



# September-October 2023 East Integrated Care Community Newsletter

*Welcome to our newsletter for September and October 2023*

Included in this month's newsletter

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

Healthwatch North Yorkshire, Craven Mental Health and Wellbeing Network, Meals on Wheels, Pension Credit Trial

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

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

**Email - [easticc.admin@mbht.nhs.uk](mailto: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](mailto: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><b>What is case management?</b> </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><b>What you need to know</b></p> <p>The team will work closely with you and your family/carer/friend to co-ordinate your care in times of need. This may include returning home after hospital, recurrent hospital admissions, a physical and/or psychological decline in function, crisis avoidance, someone requiring extra support or struggling with multiple long term conditions.</p>	<p><b>Surgeries we cover</b></p> <p> Our six GP practices:</p> <ul style="list-style-type: none"><li>• Arncliffe Medical Practice</li><li>• Stoneleigh Surgery</li><li>• Park View Surgery</li><li>• Benlitham Medical Practice</li><li>• Lunedale Surgery</li><li>• Sedburgh Medical Practice</li></ul>
	<p><b>Aims</b></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><b>Referrals</b></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"><li>• GP</li><li>• Community Meltton</li><li>• Community Nurse</li><li>• Family/Friend/Carer</li><li>• Self-referral</li><li>• Social Worker</li></ul> <p></p> <p>Consent must be obtained from the individual being referred.</p>

## SOUTH LAKES

### South Lakes Dementia Hub

To support the dementia community we organise a monthly dementia hub at The Abbots Hall Social Centre, deliver outreach dementia hubs and service provider information to the rural villages of Sedburgh, Dent, Ambleside, Grasmere, Hawkshead, Coniston, Windermere, Arncliffe, 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](http://www.southlakesdementiacommunity.org.uk)

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*Westmorland and Furness Council - Cost of Living Support*

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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.

Please follow the link below:

[Cost of Living Support | Westmorland and Furness Council](#)

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*Every Life Matters*

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### **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](mailto:juliet.gray@every-life-matters.org.uk)

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*Westmorland and Furness Council - Courses*

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Please find attached posters for courses that you might find useful.

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

September

A poster titled "Adult Learning" with a tree icon containing math symbols and a calculator icon. It lists two online Functional Skills Maths courses: Level 1 and Level 2. The Level 1 course starts on 11.09.23 and the Level 2 course starts on 14.09.23, both for 18 weeks from 6:00pm to 9:00pm, taught by Jo Jones. A list of topics covered in the Level 2 course is provided, including basic mathematical operations, fractions, decimals, percentages, ratio and proportion, calculating with line and brackets, measuring in metric units, calculating perimeter and area, handling money, and calculating averages and range. Contact information for the council is at the bottom.

**Adult Learning**

**Free Level 1 & 2 Functional Skills Maths - Online**

**Functional Skills Maths Level 1**  
Starts: 11.09.23 Weeks: 18  
Time: 6.00pm – 9.00pm

**Functional Skills Maths Level 2**  
Starts: 14.09.23 Weeks: 18  
Time: 6.00pm – 9.00pm  
Tutor: Jo Jones

Functional Skills Maths Qualifications are designed to equip you with the basic skills you need to operate confidently in work & everyday life.

This course will help to develop your skills in:

1. Basic mathematical operations
2. Fractions, decimals & percentages
3. Ratio and proportion
4. Calculating with line and brackets
5. Measuring in metric units
6. Calculating perimeter and area
7. Handling money
8. Calculating averages and range
9. Calculating probability

To enrol or contact us for more details:  
Kendal Adult Learning [juliet.gray@every-life-matters.org.uk](mailto:juliet.gray@every-life-matters.org.uk)  
Office Tel: 01524 71027 Mobile: 0798111662

Westmorland & Furness Council  
Working for Cumbria's Councils and Westmorland & Furness Council

## Adult Learning



### Improves Digital Skills

Want to refresh your computer skills at work? Improve your day-to-day interaction with technology?

This course is ideal for learners with some experience using computers.

Discover new hacks to improve efficiency and make you a tech wizard!

Thursday 14<sup>th</sup> September 2023

12.30-2.30pm

Kendal Library

10 Weeks

FREE

Led by our South Lakes qualified Digital Skills tutor

To enrol or contact us for more details:

Kendal Adult Learning

[kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mob: 07966116905



## Adult Learning



### Level 2 Award in Healthy Living for Well-Being & Mental Health

This course is suited towards learners who have already completed their Level 1 Qualification and are looking to build and further their knowledge of the founding principles of:-

- Maintaining a healthy life and how to achieve this.
- Understanding mental health and how it impacts our everyday lives.

Monday 11<sup>th</sup> September

10.00 – 12.30pm

13 weeks

Kendal Library

FREE

Led by Kathryn, our fully qualified Health & Wellbeing tutor

To enrol or contact us for more details:

Kendal Adult Learning

[kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mob: 07966116905



## Adult Learning



### Level 2 Award in Digital & IT Skills

This course is ideal for learners with some experience using computers.

Would you like to earn a nationally recognised qualification in computing for your C.V.? This is a portfolio based course where learners master new digital skills, as well as building on any prior IT knowledge.

Friday 15<sup>th</sup> September 2023

9.30am – 12.00pm

18 Weeks

Kendal Library

FREE

Led by our qualified Digital Skills tutor

To enrol or contact us for more details:

**Kendal Adult Learning**

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 07966116905



## Adult Learning



### Free Level 1 & 2 Functional Skills Maths - Online

#### Functional Skills Maths Level 1

Starts: 11.09.23 Weeks: 18

Time: 6.00pm – 9.00pm

#### Functional Skills Maths Level 2

Starts: 14.09.23 Weeks: 18

Time: 6.00pm – 9.00pm

Tutor: Jo Jones

Functional Skills Maths Qualifications are designed to equip you with the basic skills you need to operate confidently in work & everyday life.

This course will help to develop your skills in:

1. Basic mathematical operations
2. Fractions, decimals & 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

To enrol or contact us for more details:

Kendal Adult Learning [kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Office Tel: 01539 713257

Mobile: 07966116905



## Adult Learning



### **Award in Healthy Living for Well-Being & Mental Health Entry 3**

This workshop will cover the following topics:

- Understand 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.

**Wednesday 13<sup>th</sup> September 2023**

12.30 – 2.30pm

5 weeks

Kendal Library

**FREE**

Led by Kathryn, our fully qualified Health & Wellbeing tutor

To enrol or contact us for more details:

**Kendal Adult Learning**

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713267

Mob: 07966116905



## Adult Learning



### **Free GCSE Maths - Online**

**Want to finally achieve that pass grade at GCSE?**

**Enrol on our free online course today!**

Starts: Wednesday 13.09.23

Weeks: 30

Time: 6.00pm – 9.00pm

Tutor: Jo Jones

This is a one year highly intensive course and is free to those who have not previously achieved a 9-4 (old A\*- C) grade in GCSE Maths.

The course covers the following main areas:

1. Number
2. Algebra
3. Ratio, proportion and rates of change
4. Geometry and measures
5. Probability
6. Statistics

**There is homework attached to this course, ranging from approx. 2 - 5 hours per week and you are expected to attend every week.**

To enrol or contact us for more details:

Kendal Adult Learning [kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Office Tel: 01539 713267

Mobile: 07966116905





## Adult Learning



### Craft for Well-Being: Mindful Creativity

This course is for learners who are referred through secondary partnerships or social prescribers who wish to learn mindfulness through creative crafting.

- An inspiration and practical course to de-stress and realise your creative potential.
- Learn how to incorporate mindfulness into every day tasks through craft, as well as learning a new, relaxing life-long skill.
- Forge new social connections.

Tuesday 12<sup>th</sup> September 2023

2.30-4.30pm

6 Weeks

Kendal Library

FREE

Led by Karen, our qualified craft tutor

To enrol or contact us for more details:

Kendal Adult Learning

[kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 07966116905



## Adult Learning



### Building Confidence

- Discover ways to improve your self confidence & self esteem.
- Learn to be more assertive and confident when saying 'No'.
- Change negative thought patterns & intrusive thoughts.
- Learn strategies to manage stress & anxiety in everyday life situations.
- Rediscover yourself.
- Forge new connections.

Monday 11<sup>th</sup> September

1.00 - 2.30pm

6 weeks

Kendal Library

FREE

Led by Kathryn, our fully qualified Health & Wellbeing tutor

To enrol or more details, contact us at:-

Kendal Adult Learning

[kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mob: 07966116905



## Adult Learning



### Beginner's Computers: Internet & Email

This course is for absolute beginners or learners with a little prior knowledge. Learn how to:-

- Set up an email account and manage your emails.
- How to search the internet.
- How to stay safe & secure online.
- Get the best out of your computer settings.

Thursday 14<sup>th</sup> September 2023

10.00 – 12.00pm

4 weeks

Kendal Library

FREE

Led by our qualified South Lakes IT tutor

To enrol or contact us for more details:

Kendal Adult Learning

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 07966116905



## Adult Learning



### ESOL Beginners Support

Looking to improve your English? This course will help you to improve:-

- English speaking and listening skills – improve your confidence in everyday communication.
- Simple reading ability.
- Overall understanding of written words, phrases and sentences.
- Explore basic English grammatical rules and how to use them.

Friday 15<sup>th</sup> September 2023

12.30 – 2.30pm

13 weeks

FREE

Kendal Library

Led by our qualified ESOL tutor

To enrol or contact us for more details:

Kendal Adult Learning

[kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mob: 07966116905



## Adult Learning



### ESOL Beginners Support

Looking to improve your English? This course will help you to improve:-

- English speaking and listening skills – improve your confidence in everyday communication.
- Simple reading ability.
- Overall understanding of written words, phrases and sentences.
- Explores basic English grammatical rules and how to use them.

Thursday 14<sup>th</sup> September 2023

5.00 – 7.00pm

13 weeks

FREE

Windermere Library

Led by our qualified ESOL tutor

To enrol or contact us for more details:

**Kendal Adult Learning**

[kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mob: 07966118905



## Adult Learning



### Entry 3 Award in Skills for Creative Industries

This course is a portfolio based course.

Are you a naturally creative person? Would you like to earn a nationally recognised qualification that showcases your artistic flair? In this course, you will be introduced to several new artistic techniques & methods, as well as building upon any prior knowledge.

Tuesday 12<sup>th</sup> September 2023

12.30 – 2.30pm

24 Weeks

Kendal Library

FREE

Led by our qualified Arts & Crafts tutor  
Karen

To enrol or contact us for more details:

**Kendal Adult Learning**

[kendaladultlearning@westmorlandandfurness.gov.uk](mailto:kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 07966118905



## Adult Learning



### Free GCSE Maths - Online

Want to finally achieve that pass grade at GCSE?

