



May-June 2023 East Integrated Care Community Newsletter

Welcome to our newsletter for May and June 2023

Included in this month's newsletter

KEY (Kent Estuary Youth),

1. **East Integrated Care Community**
2. **South Lakes:** South Lakes Dementia Hub, Cumbria County Council - Cost of Living Support, Every Life Matters, Cumbria County Council - Courses, Community Catalysts, Public Health 5-19 Nursing Team, Time in Nature, Growing Well, Bro Room, KEY (Kent Estuary Youth)
3. **North Craven:** Bentham & District Dementia Friendly Community, Carers Week - Drop in for a Brew, Safe Havens, ATI & Craven College, Age UK North Craven, Ramblers Wellbeing Walks, Lower House Sensory Farm, Cost of Living Support, North Yorkshire Council, Healthy Families, Applying for Free School Meals Now Much Easier, Get Going Grants, Online Parenting Support, New Courses for Teenagers, New Skipton LGBTQA+ Youth Group, Support for Mental Wellbeing, Children & Young Peoples Mental Health, Money Saving Resources, +Choices, Citizens Advice, 2024 NYY Calendar Competition Launch, Bentham

Mental Health Peer Support Groups, Carers Resource, Sexual Health Support, Avalon Group - Autism Questionnaire

4. **North Lancashire:** Morecambe Bay Poverty Truth Commission, HARRI Van, Recovery College, Employment Support with Building Better Opportunities - Lancaster, Lancaster District Directory
5. **General:** Breathe Easy, Long Covid Group, Brathay, Cancer Care, Kooth, NHS Scotland - Anticipatory Grief, Flynne's Barn, Ukraine, StepChange Debt Charity, Yellow Wellies, Bereavement Support, Living with Dementia Toolkit

If you would like anything to be shared within our newsletters, please don't hesitate to get in touch:

Email - easticc.admin@mbht.nhs.uk Phone: 01539 777297

Please note that at the time of publishing, the information we had received to share in this newsletter was correct.

East Integrated Care Community (ICC)

Integrated Care Communities are integrated teams of health and care workers, voluntary organisations and wider community assets who work together to practice population health.



1 - [Bay Health and Care Partners](#)

East ICC covers parts of South Cumbria, North Yorkshire and North Lancashire, which is aligned to the footprint of the following GP surgeries;

- [Arnside Surgery](#) (a branch of Ash Trees Surgery)
- [Bentham Medical Practice](#),
- [Lunesdale Surgery](#) with branches in Kirkby Lonsdale and Hornby,
- [Park View Surgery](#) with branches in Milnthorpe and Carnforth,
- [Sedbergh Medical Practice](#), and
- [Stoneleigh Surgery](#) (a branch of Ash Trees Surgery)




Do you want to know more about our work within East ICC?

Would you like to know more about how you can be involved or how we might be able to support you?

Please do get in touch; easticc.admin@mbht.nhs.uk

You can also follow us on [Facebook](#) or [Twitter](#), just search @EastICC

Case Management Team Telephone Number: 01539 777297

<p>What is case management? </p> <p>The aim of the case management team is to provide personalised support to individuals, their families and carers to take control of their wellbeing, live independently and improve their health outcomes reducing the need for hospital services.</p> <p>You can expect support from experienced nurses, healthcare professionals, care co-ordinators and care navigators who will complete a health and wellbeing assessment, working with you and/or your carers to ensure the services you require are individual to you. We will co-ordinate your care and review services to ensure you are getting the right support.</p> <p>We offer tailored support for individuals with complex health and social care needs, enabling them to live independently at home for as long as possible and to reduce admissions into hospital. Where individuals can't stay at home we can help co-ordinate alternative support.</p> <p>We encourage patients to have choice and control over their care, so they can self-manage their health needs. We help to make sure your wishes and priorities are heard, so you can feel in control when decisions are being made about your health and social care needs.</p>	<p>What you need to know</p> <p>The team will work closely with you and your family/carer/friend to co-ordinate your care in times of need. This may include returning home after hospital, recurrent hospital admissions, a physical and/or psychological decline in function, crisis avoidance, someone requiring extra support or struggling with multiple long term conditions.</p>	<p>Surgeries we cover</p> <p> Our six GP practices:</p> <ul style="list-style-type: none">Arnside Medical PracticeStonesleigh SurgeryPark View SurgeryBentham Medical PracticeLunesdale SurgerySedburgh Medical Practice
	<p>Aims</p> <p>To help keep you as independent as possible in your own home.</p> <p>To help you access services and local resources to help make your life easier.</p> <p>To enhance your wellbeing and encourage a good quality life.</p> <p>To help you understand and manage any long term conditions you have.</p> <p>To help reduce hospital admissions and readmissions.</p> <p>To enhance the support that you receive in your own home.</p> <p>To help you understand your medications.</p> <p>To discuss and document, at your request, the things that are important to you about your future.</p>	<p>Referrals</p> <p>Referrals may be made by any health or social care professionals and others involved in a patient's care in the community such as:</p> <ul style="list-style-type: none">GPCommunity MelttonCommunity NurseFamily/Friend/CarerSelf-referralSocial Worker <p></p> <p>Consent must be obtained from the individual being referred.</p>

SOUTH LAKES

South Lakes Dementia Hub

To support the dementia community we organise a monthly dementia hub at The Abbots Hall Social Centre, deliver outreach dementia hubs and service provider information to the rural villages of Sedburgh, Dent, Ambleside, Grasmere, Hawkshead, Coniston, Windermere, Arnside, Milnthorpe and Kirkby Lonsdale and support Community Come Dancing sessions.

2nd Tuesday of the month

The Abbot Hall Social Centre in Kendal

Aimed at people living with dementia and their carers who wish to gain information about the main service providers in Kendal and the South Lakes. Organisations attending the Hub offer support and guidance through focussing on the social, emotional, health and wellbeing aspects associated with dementia.

Come to a Hub:

- to talk to a dementia specialist
- for up-to-date dementia information and advice
- to find out about social groups and activities in the area

- to get information about services available to help you plan for the future

Email: kendaldae@gmail.com Tel: 07774 238081

www.southlakesdementiacommunity.org.uk

Cumbria County Council - Cost of Living Support



From Cumbria County Council: With the cost of living on the rise, there will be people in Cumbria who are struggling, whether that's emotionally, financially or just because they need practical help to get in touch and seek support. It can be daunting to search through what is on offer and to find what you need. The information below provides local information for Cumbrian residents on a range of helpful topics. You might feel worried or find yourself in a position you have never experienced before, but please don't wait for problems to get worse, there are many local organisations that can help. [Click here to be redirected to Cumbria County Council's website.](#) with lots of useful information about how to access support.

Click on this link to access the [Cost of Living Booklet](#) as shown in the pictures below.



Cost of Living Support



A public information leaflet from Cumbria County Council.

A message from Patricia Bell, Cumbria's Cabinet Member for Health and Care Services.

"With the cost of living on the rise, I urge anyone in Cumbria who is struggling, whether that's emotionally, financially or just because you need practical help, to get in touch and seek support."

"It can be daunting to search through what is on offer and to find what you need. This booklet provides local information for Cumbrian residents on a range of helpful topics."

"You might feel worried or find yourself in a position you have never experienced before, but please don't wait for problems to get worse, there are many local organisations that can help."





Councillor Patricia Bell












2 - <https://cumbria.gov.uk/elibrary/Content/Internet/536/6181/44650132218.pdf>

Cumbria County Council

Financial support

If you are worried about money, you can contact **Citizens Advice**. They can give you free advice on debt, benefits, employment, and housing problems, and make sure you're getting all the support you're entitled to.

Go online at citizensadvice.org.uk or call your local office:

- Alerdale 01900 604735
- Barrow 0808 278 7817
- Carlisle and Eden - (for debt & ongoing enquiries) 03300 563037
- (for new enquiries) 0808 278 7844
- Copeland and Whitehaven 01946 693321
- Millom 01229 772395
- South Lakes - (for debt & ongoing enquiries) 03444 111444
- (for new enquiries) 01539 446464

Cumbria Law Centre (cumbrialawcentre.org.uk) can offer free legal advice on housing, debt, employment, and welfare benefits to those on low incomes.

Lost your job?
If you've lost your job or had your hours reduced, then you might be able to claim benefits. Many people miss out because they don't know what they're entitled to.




The **Citizens Advice Help to Claim** service can talk you through the early stages of making a claim and make sure you're claiming the right benefits; call **0800 144 8444** to find out more.

Or you can find out more about **Universal Credit** (and make your claim) online: understandinguniversalcredit.gov.uk

Getting back into work?
Cumbria Opportunities has information about local jobs, training courses and apprenticeships.

Cumbria Jobs Fuse helps to connect people looking for work to local employers looking for staff. If you're looking for work, call **0800 100 900**; if you're an employer looking for staff, call **0808 196 3596**.

Serving the people of Cumbria

3 - <https://cumbria.gov.uk/elibrary/Content/Internet/536/6181/44650132218.pdf>

Business support

Cumbria Local Enterprise Partnership (CLEP) offer a business advisory service – bringing together and simplifying access to national and local business support. They ensure that you can access business support, no matter the size, sector, or maturity of your business.

Contact their dedicated business advisors today on Freephone 0800 069 6444 or email info@thecumbrialep.co.uk

Help with housing

If you are having difficulties paying for housing, you should contact your landlord, housing association or mortgage company.

If you face losing your home, speak to your local district council who may be able to help.

If you are struggling to pay your council tax, get in touch with your local district council; if you are on a low income, you may be eligible for a grant towards the cost. Your district council can also help if you are at risk of eviction or homelessness. You can find information on their website, or contact them on the numbers below:

- Allerdale Borough Council 0303 123 1702.
- Barrow Borough Council 01229 876543.
- Carlisle City Council 01228 817200.
- Copeland Borough Council 01946 598300.
- Eden District Council 01768 817817.
- South Lakeland District Council 01539 733333.

Credit Unions

Credit Unions help people save money and can also provide loans at low interest rates. They are an alternative to payday lenders and 'loan sharks' and can help you avoid getting into problem debt. There are four Credit Unions in Cumbria:

- PCCU, recently merged with Affinity Credit Union, covers the whole of Cumbria: pccu.co.uk/cumbria / 01282 691333.
- Carlisle and District Credit Union also covers the whole of Cumbria: carlislecu.com 01228 594007.
- Barrow & District Credit Union operates South West Cumbria: barrowdistrictcu.co.uk 01229 870110.
- Whitehaven, Egremont and District Credit Union operates in West Cumbria: wedcu.co.uk 01946 66755.

Ways to Welfare

Cumbria County Council's Ways to Welfare helpline offers help and emergency support with basics and essentials for people struggling to cope with their current situation. Call 0800 783 1966 or visit cumbria.gov.uk/welfare.

NHS prescriptions and health costs

You might be able to get free NHS prescriptions, dental treatment, eye tests and help with other NHS costs: gov.uk/help-nhs-costs

Broadband Social Tariffs

Could changing your provider save you money? ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs

Food support

If you are struggling to feed yourself or your family, there are organisations that can help. They are used by hundreds of people every week in Cumbria and from all walks of life.

There are food banks and other food projects located across the county, find your nearest at cumbria.gov.uk/welfare or call the county council's support line on 0800 783 1966.



4 - <https://cumbria.gov.uk/elibrary/Content/Internet/536/6181/44650132218.pdf>

Cumbria County Council

Free school meals

If you are on a low income, your children may be entitled to free school meals and clothing grants. You can check your eligibility and apply online at cumbria.gov.uk/freeschoolmeals or call 01228 606060.

Healthy Start Vouchers

For milk, fruit and vegetables if you're on a low income and pregnant or have a child under 4. Apply online at healthystart.nhs.uk

Domestic abuse support

There are many kinds of domestic abuse; it might involve physical violence, controlling behaviour, financial control, and/or isolating people from friends and family.

The levels of domestic abuse have risen during the Coronavirus pandemic, but it is often a hidden problem. There are many organisations that can help, but if people are in danger, they should call 999.

There's more information, including links to organisation that can help, on the Cumbria Police website: cumbria.police.uk/Advice-Centre/Personal-Safety/Domestic-Abuse

Mental Health support

There are many things that can affect your mental health, particularly if you are dealing with financial problems. It's normal and there is help available.

If someone is in a mental health crisis and needs urgent help, they can call their local Crisis Team 24 hours a day, 7 days a week:

- People in North Cumbria can call 0800 6522 865. (Those who are Deaf/hard of hearing can text 0779 565 6226.)

- People in South Cumbria can call 0800 953 0110. The Samaritans are also available 24/7 on 116 123 for people who need to talk to someone urgently (samaritans.org)

NHS psychological therapies services in Cumbria can provide treatments for a range of common mental health problems including depression, anxiety disorders and panic attacks, and post-traumatic stress disorder. You can refer yourself for support or ask your GP to make a referral for you.

- Visit First Step North Cumbria at: cnfw.nhs.uk/firststep.
- Visit First Step South Cumbria at: lscft.nhs.uk/first-step.

Additional mental health support

Kooth is an online service for young people aged 11-18. Find out more at kooth.com

Mindline Cumbria offers support and guidance about mental health over the phone, via text or email. They will listen to your concerns and help to empower you to feel more in control of your mental health or support someone else. Visit mindlinecumbria.org to find out more.

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, please telephone: 0300 303 2992.

आपकी पूरी की पूरी जानकारी बिना कसर छोड़े हम आपको प्रदान करेंगे।
0300 303 2992
आपको यह जानकारी देना हमारा लक्ष्य है।
0300 303 2992
Jeigu norūtumele gauti šią informaciją savo kalba, skambinkite telefonu 0300 303 2992.

W celu uzyskania informacji w Państwie Języku proszę zadzwonić pod numer 0300 303 2992
Se quiser acceder a esta información en sua língua, telefona para o 0300 303 2992
Bu bilgily kendi dilinize görebek için lütfen 0300 303 2992 numaralı telefonu arayınız

5 - <https://cumbria.gov.uk/elibrary/Content/Internet/536/6181/44650132218.pdf>



Wellbeing & Mental Health Guide

Covid-19 has now had a far reaching impact on our nations mental health. Its more important than ever that we take positive steps to look after our ourselves, to seek help when we need it, and check-in and support people around us.

Our revised [Guide to looking after yourself and others](#) contains practical information about things you can do now to look after your mental health and wellbeing, on how you can support others, and where to find support if you or others need it. Visit our [Support Directory](#) to find out more about where you can get help.

We are also able to offer in house training and mental health awareness training for further details please contact juliet.gray@every-life-matters.org.uk

Cumbria County Council - Courses



Please find attached posters for courses that your clients might find useful.

There are lots of online options too, please visit [Home page \(cumbria.gov.uk\)](http://cumbria.gov.uk)



Monday 5 June

10am-12pm

Online

1 week

Free Course

Led by Daisy, our qualified digital skills tutor.

In this taster session on Microsoft Excel, we will remove the mystery around spreadsheets and give you the confidence to develop your own for personal use or to help you in the workplace.

Enrol Now!

To book a place please visit our website at:

adultlearning.cumbria.gov.uk

Search under the heading 'Digital Skills', 'Excel Taster', you can then complete an online enrolment form. Or speak to one of the South Lakeland Adult Learning Team on 01539 713257 or email southlakelandadultlearning@cumbria.gov.uk

**Entry 3 Award
in
Equality &
Diversity**



Monday 15 May

10am – 12:00pm

6 weeks

Kendal Library

Free Course

Led by Kathryn, our fully qualified employability tutor.

This workshop will cover the following topics:

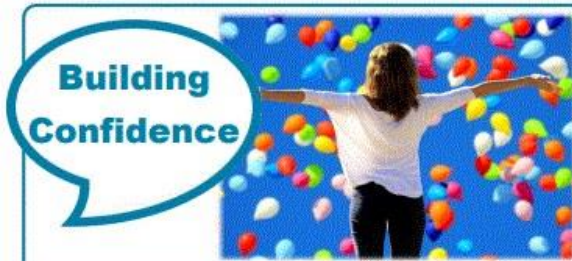
- Understand the meaning of equality and diversity
- Understanding the meaning of discrimination and prejudice
- Understand how organisations can promote best practice in relation to equality and diversity

Enrol Now!

