



# Mid Furness Integrated Care Community Newsletter - December 2022

Welcome to the December edition of the Mid Furness ICC Newsletter. We hope you find this informative and useful. If you would like to have anything put in the newsletter, please email [admin.midfurnessicc@mbht.nhs.uk](mailto:admin.midfurnessicc@mbht.nhs.uk)

This month's newsletter includes:

- Warm Spots
- Grant funding to support older people facing isolation this Christmas
- British Liver Foundation
- New project seeks people to speak out about poverty
- Song Birds
- The South Lakes Poverty Truth Commission
- Do you miss the joy of reading?
- Call for clothing donations for children in our hospitals
- Plus ... much, much more

## Warm Spots



## Grant funding to support older people facing isolation this Christmas

Working with their supporters, partners, employees and homeowners, the McCarthy Stone Foundation offers vital support to grassroots charities and community groups to help them build happy and vibrant communities across the country that support older people.

Please see details of grant funding related to supporting older people experiencing isolation or loneliness this Christmas:

[Who We Support | McCarthy Stone \(mccarthystonefoundation.org\)](https://mccarthystonefoundation.org)

## British Liver Foundation

We, the British Liver Trust, are the largest UK liver charity for adults and we lead the fight against liver disease and liver cancer.

We reach over a million people each year; raising awareness of the risk factors of liver disease and providing vital advice to help people improve their liver health. We provide patients with up to date information and support including a free nurse-led helpline, an online community and virtual support groups.

The British Liver Trust Helpline is a lifeline for anyone affected by a liver condition. Call **0800 652 7330** between **9am and 3pm Monday to Friday (excluding bank holidays)** or email [helpline@britishlivertrust.org.uk](mailto:helpline@britishlivertrust.org.uk)

Visit our website: <https://britishlivertrust.org.uk/>

## Liver disease: are you at risk?

**LOVE YOUR LIVER**

### The Liver

The liver carries out 500 different jobs including:

- Making proteins and blood-clotting factors
- Helping digest food and manage your body's energy supplies
- Protecting you by breaking down toxins and other harmful things

### Liver Disease

**Did you know?**  
Liver disease death rates are 4 times higher now than they were in the 1970s.

At the same time, deaths from most other major diseases have been falling.  
In 2021 around 10,800 people died from liver disease in the UK.

**1 in 10** people scanned on our Love Your Liver roadshow have signs of liver damage.

## HOW TO LOVE YOUR LIVER

9 in 10 cases of liver disease could be prevented. Making small changes to love your liver can add up to a big difference and reduce your risk of liver disease.

- Follow the alcohol advice.** Max 14 units a week. With a 2 to 3 day break.
- Eat healthily,** base meals on veg, fruit and wholegrains.
- Watch out for sugar, fat and salt.** Check the traffic light label.
- Look for ways to move more** in your day to day life.
- Know the risks for viral hepatitis.** Get tested or vaccinated if you're at risk.

Take our Love Your Liver screener to check your liver health  
[www.britishlivertrust.org.uk/liver-screener](http://www.britishlivertrust.org.uk/liver-screener)

**BRITISH LIVER TRUST** Love Your Liver is a British Liver Trust campaign

**www.loveyourliver.org.uk**  
Registered charity England and Wales 298958 Scotland SC042140



### Support, information and awareness

We know that living with a liver condition can affect every aspect of your life. If you are a patient or care for someone with a liver condition, the British Liver Trust is here to help.



**Nurse-led helpline: 0800 652 7330**  
Monday-Friday (10am-3pm)  
or email: [helpline@britishlivertrust.org.uk](mailto:helpline@britishlivertrust.org.uk)



**Information & Guidance**  
Comprehensive range of information and patient guides available online or to order: [britishlivertrust.org.uk/publications](http://britishlivertrust.org.uk/publications)



**Support groups**  
Providing patients and families a platform to gain peer to peer advice and support.  
Sign up at: [britishlivertrust.org.uk/support-groups](http://britishlivertrust.org.uk/support-groups)  
or email: [info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk)



**Online Support and Education**  
Online support groups, topic-led discussions and education sessions delivered via Zoom.



**Facebook support page**  
Join our private and moderated Facebook community group: search 'England Support Groups British Liver Trust'.



**Liver Health Promotion & Education**  
Awareness raising events and health promotion activities. We work to provide a voice for liver patients across the country.



**Contact the British Liver Trust**  
call us: 01425 481320  
email: [info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk)

**British Liver Trust** [@LiverTrust](https://twitter.com/LiverTrust)

The UK's leading liver health charity working to improve liver health for all and supporting those affected by liver disease and cancer.

**[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)**

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# South Lakeland Food Banks and Food Groups offering support over Christmas/New Year



## Food Outlets and Foodbanks Supporting South Lakeland over Christmas

**Food Clubs/FareShare** – Set price bag of food available from a community building where households can register to become members and pay a small fee for picking up food for a week. Food often comes from Fare Share or surplus from local supermarkets and other suppliers.



**Ambleside Community Food Club & Cafe** – Last café 22<sup>nd</sup> Dec 10-12pm, then next is Jan 4<sup>th</sup>. Festive themed community lunch on Thursday 29<sup>th</sup> Dec – please see Parish Centre Facebook for all information and updates. For information contact: Ambleside Parish Centre, Vicarage Road, Ambleside Tel: **015394 34172** or email: [community@amblesidepc.org.uk](mailto:community@amblesidepc.org.uk)



**Grange Community Food Share** – Santa's Grotto on 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> Dec at the Community Food Store with festive hampers of surplus food available on a pay as you can basis (suggested donation £5) PLUS there are FREE festive games and circus skills taking place at the Victoria Hall on Sat 17<sup>th</sup> and Sun 18<sup>th</sup> Dec, all welcome. Food clubs will restart on Monday 9<sup>th</sup> and Saturday 14<sup>th</sup> Jan (more members welcome). For anyone needing access to the Food Store or delivery of a food parcel over the Christmas period, please contact **07985 805415**.



