



# May/June 2023 - Carnforth Integrated Care Community Newsletter

*If you would like anything to be shared within our newsletters, please don't hesitate to get in touch (details at the end of the newsletter). Please note that at the time of publishing, the information we had received to share in this newsletter was correct.*

## **In this edition:**

- Message from Dr Thirza Deboo, GP and Clinical Lead, ICC
- Memory Support Group
- Breathe Easy - North Lancashire & South Lancashire
- Bee-Adventures.org.uk
- Walks for All
- Skin cancer awareness month - May
- Carnforth Coronation celebrations
- Venue for hire - Carnforth
- Viral meningitis week- 2nd - 9th May

- Growing Well
- SAFE -Morecambe & Lancaster areas
- Will writing - Age UK Lancashire
- British Liver Trust Support
- Red Rose Recovery
- National Volunteers Week 1st - 7th June
- Pride month 1st - 30th June
- Back to me - 7th June
- CAP Money Course - June
- Loneliness Week - 12th - 18th June

## Message from Dr Thirza Deboo, ICC Clinical Lead Carnforth ICC



Welcome to the latest Edition of the ICC newsletter. A big thank you to everyone who continues to work so hard for all the people in the Carnforth area. We continue to have lots of referrals to our care coordination service which provides an essential service to our most vulnerable residents. The memory support session which we provide monthly is gaining momentum again and during Dementia Awareness Week we are planning a session of educational information from a wide range of people to further develop the knowledge of the people living with dementia and their carers, both about the condition and about what help and support is available to them. The usual sessions are informal and provide peer support under the guidance of health professionals. Our dementia awareness session will be slightly different but just as supportive and friendly.

## Memory Support Group - County Hotel, Carnforth



Community News: Carnforth Integrated Care Community (ICC) Carnforth Integrated Care Community (ICC) hold a monthly support group for people caring for someone with memory loss. This takes place on the second Monday afternoon of each month, 2pm-4pm at the County Hotel, Carnforth (April and May 2023 are on the third Mondays owing to the Bank Holidays). The group is open to carers of and anyone living with memory issues. The group provides the opportunity for attendees to chat to professionals, share experiences and access information. Light refreshments are provided. For our May 2023 session (Monday 15th May 2023), we are arranging for our usual monthly meeting to be a 'Dementia Awareness session' and plan to have professionals in attendance who can talk specifically about dementia diagnosis, living with dementia and local services that could help those affected. For more information, please contact Carnforth ICC via email [carnforth.icc@mbht.nhs.uk](mailto:carnforth.icc@mbht.nhs.uk) or call our ICC Development Lead, Hayley Clarke, on 07876 130616

## Breathe Easy - North Lancashire & South Lakes

### Breathe Easy North Lancs

**Breathe Easy**

No appointment or referral is necessary. Friends, family and carers are welcome.

**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 mindful movement.

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 Lancaster**  
Oak Centre, St. Johns Hospice, Snyne Road, Lancaster, LA2 6ST 1-3pm - First **FRIDAY** of each month.

**Breathe Easy Morecambe**  
Heysham Mossgate Sports and Community Centre, Townson Way, Heysham, Morecambe, LA3 2AW 1-3pm - Third Tuesday of each month.

**Breathe Easy Furness**  
St Mary's Living Well Centre, Duke Street, Barrow-in-Furness LA14 1XU  
1-3pm - Third Wednesday of each month

**Breathe Easy Millom**  
Millom Network Centre, Unit 3, Devonshire Road, Millom, LA18 4JS  
1-3pm - First Monday of each month


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

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

**Breathe Easy Kirkby Lonsdale**  
Lunesdale Hall (side entrance), Bective Road, Kirkby Lonsdale, LA6 2BG  
1:30-3:30pm - Fourth Thursday of each month

# Breathe Easy South Lakes

Bee-Adventures.co.uk




**WELL-BEING**  
*Workshop*


**IMPROVE YOUR MENTAL HEALTH**

 *Pick-up at 10.45am*


BEE-Adventures minibus will pick-up from the Battery Park bus stop and St Barnabas Church bus stop in West End, Morecambe. We'll then drive to Halton Mill along the river Lena. Drop-off back at 1pm.


