

## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019



**Kendal Integrated Care Community**  
*Working Together for a Healthier Happier Community*

**Thank you to Space 2 Create for designing our new logo – great work** (contribution given)



### Alison is a Winner

**March 2019**

Huge well done to Alison who won the award for **Outstanding Improvement in Patient Experience** at the 2018/19 Health Hero's award ceremony hosted at Leven's Hotel on 23rd March 2019.

### Welcome to Cara's Baby



Our ICC Development Lead, Cara Stride gave birth to a beautiful baby girl on the 21st December 2018. Even though she arrived over a week earlier than expected, all the family were lucky enough to be back home in time for Christmas. Cara and her husband Dean chose the name Alma Marina Spratling Stride for their daughter. Alma is little sister to 2 1/2 year old Ivan, who is loving his new role as big brother and enjoying having a new playmate to sing to. Alma is approaching 4 months old now and loves going swimming, sleeping through sensory classes and playing in her baby gym. The Stride family are overjoyed with their smiley new arrival. Cara is looking forward to coming back to work in November to catch up with all the projects and more importantly to enjoy a hot cup of tea in peace.



## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

### North West Auction Marts Lancaster & Junction 36 January 2019

The event became a collaboration between both Lancaster and Kendal ICCs, who undertook signposting, blood pressure, pulse and BMI checks, Lancashire Care Foundation Trust who provided advice and guidance around mental health, Morecambe Bay Hospital Trust who supported the event with Dementia expertise, Lancashire Pharmacies who undertook NHS Health Checks and the North West Innovation Agency who supplied a number of staff and equipment to carry out AF screening. It was soooooo successful! The farmers loved it and fully engaged. We identified at least 2 dozen people with untreated hypertension/possible AF! The successful outcomes of the health promotion that was provided by all our practitioners.

We will be repeating these events over the forthcoming year:

**The next one being 2<sup>nd</sup> May 2019, which is being advertised in the Farmers Guardian national magazine.**



**KENDAL ICC RAISED £70.98 FROM THE CHRISTMAS TREE FESTIVAL 2018 WHICH WAS DONATED TO SPACE 2 CREATE TO THANK THEM FOR LEADING ON THE TREE DECORATING.**



## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

### Morrison's Health Check Day March 2019

Rachel and Trudy attended Morrison's supermarket and identified 15 people with possible high blood pressure requiring further investigation by their GP.



### Meal Delivery

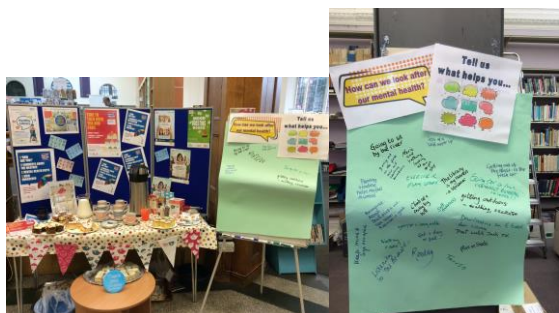
Kendal ICC is working with the Peoples Café to provide free meals to Housebound Elderly members of the community.

### February 2019

Peoples Café prepared and cooked hot meals for 19 older people, these were delivered by Trudy and Alison plus Josh!!!

### March 2019

Kendal ICC delivered 14 delicious hot meals (and dessert) all made by donated food to the Peoples Café in and around the Kendal area to the frail an elderly despite the torrential rain.



### Time to Talk February 2019

Kendal Library hosted the Time to talk, on the day the staff at the library signposted people to information and promoted books from their Reading Well collection which includes a range of self-help books on common mental health issues, as well as library membership and reading as a healthy activity in itself. Delicious cakes were provided by Cumbria Care staff and there was a mixture of CCC colleagues and public taking time out over refreshments. People were invited to write on a wall to say what helps them take care of their mental health.



## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

### Better Care Together (Part 2)

**February 2019** Rachel Murphy and Trudy Brayshaw represented Kendal ICC where they gave a presentation describing a patient story, seen here with NHS MBHT CEO Aaron Cummins at the start of the workshop.