To book a place please visit our website at:

adultlearning.cumbria.gov.uk

Search under the heading 'Health and Wellbeing', 'Entry 3 Award in Equality & Diversity', you can then complete an online enrolment form. Or speak to one of the South Lakeland Adult Learning Team on 01539 713257 or email southlakelandadultlearning@cumbria.gov.uk



Monday 15 June
5 weeks
12.30pm -2.30pm
Kendal Library
 A **FREE** course, which aims to help you develop your confidence as part of a small group. Led by Kathryn, our fully qualified tutor.

This **FREE** workshop will include the following topics:

- Discover ways to improve your self-confidence and self-esteem
- Learn to be more assertive and confident when saying 'no'
- Change those negative thought patterns
- Manage Stress and look at ways to relax

Enrol Now!
 To book a place please visit our website at: adultlearning.cumbria.gov.uk
 Search under the heading 'Health and Wellbeing', 'Building Confidence', you can then complete an online enrolment form. Or speak to one of the South Lakeland Adult Learning Team on 01539 713257 or email southlakelandadultlearning@cumbria.gov.uk



Monday 26 June
10.30am - 12.30pm
2 weeks
Ulverston Library
This is a Free Course
 Led by Daisy, our qualified digital skills tutor.

This course will cover the following topics:

- How to be able to connect to Wi-Fi and access the internet
- How to access your emails on your Smart Phone
- Alter basic settings
- How to download Apps
- Be aware of updates and how to ensure your phone is updated
- How to use the camera on your Smart Phone device

Enrol Now!
 To book a place please visit our website at: adultlearning.cumbria.gov.uk
 Search under the heading 'Digital Skills', 'Getting the Most Out of your Smartphone', you can then complete an online enrolment form. Or speak to one of the South Lakeland Adult Learning Team on 01539 713257 or email southlakelandadultlearning@cumbria.gov.uk

Adult Learning



Award in the Importance of Resilience & Grit Entry 3

This course will cover the following topics:

- Learn ways to be strong and adaptable in the face of uncertainty
- Discuss ways to remain positive and determined
- Manage setbacks and stay focused on results

Thursday 8th June

12.45-2.45pm

5 weeks

Kendal Library

FREE

Led by Pam, our fully qualified Health & Wellbeing adviser

To enrol or contact us for more details:

Kendal Adult Learning

KendalAdultLearning@westmorland.gov.uk

Tel: 01539 713257



Community Catalysts

Join a growing network of passionate people offering care and support.

A new free development programme has launched to help people get set up working for themselves offering care and support to older and disabled people locally.

These “community micro-enterprises” could offer any kind of help at home, such as cleaning, cooking, shopping, trips out, sitting and chatting, support to dress and wash, DIY, gardening and more. Community micro-enterprises are run by passionate people who want to:

- Work locally
- Help their community
- Choose their own hours
- Set a fair rate of pay
- Be proud of the quality service they offer

Experience in caring for someone is great, but not essential, what really matters is your passion to make a difference in people’s lives.

The programme is coordinated by Community Catalysts - a social enterprise working across the UK, to support local people to use their skills and talents to help other local people. The new programme is running in the South Lakes in partnership with Cumbria County Council.

The aim of the project is to make sure that people who need care and support to live their lives can get help in ways, times and places that suit them, with real choice of attractive local options.

For more information about setting up, or anything else – please don't hesitate to contact Jade Gibson your local Community Catalyst for South Lakes:

- Call or text: 07435 943 933
- Email: jade.gibson@communitycatalysts.co.uk
- Facebook: www.facebook.com/commcatssouthlakes

**Offer care and support in
the South Lakes**

**We can help you to work for yourself and
provide support that you can be proud of**

- ✓ help your community
- ✓ work for yourself
- ✓ work locally
- ✓ choose your own hours
- ✓ set a fair rate of pay

FREE

Find out more

Jade Gibson
South Lakes
Community Catalyst
jade.gibson@communitycatalysts.co.uk
07435 943 933
[facebook.com/CommCatsSouthLakes](https://www.facebook.com/CommCatsSouthLakes)

Funded by Cumbria County Council and
run by Community Catalysts

communitycatalysts®
is backing you to help effecting change



Public Health 5-19 Nursing Team



E-School Nurse Video Clinics (By appointment only)



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

Tuesday and Thursday

You will be able to talk to the nurse over a live video link using [Attend Anywhere](#). The link is private, secure, confidential and convenient.

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



You can telephone for an appointment
01228 603973 Mon-Fri 8-4pm

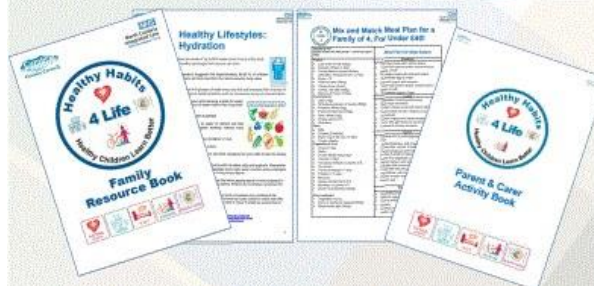
happierhealthiercommunities

NCICIE-SMIPoster_A6/022021 | APPENDIX02



Healthy Habits 4 Life

Healthy Habits 4 Life is a **FREE** programme run by the Public Health 5-19 team for families in Cumbria with children in Reception to Year 7 who want to make the change to a healthier lifestyle. Families will be offered 1:1 support and advice on a range of areas:



A Public Health Practitioner will arrange to meet with you at a time and place to suit you and your family, this could be in your own home, at school or via video and will work with you over a number of weeks.

If you would like to know more or want your child to be included please contact us via the E-School Nurse clinic E-SchoolNurse@ncic.nhs.uk

happierhealthiercommunities



Time In Nature

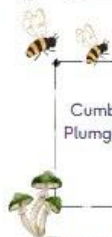
Nature sessions for people with dementia and their carers.

What?
 These are small and friendly events for people with dementia and their carers. Discover the nature and beauty of Plumgarth's gardens through wildlife watching, gentle gardening, and craft activities. There is also the option to join us for a cup of tea and a chat afterwards.



Where?
 Cumbria Wildlife Trust,
 Plumgarth's, Crook Road,
 Kendal,
 LA8 8LX

When?
 On the second Friday of each month, 10:30 - 11:30.
 Friday 10th March
 Friday 14th April
 Friday 12th May
 Friday 9th June



These sessions are free, but booking is essential. To book your place scan the QR code, call 07387 209974, or email yolandaa@cumbriawildlifetrust.org.uk



The Bay: A Blueprint for Recovery www.thebay.org.uk



TIME IN NATURE

A great activity for people with dementia and their family carer or supporter

Escape the everyday and embrace the power of nature. There's a wealth of research to show that spending time outdoors and close to nature can have a hugely positive effect on our wellbeing. So why not come and join us for free enjoyable, friendly outside sessions at different locations around Cumbria:

- Workington** – 2nd Saturday of every month, 10.30am, beginning 11th March at Vulcan's Park (located in the Town Council building, Princess St CA14 2QG). Lead contact Holly Stainton 07568 169197
 - Kendal** – 2nd Friday of every month beginning 10th March, 10.30am, at Cumbria Wildlife Trust Garden, Crook Road, LA8 8LX. Lead contact Yolanda Aze 07387 209974
 - Barrow** – 1st Saturday of every month beginning 4th March at How Tun Woods car park, Cliffe Lane LA14 4JD. Lead contact Jessica Mordain 07717 019691
 - Penrith** – 1st Tuesday of every month beginning 7th March, 10.30am, at Lowther Estate (need a meeting place). Lead contact Simon Whalley 07436 572159
 - Carlisle** – 3rd Thursday of every month beginning 26th March, 10.30am, at Cumbria Wildlife Trust Gosling Garden, Houghton CA3 0LD. Lead contact Simon Whalley 07436 572159
- For more information: Email: mail@cumbriawildlifetrust.org.uk or telephone the lead contact.

Each location is different, but activities are likely to include:

- Nature art and craft
- Wildlife wanders
- Noticing nature activities
- Wildlife Watching

The events will only cover short distances and we can work to different mobility levels



To book visit cumbriawildlifetrust.org.co.uk/events or call 01539 816300
 Once booked we'll contact you with a follow up phone call to give you more details about the event.

Cumbria Wildlife Trust registered charity number: 218713.



Are you struggling with your mental health?

We are Growing Well, a respected mental health charity and horticulture enterprise which has helped hundreds of people rebuild confidence, learn new skills and meet new life goals.

If you're feeling depressed, anxious or finding everyday life difficult, we can help with free, effective support at our organic vegetable farm just off the M6 near Kendal.

A FREE MINIBUS EVERY WEDNESDAY - Pick-ups from a number of locations including Lancaster, Morecambe, Carnforth, Milnthorpe, Ambleside, Windermere, Kendal, Barrow, Dalton, Ulverston, and Grange.

Interested?

Speak to your GP or other health professional, or go to www.growingwell.co.uk to find out more and to self refer. You could be working with us within 2 weeks!

Find us on Facebook and Instagram @growingwellkendal

For more information, please visit our website -

[Growing Well | Growing Well is a mental health charity and organic fruit & veg farm and training centre](http://www.growingwell.co.uk)

“Growing Well is an important safe and happy activity for me to be doing, to give me structure for my mental health.”

“Coming to Growing Well was the first time in a long time I started to feel positive about myself, my life and the future again.”

“A lack of goals was one of the contributors to my poor mental health. The goals I have now make me feel more optimistic for the future.”

“It’s encouraged me to be braver and not give up, even when things feel tough.”

“Growing Well has been an extremely important factor in my journey back into paid employment.”

How to refer someone
If you are a GP or healthcare professional who wants to make a referral or find out more about Growing Well Kendal, please visit www.growingwell.co.uk/refer or email refer@kendal@growingwell.co.uk
For general enquiries, please contact us on: **Email** kendal@growingwell.co.uk **Telephone** 01524 512 648

Getting here
From all directions: Head to Low Scaugh Farm on the A591. Drive through the courtyard and to the right of the main car park, follow the track to the Growing Well site.
Help with transport: Our FREE minibus is available to collect and drop-off from various locations. We can also help with transport costs. Please enquire for more information.

Contact us
Low Scaugh Farm,
Low Scaugh Farm, Scaugh,
Kendal, Cumbria, LA8 9JL
Email kendal@growingwell.co.uk
Telephone 01524 512 648
www.growingwell.co.uk

growing well

growing well
Mental health recovery through activity on our organic farm

Day service for adults in the South Lakes, Furness and North Lancashire
www.growingwell.co.uk



Growing Well works with adults across Cumbria who are experiencing mental ill health.

Growing Well accepts both self-referrals and referrals from GPs/other healthcare professionals. We are based within an award winning horticultural enterprise and kitchen on the outskirts of Kendal.

We work with people for up to one year. Individuals attend for one day per week and set their own goals for mental health progress and recovery, with support and guidance from our trained staff. We provide free transport and a hot, healthy lunch.

We focus on three vital objectives to cultivate good mental health:

- Building emotional resilience
- Developing emotional and life skills
- Supporting healthier, more active living

Where sometimes there just aren't the words, our activities help people to discover, understand and communicate personal needs and strengths.

At Growing Well, the activity IS the therapy.

No one journey through Growing Well is the same.

We refer to our beneficiaries as "volunteers" because they attend Growing Well of their own volition. Volunteers set the terms for their own recovery and are actively involved and included in all areas of our charity. Here are some of the activities at Growing Well:

Cooking
We host group activities, which involve growing, picking and packing our vegetables. We have a veg box scheme with 100+ local customers.

Cleaning
Volunteer groups also prepare a daily meal for everyone on site. We use surplus and waxy organic fruit and veg grown right here to create delicious, healthy meals for locals.

Peer support
A key role of our services is the opportunity for people to work alongside and support each other. Because nobody understands better than someone else experiencing similar feelings.



Goal setting
Everyone is encouraged to set a goal for their recovery. Our therapeutic staff support people to manage their individual progress using the Goals Based Outcomes Framework and the Recovery and Citizenship Model (Recovery Scale).

Life skills
We support people to express their individual needs, problem solve, make decisions under pressure and become more independent. Managing mental health and developing skills for life and work are a key focus.

Horticultural skills development
A host of practical and vocational training is on offer during people's time at Growing Well. Volunteers receive their training and achievements in individual skills logs.

FREE Welfare services
Available to collect and drop-off from various locations including: Ambleside, Bowness, Dalton, Grange, Kendal, Mirehouse, Oxcliffe, Cumbria, Grange, Lonsdale, Mirehouse and Dalton.

"Growing Well is an important role and happy activity for me to be doing, to give me structure for my mental health."

"Coming to Growing Well was the first time in a long time I started to feel positive about myself, my life and the future again."

"A lack of goals was one of the contributors to my poor mental health. The goals I have here make me feel more optimistic for the future."

"It's encouraged me to be braver and not give up, even when things feel tough."

"Growing Well has been an extremely important factor in my journey back into paid employment"



How to join

The green information box to join Growing Well, please visit: www.growingwell.co.uk/join

For general enquiries, please contact us via:

Email: enquiries@growingwell.co.uk
Telephone: 07623 033 048

Getting here

From all directions: Head to Low Scaugh Farm on the A685. Drive through the courtyard and to the right of the main car park, follow the track to the Growing Well site.

Help with transport: Our FREE minibus is available to collect and drop-off from various locations. We can also help with transport costs. Please enquire for more information.

Contact Us

Growing Well,
Low Scaugh Farm, Scaugh,
Kendal, Cumbria, LA8 9EJ

Email: enquiries@growingwell.co.uk
Telephone: 07623 033 048
www.growingwell.co.uk



Do you need support with your mental health?



Grow, learn and share
Free mental health service based on our organic farm near Kendal

www.growingwell.co.uk



Growing Well Kendal is a mental health service set on an organic farm, where you can get involved in growing and/or cooking with us whilst working on improving your mental health.

You can join the service as a volunteer in as little as two weeks from the point of getting in touch.

You don't need a formal mental health diagnosis. If you think you are experiencing mental ill health, then we believe that you are the best judge of this.

Our service helps people to manage depression, anxiety and other mental health difficulties, and move forward with their lives.

You can work at your own pace while learning skills to build your confidence. All we ask is for a commitment of one day a week, for anything up to a year.

At Growing Well, the activity IS the therapy.

No one journey through Growing Well is the same.

Our therapeutic staff will offer support to help you manage and monitor your progress on your own mental health journey. Everyone that commits to our staff are encouraged to set a goal for their recovery, which we will work on with you as part of your time on our farm and in our kitchen.

We will support you to build your confidence, express your individual needs, problem solve, make decisions under pressure and become more independent.

We'll also teach you a host of practical and vocational skills to take forward into your life and - if relevant - your work.

You'll have the opportunity to work alongside other people experiencing similar feelings as you, and support each other along the way.



Growing Well is an entirely FREE service.

Our FREE minibus is available to collect and drop-off from various locations, alternatively, we can help with transport costs if you prefer to arrive in your own car or by bus.

We provide essential personal clothing including waterproof work boots, as well as training to keep you safe on site.

We also serve a hot, healthy lunch every day, for everybody to share. You can even take part in making the lunch, which is made using our own surplus produce.

There are activities that are suitable for less mobile volunteers, though we are not a fully accessible site.

FREE Welfare services
Available to collect and drop-off from various locations including: Ambleside, Bowness, Dalton, Grange, Kendal, Mirehouse, Oxcliffe, Cumbria, Grange, Lonsdale, Mirehouse and Dalton.

Bro Room



Bro Room CIC is a not for profit Community Interest Company set up in November 2021 to act as a Kendal based men's mental health and wellbeing support group. We provide a safe space for men of 18 and over to come and talk together.

We offer both face to face and online meetings.

