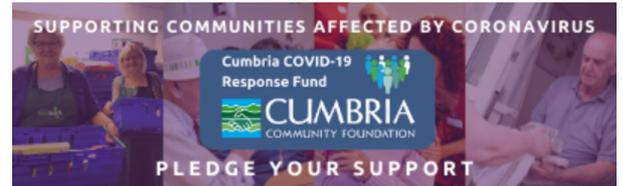




Kendal ICC Weekly News Round Up for week commencing 20th April 2020

FUNDRAISING TARGET TO HELP THE HELPERS RAISED TO £3 MILLION

Cumbria Community Foundation launched the Cumbria COVID-19 Response Fund four weeks ago with an initial target of £1million to support community and voluntary organisations that are helping to feed and protect elderly and vulnerable Cumbrians as part of the county's co-ordinated response to the pandemic.



In that time, more than half a million pounds has already been given out by the Cumbria COVID-19 Response Fund and the charity is now raising the target to £3 million.

The Cumbria COVID-19 Response Fund has helped to provide much needed food and medicine to isolated old and vulnerable people sheltering in their homes. It has helped families in poverty and those in temporary accommodation, women affected by domestic violence, and supported isolated and vulnerable young people. Grants have also been given to help charities that have seen a rise in demand for their services, such as mental health provision and carers organisations.

Throughout the county, thousands of volunteers have come forward to create new self-help groups, alongside support from many of the existing 6,000 charitable groups across Cumbria that are stepping up and working to reduce pressures on the NHS. Teamwork among public, private and charitable organisations means Cumbria now has a call centre and a network of hubs coordinating volunteers and delivery of food and medicines.

Andy Beeforth OBE, Chief Executive of the Community Foundation said: "Cumbria has been at the forefront of the COVID-19 pandemic with some of the highest recorded incidences of the disease. Our doctors, nurses, health workers and all key workers have all been magnificent and we thank them.

"As we enter a further three weeks of lockdown, many people are unable to work. Families are applying for Universal Credit for the first time and many businesses have been without income for weeks.

"The need is great and growing. Our charities are at the forefront of supporting people at this desperate time. The money we've given out so far has kept people safe but what we have raised will soon run out. Some of our most important charities are themselves facing financial problems and without support from the COVID-19 Fund they may have to close."

Assistant Chief Constable, Andy Slattery, who chairs the Cumbria Covid-19 Strategic Coordination group said: “I have seen the way local charities and community volunteers have worked together in support of our most vulnerable people. I understand the significant impact the virus is having.

“It is vital that we have funds available for local charities and voluntary organisations to support people in urgent need.”

Colin Cox, Director Public Health, said: “Supporting older and vulnerable people to self-isolate is particularly challenging for community groups, as the situation is exacerbated by the remote, rural nature of our county. In addition, there are proportionally more people in the vulnerable self-isolating category as the county is characterised by a ‘super-ageing’ population, particularly in the more rural areas.

“The need for practical support will last for at least three months and may well be extended beyond that, such as the delivery of food and essential items to those who are self-isolating. There is also a need for other types of support, such as befriending, emotional wellbeing, mental health, bereavement and counselling, which will increase and be required over a longer period.”

One in eight households in Cumbria have an income of less than £10,000 a year. People locked in poverty are more likely to be in poor health, disabled, and to be caring for others. In addition, people stuck in poverty are more likely to experience anxiety, depression and other mental health difficulties.

The implications of COVID-19 also mean that many more people struggling to keep their heads above water could be swept into poverty as a result. The virus has forced many people to look for help in areas that they may have thought they’d never need, and local Citizens Advice have seen an unprecedented demand for their services.

Andy Auld, Chief Executive of Citizens Advice Carlisle and Eden, said: “Since the Coronavirus crisis started, we have seen an increase locally in the number of people seeking our help - particularly on the issues of unemployment, paying bills, furloughing and access to food. Residents contacting us often need to address multiple issues at once - getting food vouchers, applying for benefits, and preventing eviction and reorganising debt repayments longer term.

“The crisis is disproportionately affecting those on lower incomes – people working in service industries, those on zero-hour contracts are amongst the first to be dismissed or furloughed. Many working people are already on low incomes and will struggle with any further reduction. This will likely result in increased poverty and further ill-health. We are particularly concerned about the links between the lockdown, poverty and mental health problems – these can lead on to difficulties with debt, housing etc. Part of our work is to try to help break this cycle.”

Older people are particularly vulnerable to Coronavirus. Along with having isolation and mobility challenges, older people often have a weaker immune system and are also more

likely to have conditions such as heart disease, lung disease, diabetes or kidney disease, which weaken their body's ability to fight infectious diseases.

