Kendal Integrated Care Community

Working Together for a Healthier Happier Community

Weekly News Round Up Week commencing 17th February 2020

CUMBRIA COMMUNITY FOUNDATION

CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER

20th Anniversary Challenge: Donate or start fundraising

Winter Warmth Appeal Donate or start fundraising

Cumbria Disaster Fund

Background

The Foundation created the Cumbria Disaster Fund to enable grants for charitable purposes in connection with floods, storms and other events determined by the trustees to have caused loss or damage to people or property and occurring in the county. The purpose of the Fund is to address hardship, promote community recovery and rebuilding and any other charitable purpose directly or indirectly consequent on the effect of such event.

Help for individuals and families

Grants may be made for charitable purposes to relieve hardship in Cumbria caused directly by local disasters e.g. flood.

Who can apply?

Individuals or families whose properties and contents have been damaged by a local disaster or who are suffering other hardship as a result of the disaster.

We can provide support for the following (this is not an exhaustive list):

- immediate needs such as alternative accommodation
- cleaning up
- emergency repairs
- clothing
- food and drink
- heating and heating equipment
- basic furniture and white goods
- uninsured costs

Priority will be given to the following households:

1. Uninsured properties that have an income below £26K
2. Uninsured properties that have an income of over £26K but under £40K
3. Insured properties with low income and clearly identified uninsured costs

We will not normally fund:

- gardens, fences and garden furniture/equipment
- vehicles
- businesses

Deadline:

Applicants should apply within 6 months of the disaster/event occurring.

We require a copy of a document with your name and address to support your application. We may also ask you for the name of a referee who is known to you and can vouch for your circumstances.

The Cumbria Disaster Fund is funded by funds from Cumbria Community Foundation and public donations.

If you would like to know more about this fund please contact:

Gary Higgs on 01900 825760 or email gary@cumbriafoundation.org Click here to apply online.

New You

Central and North Lancashire

Morecambe & Lancaster Timetable

Monday	Family Effect 1.30-3.30pm
	Eating Disorder Support—6-7.30pm (Ev 2 wks)
Tuesday	Here & Now 1.00-2.30pm
Wednesday	Pause Recover 10-12am
Thursday	Recovery Support 12.30-2.00pm
Friday	Well Fed Food Club 12.30-2.00pm
Saturday	The Well, Dallas Road, Lancaster 12-4pm

For further information about any of the sessions above please contact on the number below.

27 Regent Park Avenue, Morecambe LA3 1AT

(01524) 415919 e info@thewell2.co.uk

'It is not your body that has to change

but your attitude towards it '

If you struggle with eating issues of any kind, whether an eating disorder, bingeing, emotional eating or an unhealthy relationship with food you are invited to this session.

At The Well Communities we offer a safe, confidential space where you can connect with like minded people and seek guidance and support in a non-judgemental environment

ED Support Group

Mondays 6-7.30pm—every 2 weeks



The Well Communities, Peer Led Recovery Service

27 Regent Park Avenue, Morecambe LA3 1AT

(01524) 415919 e info@thewell2.co.uk

New You

Central and North Lancashire

- As eating disorders become more severe, so does the increase of substance use.
- Attempts to lose weight by purging are associated with the use of stimulants, such as amphetamines; sleeping pill abuse is also common.
- Severe binge eating disorder is consistently associated with alcohol abuse.
- People may use food, drugs, and alcohol to help them cope or numb out negative feelings.
- A person recovering from an eating disorder may use a substance to cope with the discomfort associated with recovery.
- A person recovering from substance abuse may develop patterns of disordered eating to compensate for the missing drug or alcohol.

The Well

View to Abstinence

Peer Support Group: Barrow

Want to become drink or drug free?

Reducing down on a prescription from your doctor or Substance Misuse services?

Planning a detox but but are worried about living drink or drug free afterwards?

Friendly, confidential support from others with lived experience or who are in the same situation

Every Friday

3.00 p.m. - 4.00 p.m

Venue: Unity Drug and Alcohol Service

92-96 Duke Street Barrow-in-Furness

For more information contact The Well on 01229-829832



Message from Paul Phillips Team Leader

Health and Wellbeing System – Barrow and South Lakes

Public Health and Communities

Cumbria County Council

CLIC Talk in the TED style from our Public Health Consultant Claire King about the work of HAWCs https://www.youtube.com/watch?v=CUHIvSUvgvM



Welcome to this week's Independent Living news roundup.

19.02.20 Contents:

- Care home top-up fees
- Where to visit in 2020?
- Motability vehicles
- Discretionary Housing Payments
- Vaping and epigenetic changes
- Latest - Academy of Fabulous Stuff

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Dignity in Dementia

Helping you support people with dementia

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

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