



January-February 2023 East Integrated Care Community Newsletter

Welcome to our newsletter for January and February 2023

Included in this month's newsletter

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, KEY (Kent Estuary Youth), Time in Nature
3. **North Craven:** Bentham & District Dementia Friendly Community, Safe Havens, ATI & Craven College, Age UK North Craven, Ramblers Wellbeing Walks, Cost of Living Support, Applying for Free School Meals Now Much Easier, Get Going Grants, North York's County Council, Online Parenting Support, New Courses for Teenagers, New Skipton LGBTQA+ Youth Group & IDAS, Support for Mental Wellbeing, Children & Young Peoples Mental Health, Money Saving Resources, +Choices, Online Parenting Courses, Citizens Advice, Pioneer Projects
4. **North Lancashire:** Morecambe Bay Poverty Truth Commission, HARRI Van, Recovery College, Employment Support with Building Better Opportunities - Lancaster

5. **General:** Get Vaccinated, Brathay, Cancer Care, Kooth, NHS Scotland - Anticipatory Grief, Flynne's Barn, Ukraine, StepChange Debt Charity, Yellow Wellies, 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/hand 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>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>Surgeries we cover</p> <p> Our six GP practices: </p> <p>Amble Medical Practice Stoneleigh Surgery Park View Surgery Bertham Medical Practice Lunsdale Surgery Sedbergh Medical Practice</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"> • GP • Community Matron • Community Nurse • Family/Friend/Carer • Self-referral • Social Worker <p></p> <p>Consent must be obtained from the individual being referred.</p>
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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 Sedbergh, 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



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.





FREE Energy Saving Advice from Cold to Cosy Homes Cumbria

You or someone you know could benefit from a FREE advice phone call from a qualified assessor, who will advise you on the services you could benefit from.

These could include:

- Energy-efficient equipment such as FREE LED light bulbs, sent to you in the post
- Professionally installed draughtproofing
- Help with your energy bills and advice on switching energy tariff
- Referral to support agencies or for other grants

Visit cafs.org.uk/cold-to-cosy-homes-cumbria/ to find out more.

Also see: How to save money on your energy bills: energysavingtrust.org.uk/campaign/how-to-save-money-on-your-energy-bills/

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:

- Allerdale 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.
- Milom 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.

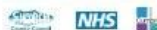
Or you can find out more about **Universal Credit** (and make your claim) online: understandinguniversalcredit.gov.uk

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>

Cost of Living Support

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: carlisleccu.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>

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 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.

यदि तुम्हें यह दस्तावेज़ किसी अन्य रूप में चाहिए, तो कृपया 0300 303 2992 पर कॉल करें।

如需此文件的其他格式，请致电 0300 303 2992。

Jeigu noriūmėte gauti šią informaciją savo kalba, skambinkite telefonu 0300 303 2992.

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.

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

Every Life Matters



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)

Cumbria County Council

Entry 3 Award in Healthy Living for Wellbeing and Mental Health

Monday 27 February
10am – 12:30pm
5 weeks
Kendal Library
Free Course
Led by Kathryn, our fully qualified employability tutor.

This workshop will cover the following topics:

- Understanding the importance of healthy living
- Understanding the importance of mental health
- Understanding the importance of healthy eating
- Understanding the principles of physical activity for health

Enrol Now!
To book a place please visit our website at: adultlearning.cumbria.gov.uk
Search under the heading 'Health and Wellbeing', 'Award in Healthy Living for Wellbeing and Mental Health Entry 3', 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

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Building Confidence



Wednesday 1 March

5 weeks

12.30am – 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

Entry 3 Award in Healthy Living for Wellbeing and Mental Health



Monday 6 February

12:30pm – 2:30pm

6 weeks

Kendal Library

Free Course

Led by Kathryn, our fully qualified employability tutor.

This workshop will cover the following topics:

- Understanding the importance of healthy living
- Understanding the importance of mental health
- Understanding the importance of healthy eating
- Understanding the principles of physical activity for health

Enrol Now!

To book a place please visit our website at:
adultlearning.cumbria.gov.uk

Search under the heading 'Health and Wellbeing', 'Award in Healthy Living for Wellbeing and Mental Health Entry 3', 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

Free Functional Skills English Levels 1 & 2



Functional Skills English Level 1 & 2

Starts: 1.3.23
Weeks: 18
Time: 9am - 12pm
Venue: Online
Tutor: Sam Smith

The Functional Skills English qualification, is widely recognised and valued by employers.

In this course you will be helped to:

- Develop a range of formal and informal writing skills
- Write letters, emails, reviews and blogs
- Improve your use of grammar and punctuation
- Learn some useful spelling strategies
- Develop your vocabulary
- Build a range of skills in writing, reading, speaking and listening.

Enrol Now!

