <p><b>One Barnstable Youth Network (Rosie)</b> 13th June &amp; 11th July</p> <p><b>One Barnstable Green &amp; Blue Network (The Gardeners Co)</b> 20th June</p> <p><b>One Barnstable Accessibility Network (Ella)</b> 1st July</p> <p><b>One Barnstable Children and Families Network (Ella)</b> 17th July</p> <p><b>One Barnstable Community Food Network (Ella)</b> 25th July</p> <p><b>One Barnstable Community Developers Network (Ella)</b> 27th June &amp; 30th July</p> <p><small>Summaries of sessions are made available to One Barnstable members - work on our website is underway to enable these to be made public.</small></p>	<p><b>#WellbeingWednesdays</b></p> <p>Weekly <b>Wellbeing Cafe</b> (Ella) sessions in Barnstable Library Foyer 10am until 12 noon with a variety of One Barnstable Members attending with information and advice. Sessions regularly supported by a Library Volunteer.</p> <p><b>Chair Yoga</b> (Yoga and Holistics with Jeanine) upstairs in the Library with classes at 10.15am and 11.45am.</p> <p>Barnstable's town wide monthly <b>Elder Day</b> in collaboration with Age Concern (the first Wednesday of each month) with a <b>Community Cafe</b> (Rosie) from 12 noon - 2pm serving lunch.</p> <p><b>Our special guests in June and July included:</b></p> <ul style="list-style-type: none"> <li>• 361 Energy</li> <li>• Man Down - Supporting Men's Mental Health</li> <li>• Barnstable Theatrefest</li> <li>• Creative Minds</li> <li>• Alessia (QJ Gong)</li> <li>• Devon County Council Reaching For Independence Team</li> <li>• North Devon Against Domestic Abuse</li> </ul> <p><small>A report on impact from this initiative will be completed at the end of the current funding period (January 2025)</small></p>	<p><b>#FoodforThought</b></p> <p>With Devon Community Foundation, Space Youth Services, Encompass Southwest, Taw Valley Organics and North Devon Moving Image.</p> <p>The project facilitates 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><b>On 28th July</b> we set up a gazebo amongst the vendors at <b>Tapeley Feast</b> with our Youth Peer Researchers and camera North Devon Moving Image Camera Crew. We even had a guest vlogger join us. The food was delicious, the conversations between the young people and vendors were fabulous and the sun was shining.</p> <p>Here's a short clip from our special guest Chris "<b>Driving 400+ Miles for a Food Festival</b>": <a href="https://www.youtube.com/watch?v=gOSP_FaVlbw">https://www.youtube.com/watch?v=gOSP_FaVlbw</a></p> <p><small>A full report on this project will be made available later in 2024.</small></p>	<p><b>#BarnstableRepairCafe</b></p> <p>Taking place on the <b>3rd Saturday of each month</b>, 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>Barnstable Repair Cafe is a collaboration between Barnstable Town Council, Barnstable Library and Plastic Free North Devon.</p> <p><b>On 15th June</b> we moved from our usual spot in Barnstable Library foyer to join <b>#FlourishingBarnstable</b> in a <b>Carnival themed Skills Share</b>. We had fixers and menders turning their hand to bunting and flags - repurposing old tents from Croyde Ocean Fest. Mrs Recycle was making some noise with musical shakers using up cardboard tubes and scraps of vinyl donated by local factories.</p> <p><small>Plastic Free North Devon report on the impact these cafe sessions have in their annual report.</small></p>
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**Learning and sharing to enhance community development in Barnstable:**

On 18 July 2024, **Rosie attended the Youth Engagement Summit**. The Society of Local Council Clerks (SLCC), the National Association of Local Councils (NALC), and One Voice Wales (OVW) joined forces to host the virtual event for local councils, clerks, councillors, and local council employees across England and Wales to explore innovative ways to engage and inspire young people.

On 24th July 2024, **Ella participated in a Health webinar hosted by North Devon District Council**. Presentations were made to Members on work across Northern Devon helping those living with multiple disadvantages with a focus on substance addictions and homelessness. Ella supported the sharing of knowledge and experiences from the Street Marshalls, Together Drug and Alcohol Services and other local services working to support people living complex lives, advocating for a more trauma informed, compassionate whole community approach.



## June & July 2024 - a few snapshots of what's been happening:

### Community Development Connect and Collaborate Space

Thanks to the support of Barnstaple Town Councillors, we are trialling the use of a ground floor office space dedicated to Community Development, Connection and Collaboration. We moved in on Monday 22nd July and at present have 3 months of funding to rent the space with a hope to extend this if it proves beneficial to the community.

Ella and Rosie are able to work from this space embedding them in the middle of the community and giving opportunity to invite fellow One Barnstaple Members in to join them. The room also provides much needed breakout space to support the #WellbeingWednesdayCafe sessions where people are often talking about confidential or sensitive matters in the middle of the Library Foyer.

