



News Update  
August 10 – September 10

*'Keeping you informed on health and social care issues'*

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### **New Group Therapy for People with Bipolar Disorder**

A new research project is being undertaken in Cumbria into two treatments for bipolar disorder. The project is being delivered by the Cumbria Partnership NHS Foundation Trusts Learning Network, in partnership with the Spectrum Centre for Mental Health Research based at Lancaster University.

The Learning Network is looking for people to take part in trials of two group therapies. The therapies work in different ways, Psychoeducation is based on a manual and covers topics that aim to help people better understand and manage their disorder, while Peer Support allows participants freedom to discuss any of the issues they feel are most important to them.

Both groups will be led by two therapists and a service user facilitator and if proven to be successful this trial will strengthen the case to make these treatments more widely available in the NHS.

They are looking for people with bipolar disorder who would like to take part. If you would like more information about the trial, or are interested in taking part, please contact Natasha Lyon, Research Assistant on 01228 602173 / 07917232548 or email: [natasha.lyon@cumbria.nhs.uk](mailto:natasha.lyon@cumbria.nhs.uk).

### **Living with and Beyond Cancer in Cumbria**

Macmillan Cancer Support in partnership with Age Concern, Cumbria CVS, NHS North of England Cancer Network and NHS Lancashire and South Cumbria Cancer Services Network are holding an event on the 15<sup>th</sup> September at The North Lakes Hotel in Penrith, Cumbria. The day will run from 10.30am to 3.30pm (including lunch) and will include discussions and workshops around the Macmillan Survivorship Programme.

An invitation is extended to anyone living with cancer, their families, carers and friends, as well as health professionals and NHS Commissioners of Cancer Services.

If you would like more information or to register for a place, please contact Kathryn Lunn on 01772 - 640043 or email: [Kathryn.lunn@lscn.nhs.uk](mailto:Kathryn.lunn@lscn.nhs.uk)

### **British Red Cross – Emergency Response in Cumbria**

David Taylor is fundraising for essential equipment for the British Red Cross Emergency Response in Cumbria (ERiC) by completing a series of 1 mile swims in 10 Cumbrian lakes including the Great North Swim in Windermere on 5<sup>th</sup> September 2010.

The British Red Cross are an integral part of the emergency response infrastructure in Cumbria, most noticeably since the Carlisle floods in 2005 and just in the last few months, have supported the statutory services in responding to the Cumbria Floods, Keswick Bus Crash and West Cumbria Shootings.

As a British Red Cross volunteer, based in Cumbria for 17 years, David would like to raise £5000 for Initial Emergency Response Equipment to be available for rapid deployment by the Red Cross when required across the county.

To support and sponsor David visit: [www.justgiving.com/redcrosseric](http://www.justgiving.com/redcrosseric) or contact him via email: [david@consilius.org](mailto:david@consilius.org)

### **People with Cerebral Palsy given more Independence and Control**

More independence, more control over how to spend personal care budgets and more community activities to get together and have some fun. That's the bright future in store for people with cerebral palsy and their families, thanks to an exciting new care contract agreed between Cumbria County Council and Walsingham, a leading national care provider specialising in supporting people with learning disabilities.

The county council has just awarded a contract to Walsingham to deliver domiciliary care to 28 people with cerebral palsy in the county until April 2013. Previously people with cerebral palsy have received residential care at Scalesceugh Hall from Cumbria Cerebral Palsy (CCP), but the contract had to be retendered to comply with Care Quality Commission (CQC) guidelines.

Under the new arrangements, service users will move to brand new supported living schemes in Carlisle in September. The move from residential care to a supported living services means that the individuals will be housing association tenants and have

the choice to be much more independent. People will have support plans which will describe what support they will receive and what outcomes will be achieved. They will be entitled to additional disability benefits and have much more control over their money and how it is spent. They will have the opportunity to participate more in community activities and there will also be a 'day opportunities' service at Lister House, of which all can take advantage.

To find out more visit: [www.cumbria.gov.uk](http://www.cumbria.gov.uk).

### **“Voices” Parent Representative Training**

NHS North West is providing free training which helps parent representatives:

- Understand how the NHS works and how health policy affects this
- Solve problems
- Work confidently in committees and groups
- Have their view heard through effective partnership working
- Appreciate multiple perspectives

The training is being provided by professional parent representative trainers from the National Childbirth Trust.

The training will take place on Monday 13<sup>th</sup> September 2010 from 10am until 3pm at Progress House, Blackpool. Please contact Emma Jones on 0161 625 7228 before 6<sup>th</sup> September to register or for more details.

### **Lifting the lid on Disability Hate Crimes in Cumbria**

A new project in Cumbria is aiming to uncover incidences of violence and abuse against disabled people and encourage more people to report them.

The Cumbria Equality and Diversity Partnership (CEDP) are launching a disability hate crime project involving a series of interviews and focus groups across

the county with disabled people and their families. The research will help ascertain the scope of the problem as well as encourage disabled people, their families, friends and carers to have the confidence to report incidents of hate crime.

Alongside Cumbria County Council, other partners in the project include the Crown Prosecution Service, Cumbria Disability Network, Mencap, Cumbria Constabulary and the Probation Service.