### Dementia Week

20-25<sup>th</sup> May

Watch out for more information being communicated by NHS soon

### Celebration event at Castle Green

**March 2019** The ICC teams across Cumbria met at Castle Green Hotel on 21<sup>st</sup> March 2019 to show case their special projects. In particular Kendal ICC introduced Dr Cathy Betoim, Clinical Psychologist and developer of I Matters, aiming to provide mental health education and support for professionals and parents.

See the I Matter training on their website and Twitter account

<https://www.adultchildrelationshipmatters.co.uk/about-i-matter.html>



**I Matter**

**Training:**

*"Helping you to  
understand  
yourself and your  
child"*





## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

### **Flood Focus Group February 2019**

The flood focus group has had 2 meetings and another is planned for May .

It has had representation from Primary Care, Public Health, 1st step mental health support service, Headway Brain injury support charity, Age UK, and Community Flood Planning Groups.

The following areas for improvement are being addressed:

1. Medication emergency supplies
2. Multi-agency coordinated response involving Primary Care. The 3 GP surgeries have developed a plan for a collaborative response with supportive IT.
3. Mental Health welfare-a leaflet has been developed by 1st step and made widely available.
4. Pets- options are being explored with animal welfare charities and volunteers
5. Equipment for disabled citizens is being looked into
6. Preparation for those at risk, including flood plans, advance care plans, grab bag lists.

Dr Amy Lee

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### **Welcome to the Well February 2019**

The Well Communities undertake a "View to abstinence" group at 2pm each Tuesday within Unity Drug & Alcohol Service.

The Well Communities are able to provide support to people in South Lakes including accompanying to Mutual Aid, Supported Housing and Substance Misuse Services.

Further details telephone 01229 829832 or 01524

Ged Pickersgill

Senior Development Manager,

The Well Communities CIC

07922 222670 [ged@thewell2.co.uk](mailto:ged@thewell2.co.uk)





## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

**Forth coming events: Over 55's Health Check**



Bay Health &  
Care Partners  
delivering



### **FREE Health Check Day For age 55 plus** (Families welcome to attend)

#### **Join us for...**

- Blood Pressure Checks
- Blood Tests
- Health Advice
- Exercise Taster Sessions
- Free health and wellbeing checks
- Information stalls
- And more!



**Thursday 9<sup>th</sup> May  
1.00p.m-6.00p.m  
at Kendal Leisure Centre  
LA9 7HX**

For more information please contact

[caroline.smith@gll.org](mailto:caroline.smith@gll.org)

**BETTER**  
the feel good place





## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019



### Purpose of Cumbria Victims Charitable Trust

The charitable objectives of the CVCT are:

- **To promote, for the benefit of the public, the efficiency of the police and other agencies providing services to victims in Cumbria by working in partnership with them to promote and improve services for victims of crime.**
- **To relieve persons who are in conditions of need, hardship and distress or sickness, as a result of being a victim, witness or otherwise being affected by crime.**

### Key points

- The most important role for the Trust is to provide grants to support those who are in conditions of need, hardship, distress, or sickness, as a result of being a victim, or witness, or being affected by crime in Cumbria. It's important to note that it's not necessary for the crime to have been proven, only reported. However, what the Trust does require is a sponsor who can support the application for funding. To do this it requires information getting to the right place, individuals who are prepared to sponsor those in need, and bodies remembering we exist.
- We prioritise individual grants for the time being, on the basis that access to financial help from public services or other organisations is becoming extremely difficult for individuals.
- In addition, as any grant would only be a one off and not recurring, a better use of the funds is to direct it to the individual.
- We are supported by the Cumbria Charitable Foundation who administer some of the fund so that we can access a Cumbria wide organisation and their communication and due diligence system.
- We are also linked directly to Cumbria Constabulary and the Police Commissioner and his communication team.
- There are significant sections of the victim population who we are not able to reach, find the process intimidating and yet arguably have the biggest need.



## Working together for a Healthier, Happier Kendal Community

### Newsletter Spring 2019

- We are not likely to fund car damage crime related crime nor pay, for example, for debt incurred, to victims of internet fraud.

