



Kendal Integrated Care Community
Working Together for a Healthier Happier Community

Weekly News Round Up Week commencing 24th February 2020



Don't forget! This event tonight!

Dear Friends,

Our Give a Day to Kendal meeting is this **Thursday at 7pm at the Fleece Inn, Highgate**. Grab a drink at the bar and head upstairs to the Westmorland Suite.

At the last meeting we discussed some of culture/values of GAD and requested people bring some projects and ideas to the meeting that they were passionate about.

So far I've had projects from

- Leonard Cheshire
- St Thomas School

There were others that were mentioned including

Westmoreland General - planting up some of the gardens at the front of the site with colour and different plants

Unity Festival - banner painting / drawing in 3 areas of Kendal. Displayed in places around Kendal then used for Torchlight in September.

Canal Head path - removal of litter, bollards that are restricting movement, replacement of cobbles/ bridge parts

River clean - removing rubbish etc like what took place at KMF

I look forward to see you at the meeting and hearing of your projects

Kind Regards

Jonny

Adult MHFA



Two Day

Mental Health First Aid starts with you

Learn more at mhfaengland.org



MHFA England

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended our Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

What will I learn?

Learning takes place through a mix of group activities, presentations and discussions. What you learn will depend on the length of course you attend:

Two Day - Mental Health First Aiders

A practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support

How will attending an MHFA course help?

Research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

To learn more or book onto an Adult MHFA Two Day course:

Date

26th & 27th March

Where: South Lakes

For more information contact

Ramin Salehi by phone

07792515428 or email

ramin@cornerstonetraining.co.uk

Other Adult MHFA courses

In addition to the Adult MHFA Two Day course, we also offer shorter training options including a one day MHFA Champions course and a half day awareness course. To learn more about training options, visit mhfaengland.org.





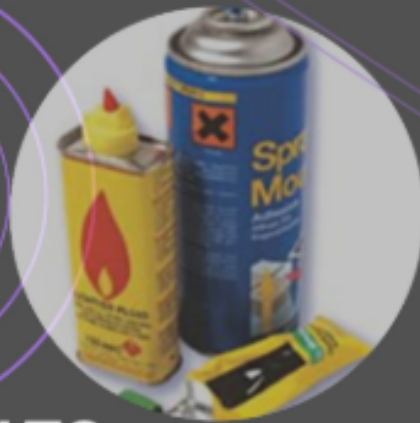
Professional Training

Do you work with young people or adults who are at risk of using volatile substances?

Are you a parent or carer who would like to know more?

Are you concerned about the risks of using glues, gases and aerosols?

There's still time to grab a place on this eye-opening workshop. Just click 'Book Now' below!




INTRODUCTION TO VOLATILE SUBSTANCE ABUSE

This introductory course is for professionals, parents, carers and concerned individuals who want to know more about the risks of using volatile substances (glues, gases, aerosols).

Book here: www.trybooking.co.uk/POW

 Tuesday 10th March 2020

 9.30am - 12.30pm

 Barrow-In-Furness

 £30*

 louisem@cidas.co.uk

*This course is free
for CADAS volunteers

 0300 111 4002 (Ex. 3)

Book Now



Lets sing together

Join us at one of our fun and stimulating Singing for the Brain® Sessions for people in the early to moderate stages of dementia and their family or carers. Sessions provide an opportunity for people with dementia and carers to meet regularly in a relaxing and fun environment where refreshments are provided.



Singing for the Brain® in Kendal

**1.15—3pm at Kendal Rugby Club, Shap Road, Kendal
(Singing from 1.45pm-2.45pm)**

£2.50 per person

For more information & to book a place, please contact:
Maria Day, Dementia Support Worker South Lakeland
at the Alzheimer's Society on 01228 819299 or
cumbria@alzheimers.org.uk

This is not a drop-in session, please contact us to book a place on the following dates

March 4th
March 11th
March 18th
March 25th

April 22nd
April 29th
May 6th
May 13th

Health coaching invite and course dates- for champions to share with teams

Hello

I am writing to invite your team to attend a two day health coaching course which will enable them to help patients gain the knowledge, skills, tools and confidence to become active participants in their care so that they can reach their self-identified health goals. Following the training, teams will also be given access to the Patient Activation Measurement tool (PAM) which is a powerful and reliable measure of patient activation. Once a patient's 'level of activation' has been scored using the questionnaire, health professionals can tailor their approach to the patient using health coaching skills obtained during the training.