Enrol on our free online course today!

Starts: Wednesday 13.09.23

Weeks: 30

Time: 6.00pm - 9.00pm

Tutor: Jo Jones

This is a one year highly intensive course and is free to those who have not previously achieved a 3-4 (or A\*-C) grade in GCSE Maths.

The course covers the following main areas:

1. Number
2. Algebra
3. Ratio, proportion and rate of change
4. Geometry and measures
5. Probability
6. Statistics

There is assessment attached to this course, ranging from approx. 2 - 3 hours per week and you are expected to attend every week.

To enrol or contact us for more details:

Kendal Adult Learning [adultlearning@kendal.gov.uk](mailto:adultlearning@kendal.gov.uk)

Office Tel: 01524 71227

Mobile: 07461 14855



October

## Adult Learning



### **Beginner's Computers: Word & Excel**

This course is for absolute beginners or learners with a little prior knowledge. Learn how to:-

- Use Microsoft Word & Microsoft Excel to get the best out of it - master insider hacks and tricks.
- Make your documents look professional, improve your efficiency with tables and formulas.

Thursday 12<sup>th</sup> October 2023

10.00 – 12.00pm

4 weeks

Kendal Library

FREE

Led by our qualified South Lakes IT tutor

To enrol or contact us for more details:

Kendal Adult Learning

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 07966116905



## Adult Learning



### **Upcycling Skills – Make An Upcycled Bag with Sashiko & Boro Stitching**

Ever wanted to make your own bag? Join this fun class and create your own stunning accessory made entirely from recycled/upcycled materials - using the ancient Japanese art of Sashiko & Boro stitching to enhance & embellish. Perfect as a gift, or to keep for yourself as an ethical and sustainable fashion item to treasure for years to come.

Monday 30<sup>th</sup> October 2023

4.30-6.30pm

4 weeks

Kendal Library

£44 (concessions available)

Led by Karen, our fully qualified Arts and Crafts tutor.

To enrol or contact us for more details:

Kendal Adult Learning

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 07966116905



## Adult Learning



### How to Buy & Sell Online

Ever wanted to learn the art of buying and selling online? Do you have a garage full of items you're dying to sell for a profit? This course will give you all the handy tips & tricks of how to:-

- Optimise different selling sites to get the most profit out of your items.
- How to advertise your items in the best possible light to create maximum returns.
- The importance of key words and phrases in driving traffic to your items.
- How to search for items effectively.

**Tuesday 31<sup>st</sup> October 2023**

**10.00 – 12.00pm**

**2 Weeks**

**FREE**

Led by our experienced Digital Skills tutor  
Sam

To enrol or contact us for more details:

**Kendal Adult Learning**

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 07966116905



## Adult Learning



### Managing Your Budget

Struggling to manage your budget? Worried about the Cost of Living Crisis and how best to manage? This course will help you:-

- Discover ways to improve your budgeting skills with simple life hacks and step-by-step instructions.
- Change negative thought patterns & impulses around money.
- Create a forward-looking plan that manages your money into simple daily/monthly/yearly budgets that will give you more free time to enjoy life.

**Monday 30<sup>th</sup> October 2023**

**1.00 - 2.30pm**

**3 weeks**

**Kendal Library**

**FREE**

Led by Kathryn, our fully qualified Health & Wellbeing tutor

To enrol or more details, contact us at:-

**Kendal Adult Learning**

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mob: 07966116905



## Adult Learning



### Craft for Well-Being: Craft for Relaxation

This course is for learners who are referred through secondary partnerships or social prescribers.

- Learn about the importance of relaxation as part of a healthy lifestyle and how to use craft to implement calming strategies.
- An inspirational & practical course to de-stress and realise your creative potential.
- Forge new social connections.

Tuesday 31<sup>st</sup> October 2023

2.30-4.30pm

7 Weeks

FREE

Kendal Library

Led by Karen, our qualified Arts & Crafts tutor

To enrol or contact us for more details:

**Kendal Adult Learning**

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mobile: 079661 16905

November

## Adult Learning



### Supporting Yourself into Employment

Looking to move up the career ladder? In this course, learners can expect to gain skills in:-

- How to write a standout C.V. that will wow any employer!
  - Tips & tricks on how to successfully navigate the interview process.
- Maximise any transferable skills you possess and how to showcase your potential to employers.
  - Build confidence.
- Make and build new connections with other learners.

**Monday 20<sup>th</sup> November 2023**

1.00 – 2.30pm

4 Weeks

Kendal Library

FREE

Led by Kathryn, our fully qualified Employability tutor

To enrol or contact us for more details:

**Kendal Adult Learning**

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Tel: 01539 713257

Mob: 07966116905

Generic



## Adult Learning

### Multiply



<b>Location of courses:</b>	<b>Course type:</b>	Are you worried about how the cost-of-living crisis is affecting you and your family?
Various	Classroom based, Online, Short courses	Do you need a level 2 Maths to progress in work or training?
<b>Age restriction:</b>	<b>Cost:</b>	Do you need help managing your bills and budgeting?
19 Years and over	FREE - Multiply is funded by the Government	Why not access our free numeracy courses through Multiply to build your confidence with numbers and gain a qualification.

To enrol, or to contact us for further details:

**Kendal Adult Learning**

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)

Office: 01539 713257

Mobile: 07966116905



**Westmorland & Furness Council**  
South Lakes Adult Learning



**New Courses -  
Autumn Term 2023**

COURSE TITLE	DATE	DAY	WKS	TIMES	FEE
<b>EMPLOYABILITY</b>					
Supporting Yourself Into Employment	20.11.23	Monday	4	13.00 - 14.30	FREE
<b>ARTS &amp; CRAFTS</b>					
Improvers Painting – Moving on with Watercolours	11.09.23	Monday	6	14.30 - 16.30	£66
Entry 3 Award in Skills for Creative Industries	11.09.23	Monday	24	12.30 - 14.30	FREE
Improvers Craft Skills - Moving on with Rag Rugging	11.09.23	Monday	6	16.30 - 18.30	£66
Craft for Wellbeing - Mindful Creativity	12.09.23	Tuesday	6	14.30 - 16.30	FREE
Beginners Painting and Drawing	30.10.23	Monday	7	14.30 - 16.30	£77
Upcycling Skills - Make an Upcycled bag with Sashiko and Boro Patches	30.10.23	Monday	4	16.30 - 18.30	£44
Craft for Wellbeing - Craft for Relaxation	31.10.23	Tuesday	7	14.30 - 16.30	FREE
Make a Christmas Rag Rug Wreath	27.11.23	Monday	3	16.30 - 18.30	FREE
<b>HEALTH &amp; WELLBEING</b>					
Level 2 Award in Mental Health & Well-Being	11.09.23	Monday	13	10.00 - 12.30	FREE
Building Confidence	11.09.23	Monday	6	13.00 - 14.30	FREE
Level 1 Award in Healthy Living	13.09.23	Wed	11	10.00 - 12.00	FREE
Entry 3 Award in Healthy Living for Wellbeing & Mental Health	13.09.23	Wed	6	12.30 - 14.30	FREE
Managing Your Budget	30.10.23	Monday	3	13.00 - 14.30	FREE
Entry 3 Award in Equality and Diversity	1.11.23	Wed	6	12.30 - 14.30	FREE
<b>DIGITAL SKILLS</b>					
Beginners Computers - Internet and Email	14.09.23	Thursday	4	10.00 - 12.00	FREE
Improvers Digital Skills	14.09.23	Thursday	10	12.30 - 2.30	FREE
Level 2 Award in Digital and IT Skills	15.09.23	Friday	18	09.30 - 12.30	FREE
Beginners Computers - Word and Excel	12.10.23	Thursday	4	10.00 - 12.00	FREE
How to Buy and Sell Online – Face-to-Face	31.10.23	Tuesday	2	10.00 - 12.00	FREE

Serving the people of Cumbria  
[adultlearning.cumbria.gov.uk](http://adultlearning.cumbria.gov.uk)



How to Buy and Sell Online – Online Class	16.11.23	Thursday	2	10.00 – 12.00	FREE
Beginners Computers – Powerpoint and Publisher	16.11.23	Thursday	4	10.00 – 12.00	FREE
Getting Started with the NHS App	07.12.23	Thursday	1	10.00 – 12.00	FREE
<b>LANGUAGES</b>					
French Beginners Online	11.09.23	Monday	12	12.30 – 14.30	£120
French Beginners Face-to-Face	11.09.23	Monday	12	10.00 – 12.00	£120
Japanese Beginners Online	19.09.23	Tuesday	12	10.00 – 12.00	£121
Japanese Upper Intermediates	19.09.23	Tuesday	12	13.00 – 14.30	£160
Spanish Beginners – Kendal	04.10.23	Wed	10	16.45 – 18.45	£110
Spanish Beginners – Ulverston	05.10.23	Thursday	10	10.00 – 12.00	£110
Spanish Beginners – Ambleside	05.10.23	Thursday	10	18.30 – 20.30	£110
<b>MATHS</b>					
Functional Skills Mathematics: Level 1	11.09.23	Monday	18	18.00 – 21.00	FREE
GCSE Mathematics	13.09.23	Wed	30	18.00 – 21.00	FREE
Functional Skills Mathematics: Level 2	14.09.23	Thursday	18	18.00 – 21.00	FREE
<b>ESOL</b>					
ESOL Beginners English Support	14.09.23	Thursday	13	17.00 – 19.00	FREE
ESOL Beginners English Support	15.09.23	Friday	13	12.30 – 14.30	FREE

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## Community Catalysts

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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](mailto:jade.gibson@communitycatalysts.co.uk)
- Facebook: [www.facebook.com/commcatssouthlakes](https://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](mailto: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 looking you to help effecting change



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*Public Health 5-19 Nursing Team*

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# 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](http://www.cumbria.gov.uk/ph5to19)



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

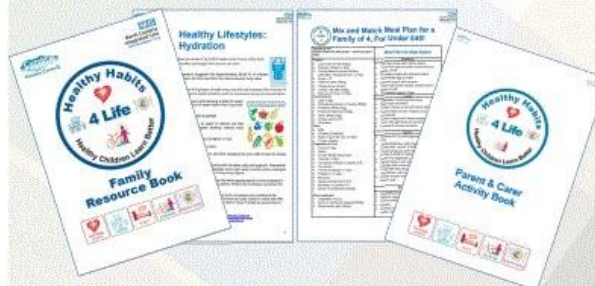
happierhealthiercommunities

NCICIE-SMIPoster\_A6/022021 | APPENDIX02



# Healthy Habits 4 Life

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



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

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

happierhealthiercommunities



# Time In Nature

Nature sessions for people with dementia and their carers.