Last month, the Equality and Human Rights Commission launched an inquiry asking all public bodies, public transport providers and organisations working with disabled people to gather evidence in their area on the level of the problem and what they are doing to fight it. The EHRC wants to quantify how victims of disability-related harassment, which includes name-calling, intimidation, bullying or violence, are being supported and look at what prevention measures have been put or can be put in place.

For more information visit:  
[www.cumbria.gov.uk](http://www.cumbria.gov.uk)

### **Self-Harm Awareness Training**

Self Injury Support in North Cumbria have been running Understanding Self-Harm Training Workshops throughout the year, they still have places available for the following workshops:

- Tuesday 28<sup>th</sup> September in Carlisle
- Tuesday 19<sup>th</sup> October in Whitehaven
- Thursday 25<sup>th</sup> November in Penrith

For further details or to book a place, please contact Steve Lax, Tel: 01228 515500, email: [steve@sis-cumbria.co.uk](mailto:steve@sis-cumbria.co.uk).

To view the latest Self Injury Support newsletter visit: <http://www.sis-cumbria.co.uk/assets/Uploads/SIS-Newsletter-8.pdf>

### **Nearly £3million wasted on unused medication every year in Cumbria**

NHS Cumbria is releasing the figures to encourage people to think before asking for a prescription or ordering a repeat prescription which they don't need.

Both health professionals and the public are asked to return unwanted or unused prescription medicines to community pharmacies so they can be safely incinerated. Once a medicine is dispensed by a pharmacist it cannot be reused. Last year it's been calculated that 13.6 metric tonnes of medicine were returned and destroyed, worth £2.8million.

The money spent on buying unneeded prescriptions in Cumbria is equivalent to the salaries of 140 nurses for one year.

Doctor's surgeries in the county now have medicine managers who are there to help make sure patients get the right medicines in the right quantities. Since their introduction 8 years ago, they've helped GPs turn the county around from being one of the most costly areas in terms of drugs cost per patient to one of the best in the North of England.

Despite this, millions of pounds are still wasted each year, prompting GPs to appeal to patients to play their part in reducing the wasted medicines mountain.

### **Quality Account now available**

The first Quality Account for University Hospitals of Morecambe Bay NHS Trust is now available on the Trust website and also on NHS Choices website.

University Hospitals of Morecambe Bay NHS Trust would like to thank all those LINK members who responded to their quality account priorities questionnaire earlier this year.

Quality Accounts are annual reports which provide patients, the wider public and others with an interest, information about the quality of services delivered by large providers of NHS services. The Quality Account is available to download at: <http://www.mbht.nhs.uk/about-us/quality-account-2009-10/>.

### **Ambulance Service Celebrates Diversity**

An event to celebrate the region's diverse cultures and communities was hosted by the North West Ambulance Service NHS Trust in Liverpool on the 25<sup>th</sup> July - attracting some 400 visitors.

The purpose of the event was to demonstrate that NHS Trusts are working hard to ensure services are accessible to all - no matter what a person's race, gender, religion, physical or mental abilities or sexual orientation may be.

A workshop hosted by NHS Employers helped identify and tackle perceived employment barriers in conjunction with representatives from the Trust's recruitment team who were on hand to give valuable advice and support to anyone interested in joining the service.

All of the feedback received on the day is now being collated and will be presented to the Trust's Patient Experience Committee.

Cumbrian's are encouraged to attend the Trust's Annual General Meeting and Open Day on 23 September 2010 which promises to be an impressive day for all. For more information see [www.nwas.nhs.uk](http://www.nwas.nhs.uk)

## **County Council's Adult Social Care News**

### **What is reablement?**

Reablement is a new service being developed by a Reablement Project within

Cumbria County Council's Adult Social Care service.

Reablement will work with people to help them gain or regain skills needed for daily living following a period of illness or onset of disability. It will enable people to live as independently as possible and gain confidence in their own abilities.

Reablement will be for people aged 18 and over who are at risk of losing their independence. The service will be provided for short periods of time (usually up to six weeks). People with longer term needs after reablement will receive an assessment of needs and revert to the self directed support with personal budgets process. The aim is to make reablement as quick and easy to access as possible. For example, the reablement service should start within 48 hours of the referral. Reablement will be provided free of charge.

The care pathway for reablement – including referral arrangements – is being developed by a working group which is part of the Reablement Project.

The project will report to the Adult Social Care Integrated Management Team and be overseen by a *Reablement Project Steering Group* which in turn has two groups reporting to it:

- *Provider Development Group* – ensuring the service provider is 'fit for purpose'; and
- *Care Pathway Redesign Group* – ensuring the pathway is clear from the initial contact through to leaving the service.

The *project plan* has a phased implementation in three stages:

- Design – July to September 2010
- Testing in South Lakeland – October to December 2010
- Roll out across the rest of the county – January to March 2011

The *provider development* will involve Cumbria Care in South Lakeland. Their staff will be trained to deliver the new reablement service alongside involvement of

other workers such as occupational therapists as required.

