Quarter 4 2023

Tamlyn Fraiquin

Crediton Community Builder



Together, our Community can turn challenges into opportunities to thrive.

Introduction	An introduction to who I am, and what I hope to achieve
Homes For Ukraine	A review of the 'Homes for Ukraine" Art Workshops
Celebration of Youth	Exploring our on-going community project - 'The 'Celebration of Youth'
Meeting our Community	A brief introduction to some of the groups and initiatives that make this town great.
What next ?	An insight in to what I am hoping to achieve in the first few months of 2024.

Introduction



Hi - I am Tamlyn, the Community Builder for Crediton.

Having joined in September, my first 3 months have been busy! I have focused on spending time with the community to enhance my understanding. I am thankful to the groups and individuals that have welcomed me, being part of this community is truly fantastic.

I consider it a privilege to now have the opportunity to collaborate with these inspirational individuals and look to facilitate further development and growth.

Beyond my professional commitments, I am a proud mother to two remarkable boys. Growing up in a farming family, I have a deep appreciation for the countryside and a love for animals, often donning wellies when necessary.

Who is Involve

Involve's purpose is to provide information, networking opportunities and organisational support to community groups and volunteers across Mid-Devon to help the region and its people mobilise community strengths and utilise its assets and opportunities to achieve an equitable and prosperous environment for all.

Get in Touch

If you are community group, club or individual who would like information or assistance, please get in contact so we can explore the support we can offer.

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Homes for Ukraine

Involve were commissioned to undertake a series of creative workshops in September and October to provide insightful feedback on the experiences of the Ukrainian Community, their hosts and supporters. We worked with Helen Mary Hamilton, an art therapist and Bindy Saywood, The White Room Creative Space.





The workshops were fantastic!, We created fun, relaxed environments where the artistic talents really shone.

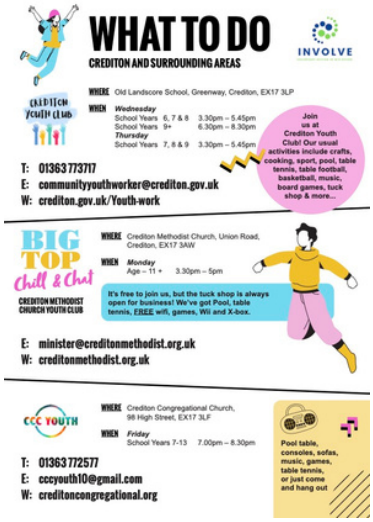
The work produced was displayed at the White Room Creative Space during the Christmas Arts and Craft fair in December.

The feedback gathered will support ongoing work and help shape and develop future emergency reactive support programmes.

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Celebration of Youth







Through our community engagement, it was clear one of the key areas to support was the youth. We are at the starting point of an exciting project that 'Celebrates our Youth'. I had focused on initially mapping opportunities for our young people. This is a key resource, and is being utilised by community groups and QE, who have distributed to the tutors and displayed around the school sites.

In November, we bought the groups together in two weeks of celebration in the Crediton Courier, where we had 5 pages to explore the groups. As part of this, we have created a survey to ask the community for feedback. We will look to evaluate the responses and come together to provide solutions.



The next phase of the project is an event which will take place on the 22nd January 2024.

We will host the groups at Lords Meadow Leisure Centre, with every young person and family invited - Yr6 to Y13

The work is a fantastic collaboration of the community groups, QE, Involve, Crediton Town Council and Mid Devon PCN

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Meeting Our Community



I am committed to improving the awareness and understanding of what is available across our community.

Through knowledge sharing we will ensure individuals are better informed about the options available, improving take-up levels to ensure our community thrives.





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Meeting Our Community

I was invited to meet BAPS! Crediton's Breast Feeding and Parent Support is a community group established by a group of Mums who want to support other Mums and families. They are a lovely, non-judgemental group that offer a warm welcome.

They meet every Tuesday from 12.30pm at the Old Landscore School.

They can give general advice about slings and cloth nappies, and have trained breastfeeding peer support present at every session



I had the opportunity to spend some time with Fiona and Claire at the Crediton Foodbank to understand the incredible and much-needed work they undertake for the community.

The foodbank now works on a self-referal basis, and supports anyone who needs them.

They have seen an increase in need during the cost of living crisis. They are presently meeting demand due to the generosity of the community and support from Morrisons and Tesco. To support - please see **creditonfoodbank.org.uk**

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Meeting Our Community

CREDITON IN & AROUND

The Crediton Heart Project is a charity, set up in 2018, with the aim of keeping the heart in Crediton by supporting the vibrant arts scene, community groups and local enterprise in and around our town.

I will be forever grateful to Rosemary, who has welcomed me and offered support as I take on the community builder role. She is a true asset to this town, relentless in her commitment to make it better for everyone.

Our library is an amazing resource for the town. Whilst remaining true to their core services, they also provide a community space and resource.

From teenage book groups, to Lego and toddler activities.

They provide free hot drinks, a warm welcoming space. With numerous projects, from those focused on Oral History to Folklore evenings.

We have facilitated Volunteers from QE, with Sue providing a warm welcome with interesting projects to be involved with.

Libraries Unlimited
Crediton

The library also hosts the Community Larder, an amazing resource that reduces food waste.

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What Next ?



We are working with Macmillan and Mid Devon Primary Care to bring some 'Listening Events' to Crediton on two dates in January 2024.

This is not a fundraising event, but rather an opportunity to talk about support and information needs, what's working well for you that you'd like to see more of, and how things could be improved.

This is a 'drop in' event, where we will ensure a warm welcome to all with refreshments and drinks.

The first 3 months have been incredibly rewarding - I have loved supporting this fantastic community, and look forward to developing the work in 2024.

January 2024 will be busy! with 3 important events that I sincerely hope will benefit many. I hope to meet many more of the wonderful volunteers, community groups and charities that support our wonderful town, and will work to support every one.

Thank you to everyone

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