#### **Criteria**

- Victim is in need, distress, hardship or sickness as a result of being a victim or witness of a demonstrable crime or anti-social behaviour, a conviction is not necessary.
- Victim is vulnerable.
- Victim has limited resources.
- CVCT will pay for measures to enable victims to cope or recover, to prevent re-victimisation, or to replace essential items.
- No other funding is available to the victim, i.e. CVCT as the last resort.
- Clear endorsement from an independent case worker or professional involved with the case.
- CVCT, via CCF will usually pay contractors / suppliers direct.
- Payments will not be made to or on behalf of third parties who are not direct victims.
- Prima facie maximum grant of £500 but CVCT reserves the right to make an award of any amount it feels appropriate.
- CVCT Trustees have complete discretion and reserve the right to consider any factors they consider relevant.

The Trust performs a unique function in the county. We can provide timely, responsive grants to victims of crime. The process is uncomplicated, inexpensive and works at several levels with partners across the county.

We would love to receive more applications from community-based health and social care staff, who work closely with such victims.

**How to apply:** Visit our website at

<http://www.cumbriavictimstrust.org.uk/Grants-Cumbria-Victims-Charitable-Trust-Charity.html> Or ring Gary at Cumbria Foundation on 01900 825760 or email [gary@cumbriafoundation.org](mailto:gary@cumbriafoundation.org)

Or ring me on 07977934337 if you would like to discuss a proposal.

**Glenys Marriott**

**Trustee**





## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

**Cumbria Victims Charitable Trust.**

**9<sup>th</sup> March 2019**

### **A Social Connectedness App for Older Adults in South Lakeland**

Lancaster University has co-created an application that addresses loneliness and social isolation amongst older adults in South Lakeland. It finds opportunities for people to connect in the form of events and volunteering activities. The app uses available data about local transport, public car parks, toilets and even weather to show people what they can attend and how. The app has been designed to be user-friendly for older generations; preferences can be set as part of a user profile related to transportation and how far they would like to travel. The app is great for older people to use, as well as family and carers who have experience of using technology. To find out more please visit: <https://www.mobile-age.eu/> or the app is available for Apple and Android devices by searching in the app / play store for "Mobile Age"(USE ATTACHED IMAGE WITH ARTICLE). If you have any queries, please contact Prof. Niall Hayes: [mobile-age@lancaster.ac.uk](mailto:mobile-age@lancaster.ac.uk).



**Mobile Age** 4+  
South Lakeland Living  
[Lancaster University](#)  
Free

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### **The LSCB is moving over to a new learning management system from**

**1<sup>st</sup> April 2019**

#### **What does this mean to me?**

We will no longer have access to the virtual college eLearning courses.

#### **What do I need to do?**

Check to see if your safeguarding training is up to date.

If you need to undertake any eLearning that is accessed through the Virtual College you need to complete this by 31<sup>st</sup> March 2019.

If you want to download any certificates you need to do this before the 31<sup>st</sup> March 2019.



## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

<http://cumbrialscb.safeguardingchildren.co.uk/>

### Press Release:

#### Closure of South Lakeland Mind

*"It is with great regret that we have to announce the closure of South Lakeland Mind at the end of March as the charity is no longer financially viable. The challenging economic climate coupled with a lack of sufficient funding beyond this date means that we can no longer continue to operate.*

*We understand that this is an incredibly difficult time for everyone affected, particularly our members of staff, volunteers and service users, who are at the heart of everything we do. We extend our sincere thanks to all those who have worked hard to deliver the first class services we have provided and to the many who have raised funds and to help sustain our work.*

*We are working hard to try and make sure that those staff and volunteers affected are supported to find new roles and that our clients aren't left without the services they need. We are in the process of signposting our drop-in clients to alternative services based in Kendal. Our peer support coordinator is working with each individual in the befriending service to identify appropriate support for them moving forward.*

*With the support of Mind in Furness, National Mind and Stricklandgate House we have been able to put in place interim arrangements to ensure that the 75 clients currently in the service are supported in the completion of their counselling.*

*We are hopeful that, with the support of the local community, a way forward can be found to preserve our excellent and much valued counselling service once South Lakeland Mind closes and these interim measures cease".*

A new charity has been created called the Lighthouse community mental health hub which is a drop in sessions every day from 10-12noon in the new coach house to the rear of Strickland gate house. They hope to run a 1-1 community outreach service across south Lakeland but will rely on securing funding. More information will be circulated when received in due course.