To find out more and book an initial assessment please speak to one of the South Lakeland Adult Learning Team on 01539 713257 or email southlakelandadultlearning@cumbria.gov.uk

Smartphone for Beginners



Monday 6 March
10am - 12pm
3 weeks

Windermere 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



Smartphone for Beginners

Monday 30 January
10am - 12pm
3 weeks

Cancer Care, Kendal
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



Coping with the Rising Cost of Living

Coping with the Rising Cost of Living
Monday 27 Feb
Kendal
1-2.30pm
4 weeks

If you find it hard to keep track of where your money goes, this course will help you to discover practical ways to save money. The course will cover:

- Ways to save money and make ends meet
- How to live on a tight budget
- Managing bills
- Avoiding debt
- Knowing where to find help if you need it

Enrol Now!
To find out more and enrol please speak to one of the South Lakeland Adult Learning Team on 01539 713257 or email southlakelandadultlearning@cumbria.gov.uk

**Functional Skills
Maths Level 1 &
Level 2**



Functional Skills Maths Level 1 & 2
Wednesday 1 March for 18 weeks
6-9pm

Functional Skills maths qualifications are designed to equip you with the basic skills you need to operate confidently, effectively and independently in education, work and everyday life.
 The course will help to develop your skills in:

1. Basic mathematical operations
2. Fractions, decimals and percentages
3. Ratio and proportion
4. Calculating with time and timetables
5. Measuring in metric units
6. Calculating perimeter and area
7. Reading/drawing charts
8. Calculating averages and range
9. Calculating probabilities

Homework is given where appropriate and you are expected to attend every week.

Enrol Now!

To book a place please speak to one of
 the South Lakeland Adult Learning Team on 01539 713257 or email
southlakelandadultlearning@cumbria.gov.uk

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cumbria.gov.uk

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

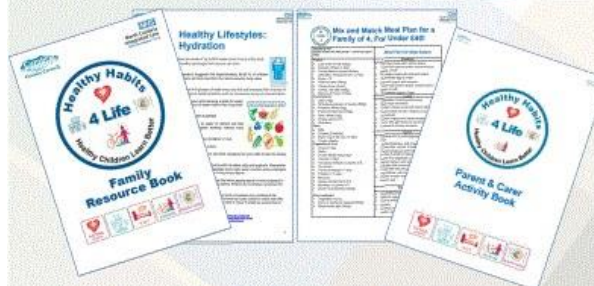
happierhealthiercommunities

NCICIE-SNIPPoster_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



Please let us know if you are interested in joining us - please see attached leaflets - and we will arrange to meet with you for a further chat.

With best wishes from all of us at KEY

Youth Work
in the villages around
the Kent Estuary



Also in Dallam School
and with year 6 transition
pupils in our primary schools

COULD YOU BE A **TRUSTEE** FOR KEY ?

And be part of the team responsible for
delivering youth services in our communities:

Trustees agree to attend quarterly Trustee meetings;
some oversee the day-to-day operation of the
project, some look after the financial aspects of KEY
and some are engaged in fundraising.

It is not necessary to take part in the youth clubs
although some of the Trustees are also volunteers.

Do talk to our current Trustees:

Peter Clarke, *Chairman*, Linda Baverstock, *Secretary*
Irene McKay, Greg Tagney, Janet Battye

or contact

peter@heversham.com or baverstock271@btinternet.com

Youth Work
in the villoges around
the Kent Estuary



Also in Dallam School
and with year 6 transition
pupils in our primary schools

COULD YOU VOLUNTEER WITH KEY ?

And help us to deliver much-needed youth work
in our communities:

Could you:

Be a listening ear

Make drinks

Help with making after school snacks

Help with sports / crafts / gardening
or inter-generational projects

Or just come and be the extra adult we
occasionally need at the youth clubs or
on outdoor education days and excursions

Do talk to our Trustees:

Peter Clarke (*Chairman*) Irene McKay, Greg Tagney, Janet Battye, Linda Baverstock

or contact:

irenemckay80@gmail.com or baverstock271@btinternet.com

Kent Estuary Youth Project (KEY) is a Charitable Incorporated Organisation, registered number: 152823

Time in Nature

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



Working in Partnership with:
Dignity in Dementia
 Helping you support people with dementia
www.dignityindementia.org



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 16th 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: 110713

NORTH CRAVEN

Bentham & District Dementia Friendly Community

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

Thursday Date	Activities planned
19 th January 2023 - 10:00am	Games
2 nd February 2023 - 10:00am	Chair exercise
16 th February 2023 - 10:00am	
2 nd March 2023 10:00am	
16 th March 2023 10:00am	
30 th March 2023 10:00am	
13 th April 2023 10:00am	
27 th April 2023 - 10:00am	
11 th May 2023 10:00am	

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 Breakfast Club at Bentham Fire Station

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: 1022337. Company Number: 4984337



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
- Volunteering & Work Experience
- 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 counselling 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 07763 466 957/
hhowie@craven-college.ac.uk or Lesley on 07921 743 707/
ljamieson@craven-college.ac.uk



YOU CAN...