#### Things we've done in the space so far:

Met with colleagues from other services, organisations and groups to **plan and develop projects, keep in contact, make introductions and provide peer support.** Our visitors have included Active Devon, Andy's Man Club, Devon Community Foundation, Asda Foundation, DCC Employment and Skills Hub, Space Youth Services, Barnstaple Library Staff, Live Well in Braunton, Living Options Devon, Elska Yoga and the Reaching For Independence Team.

Been **visible to community members** passing by who can stop and ask questions or share their stories with us.

Been **available** to other building users such as the Library staff, Skills and Employment Hub team, room hirers and professionals passing through - we've found they stop off to ask us questions or grab the **opportunity** to tell us their updates or **share** information with us. They know we have a space there and can pop in to see if we're free.

**Magical moment:** Community Developer Ella completed an online referral to adult social care alongside an individual who has been gradually building a relationship through the Wellbeing Cafe sessions. By Ella being visibly present on days aside from the Wellbeing Wednesday Cafe, and a trusted familiar face, the individual was able to "pop their head into the office," be given time and listened to and in turn they felt able to ask for help knowing they would be supported through the process at their pace. This individual has declined support from services for many years, feeling embarrassed and judged. They experience multiple disadvantages with a number of health and wellbeing complexities. An often seen yet invisible community member.



**BARNSTAPLE**  
TOWN COUNCIL



### North Devon Homes Customer Summer Fair 2024

This was the third year for One Barnstaple to be at this popular community event. The North Devon Homes Team have it running like clockwork, with bingo and competitions, food and so much fun for everyone. The event is open to their customers and stalls are hosted by a range of community groups, services and organisations.

This year we continued our collaboration between One Barnstaple, Barnstaple Town Council and with Live Well in Braunton, extending our pitch to include the new Skills and Employment Hub which has opened up in Barnstaple Library. Having our stall between NDVS and The Museum of North Devon was excellent. We had Man Down just a few stalls up and #FlouishingBarnstaple just across the grass.

With the Barnstaple Guildhall's #RailFest2024 due to start the day after the Summer Fair, we ran a competition to name the train. The 'Aunt Sally' on which the train featured was then a focal point of the opening ceremony and 5 day Rail festival which took place across the town from 1st - 5th August. The winning name was Harvey, with Mark from Man Down pictured drawing the winning name out. Our talented Barnstaple Town Council Community Manager Megan painted the name on ready for the opening of the festival and we know Harvey popped along to see it during the weekend.





## June & July 2024 - a few snapshots of what's been happening:

### #FoodForThought @ Tapeley Feast



**You'll have to wait for the film!** Although we'd love to share more with you - there will be an end of project film and report later this year.

**What a day!** We were given such a lovely welcome from the Tapeley Park Team, FEAST organisers and all the vendors - we really felt part of something special - and it was very special. The delicious produce, the passion from each of the producers, the team spirit amongst the various stalls and the genuine interest in what our Young Peer Researchers were upto made for a truly awesome day. **Massive thanks to Mel and Nigel.**



In the meantime, here's a short clip from our special guest vlogger Chris **"Driving 400+ Miles for a Food Festival"**  
[https://www.youtube.com/watch?v=gOSP\\_FaVlbw](https://www.youtube.com/watch?v=gOSP_FaVlbw)

### #FoodForThought @ North Devon Show



**It didn't rain... much!** After last year's show, the committee were worried how it would be this year. Thankfully, the weather was on side and the ground conditions were good. There were so many animals and so much produce - we struggled to fit in seeing it all and chatting to everyone. The Sheep Show was awesome, Birch Farm and Kim in the pig tent were so kind and knowledgeable, the Food tent occupants were super stars (many of whom we'd see at Tapeley Feast) and the stewards we spoke to were really helpful in sharing information which helped us to better understand the event and what happens before and afterwards. Thankyou to all involved and we cannot wait until next year!



### There is still a fear among men that opening up about feelings will lead to judgement. Let's change that in Barnstaple.

For the last few years, even before Covid, our Community Developer Ella has been following Man Down Cornwall, asked them to keep us in mind and kept an eye on all they do to support men in a peer to peer way, reducing suicides and encouraging men to talk and share to support their wellbeing.

A few months ago, an email came through from Man Down saying they were interested in coming to meet with us and see about setting up in Barnstaple. We jumped at this opportunity and invited them to attend our **#WellbeingWednesdayCafe** session.

At that session, we met Ross one of the Directors of the charity. He said all he needed was a volunteer facilitator to start the sessions, that he'd support them and off we'd go.... and in walked Mark!

On Monday 29th July, the first Man Down session took place in Barnstaple!



Barnstaple's free to attend, non judgemental peer to peer support group for men 18+ with mental health concerns takes place from 7pm every Monday at Medard House Barnstaple. Men are able to attend from 6:45pm to make a cuppa before the group starts.