In South Lakeland, over a quarter of residents are aged over 65. The Fund has helped organisations such as Age UK South Lakeland to offer a variety of emergency services including telephone shopping and befriending, and a prescription collection and hospital transport service. Hugh Tomlinson, Chief Officer, said: With the extension of the current restrictions, we expect the need for services such as the befriending scheme to continue to rise. We should be under no illusion that the level of help required by these vulnerable groups will not end with any relaxation of the current restrictions and many will require support well beyond the lifting of social isolation measures.

At Age UK South Lakeland, we have taken the decision to continue to deliver as full a service as possible and have remained open throughout this difficult period. This decision was not easy because all our shops have had to close at this time, significantly reducing our income. However, we are here and ready to provide that support and deliver the services needed. The funding received from Cumbria Community Foundation will help us to do that."

Much more needs to be done to support families with children in this time of national crisis. As unemployment rises over the coming weeks and months, many more families will require welfare support to get by. 12,000 children across Cumbria live in poverty and in Barrow, it's one in three. Free school meals make a huge difference to those on low income, but we know there have been issues with children receiving the vouchers provided to replace the meals they would receive at school. Many more families will need to turn to food banks, which have also been hit by shortages and many are running low on essentials.

Love Barrow Families CIC works with families who live in the most deprived wards in the town. Many have relationship difficulties and mental health issues, which are exacerbated by the virus. The charity received £4,000 to enable staff and volunteers to work remotely and to cover costs associated with the food and prescription delivery service.

Trina Robson, Director at Love Barrow Families, said: "This crisis has taken away the place where our families came together, and we are doing our best to continue to reach out to everyone and to put people in touch with each other. We know that it is relationships and love that count, and we are finding as many ways as possible to provide this. One way is through our volunteers providing a home cooked meal for all the families who need it every week and an activity or challenge that families can complete. We are using various means of having fun and staying in touch remotely and the funding will help us to do this. For our families this is a lifeline. It means that they can access the right support, be that psychological or practical, from the right place at the right moment to stay well and keep going through this difficult time."

For all these reasons, Cumbria Community Foundation is asking those people who can afford to donate, to please do so and help them meet the new fundraising target of £3 million for the Cumbria COVID-19 Response Fund. To make a donation and support local groups, please visit: www.cumbriafoundation.org

Shielded individuals and food parcels



Shielded individuals must register on the gov.uk website as clinically vulnerable once they have received their NHS letter, or use the phone line available.

If they no longer want food parcels, they should de-register by simply refusing the next food parcel that is delivered to their door (tell the driver you no longer wish to receive parcels). The driver feeds that information back to the Government to be removed from the food parcels distribution list.

They can deregister on the GOV.UK website by answering 'yes' to the question, **Do you have a way of getting essential supplies delivered at the moment?** They will then be removed from the Government food parcel distribution list. There is a lead in time on the flow of this information.

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Also see the Cumbria County Council's website with further information

<https://www.cumbria.gov.uk/coronavirus/landingpage.asp>

VOLUNTEERS NEEDED for...

Beacon
Remote Befriending from **The Lighthouse**
Community Mental Health Hub

Beacon has been set up by The Lighthouse Community Mental Health Hub to provide 1:1 mental health peer support during the coronavirus crisis, and beyond. It is available to adults 18+ living in the South Lakeland area.

Volunteer Role



Role: 1:1 Remote Befriending Volunteer

Role outline: To virtually meet with client(s) at least once a week for up to one hour, usually via phone. In agreement with the service coordinator, client and volunteer, this may also be via other remote communication such as WhatsApp, text, email, or video call.

Support for Volunteers: All volunteers will receive training and support from The Lighthouse during their time as a Beacon volunteer. During the coronavirus crisis, this will be done remotely, and may be via phone, email, video conferencing, WhatsApp and text as necessary.

For More information, or to request an application pack, please email Maddy Iddon:

maddy@thelighthousecmhh.org

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VOLUNTEERS NEEDED for our remote befriending service!

The mental health of individuals in our community is being badly affected by the increase in isolation and loneliness that the coronavirus pandemic has brought. We have set up our remote befriending service, Beacon, to provide 1:1 peer support to those most at risk of poor mental health during this crisis, and beyond.

If you could spare an hour or so a week to chat with someone who is struggling, please see the e-leaflet below. For any queries or to request an application form, email Maddy@thelighthousecmhh.org (we aim to reply within 7 days).

For potential clients we will release information about referral ASAP, likely next week. This will be referral via other organisations to start with. If possible we will then roll this out to the wider community with eligibility criteria for triaging self/public referrals.

Please contact maddy@thelighthousecmhh.org for more information or an application pack.