 *Workshop talks*

We'll spend some time learning a new outdoor skill each session, such as navigation, and connecting with nature, flora, and fauna. Some weeks we'll have guest volunteer guides from various outdoor organisations.

 *Riverside Walk*

Then we'll head into the outdoors to practice our newfound knowledge on a short 5km walk along the river Lena. Friendly, relaxed and layback atmosphere.

**CONTACT US TO JOIN (LIMITED SPACES)**  
explore@bee-adventures.co.uk  
BEE-Adventures.co.uk/community

## Walks for All

For more information contact [www.arnsidesilverdaleaonb.org.uk/events](http://www.arnsidesilverdaleaonb.org.uk/events)



## Skin Cancer Awareness Month - May

Skin Cancer awareness month is an awareness campaign that takes place annually each May. The campaign aims to raise awareness of the dangers of unprotected sun exposure and educate the public about the ways to help prevent skin cancer.



UV exposure from the sun is one of the main causes of skin cancer and also one of the most preventable. This campaign hopes to reduce instances of skin cancer and increase the likelihood of early detection through education.

[More](#) information

# Carnforth King's Coronation celebrations

JOIN US FOR CARNFORTH'S BIG CORONATION WEEKEND

**Saturday 6th May**  
10:30am to 2pm  
Coronation Live & Afternoon Tea

**Sunday 7th May**  
12noon - 8pm  
Big Coronation Lunch

**Monday 8th May**  
10:30am - 1pm  
VE Day & Big Help out

These events are FREE  
visit [www.carnforhtowncouncil.org](http://www.carnforhtowncouncil.org) or  
check our Facebook and Twitter for details

beyondradio  
CORONATION big lunch

1

Here is the full line-up of events.



**Carnforth's CORONATION big lunch**  
 Sunday 7th May - 12 Noon till 7pm  
 eden project | COMMUNITY FUND

**Sunday 7<sup>th</sup> May - Carnforth's Big Coronation Lunch**  
 At Town Market Street & King Memorial Gardens:

11:30am	Welcome to Carnforth Big Jubilee Lunch - Flying Colours 5th Walking
11:50pm	Opening of the event by Town Mayor Elect, Cllr Jim Grouthwaite
12noon - 2:00pm	The Big Coronation Lunch - Sitting 1
12noon - 7:00pm	Various performances throughout the day: Sax Pals, Folk, Aerial arts demonstrations, Flying colours, 5th walking and juggling
12noon - 7:00pm	Imagining events - Balloon modelling and Glitter tattoo service Laura Taylor-Winn - Facepainting
12:00pm - 12:30pm	Leigh Williams-Coggins - Classical/opera/musical theatre singer
1:00pm - 2:00pm	C&C Entertainments - Variety of rock, pop and musical theatre
2:00pm - 3:00pm	Fuzeth Colours - Bus playing original/cover songs
2:30pm - 4:30pm	The Big Coronation Lunch - Sitting 2
2:00pm - 8:00pm	Beyond Radio Live
3:00pm - 3:30pm	Leigh Williams-Coggins - Classical/opera/musical theatre singer
4:00pm - 4:45pm	Triple A - Folk and pop trio
5:00pm - 7:00pm	The Big Jubilee Lunch - Sitting 3
4:00pm - 5:45pm	Kateella & Janissa T - R&B and pop duo
5:00pm - 6:45pm	Carlie Nui - Singer/song writer
7:00pm - 7:45pm	C&C Entertainments - Variety of rock, pop and musical theatre
7:45pm	Closing of the event by Town Mayor Elect, Cllr Jim Grouthwaite

The Big Coronation Lunch is part of a full weekend of events in Carnforth to celebrate the big day.