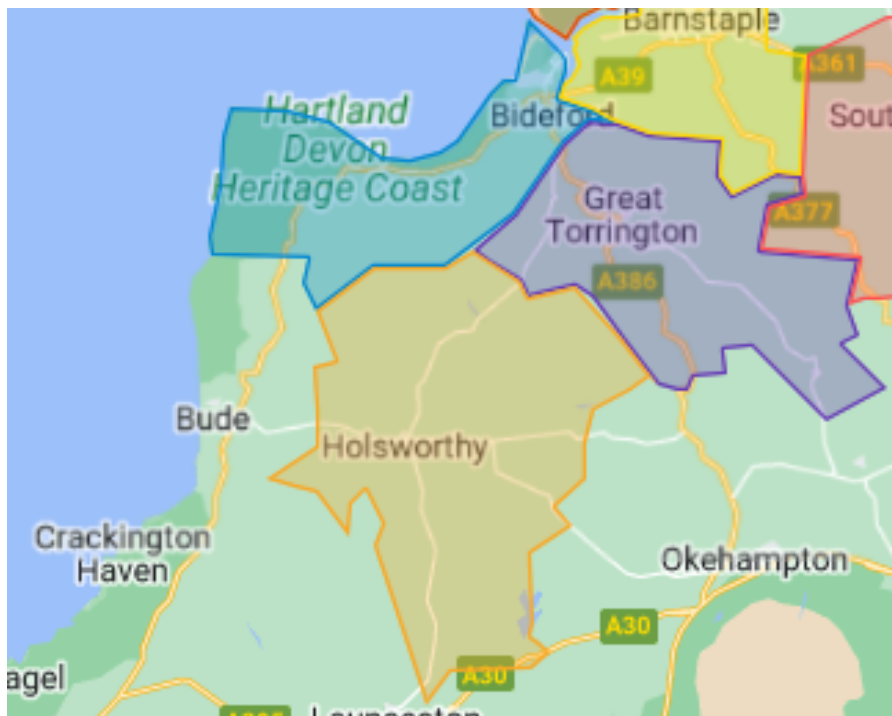


# One Communities in Torrridge

Holsworthy & District Community forum

One Atlantic (Bideford area)

Torrington 100





# HOLSWORTHY & DISTRICT COMMUNITY FORUM

Volunteer Chair: Geoff Cusick (Resident)  
 Community Developer: Alison Skinner (TTVS)  
 CD post funded by: National Lottery Community Fund



## 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 we are supporting our community

PROJECT	OUTPUTS	OUTCOMES	PARTNERS
<b>Holsworthy District &amp; Community Forum</b>	<ul style="list-style-type: none"> <li>• Volunteer Fair 28 organisations took part 40 visitors</li> <li>• Coffee morning Survey (local priorities/gaps)</li> <li>• New CDF Financial Inclusion drop ins, Techie Tea Party, Creative Lives workshops, First Aid course for volunteers</li> </ul>	<ul style="list-style-type: none"> <li>• Increased volunteering: people signing up for volunteer roles direct with organisations</li> <li>• Networking identified and filled gaps in services (as requested)</li> </ul>	28 organisations took part in volunteer fair. CD/TTVS Lead Partner Learn Devon supporting the Techie Tea Party
<b>Financial Inclusion sessions</b>	<ul style="list-style-type: none"> <li>• Received requests for help with Pension Credit applications.</li> <li>• Marketing &amp; facilitated Financial Inclusion officer to attend 5 consecutive community coffee mornings.</li> </ul>	<ul style="list-style-type: none"> <li>• Proposed outcomes: Improve awareness of and access to free professional financial support and advice</li> <li>• Increase in Pension Credit applications (for those eligible)</li> </ul>	Financial Inclusion Project (TTVS) Holsworthy Memorial Hall
<b>Food Hub</b>	<ul style="list-style-type: none"> <li>• Lead role x1, volunteer at 3 sessions</li> <li>• Recruit, train and retain volunteers (coproduced)</li> <li>• produce rota for sessions</li> <li>• assist with food ordering and publicity</li> <li>• LiveWest &amp; DMAT setup supporting with finance, H&amp;S, policies etc. 184 members and approx 35 bags being supplied each week. new publicity campaign is being launched</li> </ul>	<ul style="list-style-type: none"> <li>• Increase support for those in food poverty</li> <li>• Increase opportunities for social interactions (Reduce isolation)</li> <li>• A good number are now staying for tea/coffee &amp; chat afterwards. providing meaningful volunteer training opportunities to boost CVs for young parents looking to return to work</li> </ul>	Food hub: Livewest; DMAT; Devon CAG; FareShare SW Volunteer training: Learn Devon; Holsworthy Food Hub; Triangle Training;
<b>HOPE course (Help Overcoming Problems Effectively)</b>	<ul style="list-style-type: none"> <li>• 1x HOPE Facilitator (2 day training) co-facilitate HOPE course with PCN Wellbeing Coach targeting those with Chronic Long Term Pain (eg ME, Long Covid &amp; Fibromyalgia sufferers)</li> <li>• Researching and signposting to existing activities</li> <li>• 9 week programme: 12 enrolled, 10 completed. High level of participation</li> </ul>	<ul style="list-style-type: none"> <li>• provide creative activities for people suffering from social isolation and loneliness</li> <li>• Encompass SW - providing the training and making arrangements for subsequent HOPE courses</li> <li>• Feedback was excellent and it was very rewarding to be involved</li> <li>• The group are continuing to meet on a regular basis and have set up their own support group</li> </ul>	Encompass SW Coast & Country PCN funded by Creative Lives