The face to face meetings are held at the Castle Street Centre in Kendal on the 2nd and 4th Tuesdays of each month between 6pm and 8pm.

Online meets are held on the 1st and 3rd Tuesdays of each month between 7pm and 9pm.

There are no costs involved for attendees.

Please email us on broroomkendal@gmail.com for more information.

KEY (Kent Estuary Youth)

We value the support you have already given to KEY and look forward to a continuing relationship.

Those of you in the present, and new, Councils may not yet be aware that **The Rt Hon Lucy Frazer, the Secretary of State for Culture Media and Sport**, has stated in a new report dated **27th March 2023**, that she wants '*every young person to have the opportunity to access the kinds of life-changing activities which expand their horizons and allow them to develop vital life skills*'. She says extra funding will be available under the **National Youth Guarantee** which will '*support young people with access to regular club activities, adventures away from home and volunteering opportunities*'.

Separately £11million will be provided to enable the equivalent of 200 youth clubs to open their doors for an extra night a week.

THIS IS EXACTLY THE PROVISION THAT KEY IS SUPPLYING HERE in your locality!

But - currently we only have sufficient funds to last until the year end, and only a quarter of what we need promised for next year. Now that we have two full time youth workers and a part time administrator we need an income of c. £100K per annum.

So, please can any of you influential people help us to access some of this funding?

Or point us in the right direction to other funders who may give generous funding to cover our running costs?

Please visit our website - www.thekeyproject.org.uk

KEY youth groups

STORTH
Youth Group for Yr 7+
(Year 6 from summer term welcome to attend.)
Thursdays 3.30 to 5.30pm
at Heron Hall

ARNSIDE
Youth Group for Yr 7+
(Year 6 from summer term welcome to attend.)
Years 7-9: Fridays, 6.00 to 7.30pm
Years 10+: 7.45 to 9.30pm
at the Educational Institute

MILNTHORPE
Youth Cuts for Yr 7+
Wednesdays, 3.30 to 5.30pm @ MitHub
Activities are youth led and can include:
crafts, sports, food and life skills/wellbeing
discussions

Senior Youth Club Yr 10+
Thursdays 7.00 to 9.00pm @ MitHub
Activities are youth led and can include:
crafts, cooking, games, disco etc.

KEY is a Registered Charity Incorporated
Organisation No. 1142821

UNLOCKING POTENTIAL
Youth activities in villages
around the Kent Estuary

THE KENT ESTUARY YOUTH

Some of our expeditions...

Social Action Projects
These are projects developed by the young people to help others in their community. They also include leading or working in partnership on inter-generational events such as Milnthorpe Light Festival, fun days etc. This helps young people to have their voice heard in their local community.

KEY Fundraising
Our young people take an active part in fundraising for their own clubs as we recognise the economic climate isn't easy for all our young people and families.

H.A.F. Programme
During school holidays KEY has been chosen as the local provider of the Holiday Activities and Food programme, for Easter Summer and Winter.
Funded by Cumbria County Council it is targeted for those on free school meals.
One young person said, "I made me want to be more active."
A typical week can consist of:
various crafts, learning games/challenges, sports, nutrition, budgeting, meal preparation/cooking for a large group, and an outdoor education day/tip.

Residential weekends
"I learnt that talking to people in person is better than over the phone and I don't need my phone to get through the day."
"I learnt not to eat fatty dodgy and greasy for breakfast... the breakfasts and dinners were the best... the laughter and all of us talking..."

NORTH CRAVEN

Bentham & District Dementia Friendly Community

**Bentham & District Dementia
Friendly Community
Breakfast Club**
Bentham Fire Station

Thursday Date	Activities planned
27 th April 2023 - 10:00am	Coronation Party
11 th May 2023 10:00am	Caroline, Looking Well Songs
25 th May 2023 - 10.00am	Caroline, Age UK - Games
8 th June 2023 - 10.00am	
22 nd June 2023 - 10.00am	Caroline, Age UK - Games
Tues 27 th June - SUMMER TRIP	
6 th July 2023 - 10.00am	
20 th July 2023 - 10.00am	Caroline, Age UK - Games
3 rd August 2023 - 10.00 am	

If you are living with dementia, or care for someone who is don't hide at home, come and join us! Meet up and chat to old friends and make new ones and have fun!

Fortnightly Thursday Breakfast Club at Bentham Fire Station

Carers Week - Drop in for a Brew




From Craig Lyons - Bentham Public Safety Officer

For carers week on Thursday 8th June during and after the dementia breakfast club I'm going to leave the doors open and keep the kettle boiling for any carers, either passing between visits or who want to take time out of their day, for the opportunity to pop in for a chat and have a tea, coffee, biscuit or slice of cake.

I will be on hand to chat about the role of a Public Safety Officer and educate about home safety and our safe and well visits. I'm happy for any partners who would like to attend and set up a table and join me for the day or at least part of it.

Thursday 8th June at Bentham Fire Station, Banks Rise, Bentham, LA2 7JW from 10am-4pm

Safe Havens



Safe Havens: safe from harm, safe to thrive

Safe Havens is a hosted emergency accommodation project which will be in addition to IDAS' existing refuges and emergency accommodation in North Yorkshire.

Leaving an abusive relationship can be one of the most dangerous times, yet all too often people are unable to access suitable, short term, emergency accommodation or do not have the breathing space to plan for their escape.

Safe Havens is an innovative project supporting victims and survivors of domestic abuse to access safe, accommodation quickly, provided by trained, volunteer hosts and supported by a dedicated IDAS worker. The initiative builds on a long history of people hosting families and individuals in their homes while they begin to rebuild their lives.


Being a Safe Havens host is an opportunity to guide and support a person through challenging times. Hosting a guest who has experienced domestic abuse is incredibly rewarding. Hosts can assist the guest in many ways to reach their potential and future goals. Being with a trained host in a host's own home, offers guidance and support whilst the guest plans for their safer future, free from abuse and violence.

If you are interested in offering guests short periods of respite and relief in your home, please email Mel.Milner@idas.org.uk for further information.

About IDAS

We are the leading specialist domestic abuse charity in Yorkshire. We also offer expert advice and support to people who have been affected by sexual violence and abuse. Each year we receive more than 22,000 referrals; 20,000 calls to our confidential helpline and provide direct support to more than 10,000 individuals and families in the community. We also provide safe accommodation to over 150 individuals and families in our refuges each year.

idas.org.uk
IDAS (Independent Domestic Abuse Services) is a registered charity in England and Wales
Number: 1022137. Company Number: 4094337



ATI and Craven College

In partnership with ATI and Craven College

READY FOR A NEW START AND NEED A HELPING HAND?

UNEMPLOYED? PARENTING OR
CARING RESPONSIBILITIES?
PHYSICAL OR MENTAL HEALTH
BARRIERS TO OVERCOME?

Are you wanting to make positive steps
forward to improving your life and don't
know where to start or who to turn to?

Would you like 1:1 support to help
you move into:

- Employment
- Education
- Volunteering opportunities
- Personal wellbeing



Confidence Building
& Wellbeing



Plastering &
Brickwork



Training & Education



Employability Skills



Identifying
Opportunities



With the help of our keyworkers based at Craven
College, we can give you:

- An empathic and non-judgemental view of your
circumstances
- 1:1 support so we can plan a holistic assessment of your
needs
- Help to plan your next steps
- Support to design your own personal action plan

This can include:

- Access to courses such as English, Maths and ICT
- Taster courses such as: Introduction to Joinery, Plastering,
Stonework and Accountancy or courses to help you find
out how to start a small business, develop counseling
skills or how to be a dog groomer
- Help and support whilst on the project with care and
travel costs, signposting and accessing other support to
overcome physical and mental health barriers

If you would like to find out more contact Hannah on 07753 466 957/
hhowie@craven-college.ac.uk or Lesley on 07921 743 707/
ljamieson@craven-college.ac.uk



YOU CAN... FULLY FUNDED**
FAITH, INSPIRATION, RESILIENCE, IMPACT. OFFICIALS, BUSINESS, LEARN, ENJOY AT A UNIVERSITY OF CRAMER COLLEGE. **LEVEL 2 DISTANCE LEARNING**

All of our Level 2 Certificates can be completed at a time that suits you and at the comfort of your own home whilst still receiving high quality support throughout your learning journey. The courses we offer have been designed around a flexible learning delivery model and can be completed on a computer, laptop, tablet, smart phone, or some can be completed paper based. *subject to availability

<p>ALL SECTORS</p> <ul style="list-style-type: none"> Customer Service Environmental Sustainability Equality and Diversity Lean Organisation Management Techniques LBGT Inclusion in the Workplace Living in a Fair and Diverse Society Mental Health First Aid and Mental Health Advocacy in the Workplace Team Leading 	<p>HOSPITALITY, LEISURE & SERVICE INDUSTRIES</p> <ul style="list-style-type: none"> Allergy Awareness for those working in the Service Sector Event Planning Understanding Nutrition and Health
<p>CHILDREN AND YOUNG PEOPLE'S HEALTH & WELLBEING</p> <ul style="list-style-type: none"> Allergy Awareness for those working with Children Autism Awareness of Bullying in Children and Young People Children and Young People's Mental Health Common Illnesses Affecting Children Distressed Behaviour in Children NEW! Neuroscience in the early years Safeguarding and Prevent Special Education Needs and Disability (SEND) Understanding Specific Learning Difficulties Working with Individuals with Learning Disabilities 	<p>HEALTH, SOCIAL CARE & WELLBEING FOR ADULTS</p> <ul style="list-style-type: none"> Allergy Awareness for those working in Adult Social Care Autism Awareness of Mental Health Problems Behaviour that Challenges Care and Management of Diabetes Caring for the Elderly Common Health Conditions Consent Skills NEW! Dementia Care Dignity and Safeguarding in Adult Health and Social Care End of Life Care Preparing to work in Adult Social Care Falls Prevention Awareness Principles of Care Planning Principles of the Mental Health Care Worker Prevention and Control of Infection in Health Care Settings Safeguarding and Prevent Safe Handling of Medication in Health and Social Care Understanding Specific Learning Difficulties Working with Individuals with Learning Disabilities
<p>BUSINESS & MANAGEMENT</p> <ul style="list-style-type: none"> Information, Advice or Guidance IT User Skills Business Administration 	

** These courses are free if learners meet the following criteria:
Learners must be aged 19 or over as of the 31 August 2022
Learners must have lived within the UK for last 3 years with a home address in North/West, Yorkshire or Lancashire.

WWW: WWW.TYROTRAINING.CO.UK
CALL: 01756 883309
EMAIL: DISTANCELEARNING@CRAVEN-COLLEGE.AC.UK

TYRO TRAINING Craven

Age UK North Craven

SUNRISE
A local Bereavement group

When : The 1st Wednesday of every month commencing 4th May 2022
Where : The Place, Commercial Yard Settle
Time : 1.30pm to 3pm

If you would like to join us or require further information, please contact Julie on 01729 823066.
(This is not a counselling group)




Ramblers Wellbeing Walks



offer you the
joys of walking!

Join the national Ramblers Wellbeing Walks network

Newcomers
welcome!

Many people have recently found a new love of walking. They've discovered how great it is for your health and your physical and mental wellbeing. If you'd like to get into walking and live in North Yorkshire, then we are here to help!

Ramblers Wellbeing Walks North Yorkshire (co-ordinated by North Yorkshire Sport and part of the Ramblers national network) are support group walks led by trained volunteer walk leaders. All walks are 30-90 minutes long and over easy ground, so they are ideal if you're new to walking. They are a great way to meet new people and give your health and wellbeing a boost. Maybe you need some support to experience the joys of walking? Everyone is welcome, so why not give it a try?

Walks are organised by walking groups across the district areas of Craven, Hambleton, Richmondshire, Harrogate and Scarborough with hopes to expand across the county.



For more information about Ramblers Wellbeing Walks in North Yorkshire, go to the link below or contact Lucy Pearias at lucy@northyorkshiresport.co.uk

<https://beta.ramblers.org.uk/go-walking/wellbeing-walks-group/ramblers-wellbeing-walks-north-yorkshire>



**Volunteer as a
walk leader!**

Join the national Ramblers Wellbeing Walks network!

Many people have recently found a new love of walking. They've discovered how great it is for your health and your physical and mental wellbeing. If you'd like to get into walking and live in North Yorkshire, then we are here to help!

Ramblers Wellbeing Walks North Yorkshire (co-ordinated by North Yorkshire Sport and part of the Ramblers national network) are free support group walks led by trained volunteer walk leaders. All walks are 30-90 minutes long and over easy ground. They are a great way to meet new people, walk in good company, and give your wellbeing a boost.

**Would you like to support people to experience
the joys of walking by becoming a Walk Leader?**

All you need is a passion for walking, good communication skills, a friendly and welcoming attitude, and to be keen to lead and support others. No previous experience is needed as full training and ongoing support will be provided. The commitment is 1-2 hours as little or as often as you can manage.

Walks are currently being run in Craven, Hambleton, Richmondshire, Harrogate and Scarborough but there are opportunities to start new walking groups across the county.

For more information about Ramblers Wellbeing Walks in North Yorkshire, go to the link below or contact Lucy Pearias at lucy@northyorkshiresport.co.uk

<https://www.northyorkshiresport.co.uk/ramblers-wellbeing-walks>





Wellbeing Wednesdays

Starts 6th April - 11am until 1pm

Thanks to the local Co-op Community Fund, these sessions are **FREE** of charge for people living with dementia!

"An opportunity to explore the space, meet the animals and enjoy some light refreshments"

Booking is essential for you and your carer
Contact: Rebecca – Farm Manager
Email: contact@hsf.coop **Mobile:** 07962277205



Lower House Sensory Farm



Lower House Sensory Farm

Connecting and exploring



Let's visit you!

We can bring some of our small animals out to support groups and organisations in the local area.



Groups

A great opportunity for groups, schools or organisations who provide support to others to take a trip out, bring a picnic and explore the space.

Visitor information



Based near Wray, north of Lancaster, Lancashire, Lower House Sensory Farm CIC is a dementia friendly space offering outdoor based activities for people living with dementia, day care and residential care. Schools, groups and clubs are also welcome to visit and explore the space as a social or educational trip.

Additional Information

We are not an Open Farm and booking is essential. There is a charge for some of our services and light refreshments are included in all of our sessions.

Our 2 hour sessions run on a Tuesday/Wednesday and Thursday. To find out more about our referral system and a taster session, please get in touch with us through a phone call or send an email.

Contact: Rebecca Dobson

Mobile: 07962277205

Email: contact@hsf.coop
what3words.com/mile.adminingly.brilliant



Lower House Sensory Farm



'A safe space for people to engage in outdoor learning'

Working together



Outdoor Activities

Gardening, exploring, watching wildlife, feeding the poultry and pigs, handling the small animals, collecting eggs, pony care, spending time in the polytunnels, vegetable and fruit gardens and tinkering in the tool shed.

[@lowerhousesens1](https://twitter.com/lowerhousesens1)

Being in the moment



Dementia Friendly Sessions

These sessions are for people living with dementia and their carer to enjoy meeting the animals, work as a group on activities and find ways to improve their wellbeing.

[@lowerhousesens1](https://www.instagram.com/lowerhousesens1)

Learning new skills



Become a Sensory Farm Student

Our student opportunity is aimed at people with learning difficulties who are over the age of 18 years to spend time learning and working with the animals, and getting stuck into jobs.

[LowerHouseSensoryFarm/](https://www.facebook.com/LowerHouseSensoryFarm/)

Cost of Living Support

Please see the link below:

[Cost of living support | North Yorkshire County Council](#)

North Yorkshire Council



GET AHEAD AT WORK!