Adult Social Care is currently running a Better for People Project which seeks to change the way the service works to provide the best services and outcomes for customers. Better for People may identify new care pathways and the development of a reablement care pathway will need to be taken into account in this work.

Work is ongoing to see how the reablement service will relate to other services such as Short Term Intervention (STINT), Telecare, the retail model for community equipment and other preventative services.

To find out more about the Reablement Project, see the new reablement web page: <http://www.cumbria.gov.uk/adultsocialcare/reablement>

Or contact: Peter Woodhouse, County Manager, Adult Social Care - Tel: 07966 641372 or email: [peter.woodhouse@cumbriacc.gov.uk](mailto:peter.woodhouse@cumbriacc.gov.uk).

### **Cumbria's success with Best Interest Assessors**

As part of Cumbria's implementation of Deprivation of Liberty Safeguards, we have successfully trained and appointed Best Interest Assessors (BIA) across the county. BIAs assess people who may be deprived of their liberty in a care home or hospital. They establish if deprivation of liberty is happening and if so, if this is in the best interests of the person to prevent them from harm.

BIAs help protect and ensure positive outcomes for service users. They also protect the council and health services from further litigation.

An accredited training programme has been developed in partnership with the University of Cumbria. Sixteen BIAs from Adult Social Care and the NHS have been trained and appointed. They have dealt with 100 cases since April 2010.

We are running further BIA training for social workers and occupational therapists in November 2010.

To find out more about Best Interest Assessors and Deprivation of Liberty Safeguards, contact: Paul O'Donnell telephone: 01228 603701 or email: [paul.o'donnell@cumbria.nhs.uk](mailto:paul.o'donnell@cumbria.nhs.uk).

## **NHS Cumbria News**

### **New consultation - Pharmaceutical Needs Assessment**

People across Cumbria are being asked what they think about pharmacy services in Cumbria. By February 2011 NHS Cumbria alongside all the other primary care trusts in England need to have published a document called a Pharmaceutical Needs Assessment. This document will outline potential gaps in pharmacy provision across the county. It will then act as a guide for people wishing to open new pharmacies or dispensaries in Cumbria or if existing pharmacies wish to expand.

In order to do this NHS Cumbria need to ask local people what they think. To voice your views on pharmacies in Cumbria or for more information please visit: [www.cumbria.nhs.uk](http://www.cumbria.nhs.uk) and click on the button labelled 'Pharmacy Survey'.

### **Cumbria's community hospitals get top marks**

NHS Cumbria's nine community hospitals and two community units in North Cumbria have been given a glowing report by an NHS watchdog.

Quality of patient environment, patient food and the privacy and dignity provided was evaluated as part of the Patient Environment Action Team (PEAT) assessment 2010, part of the National Patient Safety Agency's work.

Out of the nine hospitals and two units, Alston, Cockermouth, Keswick, Brampton and Workington all received excellent marks, with Alston and Reiver House both receiving more than one excellent.

None of the 11 venues marked were awarded below an acceptable in any category, with the majority of marks being good or excellent.

More: <http://tinyurl.com/26l4g54>

### **New phone numbers for Penrith and Keswick Community Hospitals**

The new number for patients calling Penrith Community Hospital reception is 01768 24 55 55. The new number for patients calling Keswick Community Hospital also known as the Mary Hewetson Cottage Hospital reception is 01768 24 56 78.

Both numbers are being changed as part of the introduction of a more cost effective phone system. However patients who call the old numbers will be for the time being redirected automatically to the new number for either hospital.

More: <http://tinyurl.com/2wbwtwj>

### **Community Hospitals rewarded for going green**

NHS Cumbria's Community Hospitals in North Cumbria have been recognised for their eco-friendly credentials. The hospitals were entered into the Cumbria Business Environment Awards by Cumbria Partnership NHS Foundation Trust Estates' Team, who manage the buildings' maintenance and energy needs.

This year Cumbria Partnership NHS Foundation Trust were given the highest honour for their work on environmental management, an example being reducing the amount of waste going to landfill by 15 per cent during 2009.

More: <http://tinyurl.com/32jfvqq>

### **Community Voice - Health and Wellbeing Survey**

Community Voice is the name given to Cumbria's citizens' panel. The panel is made up of 3,000 Cumbrian residents and is surveyed regularly through the year on a wide variety of topics.

The Health and Wellbeing survey sought to gather the views of Panel members on a variety of topics, including the use of and views of local NHS services, general wellbeing, recent health and wellbeing campaigns and healthy lifestyles including alcohol, smoking, exercise and healthy eating. A total of 1599 responses were received representing a response rate of 53%.

Cumbria-wide headlines include:

- Eight in ten people are satisfied with most NHS services.
- Satisfaction was highest with GP services, outpatient clinics and NHS dentistry.
- Nine in ten people visited their GP at least once last year.
- Opinion is divided over whether NHS services in Cumbria have improved over the last few years.
- One in twenty Cumbrians say they are in poor health.

More: <http://tinyurl.com/2w1ou94> and full report <http://tinyurl.com/3yu7tom>.

