



## About us

### Annual Reports and Annual Accounts

### Equality

### GP Practices

### STP

## ICCs

### Carlisle ICCs

[Brampton & Longtown ICC](#)

[Copeland ICC](#)

[Eden ICC](#)

[Keswick and Solway ICC](#)

[Maryport and Cockermouth ICC](#)

[Workington ICC](#)

[ICCs Factsheets](#)

### AGM Agendas and Minutes

### Fair Processing Notice

### Who we are and what we do

### How we make decisions

### Key Policies & Documents

### Recruitment Opportunities

### Safeguarding

### Potential Boundary Changes

### Freedom of Information

 [Download as PDF](#)

 [Print this page](#)

# Carlisle ICCs

[Homepage](#) » [About us](#) » [ICCs](#) » [Carlisle ICCs](#)

North Cumbria has been divided into eight Integrated Care Communities based on clusters of GP practices and their registered populations. By understanding the challenges that each area faces it is hoped that the community can work together with health and care organisations to improve the health and wellbeing of local people.

There are two ICCs in the City of Carlisle: Carlisle Network and Carlisle Healthcare.

## ICC Fact file

**ICC Population:** 84,975

### Health Profile:

- Older population projected to increase
- Healthy Life Expectancy in females below the national average
- Hospital stays for alcohol related harm above national average
- Children with excess weight above national average
- Deliveries to teenage mothers above national average
- Emergency hospital admissions for hip fracture (65+yrs) above national average
- Early mortality (under 75 years) above national average
- A&E use above Cumbria average
- More patients with high blood pressure; diabetes; asthma; and dementia than national average

## Carlisle Healthcare

### ICC Leadership Trio:

Adult Social Care: Nick Waterfield  
 Cumbria Partnership NHS Foundation Trust: Kerry Harmer  
 GP: Alan Edwards & Robert Westgate / Deputy: Tracey Scott

### GP Surgeries:

- [Carlisle Healthcare](#)

## Carlisle Network

### ICC Leadership Trio:

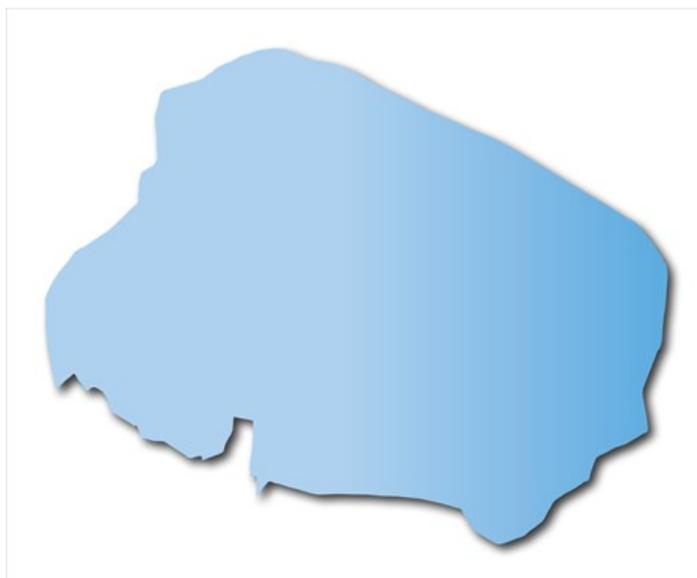
Adult Social Care: Nick Waterfield  
 Cumbria Partnership NHS Foundation Trust: Kerry Harmer  
 GP: Sue Rossi

### GP Surgeries:

- [Spencer St Surgery](#)
- [Eden Medical Group](#)
- [Fusehill Medical Practice](#)
- [Warwick Road Medical Group](#)
- [Warwick Square Group Practice](#)

## Find out more

Detailed profiles have been developed for each ICC to support the planning of future services. They cover



## Useful info for your area

Compass in Cumbria is a way of linking information from the third sector, social care and health together for people living in Cumbria. It covers everything from local events and useful guides to volunteer opportunities and links to further support.

### [Compass in Cumbria](#)

Visit the [Carlisle Partnership website](#) for details on the Healthy City initiative.

## What's happened so far?



Teams from different organisations are now working closer together through daily multi-disciplinary meetings to plan care for patients with complex health needs. The ICC is working closely with Public Health through the Leadership Board and is an active partner in the in Carlisle Healthy City Programme Board.

All referrals now go through a single telephone number to reduce duplication and some innovative new ways of working have been developed. Patients with musculoskeletal (MSK) problems can see a MSK professional without the need to see a GP first and work is underway to proactively support frail and elderly people to prevent falls.

- [GPs and Physiotherapists join forces for improved patient care](#)
- [Physiotherapy department on the move](#)

We will be publishing more news for Carlisle ICCs when this is available.

## Looking after yourself

For minor illnesses and ailments treating them at home is often the best option. If you need advice the [NHS Choices Symptom Checker](#) can help you find out what's wrong and what to do next. For advice on the go, the NHS have pulled together a list of [apps to help you manage your health](#).

If you're worried about a child you can try the free NHS Child Health app which has advice on common conditions for children under five – just search for 'NHS Child Health' in Google Play or the App Store.

## Get in touch

If you have any questions about the information on this page please email [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)



## Latest news

- **Community Stroke Prevention event in Whitehaven on 14 June**  
Monday 10th June 2019
- **Next Governing Body Meeting to take place on Wednesday 5 June 2019**  
Wednesday 29th May 2019