Time Management (£24)
Thursday 11th May 10:00am - 3:00pm
Thursday 28th August 10:00am - 3:00pm

Volunteer Management (£72)
Wednesday 17th May 10:00am - 3:00pm
Thursday 15th June 10:00am - 3:00pm
Friday 30th June 10:00am - 3:00pm

Lone Working and Personal Safety (£24)
Thursday 18th May 10:00am - 3:00pm

Basic Bid Writing (£14.40)
Friday 19th May 10:00am - 1:00pm

Advanced Bid Writing (£24)
Wednesday 14th June 10:00am - 3:00pm

Making Meetings Effective (£24)
Thursday 15th June 10:00am - 3:00pm

Chairing Meetings (£24)
Thursday 22nd June 10:00am - 3:00pm

Good Governance for Charities and Not-for-Profits (£24)
Monday 28th August 10:00am - 3:00pm

Lone Working for Managers (£24)
Monday 10th July 10:00am - 3:00pm

Conflict Management
Monday 21st August 10:00am - 3:00pm

Over the next couple of months, we have some fantastic courses available to complement a range of business-needs. Delivered online, these courses are ideal for both staff and management and are guaranteed to make your organisation run smoother. Scan the QR code to find out more...

www.northyorks.gov.uk/adultlearning

01609 536 066
AdultLearningService@northyorks.gov.uk

Healthy Families

We are pleased to inform you that we have a new offer of support for families in North Yorkshire who would like some help with achieving a healthy weight and healthy lifestyles.

The new service is aligned to the well-established Adult Weight Management Service for North Yorkshire. It commenced on the 1st March 2023 and is being delivered by Brimhams Active.

The service will support families remotely over a period of 6-9 months to make small changes to their lifestyles by setting goals around food and physical activity, and will signpost to physical activity opportunities in their local area. It will also help families to recognise and address the wider determinants of health and lifestyle, and will signpost families to other useful services, support and information such as around mental health and wellbeing, food insecurity/cost of living, sleep, etc.

The service is for children and young people aged 4-19 years (up to aged 25 years for those with SEND) and their families who need some help with healthy weight and lifestyles. Families must be resident or registered with a GP practice or school in North Yorkshire (those who are not will be assessed on a case-by-case basis for suitability for referral).

Families can self-refer to the service by emailing active.health@brimhamsactive.co.uk or by telephoning Brimhams Active on 01423 556106. Professionals can refer families using the referral form (please contact to receive form). Both children and parents/carers should consent to the referral and be ready to make a change.

If you have any queries, please contact us on:

Helen Ingle, Public Health Manager, NYCC: Helen.ingle@northyorks.gov.uk

Matthew O'Sullivan, Health & Wellbeing Development Officer, Brimhams Active: matthew.osullivan@brimhamsactive.co.uk
Elizabeth Green, Head of Children's Health & Wellbeing, Brimhams Active: Elizabeth.Green@brimhamsactive.co.uk



Healthy Families service is a remote **free, confidential 12 session programme** to fit around your family to support children and young people aged **4 - 19 years** in North Yorkshire, to achieve and maintain a healthy lifestyle.

Providing personalised support, your Health and Wellbeing Coach will guide you through your journey to keep you on track to achieve your healthy lifestyle goals.

Together we will explore a fully holistic approach to becoming more active and eating well by making small positive changes without breaking the bank.

For more information please contact our Brimham's Active Healthy Families team on: **01423 556106** or via our email active.health@brimhamsactive.co.uk

www.brimhamsactive.co.uk/families

BRIMHAMS active Part of North Yorkshire County Council

Apply for free school meals online

If you would like to apply for free school meals for your child, simply login to your [Synergy Parent Portal account](#) and follow the process outlined below. If you have previously applied for school admissions or funding for your two year old you will most likely already have an account. If not, you can easily [create an account here](#).

- STEP 1**
Enter your National Insurance Number/National Asylum Support Service (NASS) number and date of birth.
- STEP 2**
Select the child(ren) you wish to apply for. If you have previously applied for a school place for your child they will already appear on the dropdown list. If your child does not appear automatically, they can easily be added by entering their forename, surname, date of birth and gender.
- STEP 3**
Attach any supporting documentation, if necessary, this could include documents such as a copy of your Universal Credit statement.
- STEP 4**
A message will then be displayed stating that we will be in touch with confirmation details. The school(s) at which your child(ren) attends will be notified as soon as the application has been fully processed by our team (5 working days). Your child(ren) can then begin enjoying free school meals once the school has received this notification.

If your application is unsuccessful you can then move to a further screen to find out why this may be the case.

If you need help or wish to discuss your application please contact us:
Phone: 01609 533 405
Email: schoolwelfare@northyorks.gov.uk

The image shows four sequential screenshots of the online application process. The first screenshot is the 'Your Details' page where users enter their National Insurance Number and date of birth. The second is the 'Select Children' page where users choose the child(ren) they wish to apply for. The third is the 'Add Documents' page where users upload supporting documents like a Universal Credit statement. The fourth is the 'Your Results' page where users receive confirmation details and a message from the school.



Are you a parent of a child at school? You could be missing out on £450 worth of Free School Meals.

Our new application process means **that all applications are now made electronically**. In just a few simple steps and a matter of minutes parents will receive **an instant decision** on whether their application has been successful. See our guide attached.

If your child is in Reception, Years 1 and 2 you are automatically eligible to claim a lunchtime meal for free.

Parents of children in Year 3 onwards can also benefit from Free School Meals if you are eligible for certain income support and allowances, support under the immigration and Asylum Act, child tax credit, working tax credit or universal credit.

Many of us are feeling the pinch at the moment due to the cost of living. Don't miss out on a chance to save some money and give your child a healthy lunchtime meal.

Check if you can claim your meals and apply here: [Synergy - Enquiry \(northyorks.gov.uk\)](https://www.northyorks.gov.uk/synergy)



Get Going Grants

NYCC is working alongside and with our communities to stimulate, support and develop activities that enable children, young people and their families to be **happy, healthy and achieving**. We want to support our communities by having a small grant based funding offer of up to £1000 which helps individuals and local voluntary sector providers to build their capacity to deliver local responses to identified needs. The small grants scheme has been set up by NYCC C&F - Early Help Service to support the development of activities for children and young people in communities across North Yorkshire.

Please find attached leaflet explaining more about the grant. If you require any further details, please contact Shaun Scales, Practice Co-ordinator Craven/Ripon on 07890028609/Early Help West 01609 (53)4842 or email EarlyHelpWest@northyorks.gov.uk

How do I apply?

Please contact the Early Help team in your area who will arrange for someone to speak to you about the grant process and provide some additional advice and guidance.

Early Help Central (Selby, Hambleton, Richmondshire) -
T: 01609 534829
E: earlyhelpcentral@northyorks.gov.uk

Early Help West (Harrogate, Knaresborough, Ripon, Craven) -
T: 01609 534842
E: earlyhelpwest@northyorks.gov.uk

Early Help East (Scarborough, Ryedale, Whitby) -
T: 01609 534852
E: earlyhelpeast@northyorks.gov.uk

Children and young people grow and thrive in the context of their community.

If you have an idea for a project or event in your community, whether you are a new group or an existing community organisation, and it meets the criteria for a Get Going Grant, we would love to hear from you.

Contact us
W: www.northyorks.gov.uk
E: earlyhelp@northyorks.gov.uk
T: 0909 780 780 Monday to Friday 9.00am - 5.30pm (closed weekends and public holidays)
North Yorkshire County Council, County Hall, Northallerton, North Yorkshire, DL7 8AD

You can request the information in another language or format at www.northyorks.gov.uk/accessible



Get Going Grant



Children and Families Service - Early Help

Early Help

Our vision is to work alongside and with our communities to stimulate, support and develop activities that enable children, young people and their families to be happy, healthy and achieving.

We want to support our communities by having a small grant based funding offer that helps individuals and local voluntary sector providers to build their capacity to deliver local responses to identified needs.

What would you like to develop within your community?

We are keen to hear from groups and individuals regarding sessions and activities that support children and young people in our communities. For example:

- Activities for young people
- Activities for families with young children

Get Going Grant

The small grants scheme has been set up by NYCC's Early Help Service to support the development of activities for children and young people in communities across North Yorkshire.

Grants of up to £1000 are available to support the following Young in Yorkshire community priorities:

Priority 1 - Happy

- Empower families to be resilient and economically secure
- Protect those at risk of harm
- Encourage fun, happiness and enjoyment of life

Priority 2 - Healthy

- Promote health and wellbeing through positive choices
- Improve social, emotional, mental health and resilience
- Reduce health inequalities

Priority 3 - Achieving

- Ensure children have great early years
- Raise achievement and progress for all
- Equip young people for life and work in a strong North Yorkshire economy

Who Can Apply for the Grants?

Applications are welcome from across North Yorkshire. We are keen to hear from anyone who has an idea so please give us a call to start a conversation.

Online Parenting Support



An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code



- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.



Me, You and Baby too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code

- Me, You and Baby Too is designed for new and expectant parents.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

 oneplusone



Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code

- Arguing better is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

 oneplusone



New Courses for Teenagers



Online parenting courses **FREE** for all North Yorkshire parents, carers and foster carers

Visit the website: www.inourplace.co.uk and add the access code **NYFAMILIES**

Skipton LGBTQA+ Youth Group

A new Skipton LGBTQA+ youth group started in October last year in the afternoon at the Children and Families Hub in Skipton. Please share the attached poster with professionals working with young people and any young people you think might be interested.

This first session gathered views as to what the group should be and will then be run fortnightly.

Please see the contact details on the poster for more information.

LGBTQ+ Youth Club

YOUTH
Youth Development of North Yorkshire Youth

North Yorkshire Youth

Support Music Games
Chill Out Arts and Crafts

New LGBTQ+ Group
Thursday @ 4:30pm (fortnightly)
Meet @ Children & Family Hub, Brougham Street, Skipton
Open to 11 –19 yrs.
Come along and get involved in this brand new group!

Want more information? Call/text/WhatsApp:
Laura Hodgson on 07999032280 or Rachel Rabjohns on 07500747621

Support for Mental Wellbeing

Daytime and night support for your mental wellbeing, and help with the cost of living

The Healthy Minds team has put together a daytime and night-time support for people who may need help with their mental wellbeing, this includes anyone who might be in a crisis. There is also information on where people can go for support with the cost-of-living crisis. Please see attached flyers.

healthy minds
Access support for your **mental wellbeing** across Bradford District and Craven
Bradford District and Craven Health and Care Partnership
ACTIVITY

Daytime support

MyWellbeing IAPT service – A free NHS service to help people manage their everyday problems such as low mood, stress, or anxiety. No need to go through your GP to access support. Call: **01274 221234** or visit: www.bmywellbeingiapt.nhs.uk

Guide-Line – Feel like you need to talk to someone? Guide-Line provides confidential, emotional support 365 days a year. Call: **08001 884 884** (12pm to 12am), or use the live chat online at: www.mindinbradford.org.uk/chat (12pm to 12am)

Kooth – Kooth is a free, safe and anonymous online community available 24/7, 365 days of the year and provides discussion forums, resources and access to online counselling for children and young people aged 10 to 18. www.kooth.com

Night support

Guide-Line – Feel like you need to talk to someone? Guide-Line provides confidential, emotional support 365 days a year. Call: **08001 884 884** (12pm to 12am), or use the live chat online at: www.mindinbradford.org.uk/chat (12pm to 12am)

West Yorkshire Night OWLS Helpline (Pilot until March 2023) – West Yorkshire Night OWLS is a confidential support line for children, young people, their parents, and carers. This service is available from 8pm to 8am. Call: **0800 1488 244** Text: **07984 392700** Live Chat: www.lscs.org.uk/services/night-owls-helpline

Crisis support

First Response – If you need urgent mental health crisis support you can contact First Response on **0800 952 1181**. This service offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale and Craven.

Safe Spaces – Safe Spaces is a crisis support service in the community for anyone aged 7 and over, open 365 days a year from 12pm to 2.30am. To access this service, call First Response on **0800 952 1181** and ask for 'Safe Spaces'.

For information and advice to help with your emotional wellbeing go to www.healthyinds.services



The cost of living crisis

Bradford District and Craven Health and Care Partnership
ACTAONE

Find out what help you can get with the cost of living crisis, handy tips on where you can make savings, and how to look after your mental health during these difficult times.



Bradford Council

www.bradford.gov.uk



Craven Council

www.cravenc.gov.uk



For information and advice to help with your emotional wellbeing go to www.healthyminds.services

Children and Young Peoples Mental Health

Self care
There are lots of things you can do to look after your mental wellbeing. Visit www.healthyminds.services for more information on looking good and advice for living with common issues. Scan the QR code using the camera on your smartphone or tablet.

Are you a Young Person needing help with your mental health?

Do you need some more information?
Talk to family, friends or an adult you trust.

- The Go-To**
For help and advice from friends
Visit: www.thego-to.org.uk
- sleep**
Childline
Call 0800 111 013 Monday - Friday
4 week for free or visit
www.childline.org.uk/info-advise
- Qwell**
Adults aged 16+
Visit: www.qwell.co.uk
- recoverykick**
Visit: www.recoverykick.org.uk

Would you like to talk to someone?
If you are concerned about your mental health please do not hesitate to contact your GP or school as possible. They will take you to a range of services that will be able to help you.

- Childline**
Textlines available in some schools
Some schools have a 'drop in' member of school staff for more information
- NHS**
Visit: 0203 0103000
Monday - Thursday 9am-6pm and Friday 9am-5pm
(excluding Bank Holidays)
- Childline**
Call 0800 111 013 Monday - Friday 4 week for free or visit: www.childline.org.uk

Do you need urgent support or help?
If there is immediate danger of serious risk or harm call 999

- shout**
Text SHOUT to 83222
- shout**
Call 0800 008 4141 or text 07500 00001 24hrs mid/night every day
- shout**
Apr 16, call 118 123

Money Saving Resources

What uses watt? How much electricity am I using?

Millions of UK households are facing an energy crisis. The steep increases in the cost of electricity mean that it's more important than ever to find savings.

Some electrical appliances use a lot of electricity. Others don't. As a rule, those with moving parts or which produce heat use much more than those that produce light or sound. So if you want to save electricity, there's no point worrying about a digital clock or an electric razor since these use so little power you would hardly notice the difference. The big savings lie elsewhere.

Every appliance has a power rating, usually given in watts (W) or kilowatt (kW) (1000W = 1kW). This is the amount of electricity it needs in order to work. Of course, the amount of electricity it uses depends on how long it's on for. An iron like a fridge has a low wattage, but because it's on all the time it'll use a lot of electricity. And although an iron is only used now and again, it uses a lot of electricity so the quicker you do your ironing the better.

Electricity is sold by the kilowatt-hour (kWh) – usually referred to as 'units' on your electricity bill. You can work out how much an appliance costs to run by multiplying its wattage by the amount of time it's on and then by the cost of electricity. So let's say you have a 500W (0.5 kW) dehumidifier and you run it for a whole day (24 hours). It will use 12kWh of electricity (e.g. half a kilowatt every hour). Electricity now costs 34p per unit, so multiply 12kWh by



The largest proportion of most household's electricity bill comes from running appliances like washing machines, dishwashers and electric showers.

34p and you get a grand total of 408p, or £4.08. This is what it costs to run the dehumidifier all day.

The table on the following page shows what it costs to use a range of common appliances. These are based on a unit price for electricity of 34p per kWh (the price cap after 1 October 2022).

