



News Update
April 10 – May 10

'Keeping you informed on health and social care issues'

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Eden Residents asked to rename Penrith Hospital Ward

Currently known as the Jubilee Ward, staff at Penrith Hospital want to rename the ward to reflect the major changes and improvements that have happened there in recent years. The Jubilee ward opened in 1977 and was named following the Queen's silver jubilee celebrations that year. It provides assessment, minor treatment and rehabilitative care for patients in the area.

Entrants need to suggest a new name for the ward and explain their choice in no more than 100 words. Entries can either be posted to Anna Scamans at Communications Team, Trust Headquarters, Lonsdale Unit, Penrith Hospital, Penrith, CA11 8HX or emailed to anna.scamans@cumbriapct.nhs.uk. The closing date is 30th April 2010.

ASD Workshops

These workshops are for parents, carers and family members of children and young people (under 18) with an official Autistic Spectrum Disorder (ASD) diagnosis.

Anger Management on Thursday 22nd and 29th April 2010 from 7 – 9pm.

Sexuality and Relationships on Tuesday 22nd and 29th June 2010 from 7 – 9pm.

If you would like further information or wish to attend please contact Karen Nicholson on 07730 536842 or email: asdfamily@tiscali.co.uk

Think Family Conference

Presented by Cumbria Supporting Children and Families Service this conference is an opportunity to explore the Department of Children, Schools and Families' Think Family agenda.

Thursday 20th May 2010 at Rheged Centre, Penrith from 9:30am – 4:15pm.

This conference is aimed at all staff in Cumbria working to support children, young people and families in the community.

For more information contact Maggie Stockdale on 01539 742345 or email: Maggie.stockdale@cumbriacc.gov.uk

Upskilling the Sports Workforce in Cumbria

Cumbria Sport Partnership is one of 49 sub regional County Sport Partnerships operating across England and funded by Sport England.

Their network of local agencies is committed to working together to increase participation in sport and physical activity.

To find out more about the courses they are running visit: www.cumbriasport.com.

Self-Harm Awareness Training

Self Injury Support in North Cumbria is running Understanding Self-Harm Training Workshops throughout 2010. The next workshops are on:

- Tuesday 25th May in Whitehaven
- Wednesday 23rd June in Penrith
- Thursday 15th July in Workington
- Tuesday 28th September in Carlisle

For further details or a booking form, please contact Steve Lax, Tel: 01228 515500, email: steve@sis-cumbria.co.uk.

To view the latest Self Injury Support newsletter visit: www.sis-cumbria.co.uk

County Council's Adult Social Care News

Arranging Domiciliary Support

As a Directorate, we are in the process of arranging domiciliary support (home care) services for people living at the new Holker Street Extracare facility. We need to select the best provider to ensure the service best meets people's needs and is responsive to future needs.

We would be delighted to hear from up to three service users, carers or simply people who have a view, and would be willing to help us.

The commitment would be to two meetings, one on 7th May the other sometime before, at the Adult and Cultural Services Offices on Market Street.

Expenses are payable.

For more information please contact.

Julian Legat

Development Manager

Adult Social Care Directorate

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email: julian.legat@cumbriacc.gov.uk

Day Services Review – Older People, help needed

As a Directorate, we are in the process of reviewing day services to ensure these best meet people's needs and remain responsive to future needs.

To assist with this process, there are a number of stakeholder groups in the different localities around the County.

We would like to enlist the help of two older people, perhaps from local forums, to facilitate the work.

The commitment would be two or three quite local meetings of approximately two hours duration. Expenses are payable.

For more information please contact: Julian Legat as above.

Service User and Carer Consultation

Self Directed Support; have your say.

Cumbria County Council Adult Social Care would like to know the views of people who will be affected by the changes; the Cumbria User Involvement Consortium is undertaking a county wide consultation for the next year.

We would like to hear from any member of the public who has an interest in the development of social care and are particularly keen to hear from anyone who uses social care day services or home care services or who carers for someone who does.

You can take part in one of our 'Expert Panel' meetings across the county. This is a forum for service users and carers to discuss important issues around self directed support with senior Adult Social Care managers who are responsible for developing the programme. Meetings will be held across the county throughout 2010.

If you would like to take part in any of these meetings, please call Liam on either 01768 895242 or 07770 662416, or email uci.project@live.co.uk.

If you would like to arrange an individual interview or participate by post or email, please contact Cathy Stubbs on 01228 601713 or email uci.project2@live.co.uk,

Changes agreed in community equipment

Changes in the way Cumbria County Council supplies equipment to older people and disabled adults will come into effect from May 4th.

From May onwards, the equipment will be made more accessible to people. The County Council is working with the retail sector and voluntary organisations to ensure that items are much more accessible to the public and easy to buy.