**Kirkby Lonsdale Food Club** – Working with Fareshare they provide members with a bag of in date food that would usually go to landfill. For a suggested donation of £2.50 a week, sign up at [klicommunity.co.uk](http://klicommunity.co.uk). Can also provide food parcels weekly or as need arises to help you get back on your feet. Visit [klicommunity.co.uk](http://klicommunity.co.uk) to register and place an order. Email: [coordinator@klicommunity.co.uk](mailto:coordinator@klicommunity.co.uk)



**Sedbergh Food Club** - This is a term time club operating on Thursdays 2-6.30pm for the Sedbergh community and surrounding area. A suggested donation of £3 per week will give you a share of the weekly Fareshare delivery (usually fresh fruit, veg, cooking sauces, snacks, pasta, bread). There is also a café running alongside. Membership is through registration via [www.ZeroWasteSedbergh.com](http://www.ZeroWasteSedbergh.com). For more information phone **07833 534710**



**Staveley with Ings Together Food Fare Share** – Based at the Staveley Pavilion Village Hall, runs on a Monday and food is currently £1.50 a box. To register or find out more please email: [staveleytogether@gmail.com](mailto:staveleytogether@gmail.com) or Tel: 07396 696726. Last club before Christmas is 19/12, restarts on 09/01/23.



**Ulverston Food Project** - Daily Community Food Share, Monday to Saturday 10am - 11.30am and Sunday 6pm - 7pm. Open to all, Pay as You Feel @ The Parish Centre, Church Walk, Ulverston, LA12 7EN. For holiday opening times check Facebook or contact [mail@ulverstonfoodproject.org](mailto:mail@ulverstonfoodproject.org) Tel: **07494 074822**.

### Hot meals available at:



**Manna House, Kendal** – We provide a free hot lunch and Housing and Benefits Advice on Tuesdays, Wednesdays and Fridays. We are shut over the Christmas period from end of day 23/12 to 10am on 03/01.

**Kendal People's Café** is a 'pay as you can' café serving meals, treats, snacks and refreshments every Saturday run by Waste into Wellbeing. For the latest information, including opening times and venues, visit [www.slacc.org.uk/www/](http://www.slacc.org.uk/www/). Follow us on Facebook [/kendalpeoplescafe/](https://www.facebook.com/kendalpeoplescafe/)

**Community Food Shares - Pantries/Cupboards/Fridges** - places where food is available for people to collect free of charge or where people can leave surplus food for others to collect. Food comes from FareShare and local contacts with supermarkets and other supplies.



**Waste into Wellbeing** – Runs two food projects in Kendal. The community food larder is open 3 days each week and is open to everyone. We ask for a £1 contribution for each bag collected. Kendal People's Café is a 'pay as you can' café serving meals, treats, snacks and refreshments every Saturday. For the latest information, including opening times and venues, visit [www.slacc.org.uk/www/](http://www.slacc.org.uk/www/). Follow us on Facebook [/kendalpeoplescafe/](https://www.facebook.com/kendalpeoplescafe/) Twitter [@kendalppscscafe](https://twitter.com/kendalppscscafe)



**Sedbergh Community Cupboard** – Operates alongside Sedbergh Food Club on Thursday afternoons. Sedbergh Community Cupboard operates as an informal food bank all year round. Self-referrals can be made via the Sedbergh Community Cupboard page of the Zero Waste Sedbergh website. You can also register by phoning **07833 534710**

**Kirkbarrow Food Share** – enabled by Kirkbarrow Residents' Association - Two food sheds are located on the estate for Kirkbarrow residents to access. Volunteers can also drop off food parcels to any residents in need either at addresses on the estate or within Kirkbarrow sheltered housing complexes. If you feel you would benefit, please email [roselideswell@gmail.com](mailto:roselideswell@gmail.com) with your name and address or contact your local councillor.

**Burnside Community Fridge** – A small team of volunteers run a cupboard and fridge, located in the heart of the village as a 'take what you need, give what you can' offer for the residents of Burnside. For more information email: [judithnotley@gmail.com](mailto:judithnotley@gmail.com)

**Staveley with Ings Together Community Cupboard** – To find out more please email: [staveleytogether@gmail.com](mailto:staveleytogether@gmail.com) or Tel: 07396 696726

**Food Banks** – no cost emergency food provision for households through referral agencies or direct referrals through local organisations e.g. Citizens Advice, Social Workers, Schools as appropriate.

**Barrow Food Bank** – Is operating up to Friday 23<sup>rd</sup> December. They will re-open on Tuesday 3<sup>rd</sup> January and will be working normal hours. There will only be minimal cover over the holiday period due to being closed, so we would encourage people to obtain a referral before we close. Anyone requiring an emergency food parcel please call **01229 343436**

**Ulverston Food Bank** – Open on a Mon/Thurs 11am – 1pm at the Bethany Christian Church, Ulverston. Food bank will be closed from 22<sup>nd</sup> December until 3<sup>rd</sup> January, anyone requiring an emergency food parcel please call **01229 343410**

**Windermere Food Bank** – will be open on Monday 19<sup>th</sup> December 21<sup>st</sup>, 23<sup>rd</sup>, 28<sup>th</sup> and 30<sup>th</sup> during these times if anyone requires urgent food supplies, please call **07789 728811**

**Kings Food Bank Kendal** – The food bank is operating up to and including Friday 23<sup>rd</sup> December. They will be closed Monday & Tuesday 26<sup>th</sup> & 27<sup>th</sup> December and open again on Wednesday 28<sup>th</sup> and Friday 30<sup>th</sup> December. We will then be back to working our normal Tuesday, Wednesday and Friday 12-3pm from Tuesday 3<sup>rd</sup> January.

