



Action

East Devon



HAPPY HEALTHY COMMUNITIES



Community Health Conversations

- **Sarah Reeves – Group Development Officer**
- **Di Fuller – Chair - Sidmouth Health and Care Forum / Sid Valley HELP**

How we help - Place Based support in Towns and Villages



Charity supporting community voluntary and social enterprise (VCSE) groups, e.g.

- Setting up a group (governance)
- Fundraising
- Volunteer matching service
- Support communities to set up new services
- Facilitation and training
- Co-ordinate conferences / networking meetings
- Provide 1-2-1 technical and specialist advice

Community Health and Wellbeing Forums



- Honiton Health Matters
- Seaton & District Health Matters
- Sidmouth Health and Care Forum
- Exmouth Health and Wellbeing Forum
- Ottery St. Mary Health and Care Forum
- Axminster – Health initiatives
- Budleigh Salterton Health and Wellbeing Hub

Purpose of the forums

- Bring groups and partners together (networking and collaboration)
- Identifying needs and how they can be met
- Keep services close to home
- Support local groups to deliver
- Driven by local people and groups



Seaton / Honiton

Community Conversations



- Community conversations 2017/18 to engage community groups, public and private
- Consultation exercises:
 - Identify needs not wants
 - Strengths based conversation to focus on ‘what’s strong not what’s wrong.
- Priority areas identified
- Quarterly themed network meetings to address priorities with local partners

Commonality of priorities

Area approach to include parishes/towns

communication and better connection between groups

Better knowledge of voluntary services /activities available

Connectivity: transport, physical, internet

Mental health support /resilience - all ages

Prevention, promotion and rehabilitation

Old age, dementia, loneliness and isolation

Workforce challenges

Progress

- Business planning + Securing funding
- Talking to new partners + commissioners
- Supporting local health information hubs + websites + repurposing of buildings.
- Influencing statutory services
- Partnering with others to draw down additional services through collaboration
- Running services themselves (Sid Valley HELP)

Communities doing it for themselves



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

— *Margaret Mead* —

AZ QUOTES

Sidmouth Health and Care Forum

- Established June 2015
- Purpose of Forum to provide opportunities for:
 - Information exchange from key stakeholders
 - policy and provision update
 - identification of emerging priorities and needs
- 2016 Loneliness and Mental Health issues identified as key issues across all age groups
- October 2017 Sid Valley HELP launched

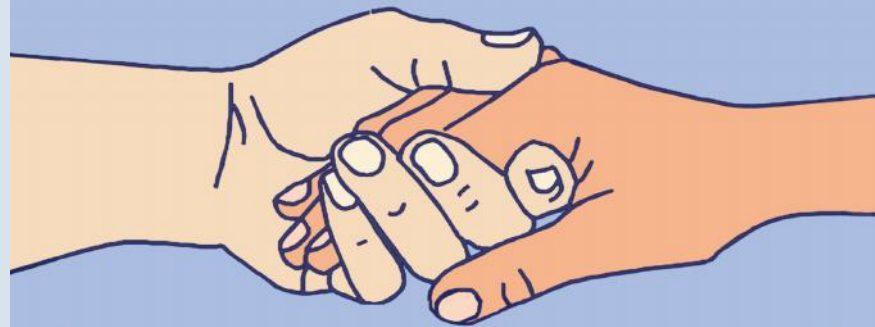
Sid Valley HELP

01395 892 011 or 07378 964 521

www.sidvalleyhelp.org.uk



Your signpost to care and support services



Sid Valley Help provides free and confidential information and advice on health and care support services for Sid Valley residents who are ill, lonely or in life-changing circumstances.

01395 892 011 or 07378 964 521

www.sidvalleyhelp.org.uk

Tuesday and Thursday 10am - 12pm
Leigh Browne Room, Dissenters Chapel
All Saints Road, Sidmouth EX10 8ER

Why do we need Sid Valley HELP?

- There are many excellent groups supporting health and care needs in the Sid valley
- Many of them do not know of each other
- Some organisations do not know how to reach the people who could benefit from their help
- Many individuals do not know who to contact when they need help
- Health professionals and social services do not know of all that is available

How many health and care related organisations operate in the Sid Valley?

- There are nearly 100 organisations, mostly in Sidmouth or East Devon
- Of those support organisations nearly 60 hold regular meetings in the Sid Valley
- There are many more organisations in Devon or nationally, like support for housing
- Then there are all the other groups and clubs like Rotary, interest groups and sports clubs

Working with the community



What have they told us?

- Community organisations need to be more joined up and working together
- Information needs to be easy to access, but printed information is needed too
- There is a need to support people of all ages who are isolated and lonely, but especially the housebound
- We must support carers
- We need a volunteer clearing house
- Local and accessible support is needed for people with mental health needs



Sid Valley HELP



A new service for the Sid Valley

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Welcome

Sid Valley HELP is a new service for the Sid Valley

Our Mission is to unite and mobilise the goodwill of our community, to support all local residents of the Sid Valley when it is needed most in times of illness, loneliness, difficulty or life changing circumstances.

If you need help in finding out about services that can help you please use the blue navigation buttons on the right hand side of the page or you can give us a call on either of the the numbers below, or pop int to see us!

[Family Support & Childcare](#)

[Care & Support at Home](#)

[Community Services](#)

[Health & Wellbeing](#)

[Housing & Care Homes](#)

[End of Life & Bereavement](#)

01395 892011 or 07378 964521

Tuesday 10am - 12pm

Thursday 10am - 12pm

@ Leigh Browne Room, Dissenters Chapel

What now?

Sidmouth Health and Care Forum priorities

- Accessible support for mental health
- Improving links with commissioners and statutory providers
- Combating Loneliness
- Informing services reviews
- Support for carers
- Transport

Sid Valley HELP Priorities

- Charities Commission status
- Promotion
- Mapping provision to combat loneliness
- Developing provision to fill gaps
- Working collaboratively with partners
- Accessing funding for sustainability