# HOLSWORTHY & DISTRICT COMMUNITY FORUM

Volunteer Chair: Geoff Cusick (Resident)  
 Community Developer: Alison Skinner (TTVS)  
 CD post funded by: National Lottery Community Fund



PROJECT	OUTPUTS	OUTCOMES	PARTNERS
Digital Awareness Week	<ul style="list-style-type: none"> <li>National initiative and local requests for support with tech/devices 'Techie Tea Party' event - Learn Devon tutor delivered presentation and provided IT support</li> </ul>	<ul style="list-style-type: none"> <li>Digital Devon support going forward Increase access to IT training (signposting)</li> </ul>	Good Things Foundation. Learn Devon/Digital Devon
Cancer Hub	<ul style="list-style-type: none"> <li>Working with the Fern Centre to set up and advertise a local monthly hub Obtaining grant in order to offer complementary therapies Arranging for local providers to run free activity taster sessions co-facilitate and assist with refreshments &amp; signposting</li> </ul>	<ul style="list-style-type: none"> <li>provide local support for those living with cancer &amp; beyond (nearest support prior to this was 40 miles away at the main hub) Group has been running since 2023 and feedback is good. Attendance varies 10-20: introduced more activities to attract more people. A range of agencies provide advice &amp; support for those living with cancer &amp; beyond.</li> </ul>	Fern Centre (Above & Beyond, NDDH); TTVS; PCN; Macmillan; ChemoHero; Energy361; SWW; Devon Carers; Sarah Dowson complementary therapies
Stroke Peer Support Group	<ul style="list-style-type: none"> <li>Stroke Association local rep supporting setup (suitable venue, publicise, volunteer to coordinate)</li> </ul>	<ul style="list-style-type: none"> <li>local social support group for stroke victims (nothing else locally) Sessions have been well received, though attendance is low (5 regular) - we are looking at ways to increase this. Those attending have made friends within the group and they keep in contact between sessions, offering peer support.</li> </ul>	Community Developer, Stroke Assoc local rep (not supporting the group going forward).
Health & Wellbeing Fair	<ul style="list-style-type: none"> <li>Similar events in Bude &amp; Barnstaple have been very well received - 44 organisations attended the event in Bude with over 400 visitors. Coordinating meetings with PCN Wellbeing Lead &amp; Fern Centre (NDDH) to work together to find a suitable venue and plan a 2025 event.</li> </ul>	<ul style="list-style-type: none"> <li>Outcomes to be determined</li> </ul>	Stuart Lord (PCN Wellbeing Lead. Holly - Fern Centre, NDDH
Mosaic Workshops for Wellbeing	<ul style="list-style-type: none"> <li>Artmakers - funder &amp; co-facilitator Working with Artmakers to plan sessions, promote and take bookings. CD supported first session (10 participants)</li> </ul>	<ul style="list-style-type: none"> <li>provide an opportunity for those who are lonely, some with low level MH or bereavement, to get out and learn a new hobby, whilst meeting people and making new friends Participants report enjoying taking part and meeting new people</li> </ul>	Artmakers; Coast & Country PCN (social prescribers); Community Developer
Mental Health Awareness Award Level 1	<ul style="list-style-type: none"> <li>Learn Devon - organised 6-wk course / providing tutor. CD promote - signposting volunteers</li> </ul>	<ul style="list-style-type: none"> <li>Increase awareness of MH and available support</li> </ul>	Learn Devon; Community Developer
Holsworthy Town Council - Sustainable Holsworthy	<ul style="list-style-type: none"> <li>forming a Sustainable Holsworthy group to set up a Repair Cafe and other associated services.</li> </ul>	<ul style="list-style-type: none"> <li>establish working relationships with new Town Clerk for mutual benefit and to steer CD projects</li> </ul>	Holsworthy Town Council, Town Clerk
Creative Lives	<ul style="list-style-type: none"> <li>funded by Creative Lives</li> <li>Signposting</li> <li>Holsworthy Carers Group assisted with organising a programme of activities for their clients.</li> <li>Volunteers - leading some sessions</li> </ul>	<ul style="list-style-type: none"> <li>provide creative activities for people suffering from social isolation and loneliness</li> <li>18 people enjoyed the 2 projects, some have gone on to volunteer and some have continued with other existing activities. Feedback was very positive.</li> </ul>	Creative Lives. Holsworthy Carers Group. Devon Libraries Unlimited

# Fundraising FUN DAY!

JOIN US FOR AT HOLSWORTHY YOUTH CLUB FOR A

SATURDAY 21ST SEPTEMBER  
2.00- 4.00PM

ALL WELCOME!  
Join us for lots of fun including  
SUMO SUITS • Cake Stall  
Stalls & Games • Cream teas  
Refreshments & much more!