FULLY FUNDED**

LEVEL 2 DISTANCE LEARNING

All of our Level 2 Certificates can be completed at a time that suits you and in 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. *where applicable.

<p>ALL SECTORS</p> <ul style="list-style-type: none"> - Customer Service - Environmental Sustainability - Equality and Diversity - Lean Organisation Management Techniques - LGBT 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>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>BUSINESS & MANAGEMENT</p> <ul style="list-style-type: none"> - Information, Advice or Guidance - IT User Skills - Business Administration 	<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>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 - Counselling 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
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* 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.TYROTRAINING.CO.UK

CALL: 01756 863309

EMAIL: DISTANCELEARNING@CRAVEN-COLLEGE.AC.UK



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, Hamogate 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 Paaras at lucy@northyorkshiresport.co.uk

<https://both.ramblers.co.uk/go/walking/wellbeing-walks-ncswa/ramblers-wellbeing-walks-north-yorkshire>

In partnership with



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 Psarias 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@gmail.com **Mobile:** 07962277205




Cost of Living Support



Please see the link below:

[Cost of living support | 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 (NIN) or National Asylum Support Service (NASS) number and date of birth. The second screenshot is the 'Select Children' page where users choose the child(ren) they wish to apply for from a dropdown list. The third screenshot is the 'Add Documents' page where users upload supporting documentation, such as a Universal Credit statement. The fourth screenshot is the 'Your Results' page where users receive confirmation details and are notified of the school(s) where their child(ren) will receive free school meals.

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, Wharfedale)

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: earlyhelpservices@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.

Household Support Fund Update

There is further, more detailed information on the website – this includes an eligibility checker tool for the direct awards element of the scheme and detailed FAQs, which can be found here: [Household Support Fund | North Yorkshire County Council](#). This includes information on non-digital support options.

We have received confirmation from the Department of Work and Pensions that Household Support Fund will continue over the winter period (October 2022 to March 2023); we are awaiting guidance on how this will be delivered but will endeavour to keep you updated.

Online Parenting Support



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.



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.



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 and IDAS


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 how it will run and will then be run fortnightly.


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

Please also see the leaflet on IDAS webinars.

LGBTQ+ Youth Club







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 07500787621

ONLINE ABUSE



STREET HARASSMENT



ECONOMIC ABUSE



#16DAYS16STORIES

16days.idas.org.uk



ETHNIC ABUSE



COERCIVE CONTROL



SIBLING TRAFFICKING



IDAS Events

Webinar: Misogyny, sexism and violence against women [Click to book](#)
24th November 14:00 - 15:00

To mark the start of the 16 days of action, 25th November (UN Day to Eliminate Violence Against Women) and 10th December International Day of Human Rights, IDAS are hosting a webinar to discuss misogyny, sexism and how this contributes to male violence against women and girls.

Everyone Active & Team IDS Virtual Cycle
Tuesday 29th November 2022 10am to 6pm

Join Team IDAS at the Everyone's Active village where they'll be virtually cycling from Scarborough to York and back to raise vital funds. The team will also encourage people to pledge support for the 16 days of activism campaign.

Webinar: Economic Abuse & the Cost of Living Crisis [Click to book](#)
1st December 13:30 - 15:00

The Cost-of-Living crisis threatens to trap survivor of domestic abuse with no means to escape. IDAS CEO, Sarah Hill discusses economic abuse and the risks to families with experts from Surviving Economic Abuse and New Beginnings Peer support.

Webinar: Employment & Domestic Abuse [Click to book](#)
5th December 13:30 - 14:30

Join IDAS CEO, Sarah Hill, Employment Law Solicitor, Tiggy Clifford of Torque Law, and Author Samantha Lee Howe to discuss employment and domestic abuse as part of the 16 days of action. Learn what action employers can take to effectively respond to and support their staff and customers.

Webinar: Animal abuse and domestic abuse [Click to book](#)
7th December 12 noon

Animal abuse and threats to harm animals can form part of domestic abuse. Join our webinar with Dogs Trust and Cats Protection to find out more about the support available in Yorkshire.

Activism through friendship: 16 days of action
8th December 11:00 - 13:00
York Theatre Royal

On the 8th of December IDAS will be hosting a morning of activism through friendship, we will have creative activities for all ages, yoga, educational information, teas coffees and friendship. Drop-in to take part for free.

For advice and support visit:

[idas.org.uk](https://www.idas.org.uk)

safe lives, free from abuse and violence

IDAS (Independent Domestic Abuse Survivors) is a registered charity in England and Wales Number: 902237. Company Number: 4094337



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.

