

Working together for a Healthier, Happier Kendal Community

Newsletter Summer 2019



The HAWCs are winners.....



The Cumbria Health and Wellbeing Coaches (HAWCs) recently won a Regional Parliamentary Award a few weeks ago for tackling health inequalities.

They were also represented at the National Parliamentary Awards ceremony by Louise Ellsworth Barnes, Kathleen Taylor and Kevin Bell. They didn't win on this occasion, but it's fantastic to see the work of the team highlighted on the national political stage like this – so thank you again and very well done!

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The Lighthouse hub official opening

The Lighthouse had their official opening on Thursday 18th July 2019, they offer Mental Health peer support in the South Lakes area.

Around 50 people attended the opening over the 3 hours, including new faces as well as regularly face. The Westmorland gazette was there with a reporter, along with a reporter from smooth and heart radio, who did interviews with various people.

Many thanks to everyone who came along and who bought a raffle ticket, and well done to all of the winners on the day. A total of almost £150 was raised on the day, which is a great contribution to the Lighthouse hub.



The Lighthouse hub would welcome more volunteers, donations and fundraising ideas. Please contact for more information info@thelighthousecmhh.org



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Health and Wellness Event for 55 plus held at Kendal Leisure Centre 9th May 2019

What a fantastic afternoon we are had, the aim of the day is to encourage our community in this age group to take the opportunity to get free health checks for cholesterol, weight management, blood pressure as well as health and wellbeing information.



A total of 67 people came along to the event, which is fantastic. We asked the questions "What will you do differently after today?" here are some of the pledges which were made.





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Unity Festival

KICC recently had a stall at the 2nd annual Kendal Unity Festival on the 22nd June. The festival celebrates the strengths and diversity of the people of Kendal by building community cohesion, celebrating diversity, fostering good relations and promoting understanding between and within its diverse communities. The festival was a great success and a very busy positive day.



Praying for Health

KICC was contacted by Rev Jonny Gios, and was asked if the church could specifically pray for Kendal and the different sectors. The team thought that this was so lovely and what a unique opportunity, and really appreciate the support from the church. Therefore the church kindly prayed for Health on the week on the 30th May – 9th June 2019.



Here is a link of interest regarding the Gateway Church:

GatewayChurchKendal.org



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Protected Learning Time (PLT) - Dementia Awareness for Primary Care

The PLT event for the 3 GP surgeries took place on the 12th June, with a focus on Dementia. The feedback has been captured in the photo below but has been very good and the information has well received was the initial feedback by all.



On behalf of Kendal ICC, we would just like to offer our grateful thanks to all for coming to talk and teach at our Dementia Awareness day and a special thanks to Dementia Alliance, Dignity in Dementia, Older Adult Mental Health Team and Alex Pandolfo, who shared his inspirational personal experience of dementia.

Here are links about the work that Alex Pandolfo does:

https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D_E9gMT5pjE0&h=AT0NGR9dzci1CnsmWXwQAHW1HDCCnZlq2eNQ-iP-iPdZ7WSsM5dp00e3z4wSWEvTr59Zy9H_liyh-vfWC3Zi9R4BvW5iFYfsQFQwssh6kMPe7dqmZPXGfSGl6lufu1uR2oq_FTW&s=1
<https://www.facebook.com/100012302467462/videos/626625454424198/>



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Meal Deliveries Volunteers

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

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



Religion Belief and Culture in our Community

Kendal ICC would like to thank Jacquetta, lead for South Lakeland Equality and Diversity Partnership (SLEDP) for sharing and highlighting a new booklet "Religion Belief and Culture in our Community" https://www.uhmb.nhs.uk/files/4115/6101/7558/Faithguide_National-min.pdf

(A paper format is also available from Barry Rigg at Morecambe Bay Hospital Trust)





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KICC Focus/Project groups

- Meal delivery group
- Farmers health group
- Flood group
- New Suicide prevention group
- Living with Frailty group

If you would like to get involved in any other the focus group then please contact Kendal.icc@mbcht.nhs.uk and we can add you to the group

Space to Create



#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.

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.





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The South Lakes Dementia Hub dates

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 9th April
Tuesday 14th May
Tuesday 11th June
Tuesday 9th July
Tuesday 13th August
Tuesday 10th September

Email: KendalDAA@gmail.com
Call: 07493 260999
f South Lakes Dementia Hub

Everyone welcome!

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



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

Family Fun day – Save the date

Save the Date!

Family Fun Day

At

Kendal Leisure Centre

on

3rd November 2019

For more information or to host an event on the day, contact

kendal.icc@mbht.nhs.uk

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On behalf of Kendal ICC thank you for your hard work and continued support, we hope that you have a great summer