Bear in mind that sometimes a higher-wattage appliance will actually use less power overall than a lower-wattage one because it is well designed and does its job quicker. An energy efficient dish washer, for example, may have a power rating of 2kW – the same (or higher) as a non-energy efficient one. But it completes its cycle quicker, so while it may use the same (or more) electricity per hour, it's working for less time so uses less energy overall. In other words, don't judge the energy efficiency of a device only



Costs of running a range of common appliances

Based on a unit price for electricity of 34p per kWh (the price cap after 1 October 2022)

Appliance (with typical power rating)*	Cost per hour**	Cost per 30 mins	Appliance (with typical power rating)*	Cost per hour**	Cost per 30 mins
Electric shower (1000 W)	£3.06	£1.53	Freezer (150 W)***	5p	2p
Immersion heater (3000 W)	£1.02	51p	Fridge (150 W)***	5p	2p
Kettle (3000 W)	–	17p	Heating blanket (50 W)	5p	2p
Tumble Dryer (2500 W)	85p	42p	Desktop computer (140 W)	5p	2p
Electric heaters (2500 W)	85p	42p	Games console (150 W)	4p	2p
Oven (2100 W)***	71p	36p	LCD TV (150 W)	4p	2p
Washing machine (2100 W)	71p	36p	Laptop (50 W)	2p	1p
Oil-filled radiator (2000 W)	68p	34p	TV box (40 W)	1p	0.5p
Hairdryer (2000 W)	–	17p	DVD player (40 W)	1p	0.5p
Heb (2000 W)	61p	31p	Extractor fan (20 W)	1p	0.5p
Grill (1500 W)	51p	26p	Broadband router (15 W)	1p	0.5p
Iron (1500 W)	51p	26p			
Toaster (1000 W)	–	5p			
Microwave (1000 W)	34p	17p			
Electric mower (1000 W)	34p	17p			
Vacuum cleaner (800 W)	31p	16p			
Dehumidifier (500 W)	17p	8p			
Towel rail (450 W)	15p	8p			
Plasma TV (350 W)	12p	6p			
Fridge-freezer (300 W)***	10p	5p			

by its given power rating, particularly if it is controlled with a thermostat or operates on a timed cycle.

Instead, if you're buying a new fridge or TV or other appliance, the best way to judge its energy efficiency is the label. Those rated A or above are the most efficient for their size. To compare between differently sized appliances, energy labels also now print suggested kWh usage per annum for each appliance.



Energy monitors

These are wireless devices that can tell you useful things like how much electricity is being used at that moment, as well as how much was used last week or last month. Your energy supplier will give you an energy monitor (also called in-home display) if you have a smart meter.



Dr James Clart,
Dr James Peake,
Elizabeth Sain
0117 932 1481
www.cse.org.uk
info@cse.org.uk
Charity 288748
founded 1979

We're a charity supporting people and organisations across the UK to tackle the climate emergency and end the suffering caused by cold homes.

Our Home Energy Teams offer free advice on domestic energy use to people in Bristol, Somerset, Wiltshire, South Gloucestershire and Devon.

Contact us:

phone 0800 082 2234
email home.energy@cse.org.uk
web www.cse.org.uk/foryouhome
twitter @HelloCSE

Laundry

- Wash your clothes at a lower temperature. A 30°C wash will use 38% less energy than a 40 °C wash
- Only run your washing machine when it is full and try to do one less wash per week
- Avoid using a tumble dryer and dry your clothes outside or on an airer - this could save £60 per year



Kitchen

- Put lids on saucepans
- Use a slow cooker - this will use less energy than an oven, even though it is on for much longer
- Batch cook food so you are creating more than one meal in one go
- Don't fill the kettle - only putting the water in that you need could save £10 per year
- Wash up in a bowl rather than under a running tap
- If you have a dishwasher, make sure it is full before running it. Reducing the use by one run per week could save £14 per year



Cooling

- Keep your freezer defrosted
- Freezers work more efficiently when full so if yours has unused spaces you could fill them with screwed up newspaper or bottles of water
- When buying a new fridge or freezer, get the most energy efficient one and buy one that is the right size for your household
- Make sure any leftover food has cooled down before putting it in the fridge or freezer



Appliances and Lighting

- Don't leave anything on standby, this could save up to £55 per year
- Turn lights off in rooms you're not using to save £20 per year
- Replace older style lightbulbs with LED bulbs



Bathroom

- Cut your shower time to 4 minutes - this could save a family £70 per year
- Save £12 per year by swapping one bath a week for a shower
- Order a free water saving kit from your water company



Heating

- Turn your thermostat down by 1 °C (it should be set between 18-21°C unless there are specific health needs in your home)
- Turn down the radiators in rooms you're not using
- Set the timer so your heating goes off 30 minutes before you leave the house and also half an hour before you go to bed
- Don't leave your hot water tank on all the time - set it to come on just for a couple of hours a day
- If you have electric storage heaters, try to use them rather than plug-in electric heaters



Managing Bills

- Give meter readings every month or get a smart meter
- Get a water meter if you have more bedrooms than people in your home
- If you're in debt with your energy or water bills, check if your supplier has hardship grants you could apply to for help
- If you're on a low income, check whether you can get a social tariff for your water or broadband



Worrying about money?

Support is available in Craven



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 5)

See options 1 2 3 4

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See options 1 2

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option 3

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be able to get Housing Benefit, Discretionary Housing Payments and Council Tax Support. All schemes will depend on your current circumstances.

Find out more: www.cravencd.gov.uk/benefits-and-advice

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the DWP. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Jobseekers Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help? For free and confidential advice

Craven District Council

Help if you are struggling to pay your council tax and housing costs
01756 750 600
contact@cravencd.gov.uk
www.cravencd.gov.uk

Help with options: 1 2 3 4 5 6

Citizens Advice Craven and Harrogate Districts

Advice on debt, benefits, employment, housing and more
0800 278 7900
www.cadad.org.uk/email
www.citizensadvice.org.uk

Help with options: 1 2 3 4 5 6

Christians Against Poverty

Free debt counselling service for anyone in financial difficulty regardless of their religious beliefs.
0203 328 0201 | www.capuk.org

Help with option: 3

Citizens Advice Help to Claim Advice for claiming Universal Credit
0800 144 8444
www.citizensadvice.org.uk/benefit/universal-credit

Other Support

Craven District Council Housing Options Team
Help if you are homeless or at risk of homelessness
01756 750 475 | 01603 699 392
housing@cravencd.gov.uk
www.cravencd.gov.uk/housing/homeless-or-at-risk-of-homelessness

Age UK North Craven
Support and advice for older people, their families and carers
01753 822066
info@agenorthcraven.org
www.ageuk.org.uk/northcraven
Carers' Resource
Information, advice and support carers' including help to apply for benefits and carers' assessments
0800 501 5839
www.carersresource.org

North Yorkshire Local Assistance Fund
Help may be available to move into/ remain in the community and to keep families under great pressure to stay together.
01504 550 030
info@northyorklocalservices.co.uk
www.northyork.gov.uk/local-assistance-fund

BBAS
Support for anyone experiencing or affected by domestic abuse or sexual violence.
02003 110 110 | bbas.org.uk
www.das.org.uk
North and West of North Yorkshire
Advice and grants for people struggling to afford their energy bills
01509 787 555
www.northyorkda.org.uk
www.warwickda.org.uk

Other Support

Healthy Start Vouchers

Help to buy fruit, vegetables and milk if you are pregnant or have a child under 4 and are on a low income (Also available for people with NRPF)
Apply online: www.healthystart.nhs.uk

National Debtline

Free and independent debt advice
0808 808 4000
www.nationaldebtline.org

Leeds Credit Union

Affordable financial services to people in Leeds, Wakefield, Harrogate and Craven
0113 242 3343
www.leedscreditunion.co.uk

Turn2Us

Information and financial support
0808 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

For Migrants with No Recourse to Public Funds (NRPF)

Project 17

Advice on housing and financial options for families with children facing severe poverty/homelessness because they have NRPF
07963 509 044 | www.project17.org.uk

The Unity Project

Support to have NRPF condition removed if applicable and other support
www.unity-project.org.uk

About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below.

You can access the 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets. The information on this leaflet was last updated on 29/04/22

Feedback? What did you find useful about this guide?
www.bit.ly/moneyadvicefeedback



Digital Leaflet



www.worryingaboutmoney.co.uk/craven

Warm & Well
in North Yorkshire

Practical support to
help residents stay
warm and well

Do you worry about winter?
Do you struggle to pay your
household bills?
Do you have a cold home?

There is free help available
across North Yorkshire

For any concerns about staying
warm and well this winter, please
telephone: **01609 767555**
or visit: www.warmandwell.org.uk



Warm & Well in North Yorkshire is a partnership project funded by the British Gas Energy Trust and managed by Community First Yorkshire and Citizen's Advice Mid-North Yorkshire.

The Energy Doctor's slow cooker workshop and energy saving advice video can be accessed here: <https://youtu.be/loXyUI5EO-U>

+Choices



The infographic is a collection of text boxes and logos. It features a pink and purple color scheme. On the left, there are two speech bubbles with client testimonials. Below them are sections for 'What will happen next?' and 'What is +Choices?'. On the right, there is a 'Contact us:' section with phone, email, website, and social media information. Below that are logos for North Yorkshire County Council, City of York Council, and North Yorkshire Police, Fire & Crime Commissioner. At the bottom right, there is a 'Referrals:' section with a QR code and a photo of hands joined together.

What our clients say:

I've learnt that I'm capable of change and that negative behaviour patterns can be overcome

I've changed in the way I think and how I react to conflict

What will happen next?

Once a referral is received individuals will be allocated to a Project Officer and a full needs and risk assessment will be undertaken to identify the most suitable support to address their needs.

Individuals will be supported through a tailored package of interventions to meet their individual needs and guide them through the various stages of the behaviour change programme.

What is +Choices?

A bespoke programme that will support perpetrators of all kinds of domestic abuse including physical, emotional and coercive control through the stages of behaviour change.

The programme aims to reduce risks to those involved in domestic abuse and reduce the opportunity for a repeat incident to occur, through supporting perpetrators to build healthy attitudes towards relationships.

The programme is available for anyone, regardless of gender or sexual orientation, aged 16 years and over who is a perpetrator of domestic abuse. This includes repeat offenders and adolescents violent toward parents, who wish to voluntarily address their abusive behaviour.

What we offer:

- Triage support and emergency, temporary accommodation
- One-to-one motivational interventions
- Delivery of Choices Perpetrator Programme, including both 1-1 and group delivery options across North Yorkshire
- Support around housing, finance, substance misuse, employment and mental health through onward referrals to other support services
- Partners, ex-partners and/or other family members can access our integrated support service, which works with other agencies to provide a robust system of support

Referrals:

Referrals can only be accepted where explicit consent has been obtained from the individual who recognises their abusive behaviour and is ready to engage.

Referrals can be made via the online form. Scan the QR code to be directed to the webpage.

www.foundationuk.org/choicesreferral

Contact us:

Telephone:
York, Selby, Harrogate and Craven: 01904 557491
Scarborough, Ryedale, Hambleton and Richmond: 01723 361100

Email:
foundationdapp@foundationuk.org

Secure Email:
DAPerpetratorProgramme@foundation.cjsm.net

Website:
www.foundationuk.org search for '+Choices'

Twitter:
@ChoicesDAPP

Logos:
North Yorkshire County Council
CITY OF YORK
North Yorkshire Police, Fire & Crime Commissioner
FOUNDATION Inspire Respect
Accredited
Registered Charity: 515517
Company Limited by Guarantee: 1829004

+Choices
Positive Choices is a voluntary service for perpetrators of domestic abuse to acknowledge and change their abusive behaviour

Citizens Advice

Citizens Advice is resuming a drop-in advice service in Skipton.

Wherever possible we would ask that clients continue to use our Adviceline (0808 278 7900), or make an online enquiry on our website (link below). The drop-in sessions will be useful for if clients need to show us paperwork, or if the client has barriers to telephone or online access.

Whichever way the enquiry comes to us, if we can answer the enquiry at the first point of contact we will do so. If we can't fully answer an enquiry because of its length or complexity, but it is still within our scope to help, we will arrange for a full appointment or call-back.

Drop-in sessions are based at the Craven council offices on Tuesday mornings, from 10.00 am – 1.00 pm

Council Reception Area1 Belle Vue Square, Broughton Road, Skipton BD23 1FJ

Our other advice services and channels are detailed on our relaunched North Yorkshire website:<https://www.cany.org.uk/get-advice/>



CITIZENS ADVICE SKIPTON DROP-IN ADVICE SESSIONS

from January 2023

Tuesdays, 10.00 am – 1.00 pm

**Council Reception Area
1 Belle Vue Square
Broughton Rd
Skipton
BD23 1FJ**

Or if you are able to, please use our **online enquiry form** or free **Adviceline**:

www.cany.org.uk/contact/email-us/

Adviceline: **0808 278 7900**
Monday to Friday 9.00 am – 4.30 pm

2024 NYY Calendar Competition Launch

This year NYY's Calendar competition is now open for entries.

It is open to all young people and is open until the end of August.

For the 12 winning entries, young people will get their photograph in the calendar, receive a free copy of the calendar and a £10 gift voucher

Are you a budding
photographer in years 7-13
living in North Yorkshire?

2024 Calendar Photo Competition
"A YEAR IN NORTH YORKSHIRE"

Photos can be taken on any device and need to
represent North Yorkshire.

They can be landscapes, scenery or street photography,
with no people present, landscape format only - we want
to see North Yorkshire at its best throughout the year!

Closing date 31st August 2023



For more information and to enter:
contact Rachel on 07500 787621
or email rachel@nyy.org.uk

T&Cs apply - see www.nyy.org.uk



NYY 2024 Calendar Competition Terms & Conditions

1. The 2024 calendar competition theme is "A Year in North Yorkshire".
2. The competition is open to young people in school years 7-13.
3. Your images must be of North Yorkshire scenes.
4. You can submit a single photograph or up to 4 photos as digital images only.
5. Your images need to be in "Landscape" orientation.
6. Your images should be no larger than 5mb in file-size. If entering more than one image, we recommend you send them individually, so that they don't get blocked by our mail filters.
7. The competition closing date is 31st August 2023. Any entries received after these dates will not be considered.
8. The photographer of each winning image will receive a calendar and a £10 gift voucher.
9. Images will be judged according to the following criteria:
 - ◆ Overall impact
 - ◆ Composition and arrangement
 - ◆ Originality
10. Photographs must NOT feature any people in any of the entries.
11. Please include a short sentence about each image explaining where in North Yorkshire it was taken and what it means to you or the circumstances it was taken.
12. If possible we would like consent to use your first name and district of North Yorkshire if your photograph is chosen, if no consent is received it will still be used instead of adding a name alongside the photo we will put "by anonymous".
13. In case of a poor quality image once enlarged, we will endeavour to reduce the size wherever possible within the calendar format to give a clear image, if this is not possible unfortunately we will not be able to use the image for the calendar.

*Entries should be sent to rachel@nyy.org.uk, unfortunately, we cannot accept postal entries at this time.

"To help children and young people realise their full potential by enhancing and improving our range of training and development opportunities"

Adventure | Learning | Discovery

Bentham Mental Health Peer Support Groups

Bentham, Mental Health Support Groups

SELFA
YOUR LOCAL CHILDREN'S CHARITY

Starting Wednesday 8th
February
5-7pm
at Bentham Town Hall

A safe supportive environment to explore children and young people's mental health and well being. Includes guest speakers.

Parents Peer support group
Includes parenting support. Aimed at parents/carers of older children. In the Wenningdale Suite - Bentham Town Hall.

Young people support group
A small group support session for young people aged 11-19 in the Bentham Town Hall Lower Hall.

For more information or to book on email
katie.hoggarth@seifa.org.uk
Or call
01756 533110

Carers Resource

Caring for the Carers Course



If you are a carer you may recognise that becoming a carer can bring with it change, great challenges, and often, a variety of feelings too: loss, resentment, grief, and guilt (and lots more!)

Often we are so busy working in and just coping with the situation, that we don't feel as though we can take time to address our own feelings, and when we do get that precious bit of "me time" we feel guilty and uncaring.

Carers often report that they have "lost themselves" and rarely give time to their own needs and feelings.

These two workshops will help you "re-discover" you, with tools and techniques you can take away with you.

Session One - Release your "Inner Warrior"!

When caring feels like a constant fight

This first session, delivered by Debs Hooker and Corinne Yeadon, will give you some space and time out to think about you, your thoughts and feelings. Things we usually push to the back of our minds!

This session will also help you identify your limiting beliefs and emotional barriers, and release your "Inner Warrior" to help combat them! Coming together with other carers, who know what you're going through can also be very powerful.

 carers'
resource
you need for them, we care for you

Session Two - Equipping your inner warrior!