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



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

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

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



The Bay: A Blueprint for Recovery



[www.thebay.org.uk](http://www.thebay.org.uk)



Working in Partnership with:  
**Dignity in Dementia**  
 Helping you support people with dementia  
[www.dignityindementia.org](http://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** – 2<sup>nd</sup> Saturday of every month, 10.30am, beginning 11<sup>th</sup> March at Vulcan's Park  
 (located in the Town Council building, Princess St CA14 2QG). Lead contact Holly Stainton 07568 169197

**Kendal** – 2<sup>nd</sup> Friday of every month beginning 10<sup>th</sup> March, 10.30am, at Cumbria Wildlife Trust  
 Garden, Crook Road, LA8 8LX. Lead contact Yolanda Aze 07387 209974

**Barrow** – 3<sup>rd</sup> Saturday of every month beginning 4<sup>th</sup> March at How Tun Woods car park, Cliffe  
 Lane LA14 4JD. Lead contact Jessica Mordain 07717 019691

**Penrith** – 1<sup>st</sup> Tuesday of every month beginning 7<sup>th</sup> March, 10.30am, at Lowther Estate (need  
 a meeting place). Lead contact Simon Whalley 07436 572159

**Carlisle** – 3<sup>rd</sup> Thursday of every month beginning 26<sup>th</sup> 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](mailto: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](http://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



Are you struggling with your mental health?

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

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

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

Interested?

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

Find us on Facebook and Instagram @growingwellkendal

For more information, please visit our website -

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

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

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

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

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

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

**How to refer someone**  
If you are a GP or healthcare professional who wants to make a referral or find out more about Growing Well Kendal, please visit [www.growingwell.co.uk/refer](http://www.growingwell.co.uk/refer) or email [refer@kendal@growingwell.co.uk](mailto:refer@kendal@growingwell.co.uk)  
For general enquiries, please contact us at:  
**Email** [kendal@growingwell.co.uk](mailto:kendal@growingwell.co.uk) **Telephone** 01953 033 048

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

**Contact us**  
Growing Well,  
Low Scaugh Farm, Scaugh,  
Kendal, Cumbria, LA8 9JL  
**Email** [kendal@growingwell.co.uk](mailto:kendal@growingwell.co.uk)  
**Telephone** 01953 033 048  
[www.growingwell.co.uk](http://www.growingwell.co.uk)

**growing well**

**growing well**  
Kendal  
Mental health recovery  
through activity on our  
organic farm

Day service for adults in the South Lakes,  
Furness and North Lancashire  
[www.growingwell.co.uk](http://www.growingwell.co.uk)



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

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

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

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

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

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

**At Growing Well, the activity IS the therapy.**

**No one journey through Growing Well is the same.**

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

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

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

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

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

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

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

**FREE Welfare services**  
Available to collect and drop-off from various locations including: Ambleside, Bowness, Dalton, Dalton-in-Furness, Haslemere, Kendal, Skelton, Strathclyde, Grange, Lazonby, Wetherby, and Windermere.



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

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

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

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

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

**How to join**

The green information box to join Growing Well, please visit: [www.growingwell.co.uk/join](http://www.growingwell.co.uk/join)

For general enquiries, please contact us via:

**Email:** [enquiries@growingwell.co.uk](mailto:enquiries@growingwell.co.uk)  
**Telephone:** 07623 033 048

**Getting here**

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

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

**Contact Us**

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

**Email:** [enquiries@growingwell.co.uk](mailto:enquiries@growingwell.co.uk)  
**Telephone:** 07623 033 048  
[www.growingwell.co.uk](http://www.growingwell.co.uk)



**Do you need support with your mental health?**



**Grow, learn and share**  
Free mental health service based on our organic farm near Kendal  
[www.growingwell.co.uk](http://www.growingwell.co.uk)



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

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

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

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

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

**At Growing Well, the activity IS the therapy.**

**No one journey through Growing Well is the same.**

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

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

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

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

**FREE Welfare services**  
Available to collect and drop-off from various locations including: Ambleside, Bowness, Dalton, Dalton-in-Furness, Haslemere, Kendal, Skelton, Strathclyde, Grange, Lazonby, Wetherby, and Windermere.



**Growing Well is an entirely FREE service.**

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

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

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

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

**FREE Welfare services**  
Available to collect and drop-off from various locations including: Ambleside, Bowness, Dalton, Dalton-in-Furness, Haslemere, Kendal, Skelton, Strathclyde, Grange, Lazonby, Wetherby, and Windermere.

**Bro Room**



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

We offer both face to face and online meetings.

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

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

There are no costs involved for attendees.

Please email us on [broroomkendal@gmail.com](mailto:broroomkendal@gmail.com) for more information.

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**KEY (Kent Estuary Youth)**

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For more information, please visit our website - [www.thekeyproject.org.uk](http://www.thekeyproject.org.uk)



**KEY** made up of a group of young people who are passionate about their community and want to make a difference.

**KEY** works with students in Dullem School offering lessons, projects and alternative curriculum workshops. (Full mentoring support is available by appointment.)  
"I have got better at managing arguments; instead of shouting I put them in a laugh."

**Find Us!**  
Crossview House, 6 The Square, Milnthorpe  
Website: [www.thekeyproject.org.uk](http://www.thekeyproject.org.uk)  
Instagram: [kentestuaryyouth\\_](https://www.instagram.com/kentestuaryyouth/)  
Email our administrator, Rosie Brown: [Rosie.brown@keyprojectcumbria.com](mailto:Rosie.brown@keyprojectcumbria.com) or [rosie@keyprojectcumbria.com](mailto:rosie@keyprojectcumbria.com)

**Find us on Facebook:**  
KentestuaryYouth

**Coming soon to LEVENS**  
KEY is working in partnership with the Levens Village Hall Committee and will develop a core group of Young People exploring facilities for young people in the village.

**KEY youth groups**

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

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


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

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

KEY is a Registered Charity Incorporated  
Organisation No. 1162823

**Unlocking Potential**  
Youth activities in villages around the Kent Estuary

**THE KENT ESTUARY YOUTH**



**Some of our expeditions...**

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

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

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

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




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## Westmorland and Furness Household Support Fund

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### Westmorland and Furness Household Support Fund – crisis support for households in need: How to refer in vulnerable clients

Westmorland and Furness Council has set aside £1m (of a £3.5m government fund) to **help people struggling to afford energy, food, water bills and other essentials**. The application-based fund will be available until 31 March 2024 and comprises **an online application or a telephone-based service** which will provide **vouchers** that can be redeemed at post offices **to pay for household essentials including utilities, food, and other essentials**.

*You can refer clients to this service or residents can apply themselves (see details below).*

We are encouraging referrals by our partners (including registered charities, DWP Job Centres as well as internal services within the Council (e.g., Adult Social Care and Children's services, Housing, Customer services, Community development officers).

The Fund is intended to support a wide range of **low income households in need** including **families with children of all ages, pensioners, unpaid carers, care leavers and disabled people** (disabled people in particular may be facing acute challenges due to the disproportionate impact).

The Fund will support low-income households with essential costs related to **energy, food, water, and essential wider costs**. A sustainable contribution towards energy costs is particularly encouraged for example, the insulation of hot water tanks, fitting draft excluders to a door, or replacing inefficient lightbulbs or white goods.

The Fund can support **housing costs** where existing housing support schemes do not meet this need.

### **Eligibility:**

Households facing an emergency Welfare need, crisis or severe hardship will be eligible for support, advice and guidance with the option of being signposted or referred to a service that will best meet their needs. People may also get practical help through food banks, recycled furniture, and white goods.

People may be eligible for support if they are:

- A person or family residing in Cumbria
- 16 and over
- Have low income or no access to funding
- Facing crisis or severe hardship

Groups most likely to be considered for financial assistance are those with:

- Children under the age of 16
- Long term health issues / Disability or are
- Elderly

Financial assistance will be made to meet the immediate crisis/ hardship, allowing the person time to link with other agencies.

**Please refer vulnerable clients to this fund if they are struggling to cover household expenses.**

### **Contact:**

- For more information on the support and advice available to help with the cost of living, please visit [Cost of Living Support - financial support | Westmorland and Furness Council](#).

To **submit a referral application**, you can:

- Your application will be assessed and prioritised by the Welfare Team: [Apply for the Household Support Fund](#)
- Call the Welfare Team on **0300 373 3300**. We are prioritising calls from high-risk groups.

# NORTH CRAVEN

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## *Bentham & District Dementia Friendly Community*

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

Thursday Date	Activities planned
3 <sup>rd</sup> Aug 2023 - 10.00am	
17 <sup>th</sup> Aug 2023 - 10.00am	Caroline Wilson Age UK Games
31 <sup>st</sup> Aug 2023 - 10.00am	
14 <sup>th</sup> Sept 2023 - 10.00am	Caroline Wilson Age UK Games
28 <sup>th</sup> Sept 2023 - 10.00am	
12 <sup>th</sup> Oct 2023 - 10.00am	
9 <sup>th</sup> Nov 2023 - 10.00am	
23 <sup>rd</sup> Nov 2023 - 10.00am	
7 <sup>th</sup> Dec 2023 - 10.00am	
21 <sup>st</sup> Dec 2023 - 10.00am to 1.00pm	Christmas party, Choir Christmas food etc.

