Quarter 1 2024

Tamlyn Fraiquin

Crediton Community Builder



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

Introduction	An introduction to Involve, me and what I hope to achieve
Celebration of Youth	Exploring our on-going community project - 'The 'Celebration of Youth'
Macmillan 'Talking Cafe'	An update on the 'Talking Cafe' and next steps
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 Spring 2024

Introduction



I am Tamlyn, the Community Builder for Crediton.

My first six months have been fab. Spending time with this fantastic community has been truly inspiring. My role covers 12 hours a week, so I am focusing on key areas - but always wanting to know what people want to ensure my time is spent wisely.

I sincerely hope I can help make a difference, led always by the amazing people in our town and surrounding villages.

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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Celebration of Youth

Through our community engagement, it was clear one of the key areas to focus upon was the youth. The last quarter saw the community come together to support the project.

In January 2024, we held our inaugural event at the Lords Meadow leisure centre. We brought together over 20 groups, clubs and activities.



















The work is a fantastic collaboration of the community groups, QE, Involve, Crediton Town Council, Crediton Youth Service and Mid Devon PCN. The willingness and desire of so many to come together to make something good happen is truly inspiring.

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Celebration of Youth














The event was fab !

Such energy and positivity, I was really proud to be part of it. A HUGE thankyou to our true community asset **Alan, Crediton Courier** for attending, taking fab photos and an giving us an amazing write-up.

Looking forward to the next one in 2025 !!

Thank you to Lords Meadow for the space and to Hazel, Morrisons Community Champion for the healthy snacks.

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Celebration of Youth



Our survey ran through to the end of January, receiving c.170 responses. We are now focused on reviewing the responses and working within the community to establish how we can meet the needs identified.

Crediton Youth Club, led by Cath, has already introduced some new aspects in answer to the needs identified. An impressive swift response sees the introduction of two new clubs.

Further work is ongoing - so watch this space !





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Macmillan 'Talking Cafe'

I have been fortunate to work alongside Macmillan Cancer Support and the amazing Social Prescribers team, based at Redlands.

In January 2024, we held two 'Talking Cafes. These were incredibly well received. Thank you to everyone who came to talk to us.

Our objective was to ensure we listened and obtained real feedback understanding the challenges faced by those diagnosed with cancer, their families and support networks. We are now hoping to introduce local services for our community that create and encourage opportunities that are sustainable for long-term, independent support.









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Meeting Our Community

As a town, we are lucky to have a second Youth Club - Crediton Congregational Church. Dave is an inspirational youth leader, who works tirelessly with Friday night Youth Club and the support he provides to QE.



The club aims to provide a diverse mix of activities to cater for all interests. From the gaming consoles and dance mats to nail bars and beauty - there really is something for everyone.



An evening meal is served so everyone can eat together. Despite my photo - this was a celebration of the Chinese New Year, so the bad news is there is not a chinese every week!

Age Concern Crediton & District

Age Concern Crediton is an independent local charity, with a centre in Deep Lane, Crediton. They work to support and improve the quality of life for people in the 50+ age group living in Crediton and its surrounding villages - enabling independent living.



A new service will be based at the centre every Wednesday. The Citizens Advice will be providing a face to face service 9.30am - 3.30pm. Available to anyone who needs advice and support - an invaluable resource.

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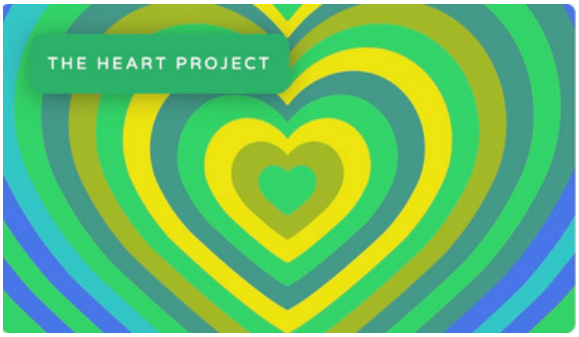
Meeting Our Community

The Bookery is a community-owned, independent, award-winning bookshop in the heart of Crediton high street.

But it is so much more ...

They work extensively across the community to deliver projects which support health and well-being, provide accessible cultural opportunities that enrich people's lives and work tirelessly to support our schools. From Reading Friends, which connects people by starting conversations through reading to their Top Titles to encourage the love of reading in our younger children - their work has a huge impact. They truly are amazing!

Every purchase helps make a difference to our community.



The Crediton Heart Project was set up five years ago to make Crediton a more vibrant place to live. At the end of 2023, the project made the decision to expand their work further by merging with Crediton Town Team to create a single, more effective charity working to make our town a great place to live.

To help deliver an exciting portfolio of projects they are looking for more people to shape and achieve their vision.

The Heart Project is particularly looking for people with experience in fundraising, communications, especially website and social media management, delivering music and arts events and developing community buildings and facilities.

They are also seeking a small number of trustees to join the board, with responsibility for running the charity.

To find out more about their plans and how you can get involved please contact the Chair, Rosemary Stephenson, to arrange an initial chat rosemary@creditonheart.org

What Next?



As part of the work within the 'Celebration of Youth Project', we will be holding an expression of interest event to work with the community to establish peer-to-peer support groups.

Our aim is to work with the community, with the support of QE, Landscore, Haywards and DIAS to support peer led groups.

We hope to speak with as many people as possible to help shape the groups.

Come along and let us know what you need or feel would be of benefit.

Sometimes, we all just need to chat.

DiAS
Devon Information Advice and Support
for Special Educational Needs and Disability

Sarah will be joining us on Tuesday 23rd April to provide information on the Ambassador Volunteer Scheme - please join us to find out more and how you can get involved.

Ambassador Volunteers connect parents within their own communities and more widely into a network across Devon. They're based in communities across the county. It would be amazing to establish volunteers in the Crediton area.

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What Next?

I am working with the fantastic charity FCN to establish a Retired/Semi-retired Farmers group.

Rural isolation across the area, particularly amongst an older demographic is a growing issue. We are looking to bring a social group together who can regularly meet to catch up and be together.

We are asking the community to consider who they know, a neighbour, a relative or an old work colleague - let them know about the group. Give them a call or pop in. One small action can make the world of difference.

Remember to look after yourself too.

If you work in an industry that works closely with farmers, a new resource is available for farming's "accidental counsellors" to help them better support those within the agricultural community and better look after their own well-being.



The University of Exeter and Farming Health Hub have created a new online resource hub

accidentalcounsellors.co.uk

which aims to help people who work with farmers, and who often find themselves lending a listening ear to those in distress – feel more confident about promoting the well-being of clients who are facing challenging times.

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What Next?



I will be working to collate details of walking groups - if you are a member of a group or would like to be, I would love to hear from you.

If you would like to start a group, Active Devon offer support in Walk Leader training - please contact me for further details.

The Health and Wellbeing Alliance
The alliances bring together representatives from statutory agencies, the private and voluntary sector working in, or responsible for, health, social care and wellbeing across the area. Our January meeting bought together 26 people, all with the common aim of working collaboratively to develop and improve the lives of those living in our Town and neighbouring villages.



Our next meeting will take place at the Boniface Centre on Wednesday 10th April 2024. Please contact me for further details or if you would like to attend, or would like to be invited to future meetings.

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