### **Nursing closer to home measures up**

New research shows nine in ten users of NHS Cumbria's community nursing service rate the overall care they receive as excellent or good. The Picker Institute Europe survey of more than 650 users of home nursing services shows that understanding patients' treatment needs and being compassionate are the skills and qualities most valued by patients. Last year alone, Cumbria's community nurses carried out more than 450,000 visits.

More: <http://tinyurl.com/3xfwxw8>

## **Over 1,000 patients benefit from Kendal's GP led unit**

Over 1,000 patients have been treated in the two years since special GP led wards at Westmorland General Hospital opened. The Langdale Wards were opened by NHS Cumbria in August 2008 as a new 'Step Up, Step Down' unit at the Kendal based hospital.

One thousand and fifty six patients have been treated at the unit since it opened until the end of May 2010.

The Langdale Wards provide GP and community based care for patients in the South Lakeland area similar to that offered in the community hospitals in north Cumbria.

More: <http://tinyurl.com/3yx8htw>

## **Doctors achieve high marks for commissioning**

Cumbria's leading GPs have scored high marks for the way they commission health services for patients. The verdict from a team of national assessors comes at a time when family doctors are set to take on an even greater role in deciding how hospital and other health services are developed in the county.

Results from this year's world class commissioning process show that NHS Cumbria has improved in nine of the ten areas used to measure how well health services are planned in the county. The ten areas, called competencies, are rated using a four-point scale. This year, Cumbria achieved an average score of 2.39, compared to an average score of 1.97 last year.

From April, GP-led locality boards representing Allerdale, Carlisle, Copeland, Eden, Furness and South Lakeland have been responsible for an increasing share of Cumbria's £850 million health budget which is used to pay for everything from hospital

treatment to NHS dentists and community nursing.

More: <http://tinyurl.com/28z3qlc>

## **GP Patient Survey 2009/10**

Family doctors have been rated amongst the best in England in a national survey of patient opinion. The independently monitored GP Patient Survey is currently used to assess the performance of family doctors across England. More than 24,000 patients in Cumbria assess the service they received during 2009/10.

Overall satisfaction with the county's GPs was 94 per cent. The national average is 90 per cent. Other key findings for Cumbria show:

\* Eight in ten patients think the speed of out-of-hours GP care is good compared to six in ten who think the same across England.

\* Nine out of ten patients are satisfied with the opening times of their local GP surgery compared eight in ten nationally.

\* 97 per cent of Cumbrian patients have confidence in their family doctor compared to the 94 per cent national average.

More: <http://tinyurl.com/3xpybxz>

## **Cheaper out of hours calls for Cumbria patients**

Cumbria's out of hours GP service is changing its phone number so it's cheaper for patients to call them.

From Monday 12th July Cumbria Health on Call's new phone number for the whole of Cumbria became 03000 247 247, a local rate number. This will replace the 01228 401999 number for north Cumbria and is already in action in south Cumbria since June. Cumbria Health On Call, the county's out of hours GP service, deals with around 140,000 telephone calls each year from people across the county who need access to night-time and weekend care.

The not-for-profit company was formed in 2009 and is managed and delivered by local GPs.

More: <http://tinyurl.com/2vyvsgd>

### **Macmillan Specialist Nurse recognised in international award**

Doreen Bulman from West Cumbria works as a Macmillan Specialist Nurse at West Cumberland Hospital and is employed by NHS Cumbria.

Doreen was named as the Runner Up in the Palliative Care Nurse of the Year category at this year's International Journal of Palliative Care Nursing Awards Ceremony.

More: <http://tinyurl.com/2fqm9qm>

### **Born in Cumbria**

NHS Cumbria has published a report called 'Born in Cumbria' which looks into the health challenges a child faces in the county. It aims to pinpoint the most important factors which affect the health of mothers and babies across the county, so they can be tackled.

The report points out that:

- The birth rate in Cumbria is below the national average. In 2006 there were 9.9 births per 1,000 population compared to 12.5 per 1,000 nationally;
- On average fewer babies are still born or die within the first week of life in Cumbria compared to the national average. An average of 6.3 per 1,000 compared to 8.0 nationally;
- Infant deaths which occur within the first year of life are 50 per cent more likely to occur in the most deprived households in Cumbria compared to the least deprived;
- More than 50 per cent of births in Cumbria in 2006 were in densely populated areas, despite the county's rural nature;
- Just over five per cent of births when registered only listed one parent on the birth

certificate compared to 6.8 per cent nationally.

To see a full copy of the report visit <http://tinyurl.com/22wjxv4>.

### **Cumbria smoking quitters**

Last year over three thousand, seven hundred smokers in Cumbria managed to kick the habit with help from free NHS stop smoking services. From April 2009 to March 2010 3,732 smokers set a four week quit date and successfully gave up with help from NHS Cumbria's Stop Smoking Service and community pharmacists, compared to 2,971 the year before (April 2008 to March 2009).

Smokers who want to quit are four times more likely to succeed if they get support. For confidential help and support to quit smoking contact NHS Cumbria's Stop Smoking Service on 01900 324222 or text 'QUIT' to 82540 or visit a participating pharmacy for stop smoking advice.