**Milnthorpe Food Bank** – Open on Mon/Friday 9 am – 5 pm, over the Christmas season the food bank will be closed on Friday 23<sup>rd</sup>, 26<sup>th</sup>, 27<sup>th</sup> and Mon 2<sup>nd</sup> January. Anyone in urgent need over Christmas please call **07582 166564**

# Green Doctor Cumbria

**GREEN DOCTORS CAN HELP YOU TAKE CONTROL OF YOUR FUEL BILLS**





- >> **FREE Energy saving measures**  
Easy to install measures that will help reduce bills.
- >> **Debt and billing advice**  
Advice on fuel or water debt and help with billing or metering problems.
- >> **Energy efficiency and heating controls guidance**  
Helpful hints and tips that can save energy, water and money.
- >> **Advice on reducing damp or mould**  
Suggestions on the causes and how to remedy unhealthy damp or mould.
- >> **Check your energy tariff**  
Is there a tariff available to you which will save you money?
- >> **Home improvement advice**  
Information on grants available to improve energy efficiency and comfort.

Supported by the  
**Cadent Foundation**

**GREEN DOCTOR Cumbria**

South Lakeland ● Barrow-in-Furness ● South Copeland




**GREEN DOCTOR**

>> Green Doctor Cumbria is a **FREE** service providing bespoke home energy advice and simple energy saving measures.

The service aims to help reduce energy costs, improve health and wellbeing, promote behaviour changes and create warmer homes.

[www.groundwork.org.uk](http://www.groundwork.org.uk)  [facebook.com/GroundworkCumbria](https://facebook.com/GroundworkCumbria)

Book a call or home visit using the information below:



**We can help if any of the following apply:**

- A household with someone under 5 or over 65.
- In debt or struggling to pay fuel or water bills.
- Low income.
- Living with physical or mental health issues.
- Receiving benefits.
- Homeowner or tenant facing poor housing conditions.



>> <http://GreenDoctorCumbria.info>

 **01229 486430**

## Communities Prepared - Upcoming online sessions to strengthen community resilience this winter

These upcoming online training sessions this winter will be of use to the communities and organisations you are in contact with. The incoming cold spell and extreme weather is concerning for us all, and our training is designed to be useful to all of us facing the challenges of this.

They have recently released a [schedule of upcoming online sessions](#) this winter. The schedule is as follows:

### January

[Introduction session – come say hello](#) – Tuesday January 10th, 6-7pm

[Flood Volunteer Hub session](#) - Wednesday 10th January, 6-7pm

[Utilities Volunteer Hub session](#) – Tuesday 17th January, 6-7pm

[Introduction session – come say hello](#) –Thursday 19th January, 1-2pm

[Community Emergency Planning Part 1](#) -Tuesday 24th January, 6-7pm

### February

[Open discussion and questions session](#) – Wednesday 1st February, 6-7pm

[Community Emergency Planning Part 2](#) – Tuesday 7th February, 6-7pm

These sessions complement and enhance our online training hub and learning pathways on each topic, all of which are accessible for free and take around forty minutes to finish by registering as a member and heading to the learning space by following this [link](#).

Please take a look through these upcoming sessions and share them with the groups and communities you're a part of, and anyone who may be interested.

If you have any questions or would like more information, please get in touch with them at: [communitiesprepared@groundwork.org.uk](mailto:communitiesprepared@groundwork.org.uk) with any questions

## New project seeks people to speak out about poverty

A new project, South Lakes Poverty Truth Commission (PTC), is aiming 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.

Stella Sukram and Lois Sparling are now looking for volunteers from across the district to get involved to help those who know what it's like to go without to tell their stories and get their voices heard. After a series of informal meetings to get to know each other and share their experiences, these 'community commissioners' will then hold a public launch meeting. After that, they will invite 'civic commissioners' - decision-makers in local government, services and businesses - to join the discussions and work towards solutions to common problems.

To find out more about taking part in the Commission, you can email [southlakesptc@cumbriacvs.org.uk](mailto:southlakesptc@cumbriacvs.org.uk) or give Lois a call on (07458 058536) or visit [www.cumbriacvs.org.uk/about-us/south-lakeland-ptc/](http://www.cumbriacvs.org.uk/about-us/south-lakeland-ptc/)

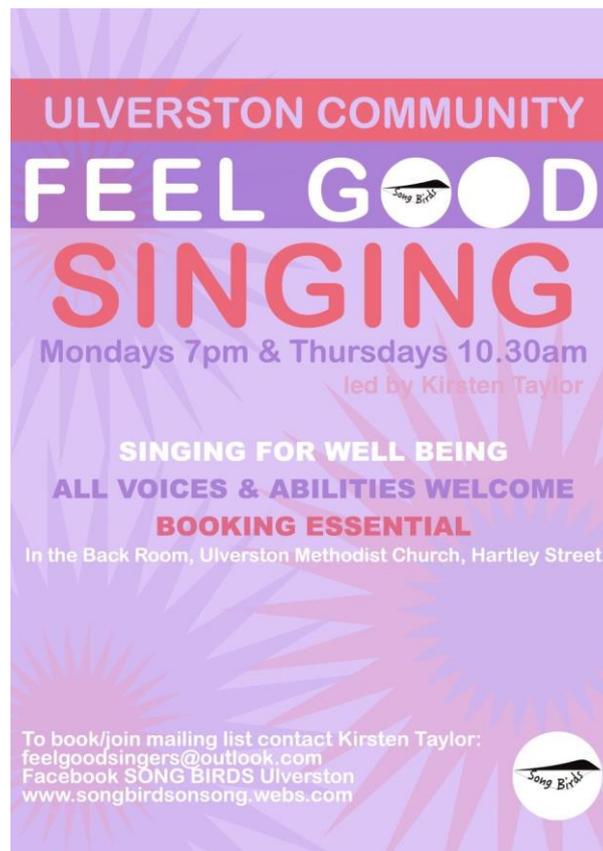
## Help for Households

Help for Households' is a cross government initiative launched in response to pressures around the cost of living - see link below to explore what cost of living support you could be eligible for.

