



# Kendal Integrated Care Community Newsletter

Winter Edition 2018

## We were Rosa Parks NHS Award Winners in September 2018!

The Rosa Parks award is for those 'who have been brave enough to reject mindless conformity and find a new, inspiring and effective means of doing something'. To find out more about why we were given this prize, please [click here](#)



This national award was presented to us by The Academy of Fabulous Stuff. The Academy was established by Roy Lilley as the place to share the good things, ideas, innovations and concepts that are the backbone of the NHS.

We were shortlisted for the annual Rosa Parks Award too. Our Lead Nurse, Alison Nicholson and our Care Navigator, Trudy Brayshaw were invited to London to the Award Ceremony. The ceremony was 1940's themed to celebrate the NHS's 70<sup>th</sup> birthday, with vintage tea pots, rations packs, jar of pickles and it was held underground.



Here is Alison at the ceremony presenting Kendal Mint Cake to Jane Cummings, Chief Nursing Officer at NHS England and Shane Tickell, CEO of an Academy sponsor and originally from Kendal.

## New ventures for some of our core team

Sue Hornshaw, who was our ICC administrator, has now left the team. Sue worked with us for 18 months and has now secured a job closer to home with a local firm. We would like to thank her for all her hard work and wish her every success in her future.

In addition Cara Stride our ICC Development Lead has started maternity leave and will be back with us in November 2019. Please bear with us in these times of change and while we await the arrival of our new team members in the New Year.

# Working together for a Healthier, Happier Kendal Community

## Our Healthier Happier Sunday Fun Day was a huge success



Over 500 local people came along to try out new activities, sports and crafts at our second Healthier Happier Sunday Fun Day. This free event took place at Kendal Leisure Centre on Sunday 4 November. We would like to thank Cumbria County Council, Kendal Leisure Centre, Kendal Schools Network and the NHS for organising the event with us. Together we coordinated 24 different organisations who provided a multitude of activities for the families to try out. We look forward to planning our next event in Spring 2019.



## Kendal Library Display Week 15-19 October

NHS Kendal Integrated Care Community (ICC) hosted a display week at Kendal Library during which we exhibited information about what an ICC is and what we do within the Kendal community. We held free



NHS health checks so that anyone could get their blood pressure checked, as well as their Body Mass Index (BMI).

South Lakes Housing, Headways South Cumbria, South Lakes Dementia Hub, Healthwatch and Age UK also held stalls at the library throughout the week. We all had lots of interest from visitors, some of whom we have followed up to support further. Thank you for hosting us Kendal Library, we hope to work with you again in the future.



## Helping you to have a healthier 2019

### Active Club Better Balance

Starting on **9 January 2019** is a six week course for anyone age 55 plus. The programme is aimed at Falls Prevention, Improving Balance Stability and Mobility.

The classes will take place on **Wednesdays 2.15pm-3.15pm** at **Kendal Leisure Centre**

Call 01539 729777 to book.

Only £2.50 per session.



**Support your mental health this January by getting active every day, your way!**

**I'm getting active every day,  
to beat the blues away.**

 

[slmind.org/pages/red.aspx](https://slmind.org/pages/red.aspx)

South Lakeland MIND are excited to be partnering with RED January, a community initiative providing people with support and a focus during a characteristically tough month. Whether it's running 5k or walking to work a new way, a morning swim or just taking your bike for a spin, you can join the thousands of people around the UK, kick-starting their 2019 in the most positive way.

You can register for free here:- [slmind.org/pages/red.aspx](https://slmind.org/pages/red.aspx) Once registered you will receive your RED January T-shirt, shoelaces, calendar and sponsorship forms through the post. To set-up your RED January 2019 fundraising page for South Lakeland Mind go onto Just Giving and visit the campaign page: <https://www.justgiving.com/campaign/SouthLakelandMind2019>

#### RED community

As part of your RED January 2019 journey, MIND want to make sure all REDers feel supported. You don't have to feel like you're embarking on RED January alone. The online RED community will be with you every step, splash and pedal of the way. The RED January team will also be sharing regular updates and messages of encouragement. [www.facebook.com/SouthLakelandMind/](https://www.facebook.com/SouthLakelandMind/)

### Self Care is about making improvements in your life to protect your physical health and mental wellbeing

Follow these small steps to become a healthier you:

- **Get active;** advice is to exercise for at least twenty minutes a day, it's ideal if you can incorporate this into your day by leaving the car and walking to work, walking the dog, taking the stairs or even dancing around the kitchen table to your favourite songs.
- **Eat well.** Healthy eating is crucial to our health so we can start by swapping unhealthy snacks for healthier options such as nuts, seeds and fruit.
- **Make positive changes!** Take steps to stop those bad habits that don't serve you well. Plan to stop smoking, reduce alcohol intake and get active. Your pharmacist can help with lifestyle changes such as weight management and stop smoking services.
- **Rest.** A good night's sleep is as essential to our health and wellbeing as eating healthily and exercising so make sure you get the recommended 7-8 hours a night.
- **Stop!** These days we have such busy lives that we sometimes forget to slow down and stop. Find time in your day to just quieten your mind. Mindfulness or yoga can be really helpful when it comes to reducing overall stress and improving your sleep pattern.



Self Care is also about safely managing long term conditions. If you have a long-term health condition and are worried about how common ailments may be affecting you, or if you want advice on managing your medicines, visit your pharmacist first.

For more information on how to embrace Self Care for Life take a look at the series of films produced by Dr Andy Knox and colleagues on

how to treat common conditions at home: <https://www.morecambabayccg.nhs.uk/your-health/self-care>

### A Social Connectedness App for Older Adults in South Lakeland

Lancaster University has co-created an application that addresses loneliness and social isolation amongst older adults in South Lakeland. It finds opportunities for people to connect in the form of events and volunteering activities. The app uses available data about local transport, public car parks, toilets and even weather to show people what they can attend and how. The app has been designed to be user-friendly for older generations; preferences can be set as part of a user profile related to transportation and how far they would like to travel. The app is great for older people to use, as well as family and carers who have experience of using technology. To find out more please visit: <https://www.mobile-age.eu/> or the app is available for Apple and Android devices by searching in the app / play store for "Mobile Age"(USE ATTACHED IMAGE WITH ARTICLE). If you have any queries, please contact Prof. Niall Hayes: [mobile-age@lancaster.ac.uk](mailto:mobile-age@lancaster.ac.uk).



**Mobile Age** (4+)  
South Lakeland Living  
Lancaster University  
Free