More: <http://tinyurl.com/3xf9mpg>

### **More choice on living aids**

Older and disabled people in Cumbria are being given more choice over the type of living aids they need to help them in their daily lives. NHS Cumbria and Cumbria County Council are changing the way they offer aids to daily living, following new guidelines from the Department of Health.

Under the new scheme, people who require daily living equipment will be given a prescription which they can take to an accredited retailer and exchange for the required item.

More: <http://tinyurl.com/2v9fp44>

## **Bowel cancer home testing saves lives**

Over 100 cases of bowel cancer have been detected in Cumbria and north Lancashire, thanks to a NHS home screening programme. In 2008 a £600,000 bowel cancer screening programme was launched in Cumbria and north Lancashire, to encourage more people to get tested.

Since the scheme was rolled out across Cumbria and North Lancashire, over 114 cases of bowel cancer have been detected and over 438 cases of polyps have been detected and treated if necessary.

If you have any further questions about the Bowel Cancer Screening Programme, call Freephone 0800 707 60 60 or access further information at:  
[www.cancerscreening.nhs.uk/bowel](http://www.cancerscreening.nhs.uk/bowel)

More: <http://tinyurl.com/324k3wq>

## **Around the Localities**

### ***North and East Cumbria***

#### **Penrith walking aids amnesty saves over a thousand pounds**

Both the physiotherapy and occupational health teams from Penrith Community Hospital want to thank people across Eden for returning unneeded walking aids and living equipment. During February and March both teams held an amnesty to encourage former patients and their families to return borrowed items which are no longer needed, such as walking sticks, elbow crutches, toilet frames and bath boards.

So far, walking frames, crutches and countless walking sticks worth over £1,500 have been returned to the hospital, in addition to various living aids which have been returned to the equipment store.

More: <http://tinyurl.com/3x9jc87>

## **Cumbrian nurses asked to share their knowledge at national event**

Two NHS Cumbria nurses who won an award for their work with young people have been asked to talk about their success at a national event. In November 2009, Danielle Robinson a Staff Nurse at Alston Community Hospital and Louise Willis a School Nurse in Penrith came top in the sexual health category of the Nursing in Practice Awards. Following their award the two nurses were asked to give a talk at the 2010 Nursing in Practice Newcastle Event in April.

The duo won the award last year for their efforts in establishing a young person's drop-in clinic in Alston. Their presentation will explain how and why they set up the clinic, and the effect that drugs and alcohol can have on sexual health.

The under 25s drop-in takes place on a Monday lunchtime at Alston Community Hospital from 12:30 - 1:30pm.

It offers free confidential advice on; contraceptive services, sexual health, weight management, smoking cessation and other health issues.

More: <http://tinyurl.com/35ww4qk>

#### **Penrith patients cycle to better health**

Patients in Penrith requiring physiotherapy after suffering a heart attack, angioplasty or heart surgery will now benefit from £1,000 worth of new equipment. Two more exercise bikes have now been donated to Penrith Community Hospital's physiotherapy gym by the Gregg's Trust, the charitable arm of Greggs the Baker who donated the funds to purchase them.

The two new bikes are in addition to two bikes bought in 2009 with funds from Penrith Hospital's League of Friends.

More: <http://tinyurl.com/2wsulct>

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](mailto:Anna.scamans@cumbriapct.nhs.uk)

## ***South Cumbria***

### **NHS Cumbria to provide nursing care beds for people in Millom**

New nursing care beds are to be provided at Millom Community Hospital so residents requiring nursing home care can remain in the area. In a first for the town NHS Cumbria will provide four new beds at the hospital so people with physical continuing healthcare needs who require residential nursing care can remain in the area. Currently there is no nursing home provision in the Millom area and patients requiring this type of care usually have to be placed outside the area either near Barrow or Whitehaven. The new nursing care beds will be provided in a specially created and distinct area inside the hospital. They are expected to be up and running by the end of the year.

More: <http://tinyurl.com/37ya96m>

### **Pharmacists making things easier for patients with long term conditions**

A group of pharmacists in south Cumbria have undertaken additional training so they can prescribe medicines to patients with some ongoing conditions so they don't have to go to a GP each time. Five pharmacists who work for NHS Cumbria based in South Lakes and Furness have completed courses to become Independent Prescribers, with another about to begin the training.

Independent Prescribers are able to run specialist clinics in GP surgeries to help patients with ongoing conditions such as hypertension (high blood pressure), diabetes, respiratory illnesses or heart failure depending on their area of expertise.

During these clinics the pharmacists can discuss treatment with the patient and prescribe the most appropriate drug for the individual as well as offering advice on lifestyle issues such as diet. They also undertake a thorough review of all the medication that the patient is taking.

More: <http://tinyurl.com/33ezu3j>

Your local lead for Public Engagement in Furness and South Lakeland is Jayne Thorp. Jayne can be reached on 07796 993 802 or e-mail: [Jayne.Thorp@cumbriapct.nhs.uk](mailto:Jayne.Thorp@cumbriapct.nhs.uk)

## ***West Cumbria***

### **Plans submitted for new Health Centre in Cleator Moor**

A planning application for a new Health Centre which will serve people in Cleator Moor and the surrounding area has been submitted. Copeland Borough Council's planners will be asked to consider the application for a new health centre on Birks Road which will incorporate a range of health services for the town in one purpose build place.

