

Bay Health and Care Partners newsletter

Issue 18: December 2022

Welcome to the eighteenth edition of our Bay Health and Care Partners (BHCP) newsletter where we will update you every month on the collaborative work that is taking place in Morecambe Bay's Place-Based Partnership and the outcomes and benefits for communities.

I start this edition by highlighting the support our Voluntary, Community, Faith and Social Enterprise (VCFSE) organisations are offering anyone who needs a heated room, a hot drink, company and activity. VCFSE organisations have set up free and safe spaces known as Warm Spots, Warm Banks and Warm and Welcome Spaces in response to rising energy bills. You can find out more at the BHCP website [here](#).

This time of year can be a difficult time for many people. As we move closer to winter and the festive period, I would like to remind you of Lancashire and South Cumbria Integrated Care Board's (ICB) 'Let's Keep Talking' suicide prevention campaign. As part of the campaign, health leaders across Lancashire and South Cumbria urged people to talk about their money worries as food, fuel and energy costs continue to rise. You can find more resources at the ICB website [here](#).



Locally, we have launched a Cost of Living social media campaign for November, running through until the New Year targeting debt, benefits, energy and food, alongside mental health and general money-saving advice. The purpose is to provide people with directions to local and regional support, as well as national resources, which can help them this winter. We are sharing these using the hashtag #BaySaving. We welcome input from everyone to share their tips and advice, as well as sharing our messages. If you work for an organisation providing local support for people in Morecambe Bay and want us to help share your messages, please contact BHCP.Communications@mbht.nhs.uk

A health and wellbeing event was held in Kendal last month attracting more than 280 people. The Common Health Day, which was led by Kendal Integrated Care Community (ICC) and Kendal Leisure Centre, saw people take part in a variety of health and wellbeing activities. You can read the full story at the BHCP website [here](#).

'You're here for us. We're here for you' – that's the reminder from Lancashire and South Cumbria's Resilience Hub to health and social care workers, including those that work in care homes, emergency services and local authorities across the patch. The hub, hosted by LSCft launched in December 2020 to support public sector workers and their immediate families with the psychological impact of the Covid pandemic. The Resilience Hub is now extending its offer to those individuals also suffering from non-Covid related wellbeing issues for example work-related stress, burnout, loss and bereavement, anxiety and low mood. You can find out more [here](#).

Lastly, I would like to close by highlighting a campaign to reduce loneliness among older people across Lancashire and South Cumbria. Postcards for Kindness was initially piloted by Lancashire County Council in Summer of 2018 as a way to help reduce loneliness in care home residents across the county. Find out more at the ICB's website [here](#).



Prof Mike Thomas, Chair for BHCP

Partners transforming services

Every month we will explore a different area of our programmes of work that are transforming services. This month we are highlighting the work of the Lung Cancer team at UHMBT as part of our Long-Term Conditions programme.

You can read the full story at the BHCP website [here](#).



Listening to our communities

The voices of our communities are central to our new way of working. In this edition, we would like to highlight a new project- the South Lakes Poverty Truth Commission.

The project aims to bring the voices of people who have direct experience of living in poverty into the local decision-making process and make a real difference to the lives of people across the South Lakes. Cumbria CVS, one of the key partners in the PTC Support Group alongside local government, charities and health services, is hosting the project and has just taken on two new members of staff to get the ball rolling. You can read the full story at the BHCP website [here](#).



Health coaching skills - book your place!

The Morecambe Bay Population Health Team continue to roll out health coaching training to upskill health and care professionals to have better conversations and support people to reach their self-identified goals. You can find out more about the training and how to book at the BHCP website [here](#).

GP focus with Dr Richard Russell

Our GPs are an important part of Bay Health Care Partners and here our GPs and primary care colleagues have the opportunity to talk about issues and specialties that they are working on or interested in.

As part of our 'Time to Talk' series - Dr Richard Russell gives advice and support on prostate cancer. You can watch the video at the BHCP YouTube channel [here](#). You can find out more about Prostate Cancer [here](#).



The spotlight on...

Every month we will feature a different voluntary, community, faith sector or Social Enterprise (VCFSE) organisation across the Bay. This time the spotlight is on...Song Birds.

Song Birds is a community singing and wellbeing group which meets twice a week in Ulverston. Sessions are led by professional singer and musician Kirsten Taylor. Kirsten studied commercial music at the University of Westminster and sang in dance, jazz, and pop groups and in a gospel choir. As well as Song Birds, Kirsten also runs regular Singing for the Brain sessions in Barrow for the Alzheimer's Society for people with dementia and their carers.

You can read the case study at the BHCP website [here](#).



Celebrating our teams

There are a variety of roles across BHCP and other organisations we work with in the community. Here we shine the spotlight on the people who carry out a range of roles to keep our communities healthy and supported.

Benjamin Fell is a Pharmacist at Carnforth Pharmacy. He has been in the role for just over two years since he and his wife bought the pharmacy. The couple have a fabulous team of five people helping in their aim of improving the health of the Carnforth community. You can read the case study at the BHCP website [here](#).



ICCs update

Our Integrated Care Communities (ICCs) are integrated teams of health and care workers, voluntary organisations and wider community assets who work together to aim to improve physical and mental health outcomes, promote wellbeing and reduce health inequalities across an entire population.

Representatives from health care across Morecambe Bay have attended an event to say thank you for their contribution to the NHS Creation Alliances' report: 'Health Creation: How can Primary Care Networks succeed in reducing health inequalities'. They also took part in a series of national conversations and workshops around partnerships and reducing health inequalities. You can read the full story at the BHCP website [here](#) and the NHS Creation Alliances' report [here](#).



Top stories from our Partners

- University Hospitals of Morecambe Bay NHS Foundation Trust** - [Praise for new 'virtual ward' care](#)
- NHS Lancashire and South Cumbria Integrated Health Board**- [Vaccination programme wins top award](#)
- Lancashire and South Cumbria NHS Foundation Trust** - [Latest News](#)
- Cumbria CVS** - [Facing a massive increase in demand](#)
- Lancaster District CVS** - [Street Aid: Real change, not Small Change](#)
- Cumbria County Council** - [Cumbria recognised for their walking and cycling plans](#)
- Lancashire County Council** - [Lancashire Warm Spaces Charter and grant scheme launches](#)
- Barrow Borough Council** - [Council leaders agree vital extra cost of living support](#)
- South Lakeland District Council** - [Community fund awards £35k to help alleviate poverty](#)
- Lancaster City Council** - [More support on offer to deal with the cost-of-living crisis](#)
- Lancashire and South Cumbria H&C Partnership** - [Latest news](#)

*****Improving Together newsletter Issue 4**

***** A taste of Christmas with Tom Rhodes - supporting Headway Lancaster and Morecambe**

This newsletter is produced by the BHCP Communications and Engagement Team. If you would like to submit a story please contact Michelle Jordan, Ivan Drozdov and Karen Evans at BHCP.Communcations@mbht.nhs.uk

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