FREE ENTRY

INSIDE IF WET

WTFIS WILL BE A CASUALTY EVENT

All money raised will go towards helping one of our amazing young people: Cohen Crockford - Taylor attend and compete at the Kickboxing and Karate Union WORLD CHAMPIONSHIPS in GREECE. Cohen achieved GOLD at the British International Championships in May and will now go on to represent Gesar Karate, Holsworthy and England in October.

GO COHEN!!!!

**HOLSWORTHY YOUTH CLUB**  
SANDERS LANE, HOLSWORTHY, EX22 6HE.  
EMAIL: HOLSWORTHY YOUTH CLUB@GMAIL.COM FOR MORE INFO.

## Taster Sessions

Are you an unpaid carer living in the Holsworthy area?  
Would you like to come along and join in one of our taster sessions, try a wellbeing or creative class and meet other carers

**Holsworthy Carers Group**  
email to book your place

- 21st June 2-4pm**  
**'Tree Shadows' FREE**  
a guided art workshop with Karen Howse. Refreshments inc. **THIS IS NOW FULL**
- 5th July 11-12.30pm**  
**Sea Shanties FREE**  
come and sing some sea shanties with us, lead by Georgina Bride from Bude Sea Gals. Refreshments inc.
- 19th July 2-4pm**  
**Trigon Flower Farm £3.50**  
pick your own flowers and learn arranging tips from the experts. Refreshments inc. **THIS IS NOW FULL**
- 2nd August 2-4pm**  
**Tai Chi 2-4pm FREE**  
Come and try a mindful movement class with Daya.Refreshments inc.
- 9th August time tbc**  
**2Minute Foundation FREE**  
A short guided walk at low tide with an expert, exploring the rock pools, wildlife and plants. Search for sea glass. Activity tbc.
- 23rd August 2-4pm**  
**Chair based Yoga FREE**  
A gentle seated class with all the benefits of floor yoga. We will finish with a short sound bath experience.

email. [holsworthycarersgroup@gmail.com](mailto:holsworthycarersgroup@gmail.com)  
PROGRAM FUNDED BY TTVS

# Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**Wednesday 9 October 2024**  
**2-4pm**

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

\*support\* coffee\* help\* tea\* advice\* cake\* chat\* company\*

**MACMILLAN CANCER SUPPORT** **361 COMMUNITY ENERGY**

Join us for a **Stretch and Balance taster session with Gill Ashton**  
**2.45-3.15pm**

**TTVs**

Please pop in and find out how we can help you!

For more information contact Holly or Tara on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)

**NHS** Royal Devon University Healthcare



Photos from Creative Lives projects; Rag rugging; Tree Shadows art workshop and Trigon Flower Farm visit



**GREAT DEAL**  
**Buy £15\* of food for £5!**

Fabulous Food Hub volunteers receiving a 'thank you' during National Volunteers Week

