



People of Kendal supporting their own health & wellbeing

Kendal Integrated Care Community (ICC) was created in 2016 to help bring together local health and care professionals, GPs, the voluntary sector and the community to work as one team.

The focus of the ICC is to ensure that the people of Kendal are supported to improve their own health and wellbeing, and that when people are ill or need support, they receive the best possible joined up care. The ICC helps empower people to take an active role in their health and wellbeing and supports people to manage long-term conditions such as dementia at home with the right support.

Kendal ICC works across organisations in the defined geographical area of Kendal and the surrounding parishes to improve the overall health and wellbeing of local people by working towards its **five aims** (see image right).



“Some of our success stories are most apparent with older people being empowered to remain in their own homes with additional support when needed.”

Cara Stride, Kendal ICC Development Lead



Kendal ICC projects include:

- The **I Matter Project** which is all about building a community to assist adults in working together more effectively to address the wellbeing of children
- Establishing a **frailty group** which brings together our core team, district nurses, adult social care, North West Ambulance Service, Age UK, reablement and Cumbria Police
- Completing over 600 **anticipatory care plans**. These plans have enabled some of the most vulnerable and frailest people to discuss and document their wishes for their future care.

Kendal ICC is hosting its second Sunday Funday on 4 November 2018 at Kendal Leisure Centre from 10am. The first event in March 2018 saw over 500 people come out in force to support, spend time as a family and to learn more about being healthier and happier.

For regular news updates sign up www.freshthinking.uhmb.nhs.uk

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