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

### **Fortnightly Thursday Breakfast Club at Bentham Fire Station**

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*Safe Havens*

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## 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](mailto: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](http://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](mailto:hhowie@craven-college.ac.uk) or Lesley on 07821 743 707/  
[ljamieson@craven-college.ac.uk](mailto:ljamieson@craven-college.ac.uk)



## YOU CAN... FULLY FUNDED\*

FULLY FUNDED\* COURSE, FINANCE, SPECIALISE, SUPPORT, LEARN, FACTS, FACTS & LEARNERS AT CRAVEN COLLEGE

### 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. \*subject to eligibility.

<p><b>ALL SECTORS</b></p> <ul style="list-style-type: none"> <li>- Customer Service</li> <li>- Environmental Sustainability</li> <li>- Equality and Diversity</li> <li>- Lean Organisation Management Techniques</li> <li>- LGBT Inclusion in the Workplace</li> <li>- Living in a Fair and Diverse Society</li> <li>- Mental Health First Aid and Mental Health Advocacy in the Workplace</li> <li>- Team Leading</li> </ul> <p><b>CHILDREN AND YOUNG PEOPLE'S HEALTH &amp; WELLBEING</b></p> <ul style="list-style-type: none"> <li>- Allergy Awareness for those working with Children</li> <li>- Autism</li> <li>- Awareness of Bullying in Children and Young People</li> <li>- Children and Young People's Mental Health</li> <li>- Common Illnesses Affecting Children</li> <li>- Distressed Behaviour in Children <b>NEW!</b></li> <li>- Neuroscience in the early years</li> <li>- Safeguarding and Prevent</li> <li>- Special Education Needs and Disability (SEND)</li> <li>- Understanding Specific Learning Difficulties</li> <li>- Working with Individuals with Learning Disabilities</li> </ul> <p><b>BUSINESS &amp; MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>- Information, Advice or Guidance</li> <li>- IT User Skills</li> <li>- Business Administration</li> </ul>	<p><b>HOSPITALITY, LEISURE &amp; SERVICE INDUSTRIES</b></p> <ul style="list-style-type: none"> <li>- Allergy Awareness for those working in the Service Sector</li> <li>- Event Planning</li> <li>- Understanding Nutrition and Health</li> </ul> <p><b>HEALTH, SOCIAL CARE &amp; WELLBEING FOR ADULTS</b></p> <ul style="list-style-type: none"> <li>- Allergy Awareness for those working in Adult Social Care</li> <li>- Autism</li> <li>- Awareness of Mental Health Problems</li> <li>- Behaviour that Challenges</li> <li>- Care and Management of Diabetes</li> <li>- Caring for the Elderly</li> <li>- Common Health Conditions</li> <li>- Counselling Skills <b>NEW!</b></li> <li>- Dementia Care</li> <li>- Dignity and Safeguarding in Adult Health and Social Care</li> <li>- End of Life Care</li> <li>- Preparing to work in Adult Social Care</li> <li>- Falls Prevention Awareness</li> <li>- Principles of Care Planning</li> <li>- Principles of the Mental Health Care Worker</li> <li>- Prevention and Control of Infection in Health Care Settings</li> <li>- Safeguarding and Prevent</li> <li>- Safe Handling of Medication in Health and Social Care</li> <li>- Understanding Specific Learning Difficulties</li> <li>- Working with Individuals with Learning Disabilities</li> </ul>
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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 1<sup>st</sup> Wednesday of every month commencing 4<sup>th</sup> 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.

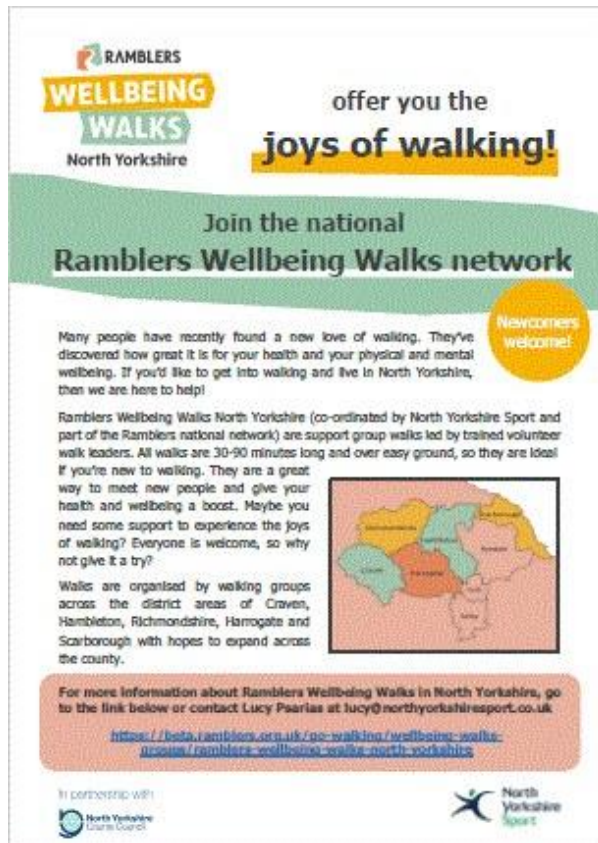
(This is not a counselling group)




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### Ramblers Wellbeing Walks

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**RAMBLERS WELLBEING WALKS**  
North Yorkshire


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](mailto:lucy@northyorkshiresport.co.uk)

<https://both.ramblers.org.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](mailto:lucy@northyorkshiresport.co.uk)

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



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@hfsf@gmail.com](mailto:contact@hfsf@gmail.com) **Mobile:** 07962277205



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*Lower House Sensory Farm*

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### Connecting and exploring



#### Let's visit you!

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



#### Groups

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

### Visitor information



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

#### Additional information

We are not an Open Farm and booking is essential. There is a charge for some of our services and light refreshments are included in all of our sessions. Our 2 hour sessions run on a Tuesday/Wednesday and Thursday. To find out more about our referral system and a taster session, please get in touch with us through a phone call or send an email.

Contact: Rebecca Dibson

Mobile: 07962277295

Email: [contact@lhcf@gmail.com](mailto:contact@lhcf@gmail.com)  
[what3words.com/mile.administringly.brilliant](http://what3words.com/mile.administringly.brilliant)



### Lower House Sensory Farm



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

### Working together



#### Outdoor Activities

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

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

### Being in the moment



#### Dementia Friendly Sessions

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

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

### Learning new skills



#### Become a Sensory Farm Student

Our student opportunity is aimed at people with learning difficulties who are over the age of 16 years to spend time learning and working with the animals, and getting stuck into jobs.

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

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## Cost of Living Support

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Please see the link below:

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

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**North Yorkshire Council**

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**NORTH YORKSHIRE COUNCIL**

**Adult Learning**  
North Yorkshire

# GET AHEAD AT WORK!

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

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

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

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

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

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

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

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

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

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

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

[www.northyorks.gov.uk/adultlearning](http://www.northyorks.gov.uk/adultlearning)

01609 536 066  
AdultLearningService@northyorks.gov.uk

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## *Healthy Families*

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

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

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

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

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

If you have any queries, please contact us on:

Helen Ingle, Public Health Manager, NYCC: [Helen.ingle@northyorks.gov.uk](mailto:Helen.ingle@northyorks.gov.uk)

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



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

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

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

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

[www.brimhamsactive.co.uk/families](http://www.brimhamsactive.co.uk/families) **BRIMHAM'S active** Partnership with North Yorkshire County Council

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*Applying for Free School Meals is now much easier*

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# 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](mailto: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, which displays a dropdown list of children previously applied for, with an option to add new children. The third screenshot is the 'Add Documents' page, where users can upload supporting documents like Universal Credit statements. The fourth screenshot is the 'Your Results' page, which shows the status of the application, such as 'Result: Failed'.

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-enquiry)



## 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](mailto: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](mailto:earlyhelpcentral@northyorks.gov.uk)

**Early Help West (Harrogate, Knaresborough, Ripon, Craven)**

T: 01609 534842  
E: [earlyhelpwest@northyorks.gov.uk](mailto:earlyhelpwest@northyorks.gov.uk)

**Early Help East (Scarborough, Ryedale, Whitby)**

T: 01609 534852  
E: [earlyhelpeast@northyorks.gov.uk](mailto: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](http://www.northyorks.gov.uk)  
 E: [earlyhelp@northyorks.gov.uk](mailto:earlyhelp@northyorks.gov.uk)  
 T: 0909 780 780 Monday to Friday 9.00am - 5.30pm (closed weekends and core 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](http://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.

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## Online Parenting Support

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

### Getting it right for children

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

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

**You will learn:**

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

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

Register at this address  
[www.oneplusone.org.uk/parent-resources-for-england](http://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](http://www.oneplusone.org.uk/parent-resources-for-england)  
or scan the QR code

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

 oneplusone



## Arguing better

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

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

### You will learn:

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

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



Register at this address  
[www.oneplusone.org.uk/parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)  
or scan the QR code

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

 oneplusone



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## *New Courses for Teenagers*

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

Visit the website: [www.inourplace.co.uk](http://www.inourplace.co.uk) and add the access code **NYFAMILIES**

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## *Skipton LGBTQA+ Youth Group*

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

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

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

**LGBTQ+ Youth Club**

Youth  
York Development of Youth Yorkshire Youth

North Yorkshire Youth

Support Music Games  
Chill Out Arts and Crafts

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

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

### Support for Mental Wellbeing

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

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

healthy minds

Access support for your **mental wellbeing** across Bradford District and Craven

Bradford District and Craven Health and Care Partnership

ACTIVITY

**Daytime support**

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





## The cost of living crisis

Bradford District and Craven Health and Care Partnership  
ACTAONE

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



**Bradford Council**

[www.bradford.gov.uk](http://www.bradford.gov.uk)



**Craven Council**

[www.cravenc.gov.uk](http://www.cravenc.gov.uk)



For information and advice to help with your emotional wellbeing go to [www.healthyminds.services](http://www.healthyminds.services)

## Children and Young Peoples Mental Health

**Self care**  
There are lots of things you can do to look after your mental wellbeing. Visit [www.healthyminds.services](http://www.healthyminds.services) for more information on looking after your mental health. Scan the QR code using the camera on your smartphone or tablet.

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

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

- The Go-To**  
For help and advice  
Visit [www.thego-to.org.uk](http://www.thego-to.org.uk)
- sleep safely**  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.sleepsafely.org.uk](http://www.sleepsafely.org.uk)
- childline**  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.childline.org.uk/info-advise](http://www.childline.org.uk/info-advise)
- Qwell**  
Adults aged 16+  
[www.qwell.co.uk](http://www.qwell.co.uk)
- recoverykick**  
Visit [www.recoverykick.org.uk](http://www.recoverykick.org.uk)
- NHS**  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.nhs.uk](http://www.nhs.uk)
- childline**  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.childline.org.uk](http://www.childline.org.uk)

**Would you like to talk to someone?**  
If you are concerned about your mental health please do not hesitate to contact us. We will take you to a range of services that will help you.