The introduction of 'Fair Access to Care' eligibility for equipment will enable the council to focus its efforts on those people with more complex needs and cut waiting times for assessment and supplying equipment.

Consultation begins on proposals to transform care for older people in Barrow

People are being asked for their views on a multi-million pound transformation of the way older people are cared for in Barrow-in-Furness in a three-month consultation which began on the 1st April 2010.

The proposals centre on building a new £7.2m 60-bed residential care home in Barrow and the provision of more extra care housing as a genuine high-quality alternative to traditional residential care. Under the proposals, people will also receive more help to live independently in their own homes.

The consultation will include public meetings and drop in sessions. The consultation document is available online at www.cumbria.gov.uk/adultsocialcare/careservicesbarrow and hard copies will also be

available through libraries, Cumbria Care Homes, Adult Social Care offices, the Nan Tait Centre, Age Concern, Alzheimers Society and NHS offices.

Fairer contributions introduced in Cumbria

A new charging system for non-residential adult social care services will be introduced in Cumbria from April 2010.

Fairer Contributions is intended to be fairer for all people, in that the contributions they make will better reflect the actual care given.

In Cumbria, people will be asked to pay up to 61.5% of the actual cost of the service they are receiving – but only if they have the means to pay.

Most service users will either see no change or a reduction in their charges, but a minority will see an increase. Individuals will find out precisely how the changes will affect them after their annual financial assessment from April onwards.

The charges will not affect people in long term residential care, those receiving community equipment and minor adaptations, or people with mental health problems receiving aftercare service under section 117 of the Mental Health Act.

NHS Cumbria News

New NHS Cumbria Chair appointed

NHS Cumbria is pleased to announce that Mike Taylor has been appointed by the Appointments Commission as the new Chair of NHS Cumbria, the county's primary care trust. He will take up his duties on 1 April 2010 for a four year term until 31st March 2014.

Following a professional management career with Shell which began in 1969, Mr Taylor has held a number of public

appointments including; North West Appointments Commissioner for the Appointments Commission from 2001 to March 2010 and Deputy Chair of the Commission from 2001 to 2006, the first National Assessor appointed for Investors in People in 1991, and Chair of Chester Aid to the Homeless (CATH) from 2001 to 2009.

Mr Taylor, who lives near Penrith, now also chairs St John Ambulance Council for Cumbria; he was formerly the independent chair of Cumbria 3rd Sector Network and is a member of the Cumbria Army Benevolent Fund Committee.

More: <http://tinyurl.com/y9rcw42>

County's health service looks to the future

NHS Cumbria has agreed a Strategic Plan which makes the delivery of healthcare closer to patients' homes its key goal over the next five years. The Strategic Plan 2010 makes sure NHS services in the county are matched up to local and national priorities and the health service budget.

It has been put together with strong input from the county's leading GPs and public health experts. The need for more health services to be delivered closer to where people live in Cumbria is a top priority and the plan sets out how this will be achieved alongside greater efficiencies.

The Strategic Plan sets out how the NHS in Cumbria will deliver better health care for people and work more effectively. The plan builds on the achievements of recent years which have seen NHS Cumbria turn around a multi-million pound budget deficit, create thousands more NHS dental places and safeguard community hospitals in the county.

More: <http://tinyurl.com/y85bokz>

More responsibility for Localities

Family doctors are to be given more responsibility than ever before over the future shape of local NHS services in Cumbria. From April, an increasing share of the county's annual £800 million health budget will be directly managed by six GP-led boards representing Allerdale, Barrow, Carlisle, Copeland, Eden and South Lakeland. Each will be responsible for commissioning hospital; nursing and other health services for people their area.

They will be largely autonomous from NHS Cumbria which will maintain responsibility for managing the allocation of resources to different parts of the county, ensuring high standards of care and buying health services that affect the whole county. The shift is the next step in NHS Cumbria's drive to provide more health services, and decisions taken about them, closer to where people live.

More: <http://tinyurl.com/yby9qng>

Children's mental health analysed

Thirty-thousand children in Cumbria could be at risk of developing poor mental health in later life according to a new report. The finding is just one of the issues in the third annual report by Cumbria's Director of Public Health which is published today. This year's report focuses on mental illness, which accounts for a fifth of all diseases in the UK – more than cancer or heart disease.

Emotional problems in children are often linked to their parents' employment, household income and the place they live. One in four of the county's children could be at risk of mental health problems due to their social, economic and family conditions.

More: <http://tinyurl.com/yexb3l5> and <http://tinyurl.com/ydnpkgl> (for link to Public Health Report)

More NHS dental treatment

Latest figures show more NHS dental treatment is being delivered in Cumbria. Data from the national NHS Information Centre shows that in the three months up to January 2010, more than 750,000 Units of Dental Activity were recorded in Cumbria – an increase of 50,000 on the same period one year ago. Units of Dental Activity are used to measure a certain number of appointments and procedures carried out by a dentist - rather than measuring filling by filling.