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## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019



**WE NEED YOU!**  
**WE ARE LOOKING FOR VOLUNTEERS TO  
HELP RUN OUR CAFÉ FOR A FEW HOURS A  
MONTH OR MORE IF YOU WISH.**

**WHERE**  
South Lakes Foyer, Yard 95 Stricklandgate, Kendal LA9 4RA

**WHEN**  
Thursday Afternoon or Saturday depending on what you  
want to do, other days may be available for food collections

**WHAT**  
We need people who would like to help prep food, serve  
food, collect food and tidy up. We work on a rota which is  
posted on our Facebook page, you just click to sign up for a  
session

FACEBOOK PAGE IS **Kendal People's Café Rota's** FOR PEOPLE  
WANTING TO VOLUNTEER

FACEBOOK PAGE FOR PEOPLE WANTING TO VIEW WHAT WE DO IS  
**Kendal People's Café**

**ABOUT US**

**WE PROVIDE A  
REAL SENSE OF  
COMMUNITY AND  
FRIENDSHIP**

**WE ALSO PROVIDE  
A HOT MEAL TO  
PEOPLE WHO ARE  
POORLY**

**WE FEED  
FAMILIES,  
HOMELESS  
PEOPLE AND  
SINGLE PEOPLE  
FROM ALL  
DIFFERENT WALKS  
OF LIFE**

**WE SUPPORT  
PEOPLE WHO ARE  
STRUGGLING TO  
FEED THEMSELVES**

Kendal ICC Core Team are working closely with the Peoples Café to provide a nutritious hot meal one Saturday each month.

We would welcome any offers of voluntary support to facilitate this work, if you can give a few hours a month, please email your contact details to

[kendal.icc@mbht.nhs.uk](mailto:kendal.icc@mbht.nhs.uk)



## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

# The South Lakes Dementia Hub 2019

Are you living with dementia, a carer, family member or friend affected by dementia?

Second Tuesday every  
Month

The Abbots Hall Social  
Centre, Kendal - 2pm–4pm

Tuesday 9<sup>th</sup> April  
Tuesday 14<sup>th</sup> May  
Tuesday 11<sup>th</sup> June  
Tuesday 9<sup>th</sup> July  
Tuesday 13<sup>th</sup> August  
Tuesday 10<sup>th</sup> September

Email: [KendalDAA@gmail.com](mailto:KendalDAA@gmail.com)

Call: 07493 260999

 South Lakes Dementia Hub



Come along and join us for a chat, coffee & cake in a relaxed environment. Lots of helpful information and support available.

We provide the opportunity to meet and talk to professionals from:

- NHS Memory Clinic
- Alzheimer's Society
- Integrated Care Communities
- Solicitors/financial planners
- South Lakeland Carers
- Dignity in Dementia
- Afternoon Tea Service
- Sight Advice, South Lakes
- Information on local groups, activities and support services

## Everyone welcome!

Working together to help improve the lives of local people affected by dementia



## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019



# Patient and carer stroke information event

Healthier Lancashire and South Cumbria is delighted to be holding a patient and carer engagement event about stroke. The event is in collaboration with the Stroke Association and North West Coast Strategic Clinical Networks.

Please come along for more information and to share your views on

**Wednesday 8 May 2019**

**10am - 3pm at Castle Green Hotel, Kendal**

**Topics that will be covered include:**

- National stroke priorities
- The NHS Long Term Plan
- Partnership work to prevent stroke
- Improvement in local stroke services
- Stroke rehabilitation
- A new ambulatory model for stroke services
- Centralising stroke services.



This event is for patients, carers, voluntary sector and patient groups to find out about the partnership work taking place to improve stroke services across Lancashire and South Cumbria.

