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Workington ICC

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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: Gillian Baxter
 GP: Niall McGreevy

ICC Population: 33,494

GP Surgeries:

- [James Street Group Practice](#)
- [Oxford Street Surgery](#)
- [Solway Health Services](#)
- [Orchard House Surgery](#)
- [Beechwood Group Practice](#)

Health Profile

- Older population projected to increase
- Life Expectancy (males and females) below national average
- Long-term unemployment above national average
- Hospital stays for alcohol related harm above national average
- Elective hospital admissions for hip replacement above national average
- Deaths from stroke worse than national 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](#)
[Workington Dementia Action Alliance](#)

What's happened so far?



SINGLE REFERRAL POINT
 Taking approx. 1000 calls per month

INCREASED PARTNERSHIP WORKING

MSK DIVERTING PATIENTS

Teams from different organisations are now working closer together through daily multi-disciplinary meetings to plan care for patients with complex health needs. 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.

The Workington Dementia Action Alliance has been launched to improve the quality of lives of people living with dementia and a monthly joint Child Health clinic ensures children and young people are seen by the right person, in a familiar environment, first time. The ICC is working with Working with Public Health and Allerdale Borough Council on health campaigns to promote self-care and the overall wellbeing of the population.

- [Transforming musculoskeletal care in Workington](#)

We will be publishing more news for Workington 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



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