



# Kendal Integrated Care Community E-Newsletter

Summer Edition 2018

## Healthier Happier Community



Welcome to our e-newsletter Summer edition. Kendal Integrated Care Community wants to make your community a happier and healthier place to live.

As a reminder Kendal Integrated Care Community (KICC) is aiming to achieve improvements based on public conversations which have taken place over the past few years.

We have set up small, focus groups with specialist professionals and local representatives to address some of the aims as identified by the community. These groups report back to the main Delivery Group as a central point.

The chart shows the current groups up and running. The headings reflect our aims to improving the five areas which, after public consultations, were identified as key to bringing about change and improving not only the health but also the wellbeing of our community.

	Support the Frail Elderly	Improve our children's mental & emotional wellbeing	Develop links with 3rd Sector organisations	Sustain our Health and social care services	Achieve healthier happier communities
Frailty group	✓		✓	✓	✓
I Matter		✓	✓	✓	✓
Drug & Alcohol misuse		✓	✓	✓	✓
Children & Family Event		✓	✓	✓	✓
Mental Health integration	✓		✓	✓	✓
Healthy town status	✓	✓	✓	✓	✓
Learning disability		✓	✓	✓	✓

### Living with Frailty in Kendal

There are over 4800 people living in Kendal who are medically classified as frail. Supporting older and more vulnerable people to live happy and fulfilled lives is one of Kendal ICC's top priorities.

Our team visit older people in their homes to gain an understanding of their living situation and to document the person's views, wishes and needs. A comprehensive plan is developed to encompass how they would like to be cared as their health and care needs advance. Often this includes in-depth discussions around sensitive issues such as hospital care, resuscitation and where the person wishes to be cared for at the end of their natural life. Our core team have recorded over 350 such plans that are shared with other professionals involved in the person's care.

To achieve the best care for people in Kendal, statutory and charitable services recognise that we need to work better together, building up a network and sharing information more efficiently. We have established the Living with Frailty focus group, which brings together the knowledge and resources of several NHS teams, NWAS, Age UK, Cumbria Police Service, Adult Social Care and more.

The group (pictured) have met twice and have identified ways in which we can improve the care of those who live with Frailty in Kendal. Amongst other ideas, we are exploring the possibility of the dementia buddies scheme, introducing the Herbert protocol and developing links with Neighbourhood Watch.



# Healthier Happier Community

## Wellbeing Group

The FairOak Wellbeing Group has been developed to give medical and healthy living advice to their residents. They meet on a monthly basis and from the photo below it would appear that the residents are happy to attend and contribute to interesting discussions on improving wellbeing.



Photo by permission by Housing Director, FairOak

Sharon Swainbank, Assistant Practitioner at Captain French Surgery and Dr Amy Lee, GP Lead for KICC, (1<sup>st</sup> & 3<sup>rd</sup> from left back row) with staff and residents of FairOak after their first meeting in April.

## Healthier Happier Sunday Fun Day Feedback

Do you remember back in March, on a bitterly cold day with snow & ice thick on the ground, when the Kendal Leisure Centre opened its doors for our Family Sunday Fun Day?

Well, from all the fantastic feedback, it was a huge success! Over 500 people of all ages came along to bounce, to learn, to draw, to decorate sticks and to climb aboard a fire engine. It was a great opportunity for families and friends to be together, in the warmth, to interact and enjoy themselves.

A special thanks to all the stallholders and especially to the Kendal Leisure Centre for hosting the superb event.



This poster created by the children who went to the Space2Creat stall epitomizes all that we wanted to achieve to make Kendal a healthy, happier community.

By courtesy of Space2Create

**Save the Date!!**

Sunday 4<sup>th</sup> November 2018 when we do it all again only bigger and better!

# Healthier Happier Community

## Public Health in Kendal – An Introduction

The World Health Organisation defines Public Health as “....the art and science of preventing disease, prolonging life and promoting health through the organised efforts of society” (Acheson, 1988).

In practice this means that Public Health is concerned with health protection; avoiding ill-health and seeking to positively influence social factors that help determine the health and wellbeing of populations.

The work of two early pioneers of Public Health, John Snow and Joseph Bazalgette, provide insight to the importance of epidemiological study and civic engagement when seeking to improve population health. John Snow (considered one of the fathers of modern epidemiology) correctly identified the source of an 1854 cholera epidemic in Soho as the water supply; this before ‘germ theory’ was accepted - the prevailing understanding was that the disease was spread by ‘bad air’. The subsequent recognition that a clean water supply required investment in the sewerage system resulted in Bazalgette, then Chief Engineer of the Metropolitan Board of Works, designing and overseeing the building of over 13,000 miles of sewers; a system which transformed the health of the population.