Access support for your mental wellbeing across Bradford District and Craven

Bradford District and Craven Health and Care Partnership **ACT4ONE**

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.healthy minds.services

The cost of living crisis

Bradford District and Craven Health and Care Partnership **ACT4ONE**

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.cravencd.gov.uk

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

Children and Young Peoples Mental Health

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

Self care: There are lots of things you can do to look after your mental wellbeing. Visit www.healthy minds.services for more tips on how to look after your mental health. Scan the QR code using the camera on your smartphone to help.

Do you need some more information?

Talk to family, friends or an adult you trust.

The Go-To for healthy minds in North Yorkshire Visit: www.thego-to.org.uk

childline Call 0800 1111 20 hours, 7 days a week for free or visit: www.childline.org.uk

sleep Call 0800 1111 20 hours, 7 days a week for free or visit: www.sleep.org.uk

Qwell Adults aged 16+. Visit: www.qwell.org.uk

recovery.org.uk Visit: www.recovery.org.uk

Would you like to talk to someone?

If they are concerned about your mental health speak to a member of staff at school or college and ask for a member of staff who can refer you to a range of services that will be able to help.

NHS Visit: www.nhs.uk

Bradford District and Craven Visit: www.bradford.gov.uk

Childline Call 0800 1111 20 hours, 7 days a week for free or visit: www.childline.org.uk

Qwell Adults aged 16+. Visit: www.qwell.org.uk

recovery.org.uk Visit: www.recovery.org.uk

childline Call 0800 1111 20 hours, 7 days a 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.

If you need someone to talk to and the problem isn't immediately life threatening call 111.

childline Call 0800 1111 20 hours, 7 days a week for free or visit: www.childline.org.uk

shout Text SHOUT to 83282

FRYTRIS Call 0800 044 4444 or text 07860 008001

Phonix Call 07956 887878 or visit: www.phonix.org.uk

Phonix App for iPhone call 118 123



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 kilowatts (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

Appliance	Power Rating	Usage
Electric shower	13.2kW	1 hour
Tumble drier	From 850W	1 hour
Hair drier	1.1p for ten minutes	10 minutes
Oil-fired radiator	From 1kW	1 hour
Electric mower	From 340W	1 hour
Vacuum cleaner	From 310W	1 hour
Phone charger	Almost nothing at all!	1 hour

See all our energy advice leaflets at www.cse.org.uk/leaflet-catalogue



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 ¹)	Cost per hour ² *	Cost per 10 mins	Appliance (with typical power rating ¹)	Cost per hour ² *	Cost per 10 mins
Electric shower (9000 W)	£3.06	5p	Freezer (150 W) ³	5p	-
Immersion heater (3000 W)	£1.02	-	Fridge (50 W) ³	5p	-
Kettle (3000 W)	-	17p	Heating blanket (50 W)	5p	1p
Tumble Dryer (2500 W)	85p	14p	Desktop computer (40 W)	5p	1p
Electric heaters (2500 W)	85p	14p	Games console (100 W)	4p	1p
Oven (2100 W) ⁴	71p	-	LCD TV (100 W)	4p	1p
Washing machine (2000 W)	71p	-	Laptop (50 W)	3p	-
Oil-filled radiator (2000 W)	69p	11p	TV box (40 W)	1p	-
Heatpump (2000 W)	-	11p	DVD player (40 W)	1p	-
Hobs (2000 W)	61p	11p	Extractor fan (20 W)	1p	-
Grill (1500 W)	51p	9p	Broadband router (10 W)	1p	-
Iron (1500 W)	51p	9p			
Toaster (1000 W)	-	6p			
Microwave (1000 W)	34p	6p			
Electric mower (1000 W)	34p	6p			
Vacuum cleaner (800 W)	31p	5p			
Dehumidifier (500 W)	17p	-			
Towel rail (450 W)	15p	-			
Plasma TV (1350 W)	45p	8p			
Fridge-freezer (500 W) ³	17p	-			

¹ We've taken an average power rating for each appliance; the actual power rating will depend on the size and specifications of the appliance. So the cost of running, say, your microwave, could be less than the figure given, or more.

² For some appliances we've only listed the cost for either an hour (showers) or 10 minutes (toasters).

³ Appliances like ovens, fridges and freezers turn themselves off when they reach the required temperature, so for some of the time that they're in use they won't be using much or any electricity. So the daily cost of running a fridge or freezer is c. 24 x the hourly cost.

by its given power rating, particularly if it is controlled with the 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 Court,
Director, Energy Advice
0800 082 2234
01179 244 1882
www.cse.org.uk
info@cses.org.uk
Charity 208765
Dissolved 1479

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

Our Home Energy Team offers free advice on domestic energy use to people in Bristol, Somerset, Wiltshire, South Gloucestershire and Dorset.

