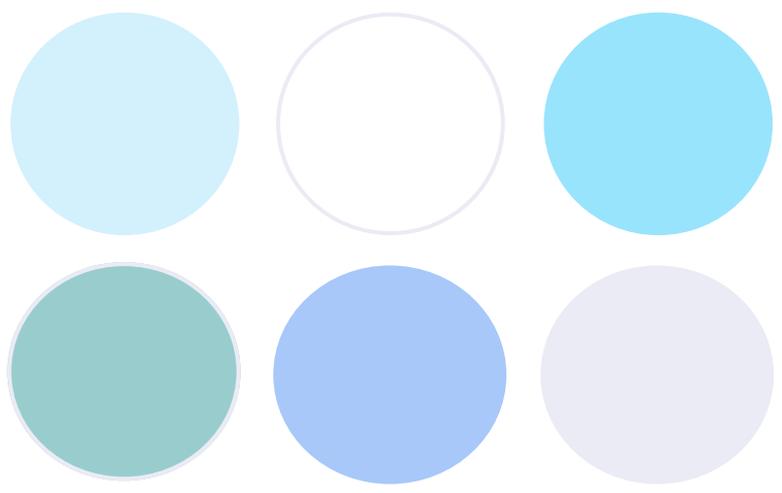


Barrow Integrated Care Community E-Newsletter



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March 2019

Partnership Working

Egerton Court Wellbeing Hub



A full timetable of partners at the Wellbeing Hub in Flat 18a, Egerton Court, Barrow Island is now available and is open from 9am until 7pm offering guidance with tenancy issues, mental health and wellbeing support, drugs and alcohol advice, bereavement support, help to get Foodbank vouchers, practical help with washing and drying clothes and health checks.



Ormsgill Community Hub

With a population of almost 6000, the Ormsgill division of Barrow is ranked as being within the 10% most deprived areas within the country.

There has been a significant focus on Ormsgill both by the County Council and partners, for example the partnership work and activity funded by the Police as part of the Vulnerable Localities Index (VLI) pilot

One of the key themes coming from the *intelligence gathered from the community is that they would like a community centre, as they currently do not have a focal point or anywhere to come together and hold activities and events as a community.

Current Projects

FESP

Happy & Healthy Furness Education & Skills Partnership

Furness Education & Skills Partnership (FESP) was established in July 2011. FESP is a partnership of schools, colleges, local employers and agencies which recognise the need to equip local young people with knowledge, skills and aspirations relevant to a competitive 21st century market-place.

The purpose of their most current project is to help facilitate conversations and bring around positive changes in health and well-being. Using ideas generated by children of how to improve their own and their families' health, the Happy & Healthy Lifestyles event took place at Furness College on 1st March 2019

The launch was the starting point for 10 local schools, involving over 300 pupils to devise their own health based projects within their school and communities.

The Red Box Project
Quietly ensuring that no young woman misses her education because she has her period.

Red Box donations are continuing to be made at the following locations:

- Liverpool House Surgery
- Duke Street Surgery

- Abbey Road Practice
- Stafford House
- Fairfield Community Team

Thankyou for your continued support

Barrow ICC aims to improve the overall health and wellbeing of local people by working

Support the frail elderly

Improve Adult & Children's Mental and Emotional wellbeing

Develop links with 3rd Sector organisations

Children & Young People Services

Achieve healthier communities

Improve care pathways for respiratory

Case Management Team News



Care Co-ordinator, Vikki O'Donnell and Care Navigator, Rosie Wilkinson were recent winners of MBHT employee recognition scheme, Stars of the Month and Stars of the Quarter for their dedicated work for patients in the community.

They have also been nominated for 'Going the Extra Mile' at this years Health Heroes Awards to be held at Castle Green Hotel, Kendal on Friday 22nd March.



Pictured here with Case Manager, Kerry Rixom and ICC Development lead, Maxine Baron receiving their awards.

Case Management Team Data (Aug 2018—Feb 2019)

Number on caseload = **377 patients**

Number of Holistic Assessments made = **192 care plans completed**

Community Events

Barrow Case Management Team in partnership with Barrow Fire Service and Innovation Agency, held a Health and Wellbeing Event in Barrow Market Hall last week in an attempt to encourage member of the general public to have free health checks and consider their overall health and wellbeing.

The day was an overall success with Barrow Fire Service offering free Home Fire Safety checks and the Case Management Team completing blood pressure checks and over 100 AF screenings identifying 2 positive readings



St Mary's Living Well Centre in Barrow hosts a wealth of support groups and events at their new facilities on Duke Street Barrow including the following:

Café Neuro



Café Neuro is a weekly chance for anyone living with a neurological condition to meet on a **Thursday** from **11.00 - 2.00**



Respiratory Support Group 'Carry on breathing'



Barrow ICC & Ulverston Respiratory Support Group have been working together to have a respiratory support group in Barrow. Held in the New Living Well Centre on the **first Wednesday** of the month from 1.30pm to 3.30pm. Parents and carers most welcome.

DATES FOR THE DIARY

Frailty MDT

Wednesday 3rd April 2019

Wednesday 17th April 2019

Stafford House 9am

Mental Health MDT

Wednesday 10th April 2019

Duke Street Surgery 9am

Respiratory MDT

Thursday 18th April 2019

Bridgeway Medical Centre 2pm-4pm

ICC Meeting - Core Team Meeting

10th April 2019

Venue TBC

MDT Statistics - Aug 2018 - Feb 2019

Frailty

Number of patients reviewed: **160**

Number of interventions made: **214**

Mental Health

Number of patients reviewed: **44**

Number of interventions made: **35**

Singing for the Brain



Singing for the brain sessions use singing to bring people with Dementia together in a friendly and stimulating activity. Proven to improve brain activity, wellbeing and mood, people can feel supported by skilled, compassionate and experienced staff to improve quality of life with Dementia through fun vocal warm ups and singing a variety of familiar and new songs.

St Matthews Church, Highfield Road, Barrow