The boost in dental treatment follows a big investment by NHS Cumbria in new places for patients in the county. Over the last twelve months, more than £2.25million has been used to create 37,500 new NHS dental places in West Cumbria and Kendal. As a result, five new surgeries have been opened in Kendal, Egremont, Maryport, Whitehaven and Workington.

More: <http://tinyurl.com/ybznful>

People with skin conditions more confident thanks to expert patient

Patients with psoriasis and eczema referred to the dermatology service in North Cumbria are more confident about looking after their condition thanks to some added support from a fellow patient. For over a year now community based dermatology services in Maryport have employed an expert patient support worker a few hours a week alongside a GP with a special interest in skin conditions. The expert patient support worker offers psoriasis and eczema patients advice on how to apply and use available treatments, as well as offering psychological support around feelings and issues which someone with psoriasis may experience.

One year on questionnaires were sent out to 35 patients who'd come into contact with the expert patient support worker to see if the extra help had improved their understanding

of psoriasis and confidence to look after their condition.

Four questions were asked using a scale of 1 - 10, with 1 = no confidence and 10 = very confident. An average of 8.1 was scored when patients were asked how good they felt about themselves after seeing the expert patient support worker

More: <http://tinyurl.com/y8da5tl>

Walking away from diabetes

NHS Cumbria has been chosen as one of three locations across the UK and Ireland to pilot a ground breaking exercise initiative to help prevent people developing Type 2 diabetes. Called 'walking away from diabetes' the pilot aims to encourage people to increase their activity by simply walking more and therefore reduce their risk of developing type 2 diabetes. Two surgeries in Cumbria have been chosen to take part in the pilot and will deliver the programme in a community setting for up to 100 people between now and June when the pilot will finish and then be evaluated. The two surgeries taking part are; West Street Surgery in Aspatria and Norwood Medical Centre in Barrow.

More: <http://tinyurl.com/ybjpqu7>

Cumbria plans how to help those contemplating suicide

Organisations are working together to try and reduce the number of suicides in Cumbria by 20 per cent in the next few years. NHS Cumbria, Cumbria Constabulary, Cumbria County Council, the Samaritans, the National Trust, Cumbria Mental Health Group and Cumbria Partnership NHS Foundation Trust have met to review last year's progress in preventing suicide, and plan further ways public bodies can reduce suicide figures.

On average more than 50 people in Cumbria die through suicide each year,

though this only represents 1 per cent of all deaths in the county. Many health and social care professionals believe that many suicides can be prevented if people know where and how to seek help.

For confidential emotional support 24 hours a day, 365 days a year, people can call The Samaritans on 08457 909090.

More: <http://tinyurl.com/ya42vrc>

Around the Localities

North and East Cumbria

Parents in Carlisle encouraged to learn more about their children's health

Parents and carers of babies and children up to five years old in the Carlisle area are being encouraged to attend special clinics and learn more about how to keep their child healthy. Child health clinics run by Health Visitors have now been revamped to focus more on offering health advice and support to parents. Now called Healthy Child Clinics they are available every weekday in the Carlisle area in twelve different locations so it's easier for parents and their children to attend.

To find out where the nearest child health promotion clinic is and the times and days they are run across the Carlisle area contact 01228 511380 or 01228 608046.

More: <http://tinyurl.com/ybq648v>

Penrith patients at the heart of the matter

A new service has started in Penrith to offer individual help and advice for patients with heart failure. NHS Cumbria's Heart Failure Team are now offering clinics for patients with the condition at Penrith Hospital on a fortnightly basis.

The clinics aim to educate people with heart failure how to self-manage their condition, at home, so they can live as normal a life as possible. The nurses can also make sure that the patient is on the correct medication, administer medication and offer palliative care.

More: <http://tinyurl.com/yatrrj6>

Your local lead for Public Engagement in Eden and Carlisle is Anna Scamans. Anna can be reached on 0778 551 8520 or e-mail: Anna.scamans@cumbriapct.nhs.uk

South Cumbria

Furness kids asked to rename NHS home

Children across Furness are being asked to enter a competition to design a poster renaming NHS Cumbria's home in the area. NHS Cumbria's Furness locality staff recently all moved into one building currently known as Stafford House in Barrow. NHS staff suggested that the building could be renamed to represent either the local community or the importance of health.

For more information including rules and entry conditions, please see link or contact Jayne.

More: <http://tinyurl.com/ycehzm3>

Your local lead for Public Engagement in Furness and South Lakeland is Jayne Goodfellow. Jayne can be reached on 07796 993 802 or e-mail: Jayne.goodfellow@cumbriapct.nhs.uk

West Cumbria

Longer GP opening times in Cleator Moor

Patients in Cleator Moor and the surrounding area can now see a GP throughout the day and at weekends. The town's two practices are offering a variety of

extended opening times in the evenings, early in the morning and on Saturdays.