## Carnforth BIG LUNCH - 7th May



**Carnforth's CORONATION big lunch**  
 Sunday 7th May - 12 Noon till 7pm  
 eden project | COMMUNITY FUND

TICKETS NOW AVAILABLE FOR THIS FREE HISTORIC EVENT! Join us for this celebration of the King's Coronation. This is an opportunity for the Carnforth community to come together to share friendship, food and fun. Like last year's highly successful Queen's Big Jubilee Lunch there will be three 'sittings' for lunch (12noon - 2pm; 2:30pm - 4:30pm & 5pm - 7pm). Tables are limited, so early booking is recommended! Bring your own food or enjoy the food and drink available for purchase as well as a range of arts and crafts, activities and top entertainment (full details to follow soon). Booking is easy just click on the link and follow the instructions: <https://www.trybooking.co.uk/CDXJ>

DON'T MISS OUT - BOOK NOW!

## Venue for hire Carnforth



Council venues for hire: Carnforth Civic Hall on Lower North Road and Crag Bank Village Hall on Jesson Way, are suitable for baby groups, ceremonies, corporate events, exhibitions, music practice, music events, meetings, parties, sports and fitness, societies and clubs, theatre productions and training and workshops. The Carnforth Civic Hall Meeting Room is suitable for corporate events, exhibitions, music practice, meetings, societies and clubs, training and workshops. All our venues have super broadband available free of charge. Book online here:

<https://venuehire.scribeaccounts.com/Carnforth-Town-Council> or by emailing Leah at [admin@carnforthtowncouncil.org](mailto:admin@carnforthtowncouncil.org) or calling 07828254149. Prices to hire Carnforth Civic Hall and Crag Bank Village Hall will be going up in April for the first time since 2019 but they can still be hired for as little as £15 per hour for regular bookings; £18 per hour for one-off bookings and the Meeting room at the Civic Hall from £12 per hour for regular bookings and £14 for one-off bookings. Both venues enjoy Superfast Wi-Fi at no extra cost. Availability is limited so book now for 2023!

## Viral meningitis week - 2nd - 8th May

Viral Meningitis Awareness Week allows information, education, support and fundraising to be carried out, to improve understanding of the condition, to prevent it and to prevent deaths and permanent health problems with it, as well as supporting sufferers and making the future better for them and for potential sufferers.



to find out [more](#)



# Growing Well Sizergh Leaflet - Professionals Referral

"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 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."



## Growing Well Kendal

Mental health recovery through activity on our organic farm

### 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 07903 013 648

### Getting here

From all directions Head to Low Sizergh 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 Sizergh Farm, Sizergh,  
Kendal, Cumbria, LA8 8AE  
Email [kendal@growingwell.co.uk](mailto:kendal@growingwell.co.uk)  
Telephone 07903 013 648  
[www.growingwell.co.uk](http://www.growingwell.co.uk)



Growing Well Ltd is a Registered Charity in England & Wales, no. 1182018



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



### 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:

#### Growing

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

#### Cooking

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

#### Peer support

A key role of our service is the opportunity for people to work alongside and support each other, because nobody understands better than someone else experiencing similar feelings.



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

Growing Well accepts both self-referrals and referrals from GPs/other healthcare professionals. We are based within a six-acre organic 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 minibus transport and a hot, healthy lunch.

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

- Building emotional resilience
- Developing vocational 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.



#### 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 Warwick and Edinburgh 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 record their learning and achievements in individual skills logs.



#### FREE Minibus service

Available to collect and drop off from various locations including Ambleside, Windermere, Kendal, Barrow, Dalton, Ulverston, Grange, Lancaster, Morecambe and Carriforth.