- South West Bradford Care**  
Trainers available in some schools  
Bradford Careline - speak to a member of school staff for more information  
Visit 01603 831000  
Monday - Thursday 9am-5pm Friday 9am-4pm  
[www.bradfordcareline.org.uk](http://www.bradfordcareline.org.uk)
- Young Minds**  
Specialist CAMHS support  
Visit [www.youngminds.org.uk](http://www.youngminds.org.uk) for more information  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.youngminds.org.uk](http://www.youngminds.org.uk)
- Childline**  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.childline.org.uk](http://www.childline.org.uk)

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

- childline**  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.childline.org.uk](http://www.childline.org.uk)
- shout**  
Text SHOUT to 83282  
Call 0800 008 4141 or text 07500 00000  
24/7 support
- FRYDAYS**  
Call 0800 008 4141 or text 07500 00000  
24/7 support
- APR 16**  
Call 116 123
- TELESAFETY**  
Call 0800 111 22 Monday - Friday  
4 week for free or self  
[www.tele-safety.org.uk](http://www.tele-safety.org.uk)

## Money Saving Resources

## What uses watt? How much electricity am I using?

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

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

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

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



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

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

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

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



### Costs of running a range of common appliances

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

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

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

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



### Energy monitors

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



Dr James Clark  
Dr James Peckley  
Electricity Solutions  
0117 932 1481  
[www.cse.org.uk](http://www.cse.org.uk)  
[info@csa.org.uk](mailto:info@csa.org.uk)  
Charity 288748  
Founded 1979

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

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

### Contact us:

PHONE 0800 082 2234  
EMAIL [home.energy@cse.org.uk](mailto:home.energy@cse.org.uk)  
WEB [www.cse.org.uk/foryouhome](http://www.cse.org.uk/foryouhome)  
TWITTER @HelloCSE

Laundry

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



Kitchen

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



Cooling

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



Appliances and Lighting

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



Bathroom

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



Heating

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



Managing Bills

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



# Worrying about money?

Support is available in Craven



Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

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

See options 1 2 3 4

### My money doesn't stretch far enough

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

See options 1 2

### I have debt

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

See option 3

### I am waiting on a benefit payment or advance

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

See options 1 4

## Step 2: What are some options?

### 1 Council Support Schemes

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

Find out more: [www.cravencd.gov.uk/benefits-and-advice](http://www.cravencd.gov.uk/benefits-and-advice)

### 2 Maximise Your Income

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

### 3 Debt Advice

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

### 4 Benefit Advance

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

### 5 Hardship Payment

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

### 6 Challenge a Decision

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

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

### CRAVEN DISTRICT COUNCIL

Help if you are struggling to pay your council tax and housing costs  
01756 750 600  
[contact@cravencd.gov.uk](mailto:contact@cravencd.gov.uk)  
[www.cravencd.gov.uk](http://www.cravencd.gov.uk)

Help with options: 1 2 3 4 5 6

### CITIZENS ADVICE CRAVEN AND HAWKSHOOTE DISTRICTS

Advice on debt, benefits, employment, housing and more  
0800 278 7900  
[www.cadad.org.uk/email](http://www.cadad.org.uk/email)  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Help with options: 1 2 3 4 5 6

### CHRISTIANS AGAINST POVERTY

Free debt counselling service for anyone in financial difficulty regardless of their religious beliefs.  
0203 328 0201 | [www.capusuk.org](http://www.capusuk.org)

Help with option: 3

Citizens Advice Help to Claim Advice for claiming Universal Credit  
0800 144 8444  
[www.citizensadvice.org.uk/benefit/universal-credit](http://www.citizensadvice.org.uk/benefit/universal-credit)

### Other Support

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

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

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

BBAS  
Support for anyone experiencing or affected by domestic abuse or sexual violence  
02003 110 110 | [bbas.org.uk](http://bbas.org.uk)  
[www.das.org.uk](http://www.das.org.uk)  
North and West in North Yorkshire  
Advice and grants for people struggling to afford their energy bills  
01509 787 555  
[www.northyorktsa.org.uk](http://www.northyorktsa.org.uk)  
[www.warwickwell.org.uk](http://www.warwickwell.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](http://www.healthystart.nhs.uk)

### National Debtline

Free and independent debt advice  
0808 808 4000  
[www.nationaldebtline.org](http://www.nationaldebtline.org)

### Leeds Credit Union

Affordable financial services to people in Leeds, Wakefield, Harrogate and Craven  
0113 242 3343  
[www.leedscreditunion.co.uk](http://www.leedscreditunion.co.uk)

### Turn2Us

Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)  
[benefits-calculator-2.turn2us.org.uk](http://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](http://www.project17.org.uk)

### The Unity Project

Support to have NRPF condition removed if applicable and other support  
[www.unity-project.org.uk](http://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](http://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](http://www.bit.ly/moneyadvicefeedback)



Digital Leaflet



[www.worryingaboutmoney.co.uk/craven](http://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](http://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>

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## +Choices

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**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

**Partners:**  
North Yorkshire County Council  
CITY OF YORK  
North Yorkshire Police, Fire & Crime Commissioner  
HAPPY TO TRANSLATE

**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](https://www.foundationuk.org/choicesreferral)



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## Citizens Advice

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Citizens Advice has a drop-in advice service in Skipton.

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

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

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

Council Reception 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/>



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## **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**

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

**[www.cany.org.uk/contact/email-us/](http://www.cany.org.uk/contact/email-us/)**

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

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***Bentham Mental Health Peer Support Groups***

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## Bentham, Mental Health Support Groups



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

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

### Parents Peer support group

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

### Young people support group

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

### For more information or to book on email

[katie.hoggarth@selfa.org.uk](mailto:katie.hoggarth@selfa.org.uk)

Or call  
01756 533110



## Caring for the Carers Course



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

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

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

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

### Session One - Release your "Inner Warrior"!

When caring feels like a constant fight

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

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



### Session Two - Equipping your inner warrior!

Buzz words: "Change" and "Control"

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

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

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

#### Dates for Workshop One

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

#### Dates for Workshop Two

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

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

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


Contact [dhawkins@carersresource.org](mailto:dhawkins@carersresource.org) or tel: 07522 226 334



## Sexual Health Support

### Sexual Health support for young people in North Yorkshire

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



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

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

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

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

**Contraception**

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

There is a full list of the choices [Contraception - Services](#)

**Types of services you might need:**

**Emergency oral contraception (EC)**  
This is sometimes called the morning after pill and can be used up to 3-5 days after unprotected sex. There is also a copper coil that is offered as the most effective emergency contraception. EC tablets and coils are available free from YSH, the local North Yorkshire sexual health service. [Emergency oral contraception](#) Call **01904 721111**, 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday. If you are under 17, you can text **07973 775882** to make an appointment Monday-Friday 8.15am-3.30pm. EC is available free from your GP practice for people of all ages, and from participating Community Pharmacies to people aged 24 and under.

**Contraception (condoms, oral pills, injections, implants, COCLES)**  
All forms of contraception are available free from your GP practice. Alternatively, all forms of contraception are freely available from YSH, Call **01904 721111**, 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday. Aged 17 or under? You can also text us on **07973 775882** to make an appointment. We will respond to your text during office hours between 8.15am and 3.30pm.

**Condoms:**  
16-24-year-olds can order online or arrange to collect from YSH. [Condoms](#)

GP practices and Pharmacies can give out free condoms. Pharmacies also sell condoms.

**Pregnancy testing**

Pregnancy tests can be done for free from GP. For YSH call **01904 721111**, 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday. If you are under 17, you can text **07973 775882** to make an appointment Monday-Friday 8.15am-3.30pm. Alternatively, pregnancy tests can be bought free only community pharmacy or local generalist.

If you have had a positive pregnancy test and are under 17 you need to speak to a trusted person as soon as possible to get support into services for unborn children.

**Abortion Services available in North Yorkshire**

Provide free abortion treatment, advice and support access via self-referral.

**SPAS:**  
Tel: **03457 30 40 30**  
[SPAS](#)

**MSD Reproductive Choices**  
Tel: **0345 300 8090**  
[MSD Reproductive Choices](#)

**Sexually transmitted infections (STI) testing and treatments**

To read more about STIs please visit: [STIs - Symptoms, Diagnosis, Testing and Support](#)

STI tests are available to order online via YSH for 16-year-olds and over. [STI tests](#)

STI testing is available in clinic for all ages. Call **01904 721111**, 8.15am to 5pm Monday to Thursday and 8.15am to 3.30pm Friday and 9am to 12pm Saturday. Aged 17 or under? You can also text us on **07973 775882** to make an appointment. We will respond to your text during office hours between 8.15am and 3.30pm.

**Drug and alcohol use**

Young people who take regular problematic drug and alcohol use can have support from YSH. [Drug and alcohol use](#)

**Confidentiality and safeguarding**

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

SEXUAL HEALTH

[www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)

### Sexual Health Support for Young People

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

## Services available in North Yorkshire and what they do

**ABORTION SERVICES** - Provide free abortion treatment, advice and support, access via self-referral or through GP.  
 IPAS, Tel: 03457 30 40 30 [www.ipas.org.uk](http://www.ipas.org.uk)  
 M3 Reproductive Choices  
 Tel: 01454 700 800 [www.reproductivechoices.org.uk](http://www.reproductivechoices.org.uk)

**YORDEXHEALTH** - YorDexHealth offer a range of sexual health and contraception services across North Yorkshire. This includes tests and treatments for sexually transmitted infections (STIs) and HIV, a range of contraception options including long acting reversible contraception, free condoms, online testing, counselling and advice information about local services can be found on their website: [www.yorDexHealth.co.uk](http://www.yorDexHealth.co.uk) by calling the central information and booking line Tel: 01904 721 111

**YorDexHealth's Specialist Clinical Outreach Team**  
 Our clinical outreach team offer clinical services in Harrogate and Ripon (01904 721 111) in York and North Yorkshire (including STI testing/treatment) vaccinations and contraception - [www.yorDexHealth.co.uk](http://www.yorDexHealth.co.uk)

**Prerogative Contraception** - LARC provision by GP Contraception Distribution, Chlamydia Screening

**Community Pharmacies** - IHC/Condom Distribution, Chlamydia Screening

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

To access free help, advice and practical support you can contact NY Rise: 01723 330730 (option 2) Harrogate: 03000 141 680 (option 2) Email: [nyrise@nyrise.org.uk](mailto:nyrise@nyrise.org.uk)

**NORTH YORKSHIRE YOUTH** - North Yorkshire Youth provides free condoms and chlamydia testing to young people at direct delivery clubs across county. For a list of these clubs please see [www.nyouth.org.uk](http://www.nyouth.org.uk)

Mental health and wellbeing support is also available for those young people struggling with their identity, having issues around sexual health or whose sexuality is negatively impacting their lives and wellbeing. This is a youth mentoring service with face to face appointments available in Scarborough, Whitby, Fag, Skipton, Thaxted and Northallerton. Countywide appointments can be made virtually. To find out more or to make a referral contact [info@nyouth.org.uk](mailto:info@nyouth.org.uk) or ring North Yorkshire Youth on 01904 522146.

**HEALTHY CHILD TEAM** - Harrogate and District Foundation Trust provide a service to children and young people who are in the safeguarding and children in care arena. Within this service we would offer general sexual health advice and support young people to partner services for sexual health advice and support. For information on our service or to make a referral please contact our Single Point of Contact on 03000 030916.

Harrogate and District Foundation Trust provide an Emotional Health and Resilience service. This is a targeted low-level service. Within this service we would support young people to partner services for sexual health advice and support. For information on our service or to make a referral please contact our Single Point of Contact on 03000 030916.


**NYCC CHILDREN & FAMILIES SERVICE - EARLY HELP** - is available to provide support for children, young people and their families when issues of mental health or sexuality are negatively impacting their lives and wellbeing. This could be via direct work or through supporting or referring to other appropriate services. You can contact the Customer Service Centre on Tel: 01904 780760 for more information or to make a referral.

