

ONE COMMUNITIES NEWSLETTER

January 2020 ISSUE NO.2

BROUGHT TO YOU BY ONE NORTHERN DEVON



One Communities Group



The One Communities group is made up of representatives from each of the One Communities in Northern Devon which holds meetings every six weeks. The aim of these meetings is to better connect the different communities, share best practice and tackle any issues in a collaborative way. Feedback from this meeting goes directly to the One Northern Devon Board who receive reports detailing the work of the One Communities

and any issues they are facing with the aim of supporting them to find solutions. At the most recent One Communities meeting, the subject of evaluation for the different Community Development pilots which are currently taking place across Northern Devon was discussed and the group was joined by Dr Julian Elston who has recently been commissioned by Devon County Council to measure the impact of social prescribing across Devon.

ONE ILFRACOMBE



The team continue to work alongside the North Devon Coastal Primary Care Network with the work being undertaken by One Ilfracombe identified as “an exemplar project” by Dr Michael Dixon (Chair of The College of Medicine) at the launch of the Institute for Social Prescribing.

Local residents, both young and not so young, remain a recent major focus for the team.

The popularity of the Out of the Blue Cadet scheme (12-13 year olds) was again reinforced with 88 applications being received for just 16 spaces! As a result of



this, the scheme is now full until spring 2021.

A group of slightly older residents have been taking full advantage of a North Devon Parks & Gardens Tour run by One Ilfracombe in partnership with Active Devon and the Ilfracombe Community Minibus Service.



Out of the Blue



Parks & gardens tour



Design led service training

ONE BARNSTAPLE



www.onebarnstaple.org.uk

Over the last year, One Barnstaple has grown at a very fast pace and is now working on a number of different projects. The One Barnstaple Flow project is now working with over 30 organisations within Barnstaple to help staff provide a more holistic and whole person approach to working with their clients, drawing in services to support people as opposed to referring people on. One Barnstaple meetings are now themed around the topics that have been highlighted through our engagement with the community. Over 1000 people have now been asked what they feel are the most important issues facing residents in Barnstaple. So far

topics that have been highlighted includes homelessness, loneliness and healthy eating within the town. Projects that have come from this engagement include developing a Community Fridge project and a friendly bench project which are great examples of partnership working between the different organisations within the community. A number of actions around homelessness have been developed including a working group to link rough sleeper outreach teams and charities within Barnstaple with GP's from Barnstaple Alliance Primary Care Network to increase greater access and take up of health services by our homeless population.



TORRINGTON 100

www.torrington100.co.uk

Torrington 100 has really taken off!

The group had their launch day at The Plough Art's centre in Torrington on the 2nd October. It was well attended and there was certainly quite a buzz. Annemarie Shillito of The Plough had organised a series of taster sessions throughout the day for people to try out; these ranged from printmaking, Sapta dance, music making, photography, flower arranging and Hula hoop

dancing! Other organisations attending included Torrage ageing well and TTVS who were represented by Amanda Bowen, Pickmeup.co.uk (the new rural transport charity) and a number of other organisations as well as some of the shakers and movers from Torrington's satellite villages. Bridget Cordory and Cathy Richards, T100's new community developers, were there to network, promote the groups' activities and to liaise with North Devon's GP link

workers. Much fun was had and it was wonderful to have so many local people volunteer to help!

Thanks to everyone for their support. JM



ONE BIDEFORD



The first One Bideford Health meeting was held at the end of September 2019. This meeting had representation from Bideford Town Council, Torrridge District Council, Social Prescribing link worker from Torrridge Health and TTVS. The remit of this group was discussed and a wider meeting including GP's, health and social care teams and other community members will be

held later this month. With the additional role of the Community Development Officer, funded through One Northern Devon and the improved Better Care Fund and employed through TTVS, engagement with the community, mapping of organisations and assets and development of projects for One Bideford will begin shortly.



The work of 'Live Well in Branton' is growing as we increase the scope of work we are involved with in the Community. Since her appointment in May our Community Connector, Sophie Heaton, has worked really hard to build relationships with multiple organisations and individuals in Branton and the surrounding areas. She links in regularly with the Medical Centre and runs a weekly 'surgery' in the building. Her referrals are gradually increasing coming from multiple sources including the GPs, other healthcare providers, self-referrals and Community agencies. No two referrals are the same and every individual has needs that are personal to them. Working with people to identify what will make a difference to them takes time in order to build a relationship and trust. How to do this effectively is a learning curve for all of us involved in the organisation. Ongoing external evaluation of our work via an independent researcher at University of Oxford will help us to understand this better. Building our Community assets is a vital part of our work. We held our first 'Living Well in Branton Day' in July. This saw about 300 people visiting various stalls showcasing activities and



organisations from Branton and the surrounding area. Feedback was excellent and we were able to get a real feel for what our Community identifies it needs to improve its Health and Well Being. Following on from this successful day, we have secured a small lottery grant to run further research looking at the needs of the Community and in collaboration with NDVS are running three focus groups and a stakeholder meeting to ensure we have identified what is needed to help build our Community resources. We aim to report on our findings in December. Live Well in Branton is collaborating with 'Ask for Jake' a local community development



aiming to improve awareness and understanding of Mental Health problems and how to support and signpost people for help. We are also facilitating groups to look at having a 'Men's shed', setting up a working group with our local schools to see how we can work with them and beginning to investigate development of a bank of volunteers. It feels extraordinary that we are approaching our second AGM at the end of November. Live Well in Branton is developing its work to 'knit' our Community together. There is a huge amount we would like to do but know we have to make sure we can 'walk before we can run'... watch this space!

Social prescribing and Community Development are very closely linked as strong community capacity is vital when prescribing social activities and support. In Ilfracombe, the improved Better Care Fund (iBCF) project which has been running since April 2019, has created a social prescribing team consisting of a Social prescriber and Community Development Officer. This model has been incredibly successful, with the Social prescriber identifying gaps in provision through face to face working with clients and the Community Development Officer supporting organisations and developing new projects with One Ilfracombe. The mapping carried out by the Community Development Officer is a vital resource for the Social Prescriber when identifying support for clients.

Using the Ilfracombe project as a model, One Northern Devon submitted a bid to the improved Better Care Fund to employ 4 more Community Development Officers for a 1 year period across Northern Devon, to create similar Social Prescribing teams, working directly with the new Social prescribing link workers and also the One Communities. This bid was successful and recruitment for these officers is due to happen within the next couple of months.



PARTNERS update

NDHT website extended to include video content



Northern Devon Healthcare Trust will shortly be extending the patient focussed information on its website to include a library of specialist videos. The videos contain information and advice about ailments, medical procedures, exercises and ways of improving recovery. They have been developed

in association with specialists and clinicians to improve patient understanding and reduce anxiety related to treatment. As the videos become available on the website we will be asking for feedback from patients and clinical staff about how useful they are and if there are any other ways that we can improve the patient experience.

one northern devon

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