## Community priorities forming:

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



## How we are supporting our community

PROJECT	OUTPUTS	OUTCOMES	PARTNERS
<b>Carers Winter Warmers (A continuation of the lite bite carers scheme)</b>	<ul style="list-style-type: none"> <li>• 5 local cafés participating in the scheme.</li> <li>• Distributed 208 vouchers to their members.</li> <li>• Over 50% redeemed so far.</li> </ul>	<ul style="list-style-type: none"> <li>• carers felt 'thought of and cared for'</li> <li>• Café's requested additional discretionary vouchers for customers they know are carers, but don't identify themselves as such</li> </ul>	Pannier Pantry, Otters, Quay 22, Cool Beans, Happy Pear, Young Carers - Torr age - TTVS, Devon Carers, parent carers, Devon Mind, CMHT, Parent Carers. TDC, Bideford Bridge Trust (Funding)
<b>Rough Sleeper Vouchers</b>	<ul style="list-style-type: none"> <li>• 50 vouchers distributed to Encompass outreach support workers</li> <li>• Bideford Bridge Trust.</li> <li>• Funding local Café's as per carers lite bites</li> </ul>	<ul style="list-style-type: none"> <li>• provide warm meals to vulnerable, disenfranchised members of the community. Feedback - it makes the person feel normal and able to spend time with others</li> </ul>	Pannier Pantry, Otters, Quay 22, Cool Beans, Happy Pear, Bideford Bridge Trust, Encompass, Rough Sleepers.
<b>Meditation &amp; Tai Chi</b>	<ul style="list-style-type: none"> <li>• set group up, advertisements, Northam Hall – venue</li> <li>• TTVS volunteer tai Chi instructor</li> <li>• Monthly workshops – an incentive offered of a reduced rate for those attending both</li> </ul>	<ul style="list-style-type: none"> <li>• enable people to engage in learning different meditation</li> <li>• practices.reduce stress and anxiety levels, improve wellbeing</li> </ul>	Ian Godfrey (teacher), Northam Hall
<b>Mens Breakfast Club (monthly)</b>	<ul style="list-style-type: none"> <li>• PCN social prescribers who identified a need for mens activity and informal group to meet up with.</li> <li>• Organised venue, advertisements, share with interested parties.</li> <li>• Social prescribers to inform patients.</li> <li>• Happy Pear – local café identified as a suitable venue by patients surveyed by social prescribers.</li> </ul>	<ul style="list-style-type: none"> <li>• Men aged 50+ less likely to socialise compared to woman.(BAB programme)</li> <li>• Informal men's breakfast, increases opportunities to meet new people, socialise, reduce loneliness and isolation.</li> </ul>	Happy Pear Café, Social prescribers
<b>Art Exhibition</b>	<ul style="list-style-type: none"> <li>• Organised venue, advertisements, share with interested agencies.</li> <li>• Art Tutor had previously delivered a 6 week art course.</li> <li>• The exhibition showcased their work.</li> </ul>	<ul style="list-style-type: none"> <li>• exhibit the art work from residents course to encourage others</li> <li>• Reduce isolation (Torridge has high % isolated lonely elderly in Sheltered housing)</li> </ul>	Creative minds, Westward Community Housing
<b>Sketch &amp; Walk</b>	<ul style="list-style-type: none"> <li>• Source tutor. venue (poor weather) risk assessment for outdoor activity.</li> <li>• Two half hour walk and sketch taster activity around a local village using a variety of techniques and mediums</li> <li>• Exhibition was attended by residents at the community housing.</li> </ul>	<ul style="list-style-type: none"> <li>• deliver art sessions that reflect individual abilities.engaging those with wellbeing, mental and physical health issues, to reduce isolation &amp; loneliness</li> <li>• encouraging and develop confidence in socialising, learning new skills and improve wellbeing through art</li> </ul>	Creative Lives Market street Café- wet weather venue.Clare Willcox (Tutor)

**MARLBOROUGH COURT**  
**Art Group Exhibition**  
**& Coffee Morning**  
**14th August 2024**  
**10:00 - 11.30 am**

*Come along to the coffee morning and see the art work from Marlborough Court residents from the recent Art Course*



**Marlborough Court, Park Lane,  
 Bideford, Devon, EX39 2QT**



Registered Charity No. 1125142 Company limited by guarantee. Registered in England 657957

**FREE**  
**Art for Well-Being**  
**Appledore Sketchwalk**



Join local artist/illustrator, Clare Willcocks, for a sketch walk around the pretty village of Appledore.

**Wednesday 4th September**



This workshop is running in conjunction with TTVS (Torridge Voluntary Services), funded by Creative Lives.

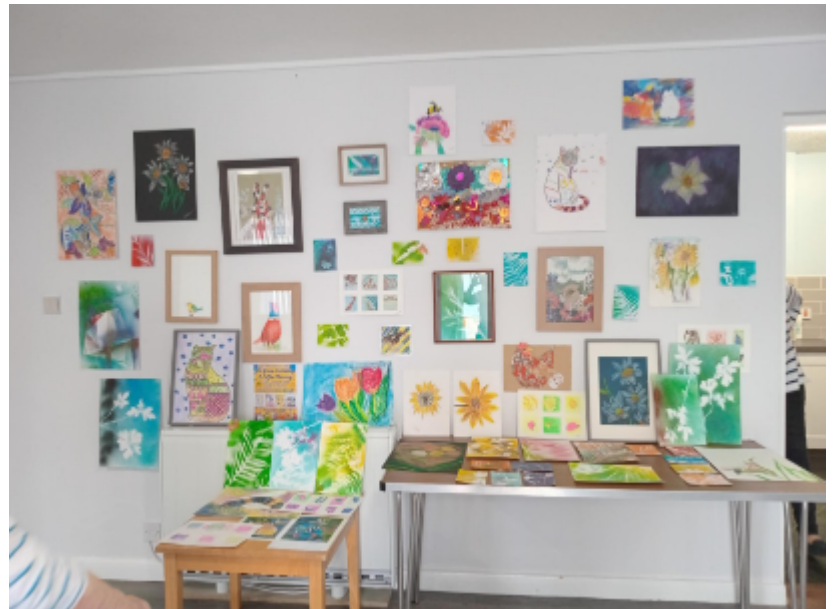
**TTVS** **Creative Lives**

More info and booking:



[clarewillcocks.co.uk/product/appledore-sketch-walk](http://clarewillcocks.co.uk/product/appledore-sketch-walk)

TTVS is a registered charity No. 1125142



**Meditation With Ian**  
 1st Tuesday of Each Month

Relax your mind with Ian's meditation and mindfulness sessions. Suitable for all.