**GENDER IDENTITY DEVELOPMENT SERVICE** - is the national highly specialised clinic for children and young people presenting with issues around gender identity. Any professional can refer to the service. They do not accept family or friends' referrals. Further information can be accessed at their website: [www.gidd.org.uk](http://www.gidd.org.uk)

**LGBT SUPPORT GROUPS IN NORTH YORKSHIRE** - A list of the LGBT groups can be accessed at [www.yorDexHealth.co.uk/yorDexHealth](http://www.yorDexHealth.co.uk/yorDexHealth) or [www.nyouth.org.uk](http://www.nyouth.org.uk) in the LGBT guidance for professionals who work with children and young people.



## Craven Reboot



**Craven Reboot**  
[www.cravenreboot.org.uk](http://www.cravenreboot.org.uk)

**Do you have a laptop, smartphone or tablet that you no longer need?**

**Why not donate it to your local Reboot scheme and help tackle digital exclusion & social isolation across Craven**

**How does Reboot work?**

- 1 People donate their working, but no longer needed, devices via their local library
- 2 NY Library service collects and deliver to Craven Reboot
- 3 Reboot's IT professionals check each device to ensure all data has been wiped; hard drives are renewed and new software is installed
- 4 Rebooted devices are distributed to new recipients through Community organisations and agencies
- 5 Free digital training and support is available via Craven College and a network of trained digital champions

**How can I donate my laptop/iPad/tablet/smartphone?**

1. Securely package your device(s) and mark for attention of Craven Reboot. Please include any chargers/cables; if you can factory reset first, please do so, although every device will be checked, wiped and re-set professionally before it is passed to a new user
2. Take the package to your nearest library

**Got a question?**

Email: [donate@cravenreboot.org.uk](mailto:donate@cravenreboot.org.uk)  
 Call: 01756 802212 (ask for Craven Reboot)

*Craven Reboot is a Community Partner with Reboot North Yorkshire*

**Who is eligible to receive a device through Reboot?**

- Families with no or limited access to the internet
- Children who need to online lessons or homework
- Vulnerable and older people who may be socially isolated, enabling them to access services and stay in touch with friends & family

**How can I get a device for my client?**

Send a completed Device Request Form to Craven Reboot:

By email: [help@cravenreboot.org.uk](mailto:help@cravenreboot.org.uk)  
By post/hand: Craven Reboot c/o Augment Community Workspace  
Second floor, 49 High Street, Skipton BD23 1DT

**Where can I get a Device Request Form?**

Download from Compass in Craven website:  
go to: <https://www.compasshub.com> and search for Craven Reboot

Email [help@cravenreboot.org.uk](mailto:help@cravenreboot.org.uk)

Telephone 01756 802212 and ask for Craven Reboot

**Craven Reboot is a working partnership of organisations who collaborate to tackle digital exclusion & isolation.**



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*Healthwatch North Yorkshire*

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Do you use equipment and aids to help you live more independently at home?

Please find below link to Healthwatch North Yorkshire post about a MedEquip Survey:

<https://www.healthwatchnorthyorkshire.co.uk/Medequip>

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*Craven Mental Health and Wellbeing Network*

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We are pleased to announce the Craven Mental Health & Wellbeing Hubs network is formally live. Please see attached details of what is on offer and how to signpost or refer into this. We hope that this will make access to Craven's developing community mental health support offer easier and provide you with a framework within which to develop your own in-reach service.



**WHAT IS THE MENTAL HEALTH & WELLBEING HUB NETWORK?**

A partnership approach to staying well in the community offering welcoming wellbeing cafes, keyworker support from Pioneer Projects, in-reach support from specialist Mental Health providers, and pathways into Bradford District Care Trusts 'Safe Spaces' offer.

**Here to support  
you.**



**FOR MORE INFORMATION:**

To access drop in sessions contact your local provider:  
Glusburn Institute, Mondays 10am - 12pm

**The Place, Settle, Tuesdays 2pm - 4pm**

**Grassington Hub, Monthly on a Friday, 1pm - 3pm**

**Broughton Road Community Centre,  
Mondays 10am - 12pm**

**St Andrews Church, Skipton, Thursdays 1pm - 3pm**

**Skipton Step into Action, Saturdays 2pm - 4pm**

**Greatwood & Horseclose Community Centre,  
Monthly on a Wednesday, 1pm - 3pm**



**SAFE SPACES  
SUPPORT  
AVAILABLE**

At each of our Wellbeing cafes you will be offered the support you need by Pioneer Projects Keyworkers, who can refer you into the Safe Spaces pathway for more in depth 1:1 support

**PIONEER PROJECTS** Or to make a referral please contact Pioneer Projects on: [office@pioneerprojects.org.uk](mailto:office@pioneerprojects.org.uk)

**The Craven Mental Health & Wellbeing Hubs Network**

**What is it?**

The Craven Mental Health & Wellbeing Hubs are a network of independent community organisations across Craven offering consistent, accessible, and local adult mental health and wellbeing support, managed by local arts and wellbeing charity Pioneer Projects, with support from specialist mental health providers in the Voluntary, Community, and Social Enterprise sector, North Yorkshire Council, Bradford District Care Trust, and the Modality and WACA Primary Care Trusts.

**Local Craven Organisations**

- Pioneer Projects (Craven wide)
- The Place in Settle (Settle)
- Skipton Community Wellbeing Café (Skipton)
- Skipton Step into Action (Skipton)
- Glusburn Community & Arts Centre (Glusburn)
- Broughton Road Community Centre (Skipton)
- Greatwood & Horseclose Community Centre/Yorkshire Housing (Skipton)
- Grassington Hub (Grassington)

**Specialist Partners**

- Mind in Bradford
- The Cellar Trust
- North Yorkshire County Council Health & Adult Services
- WACA & Modality Primary Care Networks
- My Wellbeing College (Bradford District Care Trust)
- Bradford District Care Trust Community Mental Health Teams

**Why is it needed?**

Craven is big and rural, and public transport is poor. Too often specialist services are based far away in cities like Bradford. For local people experiencing poor mental health to get the help they need to stay well, increased support in our own communities is a necessity.



#### What's on offer?

The network brings together a three-tiered mental health & wellbeing support offer consisting of:

- Low level, open access groups and support tailored to local need and provided by organisations that have trust and reach within their community.
- District wide access to keyworker support, specialist wellbeing focused creative activity, onward referral to partner provision, and network management provided by Pioneer Projects.
- 'In-reach' mental health support provided by specialist mental health partners that are based out of area.

The offer consists of:

#### Wellbeing Cafes

Seven community locations across Craven providing:

- A welcoming drop in café style environment with activities, refreshments, local signposting, and a listening ear provided by a local Craven organisation and their volunteers.
- Wellbeing focused group activities provided by the host organisation or Pioneer Projects' creative staff.
- Access to Pioneer Projects keyworker for engagement support, wellbeing assessment, goal setting, signposting, and onward referral to other services.
- Mental health training opportunities for local residents, volunteers, and staff.
- Mental health support activities from specialist partners.

#### Quietie Groups

Two additional Pioneer led groups (in Bentham for North Craven and in Skipton for South Craven) offering:

- A quieter 'by appointment' group session for people not comfortable with a more public café style environment, but also featuring wellbeing focused activities, keyworker support, mental health training opportunities, and activities from specialist partners.



The regularity and breadth of activities will vary across locations with Hub locations (in Bentham, Settle, Glusburn, and Skipton) offering a fuller range of weekly provision and Spoke locations (in Grassington and Skipton) a smaller programme.

Please see the Hub Network Diagram at the end of this document for the current offer.

#### Who can access support?

Anyone in the community who is concerned about their mental health and wellbeing.

- All the Wellbeing Cafes have capacity for 'drop-in attendance' (though the Café at Broughton Road is women only provision) to access lower-level support.
- Pioneer Projects keyworkers will manage formal referrals from statutory partners (such as Social Prescribers, GPs, Social Workers, or Community Mental Health Team Workers) into the Network for people needing more focused support. They will also manage onward referral to specialist services when needed. Referrals can be made here: <https://www.cymha.nhs.uk/pressoffice/161614/>

#### Who should I contact for more information?

If you want more information about what the local offer is, get in touch with your local network partner:

**Bentham** - Pioneer Projects - [psp@pioneerprojects.org.uk](mailto:psp@pioneerprojects.org.uk)

**Settle** - The Place in Settle - [info@theplaceinsettle.org.uk](mailto:info@theplaceinsettle.org.uk)

**Grassington** - Grassington Hub - [orange.dillon@grassingtonhub.com](mailto:orange.dillon@grassingtonhub.com)/Skipton -

**Skipton** - Skipton Step into Action - [support@sia.org.uk](mailto:support@sia.org.uk)

**Skipton** - Skipton Community Wellbeing Café - [cafe@skiptonwellbeing.org.uk](mailto:cafe@skiptonwellbeing.org.uk)

**Skipton** - Broughton Road Community Centre - [info@broughtonroad.org.uk](mailto:info@broughtonroad.org.uk)

**Skipton** - Grasswood & Hoeselase Community Centre

[enquiries@yorkdiastem.org.uk](mailto:enquiries@yorkdiastem.org.uk)

**Glusburn** - Glusburn Institute - [info@glusburn.org.uk](mailto:info@glusburn.org.uk)



If you want more information about **formal referrals**, **keyworker support**, and **more specialist support**, contact one of Pioneer's Project's keyworkers.

For **Bertham, Settle, and North Craven** contact Caroline McCarthy at [caroline@pioneerprojects.org.uk](mailto:caroline@pioneerprojects.org.uk)

For **Skipton, Grassington, Glusburn and South Craven** contact Sonia Knight at [sonia@pioneerprojects.org.uk](mailto:sonia@pioneerprojects.org.uk)

Or visit our page on Compass here: <https://www.compasshls.co.uk/locations/pioneer/167/>

**Stay up to date**

This is a new and developing network and we will continue to promote the service offer as it grows.