The new health centre will provide a new modern facility which will be capable of expansion to ensure future healthcare needs are met. It will provide a range of health services including; GP surgeries, NHS dental provision and access to emergency dental treatment, a community pharmacy and a range of clinics.

Existing GP surgeries in Cleator Moor, Wath Brow Surgery and Wyndham Street Surgery both will move into the new Health Centre once the building work is complete.

If the plans are approved it is hoped that building work will begin early next year and will be completed early in 2012.

Funding for the £4.1 million centre is expected to come through the NHS Local

Improvement Finance Trust (LIFT) programme - a scheme which has already delivered £1.5 billion of new primary healthcare buildings across England.

More: <http://tinyurl.com/32f8r8r>

### **Plans submitted for new Cockermouth community hospital**

A planning application for Cockermouth's new community hospital has been submitted. Allerdale Borough Council's planners will consider the application for a new hospital to replace the town's existing Isel Road building which is over 100-years old.

The new hospital will combine GP and community hospital services on one site. It will be built on land next to Isel Road and is expected to be completed in 2012. Funding for the £11 million hospital is expected to come through the NHS Local Improvement Finance Trust (LIFT) programme - a scheme which has already delivered £1.5 billion of new primary healthcare buildings across England.

Designs for the new hospital are on show in the foyer of the existing hospital and at other public venues in the Cockermouth area.

More: <http://tinyurl.com/23tvlnD>

### **Copeland introduce food scheme for people with Coeliac**

A new scheme means that people with coeliac disease living in Copeland can pick up their gluten free foods from their local community pharmacy without the need for a prescription. This scheme has been introduced in Copeland following a successful six month trial in Allerdale.

From 1st May 2010 people with coeliac disease in Copeland will be able to go to their local community pharmacy or

dispensing practice to collect these specialist foods rather than having to order a prescription from their GP surgery.

More: <http://tinyurl.com/367fn7t>

### **West Cumbria group buys equipment to help patient's with lung problems**

West Cumbria Breathe Easy Group has presented NHS Cumbria's West Cumbria Respiratory Team with special respiratory devices to help people with lung conditions. The group which is part of the support network of the British Lung Foundation handed over eight flutter devices which help with the removal of mucus from the chest to the respiratory team last month.

More: <http://tinyurl.com/364xvqu> and [www.lunguk.org](http://www.lunguk.org)

### **The Copeland Unit Association**

The Copeland Unit Association is a relatively new group set up to support the Copeland Unit which is a GP run Step Up Step Down unit based in West Cumberland Hospital. The aim of the group is to ensure that the views of patients and the public are included in the ongoing development of the Copeland Unit.

Members of the group are able to voice opinions and suggestions as well as helping to raise money for the benefit of patients on the Unit. The group meets on a Monday evening at 5pm at West Cumberland hospital every two months. If you are interested in getting involved or would like more information please contact Christine Harrison on the details below.

## **Extended hours for Maryport Minor Injury Service**

Following a trial, Maryport Community Hospital's minor injury unit has changed its opening hours. In January the unit started trialling extended opening hours, seven days a week. Following this trial the Minor Injury Unit's opening hours will now be Monday to Sunday from 8.30am until 9pm.

More: <http://tinyurl.com/338s5fs>

## **Workington Access Centre celebrates a successful year**

Workington Access Centre based in the town's community hospital has seen over 17 thousand patients in its first year. The Access Centre opened in March 2009 to offer patients in the Workington area the ability to access GP and Practice Nurse appointments outside of normal working hours, as well as minor injury drop in clinics during the day.

Patients are able to book out of hours appointments by contacting their current surgery. Currently the surgeries involved in the scheme are Solway Health Services and James Street Surgery. Appointments can also be booked with a nurse out of hours from 6.00p.m until 8pm and with a GP from 6:30pm until 8pm.

There is also an extended drop in service for people with minor injuries and minor illnesses from 9:30am until 8pm Monday to Friday with a Saturday morning service from 9.30 am until 11:30am. These are available to all Workington patients regardless of which practice they belong to.

More: <http://tinyurl.com/34luwp7>

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](mailto:Christine.harrison@cumbriapct.nhs.uk)

# **National Health and Wellbeing News**

## **More Power to the Patient**

Patients will be offered more choice and control over their healthcare with the launch of the first direct payment scheme, Care Services Minister Paul Barstow has announced. Eight Primary Care Trusts will begin to road test direct payments for personal health budgets. This will allow Primary Care Trusts to give the money for someone's care directly to them, allowing individuals to decide how, where and from whom they receive their healthcare, in partnership with the local NHS.

For more information visit:

[http://www.dh.gov.uk/en/MediaCentre/Pressreleases/DH\\_117040](http://www.dh.gov.uk/en/MediaCentre/Pressreleases/DH_117040)

## **Ageing Well Programme**

The Ageing Well programme has been launched by Local Government Improvement and Development. With an ageing population in the UK, this programme will support local authorities to help older people age well, in communities that value their experience. It will encourage councils to play a central role in developing imaginative approaches to community issues by working in partnership with other local organisations.