Buzz words: "Change" and "Control"

Now that you have acknowledged that your feelings and emotions are valid, and that it's important to make time for yourself, the second session will introduce you to other "self help" techniques that you can draw on when you feel the need.

Emotional Freedom Technique (EFT or Tapping) with Penny Lowe, is a simple technique that you can use wherever and whenever you feel the need – definitely a shield in your armoury! In addition to the EFT, Karen Dunnet will be highlighting simple hypnotherapy techniques which can help you focus on what's important, help you to let go of what you can't control – help keep you in charge!!

In this session we also look at the importance of being able to "switch off" by spending time on "distractory" activities. Judy York will be on hand to deliver a craft workshop that will introduce you to new skills – things you may want to pursue at home. This may help you to remember your own hobbies and the value of taking time out to "do your own thing".

Dates for Workshop One

Wednesday 8 March, or 14 June or 13 September, or 11 October
9.30am arrival and coffee, 10am start – ends at 1pm

Dates for Workshop Two

Wednesday 15 March, or 21 June or 20 September, or 25 October
9.30am arrival and coffee, 10am start – ends at 12.30pm

Craft session starts at 1pm so if you would like to stay please do bring a sandwich and join Judy

All sessions take place at Skipton Carers' Resource office,
Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP


Contact dhawkins@carersresource.org or tel: 07522 226 334

 carers'
resource
you need for them, we care for you

Sexual Health Support

Sexual Health support for young people in North Yorkshire

If you need advice, information, access to contraception, STI testing or abortion services in North Yorkshire there are different options available, all for FREE with a range of ways to get in touch for support.



YorSexual Health - confidential North Yorkshire sexual health service. The service runs from all over the county and can provide support, information and advice as well as access to the full range of contraception choices, including emergency contraception, STI testing and pregnancy tests.

General Practice (GPs) - your local practice where you live offers a good range of contraception and can talk with you about the options available, including emergency contraception. Condoms and chlamydia screening kits are available.

Community Pharmacy - walk in to any Pharmacy, no booking needed, and offers access to emergency contraception (the morning after pill), condoms and chlamydia screening kits.

Sex and consent - Consent means agreeing to do something. When it comes to sex, this means agreeing to have sex or engage in sexual activity. Find out about why consent is important during sexual activity. [Sex and consent - 1-800-330-0000](#)

Contraception
Before you decide where you are going to get contraception it is a good idea to think about what choices you have. Whatever the choice below can help you think about this. [Contraception: How to choose](#)

Types of services you might need:
Emergency oral contraception (ECC)
This is sometimes called the morning after pill and can be used up to 3-5 days after unprotected sex. There is also a copper coil that is offered as the most effective emergency contraception. ECC tablets and coils are available free from YSH, the local North Yorkshire sexual health service.
[Call 01904 721111](tel:01904721111), 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday.
If you are under 17, you can text **07973 775882** to make an appointment Monday-Friday 8.15am-3.30pm. ECC is available free from your GP practice for people of all ages, and from participating Community Pharmacies to people aged 24 and under.
Contraception (condoms, oral pills, injections, implants, COCLES)
All forms of contraception are available free from your GP practice.
Alternatively, all forms of contraception are freely available from YSH, [Call 01904 721111](tel:01904721111), 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday.
Aged 17 or under? You can also text us on **07973 775882** to make an appointment. We will respond to your text during office hours between 8.15am and 3.30pm.
Condoms
16-24-year-olds can order online or arrange to collect from YSH. www.yorsexualhealth.org.uk
GP practices and Pharmacies can give out free condoms. Pharmacies also sell condoms.

Pregnancy testing
Pregnancy tests can be done for free from GP.
For YSH call **01904 721111**, 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday.
If you are under 17, you can text **07973 775882** to make an appointment Monday-Friday 8.15am-3.30pm.
Alternatively, pregnancy tests can be bought free only community pharmacy or local generalist.
If you have had a positive pregnancy test and are under 17 you need to speak to a trusted person as soon as possible to get support into services for unborn children.

Abortion Services available in North Yorkshire
Provide free abortion treatment, advice and support access via self-referral.
GPAS:
Tel: 03457 30 40 30
NHS Reproductive Choices
Tel: 0345 300 8090
www.reproductivechoices.co.uk

Sexually transmitted infections (STI) testing and treatments
To read more about STIs please visit: [STIs: Symptoms, Treatment, Testing - 1-800-330-0000](#)
STI tests are available to order online via YSH for 16-year-olds and over. www.yorsexualhealth.org.uk/STI-test
STI testing is available in clinic for all ages. [Call 01904 721111](tel:01904721111), 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday.
Aged 17 or under? You can also text us on **07973 775882** to make an appointment. We will respond to your text during office hours between 8.15am and 3.30pm.

Drug and alcohol use
Young people who take regular problematic drug and alcohol use can have support from YSH. www.yorsexualhealth.org.uk

Confidentiality and safeguarding
You have the right to receive confidential advice and treatment. All professionals have a duty of confidentiality to young people including under 16s, in situations where your health, safety or welfare of yourself or others are at risk, and when it is in your best interests, professionals may need to share information with other professionals.

SEXUAL HEALTH

www.yorsexualhealth.org.uk

Sexual Health Support for Young People

Chlamydia Testing	Emergency Contraception (EC)	STI advice, testing and Contraception	Pregnancy Testing	Condom Distribution Scheme	The effects of alcohol and drugs on Sexual Health	Sexuality and Gender questions
<p>Chlamydia – most common sexually transmitted disease in the UK</p> <p>It can present with no symptoms, and will be visible on testing two weeks after the last risk</p> <p>Postal testing kits available via www.yorsexualhealth.org.uk</p> <p>GP practices Community Pharmacies NHS</p>	<p>EC is needed when there has been recent unprotected sex or when a contraception method has failed</p> <p>Emergency hormonal contraception – either up to 72 or 120 hours after unprotected sex dependent upon the medication.</p> <p>EHC – available free from YSH GP surgeries Community Pharmacies ED – available free at some YSH health Centres</p>	<p>Free STI testing for chlamydia, gonorrhoea, syphilis and HIV. Free contraception and advice including hormonal pills and long acting methods.</p> <p>Postal testing kits available via www.yorsexualhealth.org.uk. Testing and Contraception – all YSH health centres and GP surgeries.</p>	<p>If a young person believes they are pregnant, a pregnancy test should be done as soon as possible.</p> <p>A test can be done from the first day of a missed period or three weeks after last unprotected sex.</p> <p>Free test available from YSH health centres. Tests can be bought from all community pharmacies, Supermarkets</p>	<p>Condoms – barrier method of contraception, only way to prevent the transmission of STIs. 98% effective contraception if used correctly.</p> <p>Freely available from YSH health centres.</p> <p>Other projects signed up to deliver CES to individuals engaging with them. www.yorsexualhealth.org.uk</p>	<p>Young people who need support around problematic drug and alcohol use can access support from YSH. YSH can provide sexual health advice, chlamydia testing, condoms and consent referrals for young people accessing the NY SHS service.</p>	<p>If a young person has questions about their sexuality and/or their gender – signpost them or get advice from: www.yorsexualhealth.org.uk NHS Young People's Sexual Health (YPSH) www.nhs.uk/youngpeoplesexualhealth YSH Young People's Sexual Health (YPSH) www.yorsexualhealth.org.uk</p>
<p>Confidentiality and safeguarding All young people have the right to receive confidential advice and treatment. All professionals have a duty of confidentiality to young people including under 16s, in situations where the health, safety or welfare of the young person or others are at risk, and when it is in their best interests, professionals may need to share information with other professionals.</p>						

Services available in North Yorkshire and what they do

ABORTION SERVICES – Provide free abortion treatment, advice and support, access via self-referral or through GP.
 BPAS: Tel: 02457 20 40 30 www.bpas.org
 MSI Reproductive Choices: Tel: 01453 700 8000 www.msi.org.uk

YORCSSEXUALHEALTH – YorkSexualHealth offer a range of sexual health and contraception services across North Yorkshire. This includes tests and treatments for sexually transmitted infections (STI) and HIV, a range of contraception options including long acting reversible contraception, free condoms, online testing, counselling and advice information about local services can be found on their website: www.yorksexualhealth.org.uk by clicking the website information and booking line: Tel: 01904 721 111

YorkSexualHealth's Specialist Clinical Outreach Team
 Our clinical outreach team offer clinical services to Men at risk (MenAtRisk@BPAS) in York and North Yorkshire (including STI testing/treatment) vaccinations and contraception - www.yorksexualhealth.org.uk

PrEP (Pre-Exposure Prophylaxis)
 PrEP practices – LARC provision by GP Contraception Distribution, Chlamydia Screening

Community Pharmacies –
 HIV/Condom Distribution, Chlamydia Screening

MY RISE – MY Rise offer specialist drug and alcohol support to young people aged 16-19 and up to 24 years with Special Educational Needs or Disability. MY Rise offer structured one to one intervention to young people. As part of this support MY Rise offers condom distribution, chlamydia testing, sexual health and relationship advice and onward referral for Food Source Visit testing where appropriate.

To access their help, advice and practical support you can contact MY Rise: 07 723 330730 (option 2) Freephone: 0800 141 480 (option 2) Email: myrise@yorkshire.gov.uk

NORTH YORKSHIRE YOUTH – North Yorkshire Youth provides free condoms and chlamydia testing to young people of direct delivery clubs across county. For a list of these clubs please see www.nyouth.org.uk

Mental health and wellbeing support is also available for those young people struggling with their identity, having issues around sexual health or whose sexuality is negatively impacting their lives and wellbeing. This is a youth mentoring service with face to face appointments available in Scarborough, Middlesbrough, Ripon, Thirsk and Northallerton. Countywide appointments can be made virtually. To find out more or to make a referral contact info@nyouth.org.uk or ring North Yorkshire Youth on 01845 522146.

HEALTHY CHILD TEAM – Harrogate and District Foundation Trust provide a service to children and young people who are in the safeguarding and children in care arena. Within this service we would offer general sexual health advice and support young people to partner services for sexual health advice and support. For information on our service or to make a referral please contact our Single Point of Contact on 02045 030916.

Harrogate and District Foundation Trust provide an Emotional Health and Resilience service. This is a targeted low-level service. Within this service we would support young people to partner services for sexual health advice and support. For information on our service or to make a referral please contact our Single Point of Contact on 02045 030916.

NYCC CHILDREN & FAMILIES SERVICE – EARLY HELP – is available to provide support for children, young people and their families when issues of mental health or sexuality are negatively impacting their lives and wellbeing. This could be via direct work or through supporting or referring to other appropriate services. You can contact the Customer Service Centre on Tel: 01509 780760 for more information or to make a referral.

GENDER IDENTITY DEVELOPMENT SERVICE – is the national highly specialised clinic for children and young people presenting with issues around gender identity. Any professional can refer to the service. They do not accept family or whistlers. Further information can be accessed at their website: www.gidd.org.uk

LGBT SUPPORT GROUPS IN NORTH YORKSHIRE – A list of the LGBT groups can be accessed at www.yorksexualhealth.org.uk/sexualhealth or www.gidd.org.uk in the LGBT guidance for professionals who work with children and young people.



Avalon Group - Autism Questionnaire

Please see below a questionnaire asking what people would like to see in terms of potential support group/service for people living with Autism in the Craven area.

The questionnaire needs to be completed by Saturday 20 May.

Please answer the questions to give us your views and ideas and then return to communications@avalongroup.org.uk

or by post/in person to Avalon Skipton Spring Bank House, High St, Skipton BD23 1JZ



We are thinking about setting up a group for Autistic people. We would like to hear from you if you think a group like this would be of benefit to yourself or someone you care for and what you would like the group to look like. Please answer the questions below to give us your views and ideas and then return to communications@avalongroup.org.uk or by post/in person to Avalon Skipton Spring Bank House, High St, Skipton BD23 1JZ

I think a group for Autistic people would be a good idea:

For me For someone I care for

The person who would come currently lives: At home with family
 Independently alone In a supported living setting

Please answer the remaining questions from the perspective of the person who would be attending the group (either you or the person you care for)

The group should be run: In a morning In an afternoon In an evening

It should take place: Every week Every two weeks Once a month

The group should be for ages: 16 – 25 26 – 35 36 – 45 any age

What would you like the group to offer (please choose any you think)?

A place to meet and talk to others Invite speakers to talk to the group

Activities such as games, crafts, Nights out locally

Trips out to other places for the group Information about help and support

Opportunities for training/learning

Should the group have support workers to help if needed? Yes No

Would you (the person coming) need help/personal support? Yes No



Are there any things that would stop you (the person you care for) being able to come?

- If it's too noisy If there are too many people Transport issues
 Venue not accessible

Please tell us a little bit more about what would stop you coming.....

.....

Anything else you would like to tell us about your ideas for a group?

.....

.....

If you would like us to keep in touch and tell you about our progress please give us your name and email address. This is optional, you don't have to fill this out.

Name

Email

NORTH LANCASHIRE

Morecambe Bay Poverty Truth Commission | Join the Conversation (events in Lancaster and Morecambe)



Have you had enough of not being heard? [Morecambe Bay Poverty Truth Commission](#) is inviting people who have experienced poverty to join this conversation.

These sessions will involve meeting local people in positions of power to tell your stories, challenge the stigma, change the understanding of poverty, make practical changes for the better, and help to find solutions.

Breakfast in Morecambe: every other Wednesday 9 am to 11 am.

Lunch in Lancaster: once a month 10 am to 12 pm.

Chippy tea in Lancaster: once a month, 6 pm to 8 pm.

Zoom sessions are also held once a month. Call 07766933884 or email info@morecambepovertytruthcommission.org.uk for more information.

HARRI Van



Please see the attached poster with the new dates for when the HARRI will be out in Lancashire & South Cumbria.

If you would like to join us on any of the dates please do get in touch. Also, if you are planning an event in the coming months or you know of any venues you would like us to visit, please get in touch - we look forward to hearing from you.

hasan.sidat@lscft.nhs.uk

The poster features the HARRI logo at the top left. It lists several dates and locations for the HARRI van's presence. Each date includes the venue name, address, and time. The NHS Lancashire & South Cumbria logo is in the top right. A graphic of the HARRI van is shown in the bottom right, with a heart shape around it.