The cross-sector **Craven Communities Together** health partnership provides regular updates on all health developments in Craven District so if you are not already on their mailing list, please contact Tracy Mount to sign up. [tmount@rnh.org.uk](mailto:tmount@rnh.org.uk)



Hub						
	North Craven			South Craven		
Location	Bertham	Settle	Skipton	Skipton	Skipton	Glusburn
Organisation	Pioneer Projects	The Place in Settle	Pioneer Projects	Skipton Community Wellbeing Cafe	Hepston Signposts Action	Glusburn Community & Arts Centre
Venue	Coaching Well Studio, King Street	Commercial Yard	Hepston Town Hall, High Street	St. Andrew's Church Hall, Nelsonsgate Street	The Longwood Rooms, Oldy Street	Victoria Road, Corke Road
Times	Friday 10.00 - 12.30	Tuesday 2-4	Friday 2.30 - 4.30	Thursday 1.00 - 3.30	Friday 4-11	Monday 10.00-12.00
Services	Wellbeing Cafe	Wellbeing Cafe	Wellbeing Cafe	Wellbeing Cafe	Wellbeing Cafe	Wellbeing Cafe
Spokes						
	North Craven		Skipton	South & East Craven		Grassington
Location			Skipton	Skipton	Grassington	Grassington
Organisation			Wellwood & Harecliffe Residents Association/Positive Housing	Broughton Road Community Centre	Grassington Hub	
Venue			Wellwood & Harecliffe Community Centre	Broughton Road North Parade	Church House	
Times			Wednesday 9-11	Monday 10.00-12.00	Last months Every 3-4	
Services			Wellbeing Cafe	Wellbeing Cafe	Wellbeing Cafe	

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*Meals on Wheels*

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## Bentham and District Meals on Wheels Service



- Do you, or somebody you know, have difficulty preparing meals?
- Are you, or do you know someone who is housebound?
- Do you enjoy good, wholesome, freshly prepared food?

If you would like to use the service ask your GP or nurse to make a referral for you.

Meals are delivered on Tuesdays and Thursdays

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### *Pension Credit Trial*

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Please find attached a link to information about a trial currently taking place in Craven to encourage low income pensioners to apply for extra financial support, for further information please contact:

[jenny.wright@maps.org.uk](mailto:jenny.wright@maps.org.uk)

Two thousand people in Great Britain will receive letters inviting them to apply for Pension Credit as part of an innovative new trial launched.

The letters and leaflets will be targeted at households in ten local authorities that are already in receipt of Housing Benefit, but not claiming Pension Credit.

The ten local areas selected for the trial have been selected to ensure a representative sample of urban, rural, regional and national areas.

Areas covered are Eastbourne, Teignbridge, Pendle, Charnwood, Vale of White Horse, Redcar and Cleveland, Craven, Harrow, Powys and West Lothian

[Pension Credit: what is Pension Credit? | MoneyHelper](#)



[Trial encourages low-income pensioners to apply for extra financial support - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

## NORTH LANCASHIRE

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

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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@morecambebaypovertytruthcommission.org.uk](mailto:info@morecambebaypovertytruthcommission.org.uk) for more information.

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*HARRI Van*

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# HARRI

Please see the attached posters 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](mailto:hasan.sidat@lscft.nhs.uk)



Health  
Advice  
Recovery  
Resilience  
Information

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

Come and meet us on **HARRI**

Date: **WEDNESDAY 27<sup>TH</sup> SEPTEMBER 2023**

Time: **10am – 3pm**

Venue: **Joss Lane Car Park, Sedbergh, LA10 5AS**

HARRI is our health and wellbeing engagement vehicle, with it we are able to travel around Lancashire and South Cumbria to talk with the local communities and individuals.

On board:

- We engage with you to share our ideas and plans for the future and to gain insight into what your needs are.
- We offer simple signposting, advice, and guidance to offer the right help at the right time in the right place for you.

On board there will be partners from within the NHS and beyond, which will enable us to offer you a wide range of information on many of the issues you may be facing. Mental helpline, quit smoking, diabetic, wellbeing team, Mindsmatter, and much more.

**Pop over and say hello to our team and local health partners.**

Are you worried and just needed to talk to someone?

Would you like some information on quit smoking?

Would you like to attend our FREE health and wellbeing courses?

Worried about cost of living

Free Blood pressure & pulse checks





Health  
Advice  
Recovery  
Resilience  
Information

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

Come and meet us on **HARRI**

Date: **FRIDAY 6<sup>TH</sup> OCTOBER**  
Time: **10am – 3pm**  
Venue: **Beetham Road Car park, Milnthorpe, LA7 7QR**

HARRI is our health and wellbeing engagement vehicle, with it we are able to travel around Lancashire and South Cumbria to talk with the local communities and individuals.

On board:

- We engage with you to share our ideas and plans for the future and to gain insight into what your needs are.
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Worried about cost of living

Free Blood pressure & pulse checks



**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

**Book HARRI**

HARRI is also available to attend health events and campaigns. It is the perfect vehicle to promote the local services to a wide audience in just a few hours, allowing services to highlight their initiatives, raise awareness and discuss concerns. If you would like to hire HARRI for your next event, please get in touch for availability.

Venue/Event for Sept 23	Date	Times
Booths Car park Scotland Rd, <b>Camerton</b> LA5 9JZ	Fri 6 <sup>th</sup> Sept	10-3pm
World Suicide Prevention day in <b>Preston</b> either the <b>Preston Bus Station</b> or the <b>Flag market</b>	Sat 9 <sup>th</sup> Sept	10-3pm
Staff wellbeing day Guild Lodge <b>Preston</b>	Tues 12 <sup>th</sup> Sept	10-3pm
Jama <del>Woods</del> Masjid Oak St, <b>Blackburn</b> BB1 9TX	Sun 17 <sup>th</sup> Sept	11-3pm
National Intox Day The Harbour <b>Blackpool</b> – FY4 8PE	Wed 20 <sup>th</sup> Sept	10-3pm
Ryan Medical Centre: St Marys Road <b>Preston</b> PR5 6LD	Sat 23 <sup>rd</sup> Sept	9 - 1pm
Sedburgh Market Jose Ln, <b>Sedburgh</b> LA10 5AS	Wed 27 <sup>th</sup> Sept	10-3pm
St <del>George's</del> <b>L&amp;S</b> Community HUB, <del>Luton</del> <b>Blackburn</b> <b>Preston</b> PR2 1NT	Thurs 28 <sup>th</sup> Sept	10-3pm

☎ Call us on 01772 695 365 to speak to one of our friendly support team

✉ Email us at [HARRI@lscft.nhs.uk](mailto:HARRI@lscft.nhs.uk)

📱 @HARRI.LSCFT

📍 LancashireCris



## Recovery College

**Recovery College @Deepdale**  
Courses & Events - September 2023

Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>
Enrolment Day 10:00am/ 1:00pm	Recovery College @Deepdale will open at 1:00pm today.	The Happy Kill 11:00am/ 12:00pm	Work & Talk Group The Happy Kill 10:15am/ 11:00am/ 11:00am/ 12:00pm/ 1:00pm/ 3:00pm	Journaling 10:00am/ 11:00am
Monday 11 <sup>th</sup>	Tuesday 12 <sup>th</sup>	Wednesday 13 <sup>th</sup>	Thursday 14 <sup>th</sup>	Friday 15 <sup>th</sup>
Time Of Life 10:00am/ 12:00pm	Peer Team Drop In 10:00am/ 12:00pm	Phonology Team MCT With Recovery College 10:00am/ 11:00am	Work & Talk Group Community Crafts 10:15am/ 11:00am/ 11:00am/ 12:00pm/ 1:00pm/ 3:00pm	Making Your Mark 10:30am/ 12:00pm
Monday 18 <sup>th</sup>	Tuesday 19 <sup>th</sup>	Wednesday 20 <sup>th</sup>	Thursday 21 <sup>st</sup>	Friday 22 <sup>nd</sup>
Living With ADHD 10:30am/ 12:30pm	Understanding Anxiety 2:00pm/ 3:30pm	Dementia Hub 11:00am/ 1:00pm	Work & Talk Group Advisory Group 10:15am/ 11:30am/ 12:00pm/ 1:00pm/ 3:00pm	Mental Health Awareness 10:30am/ 12:00pm
Monday 25 <sup>th</sup>	Tuesday 26 <sup>th</sup>	Wednesday 27 <sup>th</sup>	Thursday 28 <sup>th</sup>	Friday 29 <sup>th</sup>
Gratitude & Joy 10:30am/ 12:00pm	Introduction To Dual Awareness 10:00am/ 11:00am	Walking Toolkits (1/2) 2:00pm/ 3:30pm	Work & Talk Group Mental Modulation 10:15am/ 11:00am/ 11:00am/ 12:00pm/ 1:00pm/ 3:00pm	Summer Term Celebration 10:00am/ 12:00pm

We welcome all to our Advisory Group to help us develop the college, so come along to have your say! Our Enrolment days are a fantastic opportunity to meet the team, book onto sessions and learn about how our sessions can benefit your wellbeing.

As our Summer Term draws to a close we'd like to invite all of our learners for a special celebration event on the 29<sup>th</sup> of September. Your contributions and feedback are vital to the development of the Recovery College and we simply couldn't do it without you!

Recovery College  
@LSCFTCollege  
www.lscft.nhs.uk/lancashire-recovery-college

Please call us with any enquires on – 01772 693365  
or email us on – [recovery.college@lscft.nhs.uk](mailto:recovery.college@lscft.nhs.uk)  
For online Recovery College Sessions, please visit  
[www.eventbrite.co.uk/o/lancashire-recovery-college-18333778552](http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333778552)

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

**Recovery College @Deepdale**

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

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

Weekly Community Support Drop in sessions - September 2023			
Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>
LSCFT Senior Peer Team 10:00am/12:00pm	LSCFT Senior Peer Team 10:00am/12:00pm	Digital Skills 10:00am/12:00pm	
Financial Inclusion Drop In 1:00pm/2:00pm	Financial Inclusion Drop In 1:00pm/2:00pm	LSCFT Volunteering Team 10:00am/2:00pm	
LSCFT Senior Peer Team 10:00am/12:00pm	LSCFT Senior Peer Team 10:00am/12:00pm	Digital Skills 10:00am/12:00pm	
Financial Inclusion Drop In 1:00pm/2:00pm	Financial Inclusion Drop In 1:00pm/2:00pm	LSCFT Volunteering Team 10:00am/2:00pm	
LSCFT Senior Peer Team 10:00am/12:00pm	LSCFT Senior Peer Team 10:00am/12:00pm	Digital Skills 10:00am/12:00pm	
Financial Inclusion Drop In 1:00pm/2:00pm	Financial Inclusion Drop In 1:00pm/2:00pm	LSCFT Volunteering Team 10:00am/2:00pm	
LSCFT Senior Peer Team 10:00am/12:00pm	LSCFT Senior Peer Team 10:00am/12:00pm	Digital Skills 10:00am/12:00pm	
Financial Inclusion Drop In 1:00pm/2:00pm	Financial Inclusion Drop In 1:00pm/2:00pm	LSCFT Volunteering Team 10:00am/2:00pm	

Recovery College  
@LSCFTCollege  
www.lscft.nhs.uk/lancashire-recovery-college

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

Please call us with any enquires on – 01772 693365  
or email us on – [recovery.college@lscft.nhs.uk](mailto:recovery.college@lscft.nhs.uk)  
For online Recovery College Sessions, please visit  
[www.eventbrite.co.uk/o/lancashire-recovery-college-18333778552](http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333778552)

## 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](mailto: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](mailto:hello@selnec-uk.com)

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



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

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Serving Lancaster, Morecambe, Carnforth and surrounding areas.