Contact us:
PHONE 0800 082 2234
EMAIL home.energy@cse.org.uk
WEB www.cse.org.uk/foeyourhome
TWITTER @HaloCSE

COMMUNITY ENERGY AMBASSADORS

Checklist of energy saving tips

YORKSHIRE ENERGY DOCTOR CIC

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



[f](#) [@yorkshireenergydoctorcic](#)

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

- Last 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 6

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.craven.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 to DWP, 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

01752 701 000

contactus@craven.gov.uk

www.craven.gov.uk

Help with options: 1 2 3 4 5 6

CITIZENS ADVISE CRAVEN AND HARROGATE DISTRICTS

Advice on debt, benefits, employment, housing and more

0800 276 7900

www.citizensadvice.org.uk

contact@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

0800 328 0061

www.capeuk.org

Help with option: 3

Citizens Advice Help to Claim

Advice for claiming Universal Credit

0800 144 8444

www.citizensadvice.org.uk/benefits/universal-credit

Other Support

Craven District Council Housing Options Team

Help if you are homeless or at risk of homelessness

01752 705 475

01663 699 392

housing@craven.gov.uk

www.craven.gov.uk/housing

Homelessness/homeless-or-at-risk-of-homelessness

Age UK North Craven

Support and advice for older people, their families and carers

01729 823006

info@ageuknorthcraven.org.uk

www.ageuk.org.uk/northcraven

Carers' Resource

Information, advice and support carers including help to apply for benefits and carers' assessments

0800 501 5059

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 500 030

nla@ny.gov.uk

www.ny.gov.uk/ny-local-assistance-fund

DASH

Support for anyone experiencing or affected by domestic abuse or sexual violence

03000 110 110

info@dash.org.uk

www.dash.org.uk

Warm and Well in North Yorkshire

Advice and grants for people struggling to afford their energy bills

01609 767 668

info@northyorkshire.gov.uk

www.warmandwell.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

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.

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






FOUNDATION
Inspiring Independence. Transforming Lives.

INSPIRE RESPECT
North Yorkshire
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

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.

Who is the service for?
 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



Online Parenting Courses

Please find attached some new information, for parents and carers, on the free Solihull parenting courses and how to access them.



UNDERSTANDING YOUR CHILD
 THE SOLIHULL APPROACH

NHS

Transformed the way I respond to the kids

Every parent could benefit from this course!

Reassured me I'm already taking the right approach

**NEW TERM
 NEW START
 NEW LEARNING
 FOR PARENTS TOO!**

online courses available 24/7
 prepaid access for residents in eligible areas

WWW.INOURPLACE.CO.UK

North Yorkshire families
 enter the access code **NYFAMILIES** to gain free access

Citizens Advice

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

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 Area 1 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

Pioneer Projects



Creative & Wellbeing Facilitator

22.5 hours per week
£23,953 fte (£14,372 pro rata) NJC SCP 5

Are you a confident, organised, and can-do individual, who understands the power of creativity to impact on wellbeing?

Do you want to be part of an inspiring Creative Community Arts organisation that delivers impactful creative and wellbeing focused activity across Craven?

This role will support the Creative & Wellbeing Projects Manager who has overall responsibility for managing our delivery programme. It will sit alongside and support our Keyworkers (who facilitate participant engagement) and a seasonal team of Creative Leads (who deliver wellbeing focused creative activity). The role will be split between delivery locations in both North and South Craven and will initially involve activity in Bentham, Selfie, Skipton and Glusburn.

For an application pack contact:
Lynda Graveson, Operations Manager
lynda@pioneerprojects.org.uk
Tel: 015242 62672

Closing date for applications: 5pm Monday 13th February.

Pioneer Projects (Celebratory Arts) Ltd, Looking Well Studios, King Street, High Bentham, LA2 7HG
<http://www.facebook.com/pioneerprojects>
Registered in England No 3241874 Registered Charity Number 1067976

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 is a blue rectangular graphic with the word 'HARRI' in large, multi-colored letters at the top left. In the top right corner, there is the NHS logo and the text 'Lancashire & South Cumbria NHS Foundation Trust'. The poster lists ten dates and locations for the HARRI Van's presence, arranged in two rows of three columns each. The last cell in the second row is empty. A small white icon of a van is located on the right side of the poster, between the two rows of dates.