[Help for Households - Get government cost of living support](#)



## Song Birds



## Resilience Hub is still here for you

'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 Lancashire and South Cumbria NHS Foundation Trust, launched in December 2020 in response to the Covid-19, to support public sector workers and their immediate families with the psychological impact of the pandemic.

Having already helped in excess of 1100 individuals and numerous teams and services, as well as currently working directly with staff at over 80 care homes across the locality, 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.

Director of Lancashire and South Cumbria's Resilience Hub, Dr Guta Bhutani, said: "We are still here for those who need help, whether you are in the NHS or wider healthcare family, the emergency services or social care, including care home and councils".

“It is quick and easy to access help through the Resilience Hub and support will be tailored to what best suits you and your needs. “Start the conversation and if we are not the right support service for you, we can point you in the right direction of who can help”. Dr Bhutani continued: “Tell your colleagues about us so they know how to get help if they need it”.

A self-assessment tool available at [www.lscresiliencehub.nhs.uk](http://www.lscresiliencehub.nhs.uk) provides an opportunity for you to assess how you are managing at present. It only takes 15 minutes to complete, and this can be followed-up with a confidential self-referral to the Resilience Hub team if you think extra support will be helpful. You can also contact the Resilience Hub by calling 01772 520228 or emailing for help and advice.

## Set for Surgery expands across Lancashire and South Cumbria

Set for Surgery, also known as LSC Optimise, is a patient management system that focuses on patient health and wellbeing improvement. Patients who improve their health ahead of surgery have better results and recovery times, as well as avoiding last minute cancellations.

The LSC Optimise dashboard brings together data from Primary Care and hospital waiting lists, to provide a single point of access in supporting patients who are waiting for surgery to improve their pre- and post-surgery outcomes.

On Monday 7 November the dashboard went live across Lancashire and South Cumbria, enabling patients from across the region to benefit from this approach, originally developed in Morecambe Bay. The dashboard has been in use at University Hospitals of Morecambe Bay for almost two years and has supported patients waiting for surgery, alongside a team of volunteers.

Wendy Craig, Consultant Surgeon and Clinical Lead for the programme said: "This launch is the culmination of months of work by the project team to bring this fantastic approach to patients across the region. We've been working hard to ensure that as many primary care colleagues as possible have signed up; and we are now at 94%. With the dashboard now available, across the patch we hope that we get full take up as the benefits become obvious in these areas."

For more information on the programme please visit [www.setforsurgery.co.uk](http://www.setforsurgery.co.uk)

## The South Lakes Poverty Truth Commission

Stella Sukram and Lois Sparling are the newly appointed team responsible for organising the South Lakes Poverty Truth Commission (PTC), initiated by South Lakeland District Council. A PTC aims to listen to and amplify the voices of people with lived experience of poverty and serves to build relationships between people in that situation and those who run local services. PTCs in other parts

of the country have been instrumental in effecting attitudinal, procedural, and policy change. For more information about what a commission does, please see this short video: <https://vimeo.com/587890975> .

Over the next few months, they'll be recruiting 'community commissioners' (people in South Lakes with lived experience of poverty), with a view to a launching the full commission in summer 2023. They would be keen to hear your insights into the effects of poverty in the area through your work with the Mid Furness ICC, or if you know of anyone who might wish to volunteer as a community commissioner and share their experiences. If you'd simply like to talk further or would like them to come and talk to a group about the PTC, or if you had access to support in some other way (e.g. providing a venue, catering, or transport for our group meetings), they'd also love to hear from you.

Contact Stella via: [Stella.Sukram@cumbriacvs.org.uk](mailto:Stella.Sukram@cumbriacvs.org.uk) or Lois via: [lois.sparling@cumbriacvs.org.uk](mailto:lois.sparling@cumbriacvs.org.uk)

## The Reading Well Loan Box Project for Children

**THE READING WELL LOAN BOX PROJECT FOR CHILDREN**

Free at your library  
**READING WELL**  
for children  
readingwell.org.uk

Libraries Connected  
CITY COUNCIL  
READING WELL

**FREE BOX OF MENTAL HEALTH & WELL BEING THEMED BOOKS WHICH CAN BE LOANED TO ANY COMMUNITY GROUPS AND LOCAL ORGANISATIONS IN CUMBRIA ON A LONG-TERM LOAN**

**TO SUPPORT MENTAL HEALTH & WELL-BEING IN OUR COMMUNITY**

For more information ask a member of staff or email [library.outreach@cumbria.gov.uk](mailto:library.outreach@cumbria.gov.uk)

Help Yourself to mental health

Cumbria County Council

## Read Easy Charity for Adults who Struggle to Read



Can you help  
Read Easy support  
local people who  
want to improve  
their reading?

### Volunteer with us

Read Easy is a volunteer organisation that provides free and confidential one-to-one reading coaching for adults.

We have exciting opportunities for volunteers to join the team running Read Easy locally.

To find out more,  
please contact:

We are seeking volunteers  
in the Morecambe Bay area.