More information can be found at:

<http://www.idea.gov.uk/idk/core/page.do?pa Geld=20344655>

## **Refreshing the National Carers Strategy**

The Government has announced its intention to refresh the National Carers Strategy and put together an action plan for the next five years.

Paul Burstow, Minister for Care Services, has said that the vision from the last strategy in 2008 will remain, but that a new action plan will outline the "key activities

upon which the Government can focus” to “ensure maximum value for money in the context of the current economic climate.”

The last Government launched the National Carers Strategy in 2008, which set out a ten year vision that, by 2018, carers would be respected as expert care partners; able to have a life of their own alongside caring; supported so they are not forced into financial hardship by their caring role and supported to stay mentally and physically well.

Carers UK will be submitting a detailed response to the consultation centred around carers’ priorities for the future. Further details of how to respond to the consultation are available [http://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Dearcolleagueletters/DH\\_117249](http://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Dearcolleagueletters/DH_117249)

Responses must be returned by 29<sup>th</sup> September and will help inform the Government’s decisions on the funding of all public services in their Comprehensive Spending Review.

### **Register for Carers Rights Day**

Carers Rights Day 2010 will take place on Friday 3<sup>rd</sup> December. Last year over 1,400 groups ran events across the UK giving advice and support to carers. Help us build on this success by registering to hold an event this year. For more information go to: [https://www.surveymonkey.com/s/CRD2010?dm\\_i=74C,7ONY,SWIEJ,JFDW,1](https://www.surveymonkey.com/s/CRD2010?dm_i=74C,7ONY,SWIEJ,JFDW,1)

### **Councils Tackle Rural Fuel Poverty**

A new guide sets out how local authorities can tackle rural fuel poverty and improve the health of rural residents. Households in fuel poverty are described as those that spend more than 10% of their income on keeping warm and one in five rural homes are in fuel poverty. The targeting fuel poverty guide highlights ways local authorities can target

resources more effectively to households needing to improve energy efficiency. For more information visit: <http://www.rsnonline.org.uk/services/councils-to-tackle-rural-fuel-poverty.html>

### **Cinnamon Trust**

Cinnamon Trust is the only specialist nationally charity which seeks to relieve the anxieties, problems and sometimes injustices, faced by elderly and terminally ill people and their pets, thereby saving a great deal of human and animal suffering.

The Trust’s primary objective is to respect and preserve the treasured relationship between owners and their pets. To this end it works in partnership with owners to overcome any difficulties that might arise. A national network of over 15,000 community service volunteers has been established to provide practical help when any aspect of day to day care poses a problem, for example walking a dog for a housebound owner.

A national fostering service is provided for pets whose owners face a spell in hospital and the trust also provides long term care for pets whose owners have died or moved to residential accommodation.

To find out more about the trust visit: [www.cinnamon.org.uk](http://www.cinnamon.org.uk) or call 01736 757900.

### **New Publication Informs Patients and Families what Standards to Expect**

Following the introduction of a new law, all NHS hospitals in England must now be licensed by the Care Quality Commission (CQC). To be licensed hospitals must show that they are meeting new essential standards of quality and safety. Now CQC has published a leaflet which informs patients, their carers and families, what they can expect from the essential standards. The leaflet can be read or downloaded from CQC’s website at [www.cqc.org.uk](http://www.cqc.org.uk).

## **New Social Care Qualifications**

A whole range of new qualifications are being developed by Skills for Care in partnership with awarding organisations. This is an employer and sector led process designed to meet the needs of employers. The current Health and Social Care (HSC) NVQs level 2 and 3 will be replaced by Health and Social Care (HSC) Diplomas at level 2 and 3. These will be launched in January 2011.

A new leaflet has been produced explaining the changes and new qualifications. You can download the leaflet from [www.skillsforcare.org.uk/qcf](http://www.skillsforcare.org.uk/qcf). If you would like hard copies of the leaflet please contact Catherine.wilson@skillsforcare.org.uk.

## **The Challenge of Neuro-Rehabilitation**

Greater Manchester and Cheshire Cardiac and Stroke Network are holding a free event on 'The Challenge of Neuro-Rehabilitation: Exploring the Potential of Patients and Clinicians. The event is on Thursday 9<sup>th</sup> September at Lancashire County Cricket Club. To book a place contact email: [michellesumner@nhs.net](mailto:michellesumner@nhs.net). For more information please visit: <http://www.gmccsn.nhs.uk/profdetail.php?id=157>

## **Cumbria LINK Work Update**

### **Suspension of breast screening at Cumberland Infirmary**

Cumbria LINK was concerned over the suspension of breast screening service in North Cumbria; NHS Cumbria released the following information in July:  
<http://www.ncumbria.nhs.uk/News/NewsArticles/NORTH%20CUMBRIA%20BREAST%20SCREENING%20SERVICE.aspx>.

