

Bay Health and Care Partners newsletter

Issue 17: November 2022

Welcome to the seventeenth edition of our Bay Health and Care Partners (BHCP) newsletter where we will update you every month on the collaborative work that is taking place in Morecambe Bay's Place-Based Partnership and the outcomes and benefits for communities.

As we move closer to winter, it's important that we take necessary precautions to avoid becoming really unwell during the colder months. Morecambe Bay Respiratory Network (MBRN) is urging people with long-term respiratory conditions to use the autumn months to plan ahead including having your flu jab and covid booster. A Q&A with Dr Pat Haslam, a local GP and Clinical Lead of the MBRN, can be found [here](#).

If you are over 50, you can now book your autumn Covid boosters and flu jabs. You can find out more about how to book at the Lancashire and South Cumbria Integrated Care Board (ICB) website [here](#).

I would like to draw your attention to a consultation which is being led by Cumbria County Council and the NHS to find out how people would prefer to speak about autism. The consultation, which will close on Wednesday 9 November and only takes two minutes to complete, is aimed at autistic adults, young people and children, parent carers and professionals that support autistic people. You can read the full story at the Cumbria County Council website [here](#) and access the consultation [here](#).



The Cornerstone and Lancaster Methodist Church are hosting a wellbeing week this week across Lancaster. The week will focus on the wellbeing activities happening across the city and will include a range of activities from volunteering and sharing talents to physical activity and mental health support. The week will close with a Wellbeing Day at the Cornerstone on Dalton Square on Saturday 5 November from 10am to 4pm leading into Light Up Lancaster activities. The Wellbeing Week has been organised by the Cornerstone and Lancaster Methodist Church. You can find out more information [here](#).

I would like to thank our local GPs for the sterling work they are doing to raise awareness of common conditions through the 'Time to Talk' video series. In this edition, I would like to highlight the fantastic work that GPs Dr Catherine Munro and Dr Alison Nicholson are doing to shine the spotlight on the menopause. You can watch a short video with Dr Munro at the BHCP YouTube site [here](#) and find out more about the Menopause Café that Dr Nicholson is facilitating on page 2.

I would like to close by drawing attention to a plea from NHS Blood and Transplant service for people to come forward and donate blood. There is a low stock of red blood cells and platelets nationally and the service is asking existing O Negative and O Positive donors to urgently make an appointment at donor centres. Go to [Home - NHS Blood Donation](#) or download the blood app to check local availability and book.



Prof Mike Thomas, Chair for BHCP

Partners transforming services

Every month we will explore a different area of our programmes of work that are transforming services. Twelve people from Kendal have been attending an exercise programme at Kendal Leisure Centre to help them to cope with osteoarthritis (chronic joint pain) of the knee and hip and initial feedback has been positive. The full story can be read at the BHCP website [here](#).



Listening to our communities

The voices of our communities are central to our new way of working. In this edition, we would like to highlight a Community Conversation led by Lancaster City Council which gave partner organisations and the public the opportunity to talk about cost-of-living crisis. The conversation was intended to shape the city's response and co-ordinate views from residents.

The conversation began with a series of presentations from Lancaster CVS, Citizen's Advice Bureau and the city council, explaining what support is already available to the public and how extra funding (the Household Support Fund) is due to be released to offer more support to local residents.

Attendees were then split up into smaller groups in order to share their ideas and respond to three set questions, which were aimed at establishing local priorities. The full story can be read at the BHCP website [here](#).



GP focus with Dr Alison Johnston

Our GPs are an important part of Bay Health Care Partners and here our GPs and primary care colleagues have the opportunity to talk about issues and specialties that they are working on or interested in.

This month, Dr Alison Johnston talks to us about the menopause and a Menopause Cafe which is due to take place at Ulverston Methodist Church on Saturday 5 November between 11am and 1pm.

You can read the full story at the BHCP website [here](#).



The spotlight on...

Every month we will feature a different voluntary, community, faith sector or Social Enterprise (VCFSE) organisation across the Bay. This time the spotlight is on...The Samaritans.

In the Bay area, Samaritans has the Lancaster & District Branch which is based on Sun Street in Lancaster. The branch has around 80 listening volunteers as well as those running the shop which is located close to Lancaster bus station. Every day, listening volunteers are busy taking calls from those facing difficult situations such as ill health, isolation, homelessness, domestic violence or the loss of a loved one.

The full feature can be read at the BHCP website [here](#).



Celebrating our teams

There are a variety of roles across BHCP and other organisations we work with in the community. Here we shine the spotlight on the people who carry out a range of roles to keep our communities healthy and supported.

Timothy Bagot is a Clinical Lead for Primary Eyecare Services who manage the community side of the commissioned services in community optical practices across much of Lancashire and South Cumbria.

You can read Timothy's case study at the BHCP website [here](#).



ICCs update

Our Integrated Care Communities (ICCs) are integrated teams of health and care workers, voluntary organisations and wider community assets who work together to aim to improve physical and mental health outcomes, promote wellbeing and reduce health inequalities across an entire population.

Five hundred people attended the Furness Running, Health and Wellbeing Festival and the BeWell Festival which were held at Walney School. The free BeWell Festival included a range of indoor and outdoor activities.



Lancashire and South Cumbria NHS Foundation Trust's Health, Advice, Recovery, Resilience and Information bus carried out 30 health checks. There was also a running festival with 10k, 5k runs and a one-mile family fun run on Walney Island. You can read the full story at the BHCP website [here](#).

Top stories from our Partners

University Hospitals of Morecambe Bay NHS Foundation Trust - [Annual members meeting to take place](#)

NHS Lancashire and South Cumbria Integrated Health Board - [Latest news](#)

Lancashire and South Cumbria NHS Foundation Trust - [Latest news](#)

Cumbria CVS - [The importance of connecting](#)

Lancaster District CVS - [Information and Advice for the Lancaster District's Third Sector](#)

Cumbria County Council - [Council Leaders submit bid for Cumbrian Investment Zones](#)

Lancashire County Council - [Plans for ambitious Investment Zone in Lancashire proposed](#)

Barrow Borough Council - [Westmorland and Furness Council tax reduction scheme survey](#)

South Lakeland District Council - [Business community urged to share insights](#)

Lancaster City Council - [Short film to raise awareness of the need for foster carers in Lancashire](#)

Lancashire and South Cumbria H&C Partnership - [Latest news](#)

*** [The Mooch Podcast - Episode 1](#)

*** [NWAS Back to Basics Local Community Event for Cumbria](#)

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