HARRI

Sun 30th April
Raza Jamia Masjid
Lower Antley St,
Accrington. BB5 0BA
12am - 3pm

Weds 10th May
Hornby Village Hall,
Main Street,
Hornby,
Lancaster. LA2 8JR
10am - 3pm

Sun 14th May
Blackburn Women's
Health Day event Blackburn
Sports and Leisure Centre
carpark
10am - 3pm

Tues 16th May
Pendle View
Blackburn Royal Hospital
11am - 3pm

Tues 17th May
St Mary's Community Centre
in Leyland, PR25 1PD.
1:00 pm - 4:30pm

Tues 23rd May
Leyland Market
Northcote St, Leyland
PR25 2AA
10am - 3pm

Thurs 25th May
ASDA Chorley
Bolton St, Chorley. PR7 3DL
10am - 3pm

Weds 31st May
Service Users and Carers Event,
Valley Church,
Four Fields,
Bamber Bridge, PR5 6GS.
12:00 - 4:00pm

Thurs 1st June
ASDA Blackburn
Lower Audley St,
Grimshaw Park,
Blackburn. BB2 3DY
10am - 3pm

NHS Lancashire & South Cumbria NHS Foundation Trust

Recovery College

Recovery College @Deeppdale
Courses & Groups - May 2023

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
Bank Holiday The Recovery College @Deeppdale building will be closed on Monday. May Day - when our farm recovery members and staff go to celebrate outdoors the end of winter!	How On You Feel? 9.30am/ 1.00pm	Counting Sheep 2.00pm/ 3.30pm	Walk & Talk Group 10.15am/ 11.30am	Naturewell: Nature Connection (Online) 10.00am/ 12.00pm
Bank Holiday The Recovery College @Deeppdale building will be closed today to celebrate the anniversary of King Charles 3 rd	Dying Matters - Testimonial 10.00am/ 12.00pm	Understanding Our Emotional Responses 10.00am/ 12.00pm	Dying Matters - Inter Faith Programme (in the spirit of a Good one) 10.00am/ 12.00pm	Naturewell: The Rebirth of Nature (Online) 10.00am/ 12.00pm
	Self-Compassion (A2) 2.00pm/ 3.30pm	MU/CFR Drop-in 1.00pm/ 3.00pm	Walk & Talk Group 10.15am/ 11.30am	Co-Production Lab 1.00pm/ 3.30pm
			Mindful Meditation 1.00pm/ 2.00pm	
Living With ADHD 10.30am/ 12.00pm	Understanding Depression 10.30am/ 12.00pm	Dementia Hub 11.00am/ 1.00pm	Walk & Talk Group 10.15am/ 11.30am	Naturewell: Growing Compassion (Online) 10.00am/ 12.00pm
Time of Life 1.00pm/ 3.00pm	Self-Compassion (2C) 2.00pm/ 3.30pm	Health & Wellbeing Event - St. Mary's Community Centre, Louthorpe 4.30pm	MU/CFR Support Group 1.00pm/ 3.00pm	The Happy EBR 1.00pm/ 2.00pm
			Advisory Group 1.00pm/ 2.00pm	
Explaining Co-production 10.00am/ 11.30am	Introduction To Deaf Awareness 10.00am/ 1.00pm	Understanding Anxiety 10.30am/ 12.00pm	Walk & Talk Group 10.15am/ 11.30am	Naturewell: Training 10.00am/ 12.00pm
Recovery College Evening Attention 1.00pm/ 4.30pm	Introduction To Deaf Awareness 1.30pm/ 4.30pm		Introduction to Seeding & Planting with Let's Grow Produce 1.00pm/ 2.00pm	Introduction to Deaf Poles Change - changing our personal goals 1.00pm/ 3.30pm
			Mindful Meditation 1.00pm/ 2.00pm	
Bank Holiday The Recovery College @Deeppdale building will be closed for the Spring Bank Holiday and for the recovery of people, traditionally our focus is on people who are recovering from mental health issues.	Citizens Leadership Training 9.30am/ 12.30pm	Gratitude & Joy 2.00pm/ 3.30pm		

Recovery College @Deeppdale, Louthorpe Road, Deeppdale, Preston, PR1 6SB

Please call us with any enquires on - 01772 695365 or email us on - Recovery.college@LSCFT.nhs.uk

For online Recovery College Sessions, please visit www.eventbrite.co.uk/e/tangashire-recovery-college

Recovery College @Deeppdale

If you're looking for one to one support in regards to a range of social and wellbeing support, we host our popular drop-in sessions. Simply turn up on the day to speak to an expert about a range of subjects including volunteering opportunities, digital devices, financial support and active community participation.

As these are drop-in sessions, please be aware you may have to wait as we operate a first come, first served approach. You will, of course, be offered a drink while you wait and you're welcome to speak to one of the team about what else may be of interest.

Weekly Community Support Drop in sessions - May 2023

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
	LSCFT Senior Peer Team 9.30am/ 4.30pm			
	Financial Inclusion drop in 1.00pm/ 3.00pm	Digital Skills 10.00am/ 12.00pm		
	LSCFT Senior Peer Team 9.30am/ 4.30pm		LSCFT Volunteering Team 10.00am/ 2.00pm	
	Financial Inclusion drop in 1.00pm/ 3.00pm			
	LSCFT Senior Peer Team 9.30am/ 4.30pm		Digital Skills 10.00am/ 12.00pm	
	Financial Inclusion drop in 1.00pm/ 3.00pm			
	LSCFT Senior Peer Team 9.30am/ 4.30pm		LSCFT Volunteering Team 10.00am/ 2.00pm	
	Financial Inclusion drop in 1.00pm/ 3.00pm			
	LSCFT Senior Peer Team 9.30am/ 4.30pm		Digital Skills 10.00am/ 12.00pm	
	Financial Inclusion drop in 1.00pm/ 3.00pm			

Recovery College @Deeppdale, Louthorpe Road, Deeppdale, Preston, PR1 6SB

Please call us with any enquires on - 01772 695365 or email us on - Recovery.college@LSCFT.nhs.uk

For online Recovery College Sessions, please visit www.eventbrite.co.uk/e/tangashire-recovery-college

Recovery College @Deeppdale
Courses & Groups - June 2023

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
As our Spring Term draws to a close we'd like to invite all of our learners to a special celebration event on the 30 th of June. Your contributions and feedback are vital to the development of the Recovery College and we simply couldn't do it without you!				
			Walk & Talk Group 10.15am/ 11.30am	Naturewell: Finding Meaning in Nature (Online) 10.00am/ 12.00pm
			Visit your community Garden with Let's Grow Produce MU/CFR Support Group 1.00pm/ 3.00pm	
Recovery College Evening Day 10.00am/ 4.30pm	Mental Health Awareness 2.00pm/ 3.30pm	Free GI Lab 2.00pm/ 4.00pm	Walk & Talk Group 10.15am/ 11.30am	Personal Values 11.00am/ 1.00pm
Living With ADHD 10.30am/ 12.00pm	Understanding Depression 2.00pm/ 3.30pm	Understanding Anxiety 10.30am/ 12.00pm	Walk & Talk Group 10.15am/ 11.30am	Self-Regulation 11.00am/ 1.00pm
			Advisory Group (online) 1.00pm/ 2.00pm	
Recovery College Evening Day 10.00am/ 4.30pm	Counting Sheep 2.00pm/ 3.30pm	Dementia Hub 11.00am/ 1.00pm	Walk & Talk Group 10.15am/ 11.30am	Understanding our emotional responses 10.00am/ 12.00pm
			Co-Production Lab 1.00pm/ 3.30pm	
Understanding Stress 10.30am/ 12.00pm	Introduction To Deaf Awareness 1.00pm/ 1.00pm	Gratitude & Joy 2.00pm/ 3.30pm	Walk & Talk Group 10.15am/ 11.30am	Spring Term - Learner Celebration 10.00am/ 4.00pm
			Co-Production Lab 1.00pm/ 3.30pm	
			MU/CFR Support Group 1.00pm/ 3.00pm	

Recovery College @Deeppdale, Louthorpe Road, Deeppdale, Preston, PR1 6SB

We welcome all to our Advisory Group to help us develop the college, so come along to have your say!

Please call us with any enquires on - 01772 695365 or email us on - Recovery.college@LSCFT.nhs.uk

For online Recovery College Sessions, please visit www.eventbrite.co.uk/e/tangashire-recovery-college

Recovery College @Deepdale

If you're looking for one to one support in regards to a range of social and wellbeing support, we host our popular drop-in sessions. Simply turn up on the day to speak to an expert about a range of subjects including volunteering opportunities, digital devices, financial support and active community participation.

As these are drop-in sessions, please be aware you may have to wait as we operate a first come, first served approach. You will, of course, be offered a drink while you wait and you're welcome to speak to one of the team about what else may be of interest.

Weekly Community Support Drop in sessions - June 2023				
Day	Time	Topic	Facilitator	Location
Monday	10:00am-12:00pm	USCT Senior Peer Team	USCT Senior Peer Team	USCT Senior Peer Team
Monday	10:00am-12:00pm	Financial Inclusion Drop in	Financial Inclusion Drop in	Financial Inclusion Drop in
Monday	10:00am-12:00pm	Digital Skills	Digital Skills	Digital Skills
Monday	10:00am-12:00pm	USCT Senior Peer Team	USCT Senior Peer Team	USCT Senior Peer Team
Monday	10:00am-12:00pm	Financial Inclusion Drop in	Financial Inclusion Drop in	Financial Inclusion Drop in
Monday	10:00am-12:00pm	Digital Skills	Digital Skills	Digital Skills
Monday	10:00am-12:00pm	USCT Senior Peer Team	USCT Senior Peer Team	USCT Senior Peer Team
Monday	10:00am-12:00pm	Financial Inclusion Drop in	Financial Inclusion Drop in	Financial Inclusion Drop in
Monday	10:00am-12:00pm	Digital Skills	Digital Skills	Digital Skills
Monday	10:00am-12:00pm	USCT Senior Peer Team	USCT Senior Peer Team	USCT Senior Peer Team
Monday	10:00am-12:00pm	Financial Inclusion Drop in	Financial Inclusion Drop in	Financial Inclusion Drop in
Monday	10:00am-12:00pm	Digital Skills	Digital Skills	Digital Skills

USCT Recovery College

USCT Recovery College

www.usct.org.uk/lancashire-recovery-college

Recovery College@Deepdale, Lowthorpe Road, Deepdale, Preston, PR1 6SB

Please call us with any enquires on - 01772 695365

For online Recovery College Sessions, please visit www.usct.org.uk/lancashire-recovery-college

18333378559

Recovery College - Chai Centre

Recovery College @Chai Centre

Courses & Groups - May 2023

Monday 1 st May	Tuesday 2 nd May	Wednesday 3 rd May	Thursday 4 th May	Friday 5 th May
Baby and Parent Mini Move & Groove (For Children up to 18yrs old)	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Basic Health Checks Drop In And Dementia Group	Colourful Footprints SEND 5-1yr olds	Counselling Course	
	10:00am-12:00pm	9:30am-10:00am	9:30am-2:00pm	
		Healthy Cooking Class	Ladies easy Circuit Class	
		10:00am-12:00pm	1:00pm-2:00pm	
Baby and Parent Mini Move & Groove	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Living With Addiction In Urine	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Healthy Cooking Class	Ladies Easy Circuit Class	
	1:00pm-2:00pm	10:00am-12:00pm	2:00pm-3:00pm	
Baby and Parent Mini Move & Groove	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Counselling Course	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Healthy Cooking Class	Ladies easy circuit Class	
	1:00pm-2:00pm	10:00am-12:00pm	2:00pm-3:00pm	
Baby and Parent Mini Move & Groove	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Counselling Course	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Healthy Cooking Class	Ladies easy circuit Class	
	1:00pm-2:00pm	10:00am-12:00pm	2:00pm-3:00pm	
Baby and Parent Mini Move & Groove	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Counselling Course	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Healthy Cooking Class	Ladies easy circuit Class	
	1:00pm-2:00pm	10:00am-12:00pm	2:00pm-3:00pm	

Recovery College @Chai Centre

Courses & Groups - June 2023

Here is a list of our renovated RC @Chai Centre. Play down for a brew and a chat. Come and meet us for our new classes and groups. We would like you to let us know which courses you would like running from Chai Centre.

Monday 5 th June	Tuesday 6 th June	Wednesday 7 th June	Thursday 8 th June	Friday 9 th June
Baby and Parent Group	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Ladies Circuit Class	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Colourful Footprints SEND	Counselling Course	
	1:00pm-2:00pm	9:30am-10:00am	9:30am-2:00pm	
Baby and Parent Mini Move & Groove	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Ladies Circuit Class	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Mental Awareness Session In Urine	Counselling Course	
	1:00pm-2:00pm	10:00am-12:00pm	2:00pm-3:00pm	
Baby and Parent Mini Move & Groove	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Ladies Circuit Class	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Colourful Footprints SEND	Counselling Course	
	1:00pm-2:00pm	9:30am-10:00am	9:30am-2:00pm	
Baby and Parent Mini Move & Groove	Suicide Bereavement Support Group	Baby Massage	Calico Refuges Drop In	Chat Play And Read
11:15pm-1:00pm	12:00pm-2:00pm	9:30am-10:30am	10:00am-2:00pm	9:30am-10:30am
	Learn Maths	Learn English	Ladies Circuit Class	
	10:00am-12:00pm	10:00am-12:00pm	1:00pm-2:00pm	
	Self Defence Class	Colourful Footprints SEND	Counselling Course	
	1:00pm-2:00pm	9:30am-10:00am	9:30am-2:00pm	

Please call us with any enquires on - 01772 695365

Recovery College@Chai Centre, Hartley Street, Burnley, BB10 1BT

For online Recovery College Sessions, please visit www.usct.org.uk/lancashire-recovery-college

18333378559

Employment Support with Building Better Opportunities - Lancashire

The **Building Better Opportunities** (BBO) programme provides one-to-one support to help people gain confidence and overcome barriers to employment, education and training.

Invest in Youth keyworkers assist young people age 15-24; Age of Opportunity keyworkers assist people age 50+.

These projects are delivered by the Places Impact Team at Places for People. The BBO programme is offered free of charge and does not affect benefits. It is funded through the National Lottery Community Fund and the European Social Fund.

For further information, or if you know of anyone in Lancashire who could benefit from this programme, please contact BBO@placesforpeople.co.uk



The Building Better Opportunities (BBO) programme is delivered by a partnership of 30 community organisations, led by Selnat.

Our 3 specialist projects help people overcome complex barriers and move closer to work and training.

Based on individual needs and interests, BBO can transform lives.

HOW CAN YOU PARTICIPATE?

Contact the Building Better Opportunities team at Selnat - we will direct you to the most suitable partner for support.

01772 200690
hello@selnat-uk.com

Or contact BBO Engagement Lead
Rachel Coupe: call 07903 271414 or
email: rachel@selnat-uk.com



OUT OF WORK?

Multiple barriers stopping you moving forward?

WE CAN HELP.
TALK TO US.

We help Lancashire residents who are out of work and disadvantaged by:

- Lack of self-confidence & low self esteem
- Outdated or unsuitable skills
- Lack of qualifications & training
- Lack of IT skills
- Caring responsibilities
- Physical and mental health issues
- Learning difficulties/disabilities
- Age discrimination
- BAME background
- History of offending
- Debt/money management worries
- Substance misuse
- Long term unemployment
- Other barriers to employment.




Building Better Opportunities is funded by The National Lottery Community Fund and the European Social Fund, investing in local projects tackling the root causes of poverty, promoting social inclusion and driving local jobs and growth.



<p>AGED OVER 50?</p> <p>Out of work? Low confidence, ill-health, disability and/or outdated skills?</p> <p>If you are struggling to get a job, find the right training or need help to start your own business, we can help update your skills, qualifications and confidence to gain a fresh start.</p>   <p><i>"It's like they turned a light on. I can move forward and feel positive."</i></p>	<p>MULTIPLE ISSUES STOPPING YOU GETTING INTO WORK/TRAINING?</p> <p>Do your problems feel so overwhelming that you dont know where to start?</p> <p>We can help people of all ages to take control, step by step.</p> <p>Our Transformational Coaches will help you to identify and develop your own abilities, skills and interests, overcoming your barriers, and moving you closer to the labour market.</p>  	<p>AGED 15-24?</p> <p>Not in education, work or training? With intensive support from a Key Worker we can help you overcome your barriers.</p> <p>From your interests and skills, the Key Worker will help you to achieve milestones agreed within your personal action plan.</p>   <p><i>"I was so stuck - but got loads of support. I'm excited for the future!"</i></p>
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Lancaster District Directory



Serving Lancaster, Morecambe, Carnforth and surrounding areas.

Introducing the Lancaster District Directory

From time to time, we all need some extra support. Across the Lancaster district, community groups and charities are there to help us deal with all sorts of difficulties.

Whether we want to improve wellbeing, cope with the cost of living, join social activities, or get specialist support for other issues, there's plenty on offer – but it can sometimes be difficult to find out when and where help can be found.

So if you're going through a challenging time or simply need a wellbeing boost, take a look at <https://directory.lancastercvs.org.uk> on your computer, tablet or smartphone – help could be closer than you think.

Browsing the Lancaster District Directory

Serving Lancaster, Morecambe, Carnforth and our rural areas, the directory lists groups, classes, activities, and advice. You can use a map to find out what's available in your area, or browse categories focused on different needs.

For example, we know that some will face difficulty heating their homes or making hot meals this winter. The Food & Keeping Warm category has information about thirty warm hubs, food clubs, and community cafes in all parts of our district, while the Money & Housing category lists advocacy services, energy saving support, and debt advice help.