# Growing Well Sizergh Leaflet - Self Referral

“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 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

For more information on how 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 [kendal@growingwell.co.uk](mailto:kendal@growingwell.co.uk)  
Telephone 07903 013 648

## Getting here

From all directions Head to Low Sizergh 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 Sizergh Farm, Sizergh,  
Kendal, Cumbria, LA8 8AE

Email [kendal@growingwell.co.uk](mailto:kendal@growingwell.co.uk)  
Telephone 07903 013 648  
[www.growingwell.co.uk](http://www.growingwell.co.uk)



Growing Well Ltd is a Registered Charity in England & Wales, no. 1182018



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)



## 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 comes to Growing Well is encouraged to set a goal for their recovery, which we will work on with you as part of your time on our field or 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.



**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 whilst 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.



## 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 come in your own car or by bus.

We provide essential protective clothing including waterproofs and 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 cooking 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 Minibus service

Available to collect and drop off from various locations including Ambleside, Windermere, Kendal, Barrow, Dalton, Ulverston, Grange, Lancaster, Morecambe and Carrforth.



## SAFE Morecambe & Lancaster areas

### SAFE: All About Us

SAFE, is a local, not for profit, organisation that works with young people and adults, going through mental health issues and other life challenges, through group provision. The organisation covers Lancaster, Morecambe, and surrounding areas.

### Prop Up Project

The Prop Up Project is for young people aged 13-19, as well as young adults aged 20-25. We run group & individual creative activities such as drama & art - encouraging the group to get involved, get to know each other, and learn new skills at their own pace. Alongside this, each month, we run activities to equip the group with key coping strategies and skills to maintain positive mental health and build resilience outside of our sessions.

For those who may feel unable to be involved in the group activities, we create an individual space where they can complete activities. For example, reading or drawing – on their own or with a team member, until they feel comfortable to join the group. Our group allows young people to be in a group with others who are going through similar circumstances and know they are not alone.

We also aim to keep group sizes small to ensure new people joining the group do not feel overwhelmed. A referral is needed for Prop Up Project and can be completed using our referral form or by arranging a conversation with us. Following this, we can arrange a time to meet with a young person before they attend.

### Times & Locations

Young Adults group - Last Monday of the month 2.30-4.30pm Church of Ascension, Torrisholme (20-25)

### Socialease

This is for any adult aged 18+, who may be experiencing isolation or loneliness due to health or other reasons.

We run in quieter public cafes.

Socialease provides a space for people to make the first step out of the house and come and meet others who have been going through similar experiences. It is a chance to talk, get involved in group discussions or activities, or just 'be'. We have a table card system which enables the person to choose how much they engage within the session. You can put the yellow side of the table card up if you want some time alone, or, if you would like to join in with the group, it's the green side. We again understand that the first time in a new space or group situation can be hard, and coming to sit on your own, with a brew, is certainly enough for a first step.

People can join our group and stay for as long, or as little, as they wish and can come along with someone else for the first few times, if this is more comfortable. Like Prop Up Project, we ask for a short referral form to be completed for people to access our Socialease groups. Following this, while people can drop in on our sessions, we encourage people to contact Keeley beforehand, to enable us to chat to those interested and support their engagement in our group(s).

## Times & Locations

Tuesday - Brew me Sunshine, Morecambe, Victoria Street 10-12pm

Wednesday - Cornerstone Café Lancaster, Sulyard Street 2-4pm

Keeley

SAFE Manager

07568937988

For any referrals/personal queries, email Keeley at: [propupproject@gmail.com](mailto:propupproject@gmail.com)

For any SAFE General Enquiries, email: [enquiriesforsafe@gmail.com](mailto:enquiriesforsafe@gmail.com)

## British Liver Trust support



The UK's leading liver health charity working to improve liver health for all and supporting those affected by liver disease and cancer.

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

## Will writing - Age UK Lancashire

### Get help writing or updating your Will

We've now partnered with new local solicitors to support more people to write their Will at a discounted rate. Our partner solicitors kindly give up their time in return for a donation of £75\* to Age UK Lancashire.

### Leave a Gift to Age UK Lancashire

If you choose to leave a gift to us, you will be supporting older people in Lancashire that need our help.