Please contact Trish Tyson  
[mbpioneer@readeasy.org.uk](mailto:mbpioneer@readeasy.org.uk)

[readeasy.org.uk](http://readeasy.org.uk)

© Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1151298)

## Slimming World - Taste the Freedom



**Slimming World**  
taste  
the  
**freedom**

Do you live in Barrow, Millom or South Lakeland?  
Are you aged 16+ with a BMI of 28+?  
Would you like to lose weight?  
You may be eligible for a **FREE 12-week referral**

Ask your GP or Health Professional for more details

Tansy lost 7st 3lbs  
in 16 months

   [slimmingworld.co.uk](https://www.slimmingworld.co.uk)

  
Cumbria  
County Council

  
NHS  
Lancashire and  
South Cumbria  
Integrated Care Board

  
Slimming  
WORLD  
Partnerships

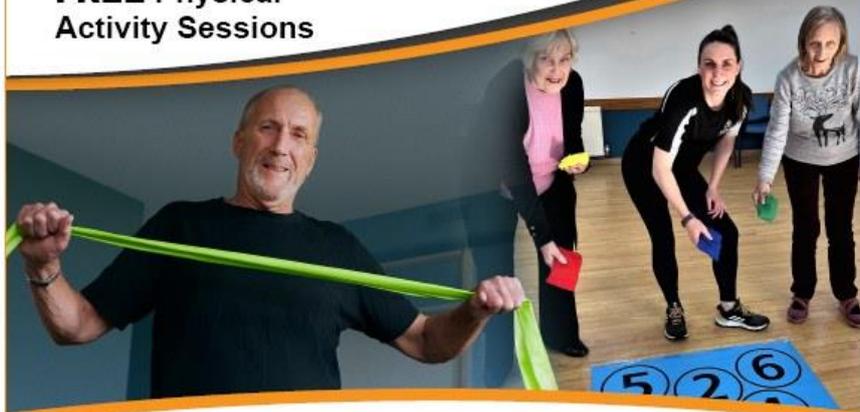
# Move for Health

Active Cumbria | Move for Health



## MOVE FOR HEALTH

**FREE** Physical Activity Sessions



**MOVE FOR HEALTH** sessions are designed to *help you move at your own pace*. Supporting you to make positive changes to your physical and mental wellbeing whilst socialising with others.

- Do you have a health condition?
- Would you like to move more?

Move for Health sessions are suitable for all levels of fitness. Focusing upon healthy bodies and healthy minds – *feel stronger, feel happier*.

Working in partnership with HP Activities



### Join us on:

Friday 1:00 - 2:00pm

**Croftlands Community Centre,**  
Central Drive, Ulverston.

To book your place on the programme please contact:

Kelly Alty on 07717 320573 or  
email [kelly.alty@cumbria.gov.uk](mailto:kelly.alty@cumbria.gov.uk)  
[www.activecumbria.org/behealthybeactive/move-health-south-lakeland/](http://www.activecumbria.org/behealthybeactive/move-health-south-lakeland/)



Funded by the Morecambe Bay CCG Population Health Fund in partnership with the South Lakeland Health & Wellbeing Partnership and Active Cumbria.



# The Reading Well Loan Box Project for Adults

**THE READING WELL LOAN BOX PROJECT FOR ADULTS**

Reading Well for mental health  
Find helpful books at your local library

recommended by health professionals and people with mental health needs

**TO SUPPORT MENTAL HEALTH & WELL-BEING IN OUR COMMUNITY**

**FREE BOX OF MENTAL HEALTH & WELL BEING THEMED BOOKS WHICH CAN BE LOANED TO ANY COMMUNITY GROUPS AND LOCAL ORGANISATIONS IN CUMBRIA ON A 4 WEEK LOAN**

For more information ask a member of staff or email [library.outreach@cumbria.gov.uk](mailto:library.outreach@cumbria.gov.uk)

Help Yourself to mental health

Cumbria County Council

Do you miss the joy of reading?



**Do you miss the joys of reading?**

**If so, apply to have a tablet full of audiobooks sent to your home for FREE!**

Your Reading Friends  
Co-ordinator :  
**hannah.clarke**  
**@cumbria.gov.uk**

**Ask your Reading Friends Co-ordinator for an application pack\* or visit:**  
**[www.listening-books.org.uk/our-projects/our-work-with-reading-friends](http://www.listening-books.org.uk/our-projects/our-work-with-reading-friends)**

Listening Books are a UK charity who run an audiobook service for anyone whose reading is affected by illness or disability.

LISTENING BOOKS

**READING FRIENDS**

\*Terms & conditions apply

## Call for clothing donations for children in our hospitals

Bay Hospitals Charity is appealing for spare pyjamas, nightwear, underwear, socks and casual clothing for children spending time in hospital. All items must be brand new. All sizes welcomed but particularly 8+ and teenagers. If you have items you can donate, please email [charity@mbht.nhs.uk](mailto:charity@mbht.nhs.uk)

# Read Easy - join our team



## Join our Team!

Read Easy Management Teams need people with all sorts of skills and experience, so there's almost certainly a role for YOU! Read Easy UK provides information packs to support most of the roles outlined below.

