

Active Devon OND Communities update 22/06/2022 (Tom Mack)

Open Water Swimming, walking and yoga appear to be the most popular non competitive activities in the area. Attitudes post COVID 19 are mixed. Many people keen to get back out but some still very nervous. Outdoor activity seen as much safer and good way to build confidence.

Significant investment across North Devon across all workstreams. Over 50 TIF/TF funded projects in Northern Devon since the start of the pandemic.

- Naturally Healthy May a success. 11 projects across Northern Devon. Many now in more rural areas. More impact and feedback to be reported.
- 9 Together Fund projects since end of February averaging £2020 per project. Focussed on Long Term Health, Disability and Refugee communities. Particular interest in coastal and remote rural communities. Projects From Lynton to Winkleigh.
- Currently 12 CAN projects across the whole ND area, scope for more, especially linked to Green/Blue Social Prescribing and buddying/volunteers schemes. CAN is a 5 year programme due to finish in July 2023
- Park Yoga now established in Ilfracombe and running Independently
- Supporting Walking Groups at Torrington, Barnstaple, Bideford, Northam, Instow. Independent groups at Ilfracombe, Braunton, Holsworthy, South Molton
- Opening Doors Funded Clubs are in Ilfracombe, Braunton, Bideford, Torrington. Referrals through Police Community Support Officers.
- Opening Schools funding has gone to Ilfracombe Academy, Ilfracombe Primary, Holsworthy Academy, Bideford Academy, Atlantic Academy to encourage out of hours use.
- Links with Social Prescribers are expanding – we are keen to keep developing these relationships and support SPs around physical activity/movement for health and wellbeing and find a way to engage consistently and develop relationships at the right level.
- Supporting strength and balance in North Devon through NFIT (National FaME Implementation Plan). There are opportunities for funded workforce development. Level 3 instructors stepping up to PSI (Postural Stability Instructor) level 4. The guidance around eligibility is quite complex so rather than share it we can just check eligibility with interested parties.