#### **Book an appointment with our partner solicitors**

19th April – Farnworth Rose Solicitors, Nelson  
21st April – PHH Solicitors, Lytham St Annes  
27th April – Hexagon Life Planning, Ormskirk  
28th April – Birchall Blackburn Solicitors, Preston  
25th May – Vincents Solicitors, Chorley  
25th May – Hexagon Life Planning, Ormskirk

**Our helpline: 0300 303 1234**

## Red Rose Recovery

### Walk this May, Talk this May

#### May Event – We Need You!

During the month of May, Red Rose Recovery and the Lancashire User Forum will be holding a series of walk and talk events. We are calling this event 'Walk this May, Talk this May'. The walk and talk events create an opportunity for the community to openly talk about specific topics that have previously been considered as 'taboo'.

The walk and talk events hope to bring the community together and raise awareness that we must treat others as a person and move away from the labels which may be offensive or harmful such as addict, criminal etc. We also want to raise awareness of these topics and break down the stigma attached to it. We would like to invite our Partner Organisations to get involved in these events and lend their expertise alongside those with lived experience who will lead the walks. Please see below for our events:

In the North Locality we will be holding walk and talk events which focus around *Addiction, Mental Health, Domestic Abuse, Homelessness, Veterans, Cost of Living, Criminal Justice and Physical Health.*

**We hope to hold a final walk and talk event in Preston to end our local community walk and talks events. This event will be focused around *Workplace Wellness.***

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*Please see below for our events:*

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To support the 'Walk this May, Talk this May', we will be looking for 3 things:

- **People with Lived experience to lead the walks.** If you have lived experience of the topics above and would like to share your experiences to support others and raise awareness in your community, please get in touch.
- **Services and organisations who have expertise.** If you are part of a service or organisation that supports the community in the topics above and would like to send your expertise to support and engage with individuals who may not know about your service or the support you offer, please get in touch.
- **People or organisations to promote or sponsor this event.** We are also looking for people or organisations that would like to get on board with this event and carry its message by supporting through financial and/or promotional means. If you would like to support, please get in touch.

**Please see the next page for the details of the events**

**If you are interested in getting involved under any capacity please get in touch with: Kaitlyn Galbraith at [Kaitlyn@redroserecovery.org.uk](mailto:Kaitlyn@redroserecovery.org.uk) or**

**Sarah O'Mara at [SarahO@redroserecovery.org.uk](mailto:SarahO@redroserecovery.org.uk)**

**Thank you.**

**Walk this May, Talk this May**

Topic of Walk	Date	Time
Addiction	Wed 3 <sup>rd</sup> May	12:00pm
Domestic Abuse	Sat 6 <sup>th</sup> May	12:00pm
Mental Health	Wed 10 <sup>th</sup> May	12:00pm
Homelessness	Sat 13 <sup>th</sup> May	12:00pm
Cost of Living	Wed 17 <sup>th</sup> May	12:00pm
Criminal Justice	Sat 20 <sup>th</sup> May	12:00pm
Physical Health	Wed 24 <sup>th</sup> May	12:00pm
Veterans	Sat 27 <sup>th</sup> May	12:00pm
Workplace Wellness	Wed 31 <sup>st</sup> May	TBA

**Important things to note:**

- We will be meeting at **Ryelands House Clinic located in Ryelands Park, Owen Rd, Lancaster LA1 2LN.** We will be there from 11:30am and the walk will start at 12:00.

- The walk should take around an hour to complete and there will be a gazebo with refreshments at the end of the walk.
- The British weather can be very unpredictable but rain or shine the lived experience leads will be running the walks so bring your raincoat or sunscreen.

### What to expect on the day:

- The lived experience leads will be at the front of the Ryelands Clinic from 11:30am ready to welcome the walkers.
- We will start the walk at 12:00pm and should take around an hour to complete a lap around the park.
- The walk will finish at the back of the Ryelands Clinic where we will meet at the gazebo for further conversations and refreshments.
- The lived experience leads will close the event at 14:00pm.