Alternatively, if you know someone who needs a bit of a wellbeing boost this new year, why not look at the groups and activities in the Nature/Wildlife/Environment section and share some sessions they might enjoy? From walk-and-talks on Morecambe prom to harvesting spuds at Claver Hill, there are lots of structured activities to help them spend some time in nature.

Your GP is also a partner in this project. If they believe that you could benefit from non-clinical support, a member of staff can ask your permission to be referred into a hub run at LDCVS, where our social prescriber will get in touch to help to link you with an organisation which can provide suitable services and activities.

If you know of people who are doing vital work locally but aren't yet listed, we're keen to hear about them. Just email directory@lancastercvs.org.uk to let us know.

GENERAL

Breathe Easy



Breathe Easy

No appointments or referral needed. Friendly, family and carers are welcome.

Breathe Easy is an informal drop-in for anyone aged 18 and over, living with any respiratory condition.

At our Breathe Easy groups, we can advise you about support and services available locally and provide you with the chance to share your experiences and learn from others in a similar situation.

Each month you will hear from a new and interesting guest speaker and there will be the opportunity to take part in activities and mindful movement.

Our Breathe Easy groups are affiliated to the British Lung Foundation and Morecambe Bay Respiratory Network.

For more information on how to access your nearest Breathe Easy group please see the reverse of this leaflet

Breathe Easy

Breathe Easy Furness
St Mary's Living Well Centre,
Duke Street, Barrow-in-Furness
LA14 1XU
1-3pm - *Third Wednesday of each month*

Breathe Easy Millom
Millom Network Centre, Unit 3,
Devonshire Road, Millom, LA18 4JS
1-3pm - *First Monday of each month*

Breathe Easy Grange-over-Sands
The Health Centre, Kent's Bank
Road, Grange-over-Sands LA11 7DJ
1-3pm - *Third Tuesday of each month*

Breathe Easy Kendal
Kendal Leisure Centre, Burton
Road, Kendal LA9 7HX
1-3pm - *Third Thursday of each month*

Breathe Easy Kirkby Lonsdale
Lunesdale Hall (side entrance),
Beckive Road, Kirkby Lonsdale,
LA6 2BG
1:30-3:30pm - *Fourth Thursday of each month*

Further information can be found at
www.baybreathing.com | www.bif.org.uk
Telephone: **07709 640763**

Long Covid Group

Long Covid Peer Support Group.

This is a great way for people with long Covid to come together with others who have had similar experiences, to reduce those feelings of loneliness and learn from one another as to things they can try to improve their wellbeing and promote their recovery.

Tuesday's Fortnightly

10.30am-12pm

Via MS Teams

No referral necessary. Please email: cad@lscft.nhs.uk

Coffee and Chat

for people with long covid




Join us as we bring together people who have experienced long covid. We share information, hear from guest speakers and socialise in a safe space.


Tuesday's Fortnightly | **Online Session**
10.30am - 12pm | **Free Admission**

For more information and a log in for the group
email: cad@lscft.nhs.uk




Brathay

 @Brathay
  BrathayTrust
  @brathaytrust



BRATHAY



STRONG FOUNDATIONS SUCCESSFUL FUTURES

Our programme provides 10-19 year olds with a neutral space to talk, to process their own thoughts and feelings and support them to identify tools that allow them to better look after their wellbeing. We provide six, one-to-one sessions to support young people who may be experiencing:

- low level mental health issues
- low level anxiety
- difficulties with family/peer relationships
- disengaged with education
- struggling with low self esteem and confidence
- any other issues reducing individual wellbeing

For more information or if you would like to make a referral, please contact:
 Laura Fitzgerald@brathay.org.uk
 07485410808

Brathay is the trading name of Brathay Trust, a charitable company limited by guarantee and registered in England and Wales.
 Company Registration Number: 2834206. Charity Registration Number: 1022586.

Cancer Care

Children's counselling and play therapy

Sometimes, it's difficult to express how we are feeling through words.

Children like to play and many of our counsellors have been specially trained in play therapy which encourages younger children to explore their emotions through creatively using art and toys.

We also use sandtray therapy which involves manipulating figures and natural materials in sand and water. The resulting scenes can give our play therapists a valuable insight into how the child is coping with a stressful situation at home, in a friend's house or in a family member's home.

All our centres have fully-equipped play rooms.

For teenagers we also provide 1-1 counselling.

For more information email our Therapy Coordination Team.
 Call: 01524 381830
 Email: info@cancercare.org.uk
www.cancercare.org.uk





CancerCare

Support for children and young people affected by cancer or bereavement

cancercare.org.uk



Kooth

The www.Kooth.com service offers **free, online, same day, BACP accredited, NHS commissioned support and counselling for 10-18 year olds**, as well as a range of activities and resources designed to support mental and emotional wellbeing.

There aren't any thresholds or criteria to meet, and no waiting lists!

This means you can signpost ANY child or young person to Kooth as an **additional, or sole, means of mental health support**. Users **sign themselves up anonymously** on the Kooth.com website as our service is self referral.

If you would like to book any of the following **FREE** options **please complete this [Kooth Booking Form](#)**:

- Kooth cards, leaflets, posters and pens
- Kooth to host a stall at your event
- Kooth/ mental health awareness session or assembly for young people
- Kooth training session for staff/ professionals supporting young people
- Kooth info session for parents/ carers

New Articles on Kooth.com:

[Ten tips for safer uni socialising on a budget](#)

[When someone in the public eye dies](#)

[Anxious about: making friends](#)

[Anxious about: public speaking](#)

[Using Kooth: a personal experience](#)

[Dealing with the stress of family money troubles](#)



Please see the link below to a video that highlights the impact of anticipatory grief:

<https://www.sad.scot.nhs.uk/support-around-death-news/2021/october/anticipatory-grief-animation/>

Flynn's Barn



Peer Support Group details

This document tells you about the Peer Support Group (online).

The group is part of the psychosocial services at Flynn's Barn's to support the mental health and wellbeing of young people living with cancer.

Joining a group can be daunting, with lots of different questions you may want to ask. We appreciate that getting the right information is vital.

The Group is for

- Young people aged 18-25, who have had a cancer diagnosis
- Either in treatment or treatment has finished
- Living in the UK
- People can be referred by their medical teams, or through Flynn's Barn's residential or counselling services.

Purposes of the group

- Connect with others going through similar experiences
- Help to feel less isolated
- Share ideas about coping with treatment and finishing treatment
- Feel part of a community
- Get help from others who understand
- Support others

How the group works

- Online meetings, using Zoom.
- We meet monthly, on the first Monday of the month between 6.30-7.30pm.
- The first stage of the group is for six months – this is to try it out. At the end of the six months (December 2022) we will review how it has gone and make a plan for the next stage of the group, based on the feedback and wishes of group members.
- This first stage is looking at how the group can be most helpful for its members:
 - what is the best structure for the group?
 - mixture between activities and discussion?
 - discussion topics?
- The group will be hosted by two Flynn's Barn counselors but it's a PEER support group and so everyone has a hand in running it.
- At the first meetings we'll think about the group values – things like respect and confidentiality – so that we can make it as welcoming and safe a place as possible. We'll draw up some membership guidelines together.

Are you interested?

The first step is to have a phone call/online meeting with Samantha or Robin, who are the counselors organising the group. This is to talk more about how the group works and whether it is something that you want to try.

Then, we'll set a date for you to join. You can then attend any meeting – usually people get more from a peer support group if they attend regularly – but it's up to you to choose when you attend.

Please get in touch if you are interested in joining or if you have any questions:

referral@flynnesbam.org



Counselling and Family Support Project

Background

This project provides telephone and online counselling for young people, who are living with cancer (see criteria below), including those whose mental health has been adversely affected by the COVID-19 pandemic.

The project also provides telephone and online support to families with a young person living with cancer (see criteria below).

Young people living with serious physical ill-health may already experience isolation and worries about their mental health. The isolation, increased risk to health and disruption to ongoing treatment caused by the pandemic have been heavy additional burdens for young people and their families during an already critical and challenging time in their lives.

Project aims, objectives, outcomes

AIMS

To support and improve the mental health of young people who are living with cancer (Counselling).

and

To strengthen family support systems for families with a young person who is living with cancer during a time of crisis (Family Support).

OBJECTIVES

To provide counselling to young people up to the age of 25;

And to enable them to talk about the ways in which their mental health is being affected and find positive ways of coping (Counselling).

To provide support, advice and signposting to young people and their families, relating to the challenges caused by the pandemic and to enable them to access relevant services (Family Support).

To support young people and families where there are risk factors that have become hidden due to pressures on services, including referral on to specialist and safeguarding services (Counselling & Family Support).

To understand further forms of support that young people living with underlying health conditions will benefit from as pandemic circumstances change in the medium and longer term (Counselling & Family Support).

To build a peer network of young people living with cancer who can make links and support each other (Counselling & Family Support).

Page 1 of 2



Referral guidelines

Referrals are welcome from young people, families or professionals/organisations. Please contact us at referral@flynnesbarn.org or on 01758 800 586.

Criteria for Counselling

- For young people up to age 25
- Living with cancer
- Based in the UK
- Choice of telephone or online platform (Zoom)
- Assessment, followed by 10 sessions
- 30-50 minute sessions
- Delivered by qualified counsellors/psychotherapists (BACP/UKCP registration or equivalent)

Criteria for Family Support

- For families with a young person living with cancer
- Choice of telephone or online platform (Zoom)
- Support duration and content agreed in collaboration with family

Clinical standards

Flynnes Barn is registered with the Charity Commission (reg. no. 1177897). The Counselling and Family support project is run by Robin Ewart-Biggs (Systemic family therapist, UKCP registration 06158736), who has been a mental health practitioner since 1992, in the NHS and the voluntary sector, with extensive experience of both delivering and managing services. All sessional counsellors have enhanced DBS checks and are registered with BACP/UKCP or equivalent. Clinical governance policies and procedures are available on request.

Having begun as a pilot project this is now part of Flynnes Barn mainstream services. The project is being evaluated to help shape future services and to share learning.

Project funded through the National Lottery Community Fund



HM Government

Supports the work of

THE NATIONAL LOTTERY
COMMUNITY FUND

Page 2 of 2

Please see attached or visit our website - [Welcome - Flynnes Barn](#)



Homes for Ukraine

As part of the Homes for Ukraine project which is funded by North Yorkshire Country Council, Ukrainian nationals, sponsors and family hosts can contact us through our dedicated helpline.

**Citizens Advice North Yorkshire
Homes for Ukraine Helpline**

01757 600365

Monday – Friday, 09:00 – 17:00

A voicemail can be left out of hours and an Adviser will aim to get back to you within 1 working day.

We can support with:

Advice on benefit eligibility and we can go through benefit checks.

Help with completing forms for benefits such as Personal Independence Payment, Child Disability Living Allowance and Attendance Allowance.

Advice on the Biometric Residency Permit Process.

Signposting to local Ukrainian support groups across North Yorkshire.

For data protection purposes we will always ask for consent to store personal data.

Citizens Advice North Yorkshire is a registered charity. Charity Registration No. 1146084.
A Company limited by Guarantee in England Number: 7890996 Authorised and regulated by the Financial Conduct Authority FIRM: 617621

StepChange Debt Charity

Please see the link for information: www.stepchange.org

Not sure where to start? Take two minutes to answer a few simple questions, so we can understand the best way to help you ([click here](#))



Yellow Wellies

Thank you to our incredible fundraisers!

We want to say an absolutely massive THANK YOU to everyone who has fundraised for us this year – you have raised a phenomenal amount and we are incredibly grateful for every single penny.

There are many different ways to fundraise for us so, if you want to find out more, or you have a specific idea in mind, email Money@nfumutual.co.uk and the £ of us will come your way.

Education, education, education

School's out for summer, but it's been a fab start to our 2022 education programme!

We have delivered sessions to 19 agricultural colleges and universities across the UK since January, through a mix of both virtual and face-to-face training.

There are a lot of colleges booked in for training from September, and we're very excited that our team will also see the return of our innovative Virtual Reality sessions. We can't wait to be back out there delivering this unique approach to farm safety training to even more students! If your college hasn't booked its Introduction to Farm Safety or Pre-employment session, don't panic, we might just be able to squeeze you in – so drop us an email at farm_safety_foundation@nfumutual.co.uk and we will see what we can do.

Play your part – take our survey

It's nearly that time of year again... Every year we ask MINDSET research partners to carry out a breeder survey among young farmers to learn more about the issues that could be affecting your physical and mental wellbeing. It's just a few weeks until this year's survey kicks off. Keep an eye on our socials for the survey link and make sure your voice is heard!

This year, we've taken the test even further and, at the same time, we will be surveying farmers over the span of an hour to see what they think! So, if you fall into this category and you want to get involved, keep an eye out for links to our survey and make sure you take part too – we can't wait to hear from you!

Follow us!

If you aren't following us on social, why not? You are missing out!

You can keep up to date with what we are doing, learn about all things farm safety & mental health and enjoy our takeovers... all you need to do is follow us on Facebook, Instagram & Twitter

@YellowWelliesUK.

We also like to see what you are up to, so don't forget to tag us in your posts!

For more information or to find out how you can get involved please get in touch by emailing:

farm_safety_foundation@nfumutual.co.uk

or visit our website - [Farm Safety Foundation / Yellow Wellies - YellowWellies.org](http://FarmSafetyFoundation/YellowWellies-YellowWellies.org)

Bereavement Support

LET'S TALK BEREAVEMENT

1 HOUR & 30 MIN **FREE** VIRTUAL SESSION
 Dates available to book now!

These sessions aim to encourage more conversations about death and bereavement. By attending you will:

- Develop your understanding of grief
- Gain skills and tools to better support the bereaved
- Learn to more effectively signpost additional sources of support
- Feel more confident talking to others about death and bereavement

Find out more at:
www.thelic.org.uk/improve/lets-talk-bereavement

SCAN ME



**LET'S TALK
BEREAVEMENT**
Supporting Grieving Children
1 HOUR & 30 MIN VIRTUAL SESSION
Dates available to book now!

This targeted session focuses on how we can support children when they experience a bereavement in their lives:

- Gain an understanding of a child's perception of death
- Consider how theories of loss and grief relate to children and young people
- Increase your awareness of how children might react, and what can help them
- Gain information about Child Bereavement UK, Let's Talk Bereavement and other partner organisations and resources

Find out more at:
www.theclic.org.uk/improve/lets-talk-bereavement

CLIC
Child Bereavement UK

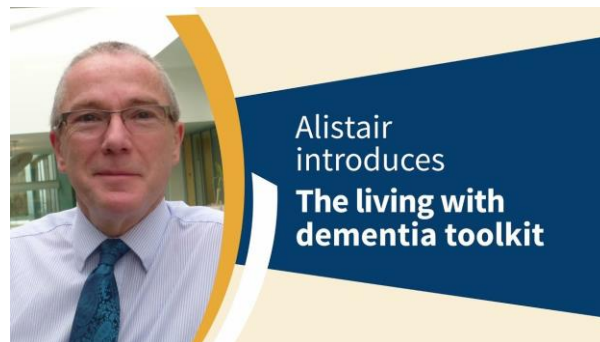
SCAN ME

Living with Dementia Toolkit

Welcome to the Living with Dementia Toolkit for people with dementia and their carers. The University of Exeter and Innovations in Dementia have been working with people over the last 12 months to create a toolkit of advice and information that people living with or affected by dementia can access. It has been supported by Alzheimer's society and the National Institute for Health Research (NIHR). The resources are here to:

- Give you **hope** for the future
- **Inspire** you through examples of real-life experiences
- Offer **ideas** to help you live your life as you choose

Please see the video where Professor Alistair Burns, National Clinical Director for Dementia and Older People's Mental Health at NHS England and NHS Improvement, introduces this toolkit. You can access it by clicking this link: www.livingwithdementiatoolkit.org.uk



Previous Newsletters



You can find links to our previous newsletters by clicking on the links below:

[March-April 2023](#)

[January-February 2023](#)

[November-December 2022](#)

[September-October 2022](#)

[July-August 2022](#)

[May-June 2022](#)

[March-April 2022](#)

[January-February 2022](#)