<p><b>Secretary:</b> Your administration skills can help to support the smooth running of the Management Team. You would take minutes, keep records up to date and generally support the Team Leader with meetings and communications.</p>	<p><b>Management Team Leader:</b> Use your leadership skills to guide and support a team of volunteers, manage meetings, set the agendas, take responsibility for the project, network within your local community and be a spokesperson for your local group. A separate role description is provided for this particularly important role.</p>	<p><b>Treasurer:</b> Ensure the accurate management and recording of the group's income and expenditure.</p>
<p><b>Fundraiser:</b> Use your tenacity and creativity to raise funds to ensure the group's running expenses are covered, so that more people can learn to read!</p>	<p><b>The role of the Coordinator:</b> The Coordinator is central to the running of each Read Easy group, but is not formally a member of the Management Team. If you are interested in this very interesting and rewarding role, please ask for the separate role description.</p>	<p><b>Safeguarding Champion:</b> Ensure that your group implements, understands and works within the Safeguarding Policy and organise DBS checks when necessary.</p>
<p><b>Publicity Organiser:</b> What an amazing group to be part of! Publicity is key to the local community understanding what your group does and how people can get the reading support they need or volunteer to help. Could you help to get the message out there, using local media, social media, leaflets, posters and other resources provided by Read Easy UK?</p>	<p><b>Literacy Specialist:</b> Another very important and rewarding Team role. You would provide support with literacy issues to the Coordinator and Reading Coaches and assist in running Coach Meetings. The person who takes on this role should have experience of teaching literacy (preferably, but not necessarily with adults). If you are interested, please ask for a copy of the separate role description.</p>	<p><b>Referrals Networker:</b> A vital and interesting role to create and develop relationships with local agencies who may be able to refer potential readers.</p>
<p><b>Volunteer Recruiter:</b> A really interesting opportunity to help manage the recruitment and interviewing of volunteers for your group.</p>	<p><b>IT Supporter:</b> If you are good with IT you could provide invaluable support to local volunteers when they hit problems. If preferred, this role could be taken up without joining the Management Team.</p>	<p><b>Venue Organiser:</b> A great opportunity to get out and about in your community, liaising with local businesses and organisations to find and arrange suitable reading venues for your group.</p>
		<p><b>Data Protection Champion:</b> Liaise with members of the Team to make sure that all personal data is stored according to the Data Protection Policy!</p>

# E-School Nurse Clinics






## E-School Nurse Video Clinics

**Twice weekly online health support and advice for parents, carers and professionals, supporting children and young people aged 5-19 years old.**

### Tuesday and Thursday

**During school term only**

You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you. In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the E-School Nurse video clinic please read the information leaflet or visit:  
[www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)

You can telephone for an appointment  
**01228 603973 (Monday - Friday 08:00-16:00)**

**happierhealthiercommunities.**

NCCIE-GNPoster-AJI/012020 | APPENDIX 03

# South Lakeland Food Leaflet



## Contact Details for affordable Food Outlets and Foodbanks in South Lakeland

**Food Clubs/FareShare** – Set price bag of food available from a community building where households can register to become members and pay a small fee for picking up food for a week. Food often comes from Fare Share or local supermarkets and other suppliers.

 **Ambleside Community Food Club & Café** – Volunteers collect and receive donations of surplus food. Members of the Food Club have the option to collect a pre-packed bag of this food. Members can volunteer and donate items to contribute to the group. For more information please contact: Ambleside Parish Centre, Vicarage Road, Ambleside Tel: 015394 34172 or email: [community@amblesidepc.org.uk](mailto:community@amblesidepc.org.uk)

 **Sedbergh Food Club** - This operates under Zero Waste Sedbergh and distributes surplus food to households in the Sedbergh community and surrounding area. A suggested donation of £3 per week will give you a share of the weekly Fareshare delivery (usually fresh fruit, veg, cooking sauces, snacks, pasta, bread). You can choose your own items, enjoy some refreshments and a sit down as well. Membership is through registration via [www.ZeroWasteSedbergh.com](http://www.ZeroWasteSedbergh.com). You may be asked to go on a waiting list if membership is full. Every Thursday during term time 2pm - 6:30pm, at Cornerstone Community Church, New Street, Sedbergh, LA10 5AF For more information phone 07833534710

 **Manna House** - homeless prevention charity providing food three times a week from Fareshare donations Tel: 01539 725534 or email: [clare@manna-house.org.uk](mailto:clare@manna-house.org.uk)

 **Kirkby Lonsdale Food Club** – Working with Fareshare they provide members with a bag of food that would usually go to landfill. For £4 a week, sign up at [kicomunity.co.uk](http://kicomunity.co.uk). Can also provide weekly food to help you get back on your feet for more information please email: [coordinator@kicomunity.co.uk](mailto:coordinator@kicomunity.co.uk)

**Ulverston Food Share** - Community Food Share based at the Parish Centre, Church Walk. Pay As You Feel. Food Club Collection Fridays 4pm - 5.30pm £4 per bag with spaces currently available. Tel: 07949074822 or email: [ulverstonfoodwaste@gmail.com](mailto:ulverstonfoodwaste@gmail.com)

**Grange Community Food Share** – offer emergency food support such as food parcels and dry store restocks. As well as 2 weekly food clubs where you can come along and collect fresh surplus food. If you cannot collect the food box yourself then it can be delivered. For more information Tel:07965 505415

**Community Food Shares - Pantries/Cupboards/Fridges** - places where food is available for people to collect free of charge or where people can leave surplus food for others to collect. Food comes from FareShare or local contacts with supermarkets and other supplies.

 **Kendal Food Share** – 17 Drovers Drive, Kendal Tel:07468376910 more information on their Facebook page, Sandylands Residents Association

 **Waste into Wellbeing** - Running 'pay as you can' food shares and community café for the latest information including opening times and venues: Visit [www.slacc.org.uk/www/](http://www.slacc.org.uk/www/) Follow us on Facebook and Twitter [@kendalpeoplescafe/](https://www.facebook.com/kendalpeoplescafe/)

 **Sedbergh Community Cupboard** – Operates alongside Sedbergh Food Club on Thursday afternoons. Sedbergh Community Cupboard operates all year round, and if you cannot collect the food box yourself then it can be delivered to your door. Self-referrals can be made via the Sedbergh Community Cupboard page of the Zero Waste Sedbergh website. You can also register by phoning this number: 07833534710

**Kirkbarrow Food Share** – Enabled by Kirkbarrow Residents' Association - Two food sheds, that are unlocked throughout the day - 41 Greengate Lane, Kendal and 2 Echo Barn Hill, Kendal. Food parcels can be dropped off at addresses on Kirkbarrow sheltered housing complexes or to any residents in need. If you live on Kirkbarrow and feel you would benefit from a food parcel, please email: [roseideswell@gmail.com](mailto:roseideswell@gmail.com) with your name and address or ask at one of the food shed addresses or contact your local councillor.