These principals of epidemiological study and application to planning remain relevant today, but what do we know about Kendal and what might we do to improve population health and wellbeing?

To focus on health inequalities and give a clearer picture, those living in the most affluent areas locally can expect to live long and healthy lives; a boy born in Stonecross today can on average expect to live to 80, a girl born in Staveley to 85. Unfortunately their counterparts in less favourable circumstances do not fare as well with a boy born in Highgate having a life expectancy of 69 and a girl 75. Those born into the most challenging circumstances will on average spend over 20 years of their shorter life in poor health, whereas for the most advantaged this is nearer to 15 years.

We know that aspects of the physical environment (such as housing, access to green spaces and proximity to busy roads) as well as social circumstances (like employment, wealth, loneliness and family) make significant contributions to health outcomes, so the question is:

How can we collectively improve these factors for those most disadvantaged?

Health Behaviours 30%	Socioeconomic Factors 40%	Clinical Care 20%	Built Environment 10%
Smoking 10%	Education 10%	Access to care 10%	Environmental Quality 5%
Diet/Exercise 10%	Employment 10%	Quality of care 10%	Built Environment 5%
Alcohol use 5%	Income 10%		
Poor Sexual health 5%	Family/Social Support 5%		
	Community Safety 5%		

Source: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute

The table above highlights that there is a balance between many factors that affect our health; and so the key challenge for Public Health working as part of the Kendal Integrated Care Community is to engage with local employers, community groups, civic leaders, schools etc. to address this agenda and continue to improve the health and happiness of our community.

# Healthier Happier Community

## Things to do and clubs to join in your Kendal community

- **Space2create**

Well-being through creative activity. For anyone who has found themselves isolated or excluded while experiencing long term physical or mental health conditions, the road to recovery is a daunting prospect. S2C provide creative opportunities which are supportive, accessible and unthreatening.

**Contact -** [info@space2create.co.uk](mailto:info@space2create.co.uk)  
**01539 482540**

- **Riversiders Trust**

Riversiders Trust run leisure activities for people with learning disabilities where they can meet in a happy, relaxed, safe and non-threatening environment, enjoy social interaction, engage both in individual hobbies and shared activities, develop further life skills and participate as widely as possible in community life and activities.

**Contact -** [riversiderstrust@gmail.com](mailto:riversiderstrust@gmail.com)

- **Kendal Library**

Free 1-1 computing sessions for PCs, lap tops, smart phones available for beginners. Sessions need to be booked

**Contact – 01539 713520**

- **Kendal Allotments**

Kendal boasts an impressive 472 allotment plots over 17 sites throughout Kendal. Kendal Town Council manages all allotment plots via Allotment Officer

**Contact -** Janine Holt on 01539 793495 or via [allotments@kendaltowncouncil.gov.uk](mailto:allotments@kendaltowncouncil.gov.uk)

- **Kendal lads' and Girls' Club**

The club offers a range of activities including Duke of Edinburgh award, sports, arts, music, educational workshops and youth clubs for young people.

**Contact** [iankendalladsandgirlsclub@gmail.com](mailto:iankendalladsandgirlsclub@gmail.com)  
**0757 253 9963**

- **Men in Sheds - plus Ladies in Sheds**

Work safely with a range of tools to make a bird box or upgrade and recycle pieces of furniture. Sessions are free but need to be booked

**Contact – 01539 728118**

- **Lunch Clubs in and around Kendal**

Meet other people, enjoy lovely food. Open to all. Lunches are available in a range of locations around the town.

**Contact –** [ldawes@ageuksouthlakeland.org.uk](mailto:ldawes@ageuksouthlakeland.org.uk)  
**01539 728118**

- **Walking Netball**

It's netball but at a slower pace and suitable for all levels of fitness. Have fun, meet other people and get fit. Suggested donation £2.00

**Contact -** Age UK South Lakeland's Community Activities Team 01539 728118

- **Dementia Hub South Lakeland**

Help for people worried about their memory, or residents diagnosed with dementia, their family and friends

**Contact –** [southlakesdementiahub@gmail.com](mailto:southlakesdementiahub@gmail.com)

- **U3A**

South Lakes U3A provides opportunities for learning, leisure and social interaction for people in their "third age" - the time after the first age of childhood dependence, and the second age of employment and parental responsibility.

Contact – the membership secretary on 01539 722803 or visit

<http://www.southlakesu3a.org.uk/Contact.php>