Representatives from Cumbria LINK met with health professionals from the Trust to

raise their concerns subsequently the following questions have been raised:

- 400 women approximately per week are not getting their routine screening done, when will the service resume and how will the backlog be dealt with?
- The hospital collects data on screening/call backs/biopsies and they are aware of the national standards why was this not picked up internally?
- If the regional quality assurance team receive the data throughout the year why did it take them from April 2007 to 23 June 2010 before they realised there was a mismatch in Cumbria's data with national standards.
- There will be an increase in the workload once this service is resumed, as the age limits for screening are being both lowered and raised, how do they plan to deal with the extra 30% workload this will add, as well as dealing with the backlog?
- If the images had been digitally produced this would have made things a lot easier for transmission to other centres, when will this be available in Carlisle?
- How is the hospital going to recruit Breast screening radiologists –we have searched a number of places on the internet and so far have not seen any adverts for radiologists for Cumbria? Where are these posts being advertised and how often have they been advertised

If you have any concerns please contact 01228 608289.

### **Proposals for NHS change**

On 12<sup>th</sup> July, the government published a White Paper entitled "Equity and excellence: Liberating the NHS. This lays out its plans for changes to the NHS over the next 5 years; many of these changes will require new legislation, so will not be seen immediately. There will be consultations on some aspects of the changes.

The full White Paper can be downloaded from:  
[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_117353](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_117353)

A few of the key proposals within the White Paper are:

- Primary Care Trusts and Strategic Health Authorities will be abolished (2012/13)
- A national NHS Commissioning Board will be established; this will, amongst other things, commission GP, dentistry and pharmacy services, specialist services provided at a regional or national level, and maternity services.
- GP Commissioning Consortia will commission the vast majority of health services used by their patients.
- Patient choice will be increased (e.g. choice of GP will not be restricted by where you live)
- Patient access to and control of, medical records will be increased
- Public Health will become the responsibility of the Local Authority (Cumbria County Council)
- Local Involvement Networks (LINKs) will become the local HealthWatch, and a national HealthWatch organisation will be established. Local HealthWatch will still be commissioned by the Local Authority.

Commissioning arrangements may be of particular interest to Third Sector organisations who wish to tender to provide services:

- There will be a move to an “any willing provider” approach for community services, reducing barriers to entry by new suppliers
- Commissioners will be free to buy services from “any willing supplier; and providers will compete to provide services
- Providers who wish to provide NHS-funded services must be licensed by Monitor, who will assess financial viability

A suite of consultations have now been released that provide more detail and opportunity to contribute. These include:

- Commissioning for Patients
- Regulating Healthcare Providers
- Transparency in Outcome
- Increasing Democratic Legitimacy in Health

All of these documents can be downloaded from the Department of Health web site at the following link:

<http://www.dh.gov.uk/en/Consultations/Liveconsultations/index.htm>

The Department of Health have also produced a useful briefing which is attached called Establishing HealthWatch. Please let us know if you have any comments on the questions in this document.

Cumbria Action for Health and Cumbria LINK will be hosting an event to present and discuss the White Paper. The event will be held at CREA, Redhills, Penrith on 21<sup>st</sup> September during the afternoon. Please contact Louise Dixon on 01228 512513 or email [louised@cumbriacvs.org.uk](mailto:louised@cumbriacvs.org.uk) for more information and to book your place.

### **Consultation on Proposed Closure of Ravensfield Residential Care Home in Keswick**

Cumbria LINK will be holding a drop in session in the Moot Hall in Keswick on 16<sup>th</sup> September 2010 from 1pm – 4pm to listen to what people have to say about the proposed closure.

A range of care service providers will be there on the day to showcase the work they do in the Keswick area. LINK members and staff will be there to listen to what you have to say and present your views to the County Council along with any questions and concerns you may have. There's no need to book, all are welcome.

## **Cumbria LINK Visiting Team**

Another 8 people have completed LINK Visiting training giving us a total of 21 trained LINK Visiting Team members. The training included Safeguarding training delivered by Adult Social Care.

The need to increase the membership has been done in anticipation of partnership working with Adult Social Care to carry out a number of visits to Residential Care Homes throughout the County.

## **Community Health Champions**

The first of the Level 2 Training courses has now been completed with the second due to start shortly, the courses should see 22 volunteers receive their Level 2 "Understanding Health Improvement" Certificates.

The Level 2 Community Health Champion's role is about helping others to adopt a healthier lifestyle and these volunteers will be working within their own communities. So, if you live in Carlisle, Workington or Barrow, look out for these volunteers in your community – they should be at a venue near you soon.

If you would like more information or to get involved in this project please contact [louised@cumbriacvs.org.uk](mailto:louised@cumbriacvs.org.uk).

## **West Cumberland Hospital Task Group**

A recent survey conducted by the Task Group about the hospital development found that most people were aware of the plans, but many didn't know the full extent of the changes.

A lot of comments tended to be about parking and the lack of spaces. The new two way traffic system seems generally to be an improvement. To see the full report go to our website [www.cumbrialink.org.uk](http://www.cumbrialink.org.uk)

## **Yewdale Ward**

As yet there are no firm plans for the future of Yewdale Ward at the hospital, but we are assured that talks are going on to resolve the matter quickly. We are in contact with the key partners involved in the talks and will continue to monitor the situation.

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

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