**Burnside Community Fridge** - located in the corridor of St Oswalds church at the heart of the village is an open 'take what you need, give what you can'. A small team runs the process of filling it weekly via local food banks and financial support. For more information email: [julihmothy@gmail.com](mailto:julihmothy@gmail.com)

**Staveley with Ings Together Food Fare Share** – based at the Staveley Pavilion Village Hall, register with us via email: [staveleytogether@gmail.com](mailto:staveleytogether@gmail.com) or Tel:07396 696726

**Food Banks** – no cost emergency food provision for targeted households through referral agencies or direct referrals through referral agencies e.g. Citizen Advice Bureau, Social Workers, Schools as appropriate.

 **Ulverston Food Bank** – Bethany Christian Church, Lightburn Road Tel:01229 343410 (The food bank is open Thursday 11am – 1pm, Monday re-opening soon. For more information please phone)

 **Milom Food Bank** – Milom Baptist Church, Crown Street Tel: 01229 774601 (The food bank is open Tuesday 11am – 1pm and Thursday 11.am – 1.pm deliveries available)

 **Barrow Food Bank** – Abbey Road, Baptist Church, Cnr of Abbey Road/Park Road Tel: 01229 343436 (The food bank is open Monday, Wednesday and Friday deliveries only, Tuesday 11am – 1pm, Thursday 11am – 1pm and Friday 1pm – 3pm)

 **Kendal Food Bank** – Shakespeare Centre, Yard 76, Highgate Tel: 07534 609179 email: [kingsfoodbank@gmail.com](mailto:kingsfoodbank@gmail.com) (The food bank is open Tuesday, Wednesday and Friday 12-3pm)

**Windermere & District Food Bank- Methodist Church Basement, Main Road Tel:0778972811 or email: [info@windemeredistrict.foodbank.org.uk](mailto:info@windemeredistrict.foodbank.org.uk)** (For more information please phone)

**Milnthorpe Area Food Bank** - Tel: 07582166564 Mon-Fri 9am - 5pm



# Free Fun & Games For All

Make friends, have fun & move more  
for **FREE** every Saturday morning!



## Ulverston ParkPlay

Come and meet Hannah at Lightburn Park,  
every Saturday from 10:00 am

No kit, expense or skill required, kids and adults welcome  
Register at [park-play.com](http://park-play.com) or scan the QR code!





# CHAIR BASED EXERCISE

WITH TRAINED INSTRUCTORS FROM TEAM ADVANTAGE!

**£3**  
per session

Week commencing  
10th January 2022

Day	Location	Time	Supporter
Tuesdays	Croftlands Community Centre, Ulverston	2:15pm - 3:15pm	FSCT (FRIDA SCOTT CHARITABLE TRUST)
Thursdays	North Scale Community Centre, Walney	9:30am - 10:30am	CUMBRIA COMMUNITY FOUNDATION, St John Fisher Foundation
Fridays	Hawcoat Community Centre, Barrow	11:00am - 12:00pm	BAE SYSTEMS

**For more info or to secure your place**  
**Email:** [advantage@barrowrlfc.com](mailto:advantage@barrowrlfc.com) **Call/text:** 07483867908

## Set for Surgery Buddies

Are you, or someone you know, interesting in volunteering. We are seeking Volunteer Patient Buddies to support our new and exciting Set for Surgery initiative.

The project helps patients achieve their health goals whilst waiting for their surgery in Morecambe Bay. You will:

- Be matched with individual patients

- Act as peer support for patients getting ready for surgery
- Be given appropriate training
- Be supported by the team

For more information click on the following link: <https://letstalkmorecambebay.uk/set-for-surgery-buddies>

Or contact: [set4surgerybuddies@mbht.nhs.uk](mailto:set4surgerybuddies@mbht.nhs.uk) or via phone: 07580971436

## Feeling unwell?

**Feeling unwell?**  
Choosing the **right service** will ensure you get the best advice and treatment as quickly as possible.



SELF CARE	PHARMACY	GP ADVICE	NHS 111	URGENT CARE CENTRES	MENTAL HEALTH	HOSPITAL A&E OR 999 EMERGENCIES ONLY
<p><a href="http://www.nhs.uk">www.nhs.uk</a></p> <p>Look after yourself.</p> <p>Ensure you have a well stocked medicine cabinet to treat minor ailments.</p>	<p>Pharmacists are experts in medicines who can help you with minor health concerns.</p> <p><b>They can offer clinical advice and over-the-counter medicines.</b></p>	<p><b>GPs are available for all health concerns</b> and can refer patients for other medical services when required.</p> <p>Evening and weekend appointments are available.</p>	<p><a href="http://111.nhs.uk">111.nhs.uk</a></p> <p>NHS 111 can help if you have an <b>urgent medical problem</b> and you're not sure what to do.</p> <p>Dial 111 or visit online.</p>	<p>You can go to an Urgent Care Centre if you need <b>urgent medical attention</b>, but it's <b>not a life threatening situation</b>, such as a break or strain.</p>	<p><a href="http://www.nhs.uk">www.nhs.uk</a></p> <p>Find information and support by searching 'Mental Health' on the NHS website.</p> <p>Helpline: 0800 915 4640 Crisis line: 0800 953 0110</p>	<p><b>Emergency Departments or A&amp;E are only for genuine life threatening emergencies only.</b></p> <p>NHS 111 can help if you need urgent medical help or you're not sure what to do.</p>

# Health and Well-being Coaches

Cumbria County Council

Health and Wellbeing Team

## What do we do?

We are a Public Health Team and our priorities are to support the public health agenda and aim to reduce health inequalities through coaching.