Thank You!



**While we can't
get together, let's
sing together.**

Date Thursday 30 April Time 3-4 pm

Join our special Singing for the Brain Facebook live event

On Thursday 30 April we will be broadcasting a very special virtual Singing for the Brain session on Facebook.

It will be open to everyone on Facebook and we want to get as many people as possible uniting for a national sing-a-long.

The session will be led by our fantastic Singing for the Brain Group Leaders, plus Alzheimer's Society Ambassador Vicky McClure will also take part.

For more details about the event, or to join on the day click on the link below

<https://www.facebook.com/events/224767148793291/>

Maria Day
Dementia Support Worker – South Lakeland

<http://www.alzheimers.org.uk>

Faith Action COVID-19

COVID-19 Public Health England Cases by Ethnicity

<https://www.bbc.co.uk/news/health-52338101>

Updated guidance from Public Health England on funerals

<https://www.gov.uk/government/news/guidance-updated-to-support-the-safe-management-of-funerals>

Best wishes
Jacquetta

An introduction to Transactional Analysis

TRANSACTIONAL ANALYSIS 101

Online!

Wednesday May 27th & Wednesday June 3rd 9:30- 4:30pm

or

Saturday June 13th & Sunday June 14th 9:30- 4:30pm

£150 full-price - **£75 for NHS staff and Keyworkers**

Transactional Analysis (TA) is a theory of personality, communication and relationships that has supported people throughout the worlds of counselling & psychotherapy, health-care, business and education for the last fifty years.

Using easily understood models and explanations, TA theory helps people get the best out of themselves and their interactions with others.

This internationally recognised introductory course provides participants with skills and awareness that can be immediately used in your professional and personal lives.

Each course will be taught online using Zoom and will be limited to 15 participants.

Your trainer will be Beren Aldridge, a UKCP registered psychotherapist and an EATA certified Provisional Teaching and Supervising Transactional Analyst with experience of teaching TA at introductory and advanced levels. For more course details visit www.porchlightpractice.co.uk/ta-training/

For enquires and booking please contact Beren on 07891 693158

or beren@porchlightpractice.co.uk



**PORCHLIGHT
PRACTICE**

Up-date from Growing Well's Volunteer support team – w/c 17:04:2020



In the last few weeks we have been in touch with all of our volunteers either on a weekly or fortnightly basis, supporting them to adjust to our temporary site-closure in line with government recommendations.

We will continue to offer remote support for all our volunteers who wish to engage with us during this period of site closure. However, as of this week w/c 14.04.2020 we will do this using a support structure which is in line with our on-site support system.

Our on-site support system for volunteers is a two-tiered structure and our remote support now reflects this also:

1. Every volunteer will be offered support through our Recovery Star support system:
 - Each volunteer will be encouraged to complete a Recovery Star appointment, typically lasting between 45-1:15 minutes long, every 12 weeks
 - During the recovery Star appointment volunteers are encouraged to self-assess their current wellbeing in relation to ten different areas of their life such as use of time, physical health and their ability to self-manage their mental wellbeing. At the end of the collaborative scoring of all ten areas the volunteers are then supported to set up to 4 goals in an 'Action Plan' using their strength areas to guide these
 - Each volunteer is then offered an 'Action Plan' review at 6-weeks, where they review the actions set and set new goals if appropriate. Action Plan review appointments typically last between 30-45 minutes.
2. Every volunteer will have access to Mental Health First Aid (MHFA) appointments during our opening hours which is weekly Monday-Thursday 09:30-16:00 by contacting 07726 836065
 - Every volunteer has been informed of the procedure to access these appointments from this week onwards

We currently have 72 active volunteers on our caseload.

Unfortunately we are unable to accept new volunteers at this time.

Kind Regards,

Bex Carr
Occupational Therapist

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creative
EDUCATION



Free for a Week: Break the Cycle of Emotionally Based School Avoidance

After making [Meet the Mental Health Needs of Learners with SEND](#) free for a week we had a massive response with over 1,000 people taking the course.

Now it's the turn of [Break the Cycle of Emotionally Based School Avoidance](#) which will be **available free, for everyone** until 5pm on Wednesday 29th April.

Want to choose the next course that'll be Free for a Week? Head over to [Twitter](#) and cast your vote.

Anyone can sign up for [Free Access](#) so if your friends and colleagues would like to access the course - why not let them know?

[Access the Course](#)

New Courses Live This Week

<https://elearning.creativeeducation.co.uk/available-courses/>

Enjoying our courses on YouCan? Did you know you can also sign up for access for your whole organisation?

Call us on 020 8680 4077 to sign up for a free 4 week trial.