



## 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](#)

# Copeland ICC

[Homepage](#) » [About us](#) » [ICCs](#) » Copeland ICC

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.



## ICC Factfile

### ICC Leadership Trio

Adult Social Care: Mark Hastings  
 Cumbria Partnership NHS Foundation Trust: Jo Cloudsdale  
 GP: Celia Heaseman (Westcroft) & Eve Miles (Seascale)

**ICC Population:** 61,748

## GP Surgeries

- [Disington Surgery](#)
- [Lowther Medical Centre](#)
- [Queen Street Medical Practice](#)
- [Fellview Healthcare Ltd](#)
- [Mansion House Surgery](#)
- [Westcroft House Surgery](#)
- [Seascale Health Centre](#)

## Health Profile

- Older population projected to increase
- Life Expectancy and Healthy Life Expectancy (males and females) below national average
- Unemployment above national average
- Hospital stays for alcohol related harm worse than national average
- Childhood obesity/excess weight worse than national average
- Deliveries to teenage mothers above national average
- Planned hospital admissions for hip replacement above national average
- Incidence of all cancers (in particular breast and lung) above national average
- Early mortality (under 75 years) above national average
- A&E use above Cumbria CCG average
- More patients with high blood pressure; diabetes; asthma; and dementia than national average

## Find out more

Detailed profiles have been developed for each ICC to support the planning of future services. They cover information on the population and local health needs. [View ICC profiles](#)

## 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](#)

## What's happened so far?





Work is underway with the North West Ambulance Service to help keep people out of hospital where possible and teams from different organisations are working together to proactively support frail and elderly people and prevent falls.

Community events have helped people access support and advice to look after their own health and wellbeing and a Patient Participation Group ensures that the views of patients are heard. The ICC has supported recruitment efforts by hosting an event for overseas GP recruitment to attract people to the area.

We will be publishing news for Copeland ICC 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