**Where?**  
 Northam Community Hall  
 Northam (the old school)

**1st Tuesday of the Month**  
 13:00 - 14:00

**Come along to Tai Chi at 11:45am**  
**Stay for Meditation from 1pm**  
**1st Tuesday of each month**

Individual Session for Meditation - £5.00  
 Meditation and Tai Chi - £8.00

Call **01237 420130** for more details  
[www.torridgecv.org.uk](http://www.torridgecv.org.uk)

**TTVS**

Charity number: 1125142  
 Company limited by guarantee.  
 Registered in England 657957

**MENS BREAKFAST CLUB**  
 Starting Wednesday 7th August.  
 Ongoing 1st Wednesday of each month  
**10.00 - 12:00pm**

**At The Happy Pear,  
 High Street,  
 Bideford**



*Come and go as you please, chat, listen, be part of a lovely relaxed informal breakfast club for Men.*

**TTVS**

Registered Charity No. 1125142 Company limited by guarantee. Registered in England 657957



### 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 we are supporting our community

PROJECT	OUTPUTS	OUTCOMES	PARTNERS
<b>T100/Torrington Together Networking Event</b>	<ul style="list-style-type: none"> <li>• planning for the event - 27th November, 4-7pm at the Plough Arts Centre. Arranging venue, spreading the word, setting up a booking system.</li> <li>• 30 information stalls and 2 speakers.</li> </ul>	<ul style="list-style-type: none"> <li>• Networking opportunity for local groups and organisations. Raising awareness of what is available in Great Torrington.</li> </ul>	Local Groups and Organisations. T100 Chair
<b>Photography for Wellbeing Group Exhibition/Ongoing Monthly Group</b>	<ul style="list-style-type: none"> <li>• Legacy of successful PFW sessions (6 attendees) - Creative Lives Funding</li> <li>• Support in planning for the new Photography for Wellbeing</li> <li>• 1 volunteer ongoing</li> <li>• Plan and execute exhibition of photography work in partnership with the Library, Facilitate group meet to view the work and promote the new group.</li> </ul>	<ul style="list-style-type: none"> <li>• Health &amp; Wellbeing - Social Inclusion, Mental Health</li> <li>• Increase volunteering opportunities</li> <li>• Members gaining confidence and forming a cohesive, supportive group whilst taking part in a mindful activity.</li> </ul>	Library Staff.Local Photographer.Local Community
<b>Permission to Paint Course</b>	<ul style="list-style-type: none"> <li>• Creative Lives Funding</li> <li>• Plan and organise dates and venue. Engage with volunteer Artist</li> <li>• Publicise and liaise with attendees.Weekly sessions running from 17th September - 22nd October.</li> <li>• 8 Attendees, 1 Volunteer</li> </ul>	<ul style="list-style-type: none"> <li>• Health &amp; Wellbeing - Social Inclusion, Mental Health</li> <li>• Members gaining confidence, learning a new skill and forming a cohesive, supportive group whilst taking part in a mindful activity.</li> </ul>	Artist VolunteerThe Plough Arts CentreLocal Community
<b>Fun Palace - Celebrate Great Torrington</b>	<ul style="list-style-type: none"> <li>• National Libraries Event on 12th October 10am - 1pm at the Castle Community Centre.</li> <li>• Attended planning meetings to discuss ideas, engage with attendees. Attend and support event (Library Manager coordinating event)</li> </ul>	<ul style="list-style-type: none"> <li>• Raising awareness of what is available in Great Torrington. Sharing skills and talents.</li> </ul>	Library staffCommunity Members
<b>Asset Mapping/Calendar of H&amp;W Events</b>	<ul style="list-style-type: none"> <li>• distributed to surrounding villages</li> <li>• TTVS marketing volunteer</li> </ul>	<ul style="list-style-type: none"> <li>• Raising awareness of regular Health &amp; Wellbeing groups in Torrington.</li> <li>• Easier visibility for people who may not be able to access technology.</li> <li>• increase attendance to local groups</li> </ul>	TTVS marketing volunteer
<b>Monthly Fern Centre Cancer Support Hub</b>	<ul style="list-style-type: none"> <li>• Organising wellbeing activity taster sessions.</li> <li>• Secured grant funding for taster sessions.</li> <li>• Distributing publicity.</li> <li>• Group facilitated by the Fern Centre and organisations engaged.</li> </ul>	<ul style="list-style-type: none"> <li>• Support for people on a cancer journey and beyond.</li> <li>• Increase access to benefit advice.</li> </ul>	Fern Centre staff, 361 energy, Macmillan, CAB, South West Water, Devon Carers
<b>Singing for Joy</b>	<ul style="list-style-type: none"> <li>• Supporting TTVS Knowing Your Neighbourhood project scoping venues and promoting new group.</li> <li>• TTVS setting up and co-ordinating group.</li> <li>• Approx 6 attendees currently but is in the early stages.</li> </ul>	<ul style="list-style-type: none"> <li>• Health benefits of singing and social activity.</li> </ul>	TTVS Knowing Your Neighbourhood