### Hope to see you there!

Red Rose are holding a series of events during the month of May entitled 'Walk this May, Talk this May'.

This will involve a series of walks, open to the whole community, where participants can talk with organisations and those with lived experience around dedicated issues. I have attached an invite which details the events and invites our partners to get involved in a number of ways.

I would be grateful if you could read the attached and let me know if you are interested in getting involved!

These should be fun and informative events looking at creating a greater understanding within our community and reducing the stigma attached to certain issues.

### National Volunteers week 1st - 7th June

Volunteers Week is celebrated between 1st and 7th June every year. It is a week in which the UK celebrates volunteers and says thank you to them for the contribution that they make. The week also raises awareness about the benefits becoming a volunteer and the diverse volunteering roles that are available.



Jun 1 June 1 - June 7  
**Volunteers Week 2023**

As well as helping others, Volunteering has been shown to have a positive impact on the lives of those who volunteer, assisting volunteers in gaining new skills and boosting self-esteem. There are many voluntary organisations in the UK that rely on volunteers to help others.

More [information](#)

## Pride Month - June

Every year, during the month of June, the LGBT community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognising the influence LGBT people have had around the World.



Jun 1 June 1 - June 30  
**Pride Month 2023**

[More](#)



# Back to Me



**Back to Me**  
Dunbar  
Neighbourhood Centre,  
Clark Street,  
Maccanville,  
LA4 5HR

**Starts Wednesday 7th June 2023**  
**9.30am - 12.30pm**

**Are you finding it stressful caring for the kids?**  
**Are you struggling with your confidence?**

**"Back to Me" is a three week course which allows you to focus on yourself, improves your wellbeing and develop strategies to help you feel more confident to deal with life stressors.**

**Dealing with Stress**      **Confidence & Resilience**  
**Managing your Emotions Positively**

Refreshments provided, along with a free gift every session.

Sessions dates:  
Wednesday 7th June  
Wednesday 14th June  
Wednesday 21st June

Lancashire Adult Learning      Lancashire County Council

For more information contact us on 01524 551200

## CAP Money Course - June

WHO IS IT FOR ?????



### Over 3 weekly sessions:

Mondays: 5th, 12th and 19th June, 9.30am - 11am,

At

Lune Park Neighbourhood Centre,

Rylands Park, Owen Road, Lancaster, LA1 2LN.

STUDENTS ->> RETIRED, basically anyone who wants to get a better grip on their finances!

### RESERVE YOUR FREE PLACE NOW:

by emailing your name to: [lmdebtcentre@gmail.com](mailto:lmdebtcentre@gmail.com)

Run in conjunction with



Registered Charity No. 1173790

L M Debt Centre, based at

Stanley Road Baptist Church, Morecambe.

Centre Mgr: Suzie Shearsby

## Loneliness week - 12th to 18th June

### How to get involved in Loneliness Awareness Week.



To get involved in this year's Loneliness Awareness Week campaign, head to <http://www.marmaladetrust.org/law> , or to find out more via social media it's @marmaladetrust .

## Carnforth Integrated Care Community

Want to know more or want to get involved? Please contact us [carnforth.icc@mbht.nhs.uk](mailto:carnforth.icc@mbht.nhs.uk). We are keen to share information as far and wide across our communities as we can, please do get in touch if you have anything you would like us to share in our newsletters. *Our next steering group meeting is planned to be held on **Thursday 18th May 2023 and Thursday 15th June 2023 10am - 12 noon** via Microsoft Teams.* Please contact us (via the above email address) if you are interested in joining our meeting.

You can also follow us on [Facebook](#) or [Twitter](#) (search @CarnforthICC). We welcome anyone who would like to attend our monthly steering group meetings and become part of a wider team supporting the health and wellbeing of our local communities.

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*Meet the team!*

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## Dr. Thirza Deboo - GP Lead & Ash Trees GP



Hayley Clarke - ICC Development Lead





*1 - Jayne Crowther - Care Coordinator*



*2 - Janette Wright - Administrator*