

Honiton Health Matters Annual Review,
held at The Beehive on 21st January 2020

'iBelong' presentation by Kevin Feaviour

Honiton Health Matters are embarking on a new partnership between the five towns in the East Devon locality (Honiton, Sidmouth, Ottery, Seaton, Axminster) and the 'Imagine If' Partnership. The Partnership is looking for 10 volunteers in each of the five towns who will become locally based 'Community Champions'. They will be people who have an interest in serving the community, in helping to increase access to community well-being support and helping to raise more people's awareness of and enhance their potential to develop both physical and mental health well-being.

Training takes place in February and if you are interested in becoming a 'community champion' you can find out more on the HHM website: www.honitonhealthmatters.org.uk - go to 'iBelong'

To find out more about the 'Imagine If' partnership a power point presentation can be found at:

www.greaterexeterskills.files.wordpress.com

"Emotional wellbeing is fundamental to our lives and being Safe, Social and Successful. 'Imagine if'... offers the opportunity to create and develop the conditions to help people to thrive.

*iBelong is just that – helping people to belong rather than left out and alone; to have access to those they can trust; supporting them to develop their **coping strategies**. iBelong involves building their support network to have the confidence, qualities and techniques to best respond."*

'Parent Support Hub' talk by Sarah Glover

This support group for families of children with mental health issues is being set up by Sarah Glover, the mother of a daughter who self-harms. Sarah's long term goal is to fund raise for a mental health worker. Sarah has a Facebook page and you can email her at:

sarah@sarah-loveparent-support-hub.co.uk

Ways2Wellbeing update by Jess Birks

This pilot project was launched in July 2018. Jess reported that funding has now been confirmed for two more years and pledged for four years.

In 2020 W2W will be working with Plymouth University analysing how the project has impacted on the wider community including GPs. During the past year there has been expansion across East Devon surgeries with the number of referrals rising to 800; 200 of which came from Honiton. Only half of this number enrolled and a sizeable proportion of referrals required more urgent, specialist support before they could benefit from W2W support. These patients were referred back to their GPs. For those who did enrol there were good outcomes.

Ways2Wellbeing (also known as social prescribing) is a way of enhancing patients' health and wellbeing, with the help of a health and wellbeing coach, to access non-medical community services. Patients with loneliness, social isolation, mental health issues, physical and fitness problems can all benefit.

Anyone who is interested in accessing the programme should contact their GP surgery or email: rde-tr.w2wcontact@nhs.net

Action East Devon – Headlight (previously The Project)

Headlight provides a friendly, non-clinical space for young people who are experiencing emotional and mental health issues and their families. Headlight delivers peer support through fortnightly facilitated sessions for young people aged between 13 to 24 years in Axminster and Ottery St. Mary.

For more information go to: www.actioneastdevon.org.uk/headlight
email: headlight@actioneastdevon.org.uk or tel. 07741 646 426

Honiton Mental Health Friendly Town

Honiton Health Matters set up a steering group for this project in November 2019. This is a collaborative project developed with Honiton Community College and Action East Devon's Headlight team along with other community partners.

Honiton Mental Health Friendly Town is a new community-led initiative to create a charter for change to help support young people and their families in the town. Results from two surveys will shape an action plan for the community, business and groups to sign up to and help young people and their families affected by mental health issues feel supported, engaged and involved in improving their wellbeing.

The Young Persons Survey and the Parents and Carers Survey were on the Honiton Health Matters website – to be completed by 31st January.

Project launch will be on 31st March 2020, at The Beehive.

If you have missed the surveys deadline date and/or are interested in being involved with this project you can contact Honiton Health Matters at: honitonhealthmatters@gmail.com

National Lottery Community Fund –
How to Access Funding for Voluntary Groups
Jenny Fisher, Funding Officer, South West Regional Team
www.tnlcommunityfund.org.uk

To reach the advice team email:
generalenquiries@tnlcommunityfund.org.uk

How to write a funding application:

1. Keep the application short
2. Give the funder what they want
3. Tell the funder who you are
4. Describe the problem and your solution
5. Ask for project funding
6. Be positive in your application
7. Offer a human story
8. Avoid jargon

On-line applications have been simplified. The most popular grant is 'Reaching Communities' with no deadlines.

The applicant should be able to describe in 500 words:
Who? What? Where? When? Why and How?

If successful the Community Fund will fund:

1. Project costs
2. Organisation development (skills and responsibilities)
3. Revenue and capital costs

The Fund is interested in groups that have the voice of older people with the knowledge, skills and experience to make changes. It is important that the participants in any proposed project have an understanding of other activities and services in the community and are proposing a project that will compliment them.

With regard to projects already in operation TNL are as interested in what doesn't work as well as what does!

There will be a workshop for anyone interested in learning more about local community funding in the near future, probably held in Sidmouth. It will be led by Jamie Buckley, EDDC's engagement and funding officer. (More information to follow on this website).