# Over 70's Singing For Joy Sessions

Helping to reduce loneliness for the over 70's. Come & connect with your local community and have a bit of fun.



Starts **THURSDAY 19TH SEPTEMBER**

- Free class funded by the National Lottery.
- Warm, friendly chats with tea and coffee.
- Limited spaces available.
- Call Lara to let us know you are coming along - 07983 438050

**THURSDAY - 11AM TO 12.30 PM WEEKLY**

**COTTAGE HOSPITAL LOUNGE, TORRINGTON, EX38 7BJ**

Registered Charity No: 1125142 Company limited by guarantee. Registered in England 6577677

# Torrington Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**Tuesday 16 October 2024**

**2-4pm**

Torrington Hospital, Calf Street, Torrington, EX38 7BJ

\*support\* coffee\* help\* tea\* advice\* cake\* chat\* company\*



Future HUB dates:  
**November 19**  
**December 17**

*Please pop in and find out how we can help you!*



For more information contact Holly or Tara on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)



## REGULAR WELLBEING & SOCIAL GROUPS IN GREAT TORRINGTON

Men's Shed Tuesdays & Thursdays  
9am - 12pm at the Vicarage Gardens

Food Bank Tuesdays & Saturdays 10am - 12pm  
Light Lunch Tuesdays (£2) 12.30 - 2.30pm  
Baptist Church

Fern Cancer Hub 2pm - 4pm  
3rd Tuesday of the month  
Cottage Hospital

Knit & Natter Wednesdays 10am - 12pm  
Town & Community Hall

Wellbeing Café with the Social Prescribers  
Wednesdays Fortnightly 9.30-11am  
Pannier Market Cafe

Memory Café 10.30am-12.30am  
2nd Thursday of the month  
Methodist Hall

Walk & Talk Thursdays 10.30am-12pm  
Meet outside the Library



## PERMISSION TO PAINT

A Relaxed Introduction to Acrylic Painting

### ARE YOU:

- LOOKING TO TRY SOMETHING NEW?
- FEELING LONELY OR ISOLATED?
- LOOKING TO CONNECT WITH OTHERS WHILST LEARNING A NEW SKILL?

### WE MIGHT JUST HAVE THE THING FOR YOU!

Come along for 6 sessions of relaxed acrylic painting for beginners. Every Tuesday, 17th September - 22nd October, 10am - 12pm at the Plough Arts Centre. £10 suggested donation to cover all 6 sessions (Booking Essential).

**REGISTER YOUR INTEREST!**

[AMANDA.S@TTVS.ORG.UK](mailto:AMANDA.S@TTVS.ORG.UK)  
OR CALL: 07939 154436





A local Community & Stock Photographer was commissioned to run the group.

A Volunteer registered with TTVS came along and shared his skills. It has been difficult to find the right opportunities for him, this course fitted his skill set and interests perfectly.

There were seven individuals registered for the course. One couldn't attend any of the sessions due to personal reasons. Four attended every session.

#### Feedback included

I wanted to say how much I enjoyed the photography course. It was so perfect - relaxed, informative, mindful, and a lovely introduction for people in how wonderful photography can be.

Thank you for your kind message and organising the photography course, I really enjoyed it.

I am having a job picking my photos-I love them all!

#### Outcomes:

The town Library have agreed to hold an exhibition of the work. After the exhibition, the work will be presented to the town Cottage Hospital to display on their walls, as they are looking to update their artwork for the Community. The town Regeneration Board are also interested in looking at the photos to incorporate into the town Marketing plan. Currently exploring the possibility of starting monthly Photography for Wellbeing sessions in conjunction with the town Library and their Volunteer Co-ordinator.



### Photos of the Exhibition of Group Work running 20th September – 14th October at Torrington Library. Sessions starting 11th November, funded by the Library, as a result of the success of the Creative Lives Course

One attendee has found the confidence to join a Photography Club in a larger neighbouring town, something they said that they would never have envisaged at the beginning of the course. The Library report the Exhibition being well received by the Community with people dropping in to take a look.

The Exhibition will form part of the Fun Palace event taking place on 12th October. The majority of participants have expressed an interest in attending the new sessions. The Volunteer from the original group has agreed to continue volunteering for the new sessions.