The town's Flatt Walks Health Centre branch surgery on Wyndham Street is now open 8am-8pm on Monday, Wednesday and Thursday.

Beech House Medical Centre's branch surgery on Wath Brow is also now open 8am-8pm on Tuesday, Friday and Saturday.

The boost in opening times comes ahead of the development of a new £2 million health centre on Birks Road in Cleator Moor which will provide a new home for the town's two surgeries and is expected to open in 2011.

More: <http://tinyurl.com/ycnsayc>

West Cumbrian group seeks anyone affected by cancer

A West Cumbrian group are looking for people who have been affected by cancer to join and help them improve cancer services. West Cumbria Cancer Patient and Carers Advisory Panel are a group of volunteers who have experienced the diagnosis and treatment of cancer or who have been affected by cancer in some way either as a carer, friend or relative. The panel work alongside healthcare professionals in West Cumbria in order to bring the patient voice to any meetings they may attend.

Anyone who's interested and who would like to be involved in the panel can contact Chris Wood on 01946 841677 or email chriswood1954@btinternet.com or telephone Susan Collins 01900 324235 for details.

More: <http://tinyurl.com/yb9grvo>

Your local lead for Public Engagement in Allerdale and Copeland in Christine Harrison. Christine can be reached on 0778 557 8574 or e-mail: Christine.harrison@cumbriapct.nhs.uk
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National Health and Wellbeing News

Carers Week

Carers week will take place between 14th – 20th June 2010. The theme is "A Life of my Own" highlighting how Carers miss out on things most people take for granted and what differences information, financial support and opportunities to have a break can make. Carers' week is run by a partnership of charities: Carers UK, Counsel & Care, Crossroads Care, Help the Hospices, Macmillan Cancer Support, Parkinson's Disease Society and The Princess Royal Trust for Carers.

For more information visit: www.carersweek.org.

Diabetes Week

Diabetes Week is Diabetes UK's annual UK-wide awareness and fundraising week. This year Diabetes Week is 13 to 19 June 2010 and they are aiming to raise £50,000 during the week. Diabetes UK also hopes to dispel some of the myths surrounding diabetes, such as "eating too much sugar can cause diabetes" or "people with diabetes can't play sport". They also want to raise awareness of the importance of a healthy lifestyle for all.

For more information about Diabetes Week 2010 or for events in your area, or further information about diabetes, please go to their website: www.diabetes.org.uk

Date for your Diary

Cardiac and Stroke Rehabilitation Conference on Thursday 24th June 2010. This is a free event which is being held at The Low Wood Hotel, Windermere from 9.30am – 4.30pm.

For early bookings, please email Joanne.twissell@csnlc.nhs.uk or call 01772 647081.

Cumbria LINK Work Update

Community Health Champions

Cumbria LINK will be working in partnership with NHS Cumbria's Public Health Department and Cumbria CVS to deliver a Community Health Champions Project.

The aim of the project is to recruit, train and support volunteers to act as Community Health Champions in areas of high social and economic deprivation throughout Cumbria. Community Health Champions through their work will have a positive impact on health and will also help Cumbria LINK to identify what the local health and care issues are so that Cumbria LINK can support and strengthen the community voices in Cumbria.

If you are interested in volunteering or would like more information we are holding three information sessions on:

Thursday 22nd April at Morton Community Centre Carlisle

Tuesday 27th April at the Hindpool Community Centre Barrow

Wednesday 28th April at the North Side Community Centre Workington

The sessions all run from 10:30 am and close with a network lunch at 12:30. To book a place or for more information please contact us on 01228 512513 or by email link@cumbriacvs.org.uk

Dentistry

We have informed NHS Cumbria of the strength of feeling of people in Longtown for an NHS Dentist.

The results of a local campaign show that 126 people completed a dental registration form for a dentist in Longtown of these 50

were not registered with a dentist. The petition itself had 110 signatures all registering their interest in having a dentist in Longtown, again of these 47 are not registered with a dentist.

NHS Cumbria has informed us that the tender document for NHS dentists in the North of the County considers the Longtown area.

Social Media

In addition to our Facebook page you can now find us on Twitter. We have also set up a Cumbria LINK and Action for Health Blog. LINKs to all of the above can be found at the end of the newsletter.

On Facebook we have set up a page with specific information about personalisation. We hope to continue to build this bank of information so that all the details you need can be easily found.

We would very much welcome your comments on all our social media elements.

Please contact the Communication team at Cumbria CVS if you require alternative formats of this material. Tel: 01768 800350.

Cumbria Action for Health contact details:
Jozi Brown – telephone: 01228 512513
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