Tues 17th Jan Blackburn Cathedral, Cathedral Close, Blackburn BB1 5AA 9:30 - 2:00	Thurs 19th Jan Asda - Walney Road, Barrow-in-Furness, LA14 5UG, 10am - 3pm	Weds 25th Jan PNE LSCFT recruitment day Lowthorpe Rd, Preston PR1 6SB 10am - 3pm
Tues 31st Jan Age UK keep warm event Haslingden Bury Rd, Haslingden, Rossendale BB4 5PG 10am - 2pm	Thurs 2nd Feb Tesco Liverpool Rd N, Burscough, Ormskirk TBC 10am - 3pm	Weds 8th Feb Fulwood Barracks Preston 10am - 3 pm
Thurs 9th Feb Tesco Bocholt Way, Rawtenstall, Rossendale BB4 6DB 10am - 3pm	Thurs 16th Feb Barow TBC 10.am - 3pm	Sat 18th Feb Blackburn rovers Ewood Park, Blackburn BB2 4JF 12pm - 3pm
Weds 22nd feb Plungington Community Centre, Brook Street, Preston, PR1 7NB. 10am - 3pm	Thurs 23rd Feb Town centre 75 Victoria Rd , Cleveleys, Thornton-Cleveleys FY5 1AJ 10am - 3pm	Thurs 2nd March Barnoldswick Library Fern Lea Ave, Barnoldswick BB18 5DW 10am - 2pm

Recovery College

Recovery College @Deepdale						
Courses & Groups - January 2023						
Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th	Monday 2 nd	Tuesday 3 rd
New Year's Book Holiday: The Year at Recovery College @Deepdale look forward to creating your 2023!	Gratitude & Joy 2:00pm - 3:30pm	Warming Up The New Year (Crafts, games & information) 10:00am - 1:00pm	Walk & Talk Group (PNCET) 10:15am - 11:30am	Enrolment Day 10:00am - 4:00pm		
Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th		
Be kind to yourself today and remember to think yourself as well as others!	Mental Health Awareness 12:00pm - 1:30pm	Self-Compassion (1/2) 1:30pm - 3:00pm	Walk & Talk Group (PNCET) 10:15am - 11:30am ME/CFS Support Group 1:00pm - 3:00pm	Tree of Life 1:30pm - 1:50pm		
Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st		
Living with ADHD 10:30am - 12:00pm	Understanding Depression 2:00pm - 3:30pm	Demerita Hub 11:00am - 1:00pm Wellbeing Lunchbox (online) 12:30pm - 1:30pm Self-Compassion (2/2) 1:30pm - 3:00pm	Walk & Talk Group (PNCET) 10:15am - 11:30am Advisory Group 1:00pm - 2:30pm	Co-Production Lab 1:30pm - 3:30pm		
Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th		
Understanding Stress 10:30am - 12:00pm	Counting Sheep 1:00pm - 3:00pm	There are lots of things that you can get involved in at Recovery College but if there's something that you would like to see, please do let us know!	Walk & Talk Group (PNCET) 10:15am - 11:30am ME/CFS Support Group 1:00pm - 3:00pm Change Minds Week 1 (Lancashire Archives) 1:00pm - 4:00pm	Improve your response to stress and conflict (Online session) 9:30am - 12:30pm		
Monday 31 st	Tuesday 1 st	Wednesday 2 nd	Thursday 3 rd	Friday 4 th		
Enrolment Day 10:00am - 4:00pm	Intro to Deaf Awareness (LAJ) 10:00am - 1:00pm Intro to Deaf Awareness (LAJ) 1:30pm - 4:30pm					

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

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

Have you heard of our warm hub? Recovery College@Deepdale and @Chai are offering warm, friendly spaces during the colder months where you can relax, feel refreshed, courses and support in regards to health and wellbeing!

You can find the nearest warm safe to you by visiting www.warmhub.co.uk and clicking on 'find a safe space'.

For online Recovery College Sessions, please visit www.eventbrite.co.uk/ Lancashire-recovery-college-1833378559

Recovery College @Chai Centre						
Courses & Groups - January						
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday
Baby and Parent Mid-Move & Groove (For Children up to 4yrs old) 1:00pm - 3:00pm	WW Lancashire Women Centre 10:00am - 12:00pm	Learn English 10:00am - 12:00pm Wellness & Recovery Workshop 1:00pm - 3:00pm Development Matters Baby Massage 9:15 - 11:30	Calico Drop In for refugees 9:00am - 2:00pm Ladies Exercise class 10:00am - 12:00pm	Although we have no activity, we are still open from 10:00-11:50am. You are welcome to use our shared safe space.		
Baby and Parent Mid-Move & Groove 1:00pm - 3:00pm	WW Lancashire Women Centre 10:00am - 12:00pm	Learn English 10:00am - 12:00pm Wellness & Recovery Workshop 1:00pm - 3:00pm Development Matters Baby Massage 9:15 - 11:30	Calico Drop In for refugees 9:00am - 2:00pm Ladies Exercise class 10:00am - 11:00am	Look out for our next exercise classes, starting soon.		
Baby and Parent Mid-Move & Groove 1:00pm - 3:00pm	WW Lancashire Women Centre 10:00am - 12:00pm	Learn English 10:00am - 12:00pm	Calico Drop In for refugees 9:00am - 2:00pm	How are you getting on at Chai? Why not pop in for a brew and chat with us!		
Baby and Parent Mid-Move & Groove 1:00pm - 3:00pm	WW Lancashire Women Centre 10:00am - 12:00pm	Learn English 10:00am - 12:00pm Wellness & Recovery Workshop 1:00pm - 3:00pm	Calico Drop In for refugees 9:00am - 2:00pm Ladies Exercise class 10:00am - 11:00am	Stress & Conflict by Steve Goshing (Online session) 1:30pm - 3:00pm		
Baby and Parent Mid-Move & Groove 1:00pm - 3:00pm	WW Lancashire Women Centre 10:00am - 12:00pm	Learn English 10:00am - 12:00pm Wellness & Recovery Workshop 1:00pm - 3:00pm	Calico Drop In for refugees 9:00am - 2:00pm Ladies Exercise class 10:00am - 11:00am	Understanding Anxiety 1:30pm - 3:00pm		
Baby and Parent Mid-Move & Groove 1:00pm - 3:00pm	WW Lancashire Women Centre 10:00am - 12:00pm	Learn English 10:00am - 12:00pm Wellness & Recovery Workshop 1:00pm - 3:00pm	Calico Drop In for refugees 9:00am - 2:00pm Ladies Exercise class 10:00am - 11:00am	New Programmes starting soon in Chai		