Following the project's success and great feedback from staff during 2019, we are pleased to be able to roll out this training course to further members of patient facing staff. We have the below programme for courses in 2020. Please note that the courses will run between 9.30am and 4.30pm and staff must attend both days of training.

Please can you identify the course date you would like to attend and email:

Cara Stride Kendal ICC Development Lead

cara.stride@mbht.nhs.uk

	Day 1		Day 2		Venue
January	Mon	13	Mon	27	Barrow Fire Station, Barrow
February	Wed	5	Wed	19	Grange Health Centre, Grange-over-Sands
March	Tue	17	Tue	31	Large Lecture Theatre, Moor Lane Mills, Lancaster
April	Thur	16	Thur	30	Barrow Fire Station, Barrow
May	Fri	15	Fri	29	Large Lecture Theatre, Moor Lane Mills, Lancaster
June	Mon	15	Mon	29	Grange Health Centre, Grange-over-Sands
July	Tue	7	Tue	21	Barrow Fire Station, Barrow
August		-		-	
September	Wed	9	Wed	23	Large Lecture Theatre, Moor Lane Mills, Lancaster
October	Thur	15	Thur	29	Grange Health Centre, Grange-over-Sands
November	Fri	6	Fri	20	Barrow Fire Station, Barrow (TBC)
December	Mon	7	Tue	15	Large Lecture Theatre, Moor Lane Mills, Lancaster

Thanks so much

Claire & the health coaching team

Claire Muir

Population Health Support Manager
Morecambe Bay CCG

DIGNITY IN DEMENTIA COMMUNITY ACTIVITY PLANNING SERVICE

A new service being offered by Dignity in Dementia to assist people with dementia in leading as active a life as possible.

This free service is available for people with dementia who have been recently diagnosed with a form of dementia, or who are in the early stages of dementia. Referrals for the service can come from any Health or Social Care organisation or a family member and on receiving a referral the Community Activity Planner will: -

- Visit willing individuals and their main family supporter/friend at home.
- Find out as much as possible about the person with dementia including information about their family, work history, hobbies and interests.
- Create a personalised activity plan for the family, that includes a variety of tasks and activities they can continue to do at home, as well as groups they can join in the local community that are likely to interest them.
- Send the activity plan to the person with dementia and their family for implementation and follow up at a later date to find out if it is being used and if increased activity is improving the wellbeing of the person with dementia.

To learn more or organise an appointment or make a referral please contact: Diane Smillie at
info@dignityindementia.org
or ring 07771 682378



Thank you Beverly Moore for advising the following information

Monday – Sedbergh Songsters, a dementia embracing community singing group at Gladstone House 10.30-12.

Thursday – From 12th March – **Dementia Friendly walks** in the Kendal surrounding area 10am

Friday – The dancing is fortnightly

Friday – Ambleside Songsters – a dementia embracing community singing group in Ambleside Library -11am – 12.30

Friday – Silverdale Songsters at St John's Church Hall – 10.30 – 11.30



supporting
life's journey
together



BOWLAND PENNINE



University Hospitals of
Morecambe Bay
NHS Foundation Trust

Registered Charity No. 1048685

Charity Abseil

26th April 2020,
Ashton Memorial

Support North Lancashire & South
Cumbria Breast Screening and
Bowland Pennine Mountain Rescue
at the iconic Lancaster landmark

Adults £25, Children £20

Plus a pledge to raise at least
£50 sponsorship



Register today at:

www.bayhospitalscharity.org/abseil

01524 516064 / 01229 404473