#### Introducing the Lancaster District Directory

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

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

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

#### Browsing the Lancaster District Directory

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

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

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

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

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

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### *Lancaster CVS Courses*

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#### **Award in First Aid at Work (level 3)**

Thursday 21st & 28th September and 5th October

The Commodore Club, Morecambe

This three-day course is a regulated and nationally recognised qualification, specifically designed for those who are appointed to act as a first aider in their workplace. It is also ideal for people who have a specific responsibility to provide first aid in voluntary and community activities.

Over the three days, students will develop the skills and knowledge needed to deal with a range of first aid situations, including: assessing an incident, heart attack, cardiac arrest and CPR, managing an unresponsive casualty, choking, head and spinal injuries, fractures, anaphylaxis and more.

The course fee is £120 for LDCVS members and £150 for non-members (plus ticket and payment processing fees charged by our suppliers)

This qualification is valid for three years with the recommendation to refresh every 12 months. Click this link for more details and to book: [Award in First Aid at Work Level 3 Tickets, The Commodore Club, Morecambe | TryBooking United Kingdom](#)

#### **Mental Health First Aid**

16th & 17th October

St Thomas Church, Lancaster

Mental Health First Aid (MHFA) is an internationally recognised two-day training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first

aid basis. MHFA England training will teach you the best way to listen, reassure and respond, even in a crisis. Learning takes place through a mix of group activities, presentations and discussions.

The course normally costs up to £300, but in this case is fully funded by Lancashire County Council Public Health and is free. However, a £50 deposit (plus £2.65 covering ticketing and payment fees charged by our suppliers) is required at the time of booking. Your £50 deposit will be repaid on completion of both full days. Click this link for more details and to book: [Mental Health First Aid Tickets, St Thomas Church, Lancaster | TryBooking United Kingdom](#)

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*St Johns Hospice*

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*Patient wellbeing group*

*Wednesdays 10:30am – 12pm*

*6 week free courses*

*at The Oak Centre*



This group will help improve your wellbeing, confidence and self-esteem through exploring your own life story.

Each week the course explores a different aspect of life including childhood, hobbies, music, leisure and more.

The course culminates with the creation of a memory box, scrapbook or photo frame filled with memories that you can share with loved ones.

*If you would like attending this group then please ask your health professional to make a referral to us.*



For more information contact Dee Riley  
at St John's Hospice Day Therapy Services.  
Email: [dee.riley@sjhospice.org.uk](mailto:dee.riley@sjhospice.org.uk) or call: 01524 382538





# FAB Groups

*Fatigue, Anxiety  
and Breathlessness  
support groups for all patients*



**Thursdays 1pm – 3pm at The Oak Centre**  
**6 week programmes**

**These free groups have  
lots to offer you:**

- Breathing techniques, and how to manage breathlessness.
- Coping strategies for stress, anxiety and panic.
- Lifestyle management through energy conservation and nutrition.
- Exercise sessions.
- Relaxation and how to get a good night's sleep.
- Guest speakers on useful topics to help in your life.
- One to one time with our Occupational Therapist and Wellbeing Assistants.

*If you feel like attending a FAB Group is for you, then please ask your health professional to make a referral to us.*



For more information and referrals please contact  
Dee Riley at St John's Hospice Day Therapy Services.  
Email: [dee.riley@sjhospice.org.uk](mailto:dee.riley@sjhospice.org.uk) or call: 01524 382538



# Craft Group



*for patients  
at The Oak Centre  
Tuesdays 2pm - 4pm*

Come along to The Oak Centre for our free Craft Group each week and enjoy different craft each session.

These sessions are a great way to take a break, relax and try something new!



To attend these free groups please ask for a referral from your  
CNS or Hospice at Home nurse or point of contact.

For more information contact Dee Riley  
at St John's Hospice Day Therapy Services.  
Email: [dee.riley@sjhospice.org.uk](mailto:dee.riley@sjhospice.org.uk) or call: 01524 382538



# Friday Drop-In



at The Oak Centre

Every Friday 10am - 12pm

Starting 21<sup>st</sup> Oct 2022

St John's Hospice patients and carers are invited to drop-in for a brew, a chat and plenty of activities every week. Make new friends and enjoy a break in a friendly space. This is a free session! We look forward to welcoming you.



For more information or for a referral please contact  
Dee Riley at St John's Hospice Day Therapy Services.  
Email: [dee.riley@sjhospice.org.uk](mailto:dee.riley@sjhospice.org.uk) or call: 01524 382538



# Positive Living



Patient & Carers support group

Wednesdays 1:30pm – 3:30pm

6 week free courses

at The Oak Centre



Take a positive step forward with this weekly session for patients and carers, designed to give you a boost.

Our friendly staff will guide you through an introduction to hospice services while you meet new friends and share experiences, with plenty of enjoyable activities including exercise and relaxation.

We can also help you find additional support and organisations that can help you further.

*If you would like attending this group then please ask your health professional to make a referral to us.*


For more information contact Dee Riley  
at St John's Hospice Day Therapy Services.  
Email: [dee.riley@sjhospice.org.uk](mailto:dee.riley@sjhospice.org.uk) or call: 01524 382538

## GENERAL

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### Breathe Easy

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**Breathe Easy**

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

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

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

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

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

**Breathe Easy North Lincs**

**Breathe Easy Lancaster**  
Oak Centre, St. Julians Hospital, Squire Road, Lancaster, LA2 9ST 1-3pm - First **FRIDAY** of each month.

**Breathe Easy Morecambe**  
Haystack Morecambe Sports and Community Centre, Townsend Way, Haystack, Morecambe, LA5 2AW 1-3pm - Third Tuesday of each month.

**Breathe Easy South Lakes**

**Breathe Easy Furness**  
St Mary's Living Well Centre, Duke Street, Barrow-in-Furness, LA4 8WJ  
1-3pm - Third Wednesday of each month

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

**Breathe Easy Milom**  
Helm Network Centre, Unit 2, Devonshire Road, Milom, LA5 4JS  
1-3pm - First Monday of each month

**Breathe Easy Kirkby Lonsdale**  
Lumsdale Hall (side entrance), Bective Road, Kirkby Lonsdale, LA9 2BS  
1:30-3:30pm - Fourth Thursday of each month

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

Logos: NHS, Morecambe Bay Respiratory Network, Bay Health Care Partners, and others.

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### Long Covid Group

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#### Long Covid Peer Support Group.

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

Tuesday's Fortnightly

10.30am-12pm

Via MS Teams

No referral necessary. Please email: [cad@lsct.nhs.uk](mailto:cad@lsct.nhs.uk)

# Coffee and Chat

for people with long covid

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

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




For more information and a log in for the group  
email: [cad@lscft.nhs.uk](mailto:cad@lscft.nhs.uk)




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*Brathay*

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 @Brathay
  BrathayTrust
  @brathaytrust



**STRONG FOUNDATIONS SUCCESSFUL FUTURES**

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

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

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

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

## Cancer Care

### Children's counselling and play therapy

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

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

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

All our centres have fully-equipped play rooms.

For teenagers we also provide 1-1 counselling.

For more information email our Therapy Coordination Team.  
 Call: 01524 381830  
 Email: [info@cancercare.org.uk](mailto:info@cancercare.org.uk)  
[www.cancercare.org.uk](http://www.cancercare.org.uk)



### CancerCare

Support for children and young people affected by cancer or bereavement



**cancercare.org.uk**




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## Kooth

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The [www.Kooth.com](http://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

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## NHS Scotland - Anticipatory Grief

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

## Flynn's Barn

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### 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 16-25, 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 counseling 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 counsellors 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 counsellors 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:

[referrals@flynnesbarn.org](mailto:referrals@flynnesbarn.org)



### Counselling and Family Support Project

#### Background

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

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

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

#### Project aims, objectives, outcomes

##### AIMS

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

and

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

##### OBJECTIVES

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

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

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

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

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

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

Page 1 of 2



#### Referral guidelines

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

##### Criteria for Counselling

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

##### Criteria for Family Support

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

#### Clinical standards

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

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

Project funded through the National Lottery Community Fund



HM Government

Supports the work of

THE NATIONAL LOTTERY  
COMMUNITY FUND

Page 2 of 2

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



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## StepChange Debt Charity

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Please see the link for information: [www.stepchange.org](http://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](#))



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## Yellow Wellies

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**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 creative idea in mind, email [maria@yellowwellies.co.uk](mailto:maria@yellowwellies.co.uk) and also if you've some spare time.

**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 this 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 over 6000 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 [maria@yellowwellies.co.uk](mailto:maria@yellowwellies.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 Minklet research company to carry out a tractor survey across 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're pushing the net even further out, 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](mailto:farm_safety_foundation@nfumutual.co.uk)

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

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### *Bereavement Support*

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**LET'S TALK  
BEREAVEMENT**

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

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

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

Find out more at:  
[www.theclic.org.uk/improve/lets-talk-bereavement](http://www.theclic.org.uk/improve/lets-talk-bereavement)

CLIC

SCAN ME



**LET'S TALK  
BEREAVEMENT**

**Supporting Grieving Children**

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

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

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

Find out more at:  
[www.theclic.org.uk/improve/lets-talk-bereavement](http://www.theclic.org.uk/improve/lets-talk-bereavement)

CLIC  
Child Bereavement UK

SCAN ME

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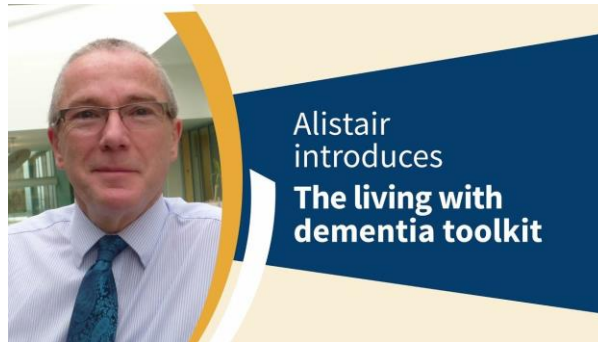
### *Living with Dementia Toolkit*

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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](http://www.livingwithdementiatoolkit.org.uk)



## Previous Newsletters



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[July-August 2023](#)

[May-June 2023](#)

[March-April 2023](#)

[January-February 2023](#)

[November-December 2022](#)

[September-October 2022](#)

[July-August 2022](#)

[May-June 2022](#)

[March-April 2022](#)

[January-February 2022](#)