Recovery College@Chai Centre, Hartley Street, Burnley, BB5 1BY

For in-person sessions - Please Telephone the Chai Centre on 01282 628150

For online Recovery College Sessions, please visit www.eventbrite.co.uk/ Lancashire-recovery-college-1833378559

Please find attached, details of the upcoming Change Minds programme which is beginning on the 26 of January; Please click on the Eventbrite link at the bottom for more details.


If you have any further questions or queries, please e-mail archives@lancashire.gov.uk. Transport can be arranged by the Lancashire Archives team, so you can still join the sessions even if you are not based in Preston.

Please register for the sessions by clicking the link below;

<https://www.eventbrite.co.uk/e/507458330527>

How do I get involved?
Talk to the Recovery College team. You can email us at recovery.college@lscft.nhs.uk, or call us on 01772 895586



How can I find out more?
Find out more about Change Minds on our website www.change-minds.org.uk. You can also contact Victoria Reacom, Archivist by phone on 01772 532031 or email archives@lancashire.gov.uk





CHANGE MINDS

Explore, imagine and share tales of living with mental health challenges, in the past and today.

Change Minds is a 'culture therapy' programme that works with people living with mental health challenges. As a member of Change Minds, you will be part of a shared experience of exploring historical mental health records from over one hundred years ago. Over 12 workshops, you will take part in a fascinating journey of learning, creativity and thinking about mental health in the past and today. If you want to, you can also participate in the evaluation element of this programme through questionnaires and conversations to understand the impact of Change Minds on your mental health and wellbeing.

Change Minds in Lancashire is run by Lancashire Archives in partnership with The Recovery College.

Change Minds is a successful heritage programme working with people with mental health challenges using historical mental health archives. It stimulates engagement with local history, explores creativity, and improves personal wellbeing and social connection.

FAQs

Who is Change Minds for?
Change Minds is open to people who are currently accessing The Recovery College services.

Where is it?
Most workshops will be held at either **The Recovery College Leithorpe Road, Preston, PR1 6SB** or **Lancashire Archives, Bow Lane, Preston, PR1 2DE**. You will also go on a trip to Lancaster to see the site of the Moor Hospital.

What will I be doing?
You will join a group including archivists, artists, volunteers and support workers for 12 three-hour workshops. Together you will investigate historical records of Lancaster Moor County Asylum (MCA). You will choose an individual to follow through time using archives at Lancashire Archives and online. On your trip to the archives in Preston you will learn more about the history of the treatment of mental health and the lives of the people in the case studies. Then you will respond creatively to what you have learned. Finally you will contribute to a showcase of the group's research and creative work.

When will we meet?
The group will first meet on **26 January 2023** and workshops will then run weekly from **9 February 2023** until **20 April 2023**.

How will I get there?
If needed, we will help you make travel arrangements so that you can get to and from workshops and events at no cost to yourself. You will be reimbursed for any transport costs.

What facilities are there?
Lancashire Archives is a fully accessible building with disabled lift access and designated toilets. There is a kitchen, lockers and a dedicated private space for workshops. Refreshments including hot and cold drinks, biscuits, occasionally cake will be available at every workshop. The Recovery College is located next door to the Mental Health Centre, is on the ground floor and has disabled access and toilets as well as refreshments at its community cafe.

How much will it cost?
Nothing. Change Minds is free for participants and carers.

How will I be supported?
Anna Watson is the Project Coordinator, and she will support you during Change Minds, along with other staff and volunteers. You can come with a carer if that will help you enjoy the project.

What happens if I don't feel well?
If you feel unwell during a workshop, please speak to staff. If you can't make it to a workshop Anna Watson will keep in touch with you to see how you get on.