Our aim is to support you to improve your overall health and wellbeing.

In order to do this, we want get to know you and what works for you.

What are your aspirations and goals? We also want to understand the barriers to achieving these, and the support you draw upon from your personal resources and resources around you. We encourage and coach you to:

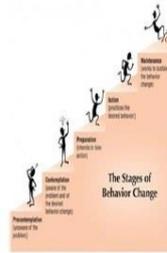
- Take action on factors that influence your health and wellbeing – including your lifestyle, relationships, interests and home life.
- Become more independent and resilient.
- Engage with your local communities and social networks

*"I want to be more in control of my life"*

*"I want to focus more on my future, where do I start?"*

## What we can support with

- Anxiety Management
- Reducing Social Isolation
- Building Resilience
- Confidence Building



The Stages Of Change is one of the models used in Coaching.

It is a simple but effective tool to show progress and maintain changes

## Stats/Outcomes



46% reported improvement in their loneliness



68% reported an improvement in their overall wellbeing



57% reported improvement in anxiety levels



Cumbria County Council



## Customer Feedback

*"My life has changed greatly, as I now have all the, 'tools of the trade' to allow me to identify and cope in difficult times. I use S.M.A.R.T daily."*

*"My life has improved massively. I've learnt the importance of self-care and skills to cope with depression."*

*"Before meeting the HAWC I was quite socially isolated and suffered with depression and anxiety. Even though I still get bouts or days when the depression is bad, the HAWC helped me with encouragement and support to pursue activities that have helped build back confidence and distract from rumination, which I have a habit of doing."*

## How to refer:

There is more information regarding our service, and the Initial Contact Form on our website at [www.cumbria.gov.uk/publichealth/hawcs.asp](http://www.cumbria.gov.uk/publichealth/hawcs.asp).

The initial contact form can be completed by you or with/by an agency that is currently supporting you. The form is a starting point for a conversation around what life looks like for you and what changes you would like to make.

Additionally we have a number of local drop ins throughout the County where anyone is welcome to attend to find out more about the service and start their coaching referral.

If contact through either of the above routes is not possible then you can contact your local Adult Social Care single point of access number to speak to one of the team. [www.cumbria.gov.uk](http://www.cumbria.gov.uk)



Serving the people of Cumbria

[cumbria.gov.uk](http://cumbria.gov.uk)

## Furness Carers Support Services



**furness Carers Support Services**

Hindpool Community Centre,  
Nelson Street, Barrow-in-Furness, Cumbria LA14 1NF  
Telephone: 01229 822822  
Registered Charity No: 1114029 Company No: 5724307

**Free Support & Services for Adult and Young Carers in the Furness & Ulverston area**

Carers are family, friends or neighbours who help someone with some aspect of daily living due to illness, frailty, physical or mental health problems. This could be help with personal care, shopping and household tasks or emotional support. We support All age Carers to maintain their own health and wellbeing whilst caring for others.

- **Carers Supported Self Assessments and Support plans** for Adults and Young Carers to discuss the caring role and decide on any support or services needed. Young Carers are age 5-18years.
- **Carers Budgets** to purchase something which will help to maintain the health and wellbeing of a Carer over 18 whilst caring (eligibility criteria must be met following a Carers Assessment before a Carers Budget application can be made to Health and Care Services).
- **Carers Emergency Contingency Plan & Card Scheme** to ensure replacement care or family/friends are contacted if a Carer has an emergency (over 18s only).
- **Referrals**, and support to access services from other local and national organisations that may be able to offer additional support if required.
- **Other services** include Young Carers After School Clubs and School holiday activities, Adult Carers Cafes, Forums and consultations with Carers on future services, Yoga & Mindfulness classes.
- **Carer Champion Training** for any organisation, business, or individuals on how to identify, advise and refer unpaid Carers (staff or service users) to ensure they receive the support they may need now or in the future. On completion Carer Champions will receive a metal badge and certificate of achievement.

For more information or to arrange an appointment with one of our Carers Support Advisers please ring 01229 822822 if there is no reply you can leave a message, or email [admin@furnesscarers.co.uk](mailto:admin@furnesscarers.co.uk)

OCTOBER 2021

### Useful links

[Action for Children](#)

[Action for Wellbeing](#)

[Age UK South Lakeland](#)

[Alcoholics Anonymous](#)

[Alzheimers Society](#)

[Awaz \(Cumbria\)](#)

[Barnardo's](#)

[CADAS](#)

[Cumbria County Council](#)

[Cumbria Community Foundation](#)

[Cumbria CVS](#)

[Cumbria Fire Service](#)

[Cumbria Neurological Alliance](#)

[Cumbria Safe Guarding Children](#)

[Cumbria Victim's Support](#)

[Dignity in Dementia](#)

[DWP](#)

[Every Life Matters](#)

[Growing Well](#)

[Headway South Cumbria](#)

[Health and Wellbeing Coach \(HAWC\)](#)

[Healthier Lancashire and South Cumbria](#)

[I Matter Training](#)

[MBCCG](#)

[NHS - Morecambe Bay Hospital Trust](#)

[SAFA - Self Harm Awareness for all](#)

[Stroke Association](#)

[The Well](#)



Mid Furness Integrated Care Community (ICC) brings together these organisations to improve the health and wellbeing of local people