**You can register to attend the event by visiting**  
**[healthierlsc.co.uk/StrokeEvents](http://healthierlsc.co.uk/StrokeEvents)**

Join in the conversation

 @HealthierLSC

 [www.facebook.com/HealthierLSC](http://www.facebook.com/HealthierLSC)

Find out more on our website

**[healthierlsc.co.uk/stroke](http://healthierlsc.co.uk/stroke)**



**Healthier  
Lancashire &  
South Cumbria**





## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019



**#TAG**

#TAG IS A CREATIVE ART GROUP  
FOR YOUNG PEOPLE AGED 11-16.  
**01539 482540**  
INFO@SPACE2CREATE.CO.UK

JOIN US IN A WIDE RANGE OF ART AND CRAFT ACTIVITIES.  
A FRIENDLY FUN RELAXED AND SAFE ENVIRONMENT.  
NO PREVIOUS ARTISTIC ABILITY REQUIRED.  
LEARN TO DRAW AND PAINT.  
LEARN ART TECHNIQUES AND CRAFT SKILLS.  
THERE WILL BE CAKE!  
OPPORTUNITIES TO TAKE PART IN PROJECTS WITH LOCAL  
FESTIVALS SUCH AS COMIC ARTS OR LAKES ALIVE.  
LEARN HOW TO FRAME AND EXHIBIT YOUR ARTWORK.



## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019



#Tag is an art group aimed at supporting vulnerable teenagers through creative activity. The group is a collaboration by Love Art Workshops and Space2Create with funding from Great Place:Lakes & Dales and supported by Kendal Integrated Care Community.

### Who is the group for?

The group is for teenagers aged between 11 & 16 who meet at least one of the following criteria:

- They are awaiting psychiatric or counselling sessions,
- Have been assessed as suffering with depression or another mental health condition by a GP,
- Have caused concern to GP, School or parents of self harm or suicidal thoughts,
- Have suffered esteem and confidence issues at school due to isolation or bullying,
- A school has concerns over their mental health and wellbeing.

### How to make a referral?

Please print and complete the Initial Referral Form or put the information requested into an email and send to [info@space2create.co.uk](mailto:info@space2create.co.uk).

### When do sessions run?

Sessions run every Tuesday from 3.45 to start at 4pm till 6pm starting from April 30th 2019.

### Where will the sessions be held?

Sessions are held at the Space2Create studios. This is at Unit 31, The Factory just off Aynam Road in Kendal.

### What is the cost and what do you need to bring?

The sessions are free and all materials and equipment are provided. We will also provide drinks and snacks.

### What might the benefits of attending be?

Through attending these session we would like the participants to increase their wellbeing, becoming more confident and building their self esteem. They will develop a wide range of skills and be supported to be in a social group that is mutually supportive. They will build strategies to become more resilient and improve their mood.

### Who is running the group?

The group is led by a core team of artists, psychotherapist/councillors and volunteers. There will sometimes be guest artists and links with the Comic Art Festival or Lakes Alive will see the group working with visiting artists. All those involved have been DBS checked to an enhanced level and have had training in Safeguarding, Young Peoples Mental Health and First Aid.

Please be aware that priority will be given to individuals who are currently receiving no support beyond that of their GP and Family.





## Working together for a Healthier, Happier Kendal Community

Newsletter Spring 2019

Education  
@ St Mary's



### Advanced Communication Skills 2 day Training Course

Open to Health and Social Care Professionals who are regularly involved in complex, difficult or challenging conversations with patients, families or colleagues and wishing to practice and enhance their communication skills in a safe and supported environment

Thursday  
30th  
&  
Friday  
31st May  
2019

The training provides a structured evidence based and practical approach to advanced communication skills based on the Connected ACST course.

Over the 2 days participants are able to refresh and review their current communication skills practice and experience through the use of

#### Book Your Place Now!

Email  
[education@stmaryshospice.org.uk](mailto:education@stmaryshospice.org.uk)  
or call  
Karen Kilduff or  
Trisha Atkinson  
01229 580 305

**£475 per  
person**

**Refreshments and  
lunch provided**

**Venue**  
St Mary's Hospice  
Education Suite  
Ford Park Crescent  
Ulverston  
LA12 7JP

- Scenario based role play using expert actors and video feedback
- Interactive workshops
- Reflective practice discussions
- Experiential learning

**Building confidence to deal more  
effectively with difficult, challenging and  
emotional conversations**