What if I drop out?
You can leave at any time. It will not affect your care from Lancashire & South Cumbria NHS Trust, or prevent you from accessing further opportunities through The Recovery College.

What is the evaluation programme?
This is looking at how well Change Minds works as a community heritage project, and also at whether exploring history and identity through archives helps people's health and wellbeing. If you decide not to take part in the evaluation, you can still come to Change Minds.

How can I be sure that my confidentiality is protected?
We operate with a strict data protection and confidentiality framework. This follows national laws and ensures your personal data will be kept securely and not shared with anyone outside of the Change Minds evaluation team. Any data used in reports will be fully anonymised. You will be asked for your consent for photography, filming and social media, as well as for evaluation. If you don't want to consent then you will still be able to take part in the programme.

What if I have a complaint?
If you are unhappy about something to do with Change Minds, please get in touch with Laura Drysdale, the Director of the Restoration Trust, who will try and resolve the issue with you. Contact Laura by phone on 07740246611 or email laura@restorationtrust.org.uk.

What happens at the end of Change Minds?
The project team can advise you if you would like to move on to volunteering or working in the heritage field. You can help to train with The Restoration Trust through our regular online meetings and in-person gatherings.



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



Together we are
BUILDING BETTER OPPORTUNITIES
across Lancashire



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

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.

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.

HOW CAN YOU PARTICIPATE?

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

01772 200690

hello@selnec-uk.com

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



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.



OUT OF WORK?

Multiple barriers stopping you moving forward?

WE CAN HELP. TALK TO US.



AGED OVER 50?

Out of work?

Low confidence, ill-health, disability and/or outdated skills?

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.



"It's like they turned a light on. I can move forward and feel positive."

MULTIPLE ISSUES STOPPING YOU GETTING INTO WORK/TRAINING?

Do your problems feel so overwhelming that you don't know where to start?

We can help people of all ages to take control, step by step.

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.



AGED 15-24?

Not in education, work or training?

With intensive support from a Key Worker we can help you overcome your barriers.

From your interests and skills, the Key Worker will help you to achieve milestones agreed within your personal action plan.



"I was so stuck - but got loads of support. I'm excited for the future!"

GENERAL

Get Vaccinated

VACCINES ARE OUR BEST PROTECTION

If you are 50 years old or over, get your free flu vaccine and COVID-19 booster now.

Find out more at nhs.uk/wintervaccinations





YOUR BEST PROTECTION.

If you are 50 years old or over, get your free flu vaccine and COVID-19 booster now.

Find out more at nhs.uk/wintervaccinations



BOOST YOUR IMMUNITY THIS WINTER

FLU + COVID-19 BOOSTER VACCINES

Flu and COVID-19 can both cause serious illness and spread more easily when mixing indoors in winter. If you're over 50, in an at-risk group or pregnant you are eligible for a free flu vaccine and a COVID-19 booster.

Ask our pharmacy team for more information.
Find out how to book at nhs.uk/wintervaccinations

GET BOOSTED. GET PROTECTED.

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
07485410008

Brathay is the trading name of Brathay Trust, a charitable company limited by guarantee and registered in England and Wales.
Company Registration Number: 2814326. Charity Registration Number: 1021586.

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 express their emotions through play 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 therapist a valuable insight into how the child is coping with a stressful situation at home, at school or how it is in a family member or friend.

All our centres have fully equipped play rooms.

For teenagers we also provide 1-2-1 counselling.

For more information email our Therapy Co-ordination Team.
Call 01524 381620
Email therapies@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).

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Referral guidelines

Referrals are welcome from young people, families or professionals/organisations. Please contact us at referral@flynnsbarn.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

Flynn's 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 Flynn's 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



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 F team will come back to you.

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 the new term 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@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 Minskot research companies to carry out a breeder survey among various 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 net even further and, at the same time we will be surveying farmers over the use of artificial intelligence. If you fall into this category and you want to get involved, keep an eye out for the link 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:

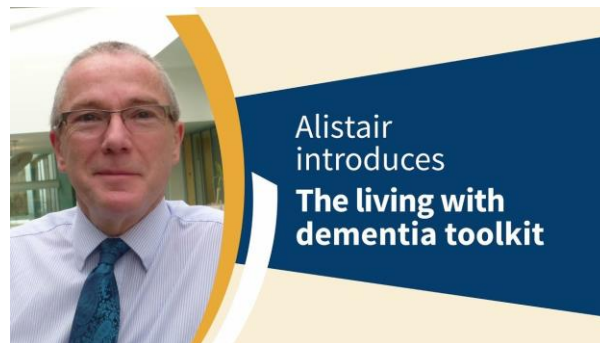
farm_safety_foundation@nfumutual.co.uk

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:

[November-December 2022](#)

[September-October 2022](#)

[July-August 2022](#)

[May-June 2022](#)

[March-April 2022](#)

[January-February 2022](#)

[East ICC Newsletters 2021](#)