



Kingsteignton Town Council

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Mayor's Charity 2019/2020

#DoltForDeaks

A project to end the stigma around
mental health and suicide

Kingsteignton Town Council has declared a Climate Emergency

2 July 2020

To Members of Kingsteignton Town Council

You are hereby summoned under the Local Government Act 1972 Sch.12s.10 to attend a Virtual Meeting by Zoom of the Full Council meeting of Kingsteignton Town Council on **Wednesday 8 July 2020 at 6 pm**

Carol Lakin
Town Clerk

FULL COUNCIL MEMBERS:

Mayor: Councillor D Rollason

Deputy Mayor: Councillor B Austen

Councillors: R Bovey, A Brotherton, T Dempster, K Jones, A Khan, I Laws, R Peart, S Plummer, D Ripping, J Scagell, B Thorne

CAN COUNCILLORS PLEASE EMAIL WRITTEN REPORTS TO THE TOWN CLERK PRIOR TO THE MEETING FOR CIRCULATION TO COMMITTEE MEMBERS SO THEY CAN BE TAKEN AS READ AT THE MEETING

VM89/2020 Apologies

VM90/2020 Declarations of Interest

VM91/2020 Minutes from meeting 24 June 2020 – copy attached

VM92/2020 County Councillor Report

VM93/2020 District Councillor's Reports

VM794/2020 Police Report

VM95/2020 Clerk's Report

VM96/2020 Update on COVID 19 (including information from the Government Website)

VM97/2020 Finance Report – Mr Banner, Finance Officer

VM98/2020 Representatives Reports

Ball Clay Heritage

CAB

Climate Emergency

CPRE

Devon Association of Local Council

Feoffees

Friends of Kingsteignton Library

Hackney Marshes

Kingsteignton School

Kingsteignton Youth Centre

Outdoor Bowling Club

Oakford Lawn (Kingsteignton Village Trust)

PCC

Parish Tree Warden

Ram Roast Fair

Rydon Primary School

St Michaels Primary School

Sibelco

Stover Canal Trust

Swimming Pool Association

Teign Estuary & Coastal Partnership

Teign School

Teignbridge Association of Local Councils

Teignbridge Cycling Forum

Twinning Association

Viridor

Cllr Thorne

Cllr Peart

Cllr Khan

Cllr Khan

Mrs Lakin

Cllr Peart

Cllr Dempster

Cllr Brotherton

Cllr Scagell

Cllr Rollason

Cllr Peart

Cllr Jones

Cllr Thorne

Cllr Austen

Cllr Dempster

Cllr Ripping

Cllr Peart

Cllr Peart

Cllr Ripping

Cllr Scagell

Cllr Dempster

Cllr Peart

Cllr Plummer

Cllr Bovey

Cllr Khan

Cllr Thorne

KingsCare

The Old Rydon

Newton COVID 19

Cllr Rollason

Cllr Peart

Cllr Rollason

VM99/2020 Teignbridge District Council Local Plan Consultation – to discuss comments to be submitted – copy of minutes from Working Party attached

VM100/2020 KingsCare Mental Health Support – to consider attached request for funding

VM82/2020 To discuss request from A C Landscapes to sponsor the Five Lanes roundabout or the one at the top of Longford Lane. Staff at A C Landscapes have all the necessary roadside certificates to enable them to plant the area. The Town Council would only need to agree the design and signage

VM84/2020 Nominated Charity Trustees – to discuss Deputy Clerk being re-appointed and Nominated Charity Trustee for a further term of office – Mrs Lewis-Clarke has said she would be happy to continue in this role.

VM85/2020 Date for next meeting

VM100/2020 KingsCare Mental Health Support – to consider attached request for funding




Patron: The Exmouth
Registered Charity Number: Iscount



KingsCare Mental Health Support

KingsCare have continued to offer mental health support during the Covid-19 lockdown period. This has primarily been regular telephone support, but we have also had contact with people through online platforms such as Zoom, Skype and WhatsApp video calls. We are currently running 2 online Wellbeing courses for small groups between 5-7, with content around stress management, sleep, goal setting etc.

When lockdown began, we already had a caseload of people we were working with who continued to need weekly support. We receive new referrals each week, mostly from GP surgeries but also self-referrals from people who reach out through the #doitfordeaks Facebook page.

It is difficult to give exact numbers but Briony and Maggie C have approx. 50 people (of varying needs) to which they are currently having contact.

This doesn't reflect the total numbers as the wider KingsCare team are also supporting large numbers of people whose mental health has been impacted by the lockdown, particularly older adults who are isolated and unable to see family. Currently it is becoming more difficult to manage our caseloads in the part time hours we work.

We have observed that there is a particular need in the following areas:

- Increased anxiety around health issues and leaving the house
- Increased feelings of loneliness and isolation leading to low mood
- Carers mental health impacted due to not having the usual support networks around them, or not having respite from their caring role
- Complicated grief for those that have lost a loved one during this crisis
- Young adults struggling with lack of work, social contact, and leisure activities, particularly young men.

We continue to receive new referrals and can only imagine that this is unlikely to slow down in the future as people need support to recover from this very unsettling and uncertain time.

We would very much benefit and appreciate any funding which would enable us to increase our working hours and support more people in our community.

Maggie B has estimated 4 hours per week for six months would help. The pay rate for such posts is £12.50 ph. There is someone who could extend their hours. $4 \times £12.50 = £50$ x 26 weeks = £1,300.