



Cumbria
ACTION
 for Health

News Update
 February 10 – March 10

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

In this Issue	Page No
Local news and Events	1 - 4
News from Adult Social Care	4 - 5
News from NHS Cumbria	5 - 9
National News	9 - 11
Cumbria LINK Work Update	11 - 12

Cumbria Provider Development Day

Providers from Cumbria are invited to a development day, looking at how personalised services can work for their business. The day will include a number of presentations, workshops and a roundtable discussion looking at emerging good practice.

The day will include:

- good practice examples of personalisation
- the impact of personalisation in Cumbria
- a presentation from a person using services on personalised services

Workshops:

- human resource challenge
- outcomes based contracts

- the Care Quality Commission (CQC)
 To book a place call 01772 459401 or visit <http://northwest.skillsforcare.org.uk/Cumbriaprov/> booking closes on 1st March 2010.

Cumbria Cancer Networking Event

Plans are well under way for a networking event being held on Saturday 27th March 2010 at The North Lakes Hotel in Penrith. The day will run from 10am to 3pm, with coffee on arrival and lunch at 12.30pm for those who have booked.

It is to be a day of learning and support for anyone who is living with cancer, their families, carers and friends. There will be a host of organisations providing display stands and information on the help and services they offer. It is hoped that those attending will benefit from networking with others who understand their situation.

For further information please contact Patrick Laing, Chair of the Steering Group on 013873 71756 or email: Patrick@laing2191.fsnet.co.uk.

Cumbria patients and families to benefit from new essential standards of care

From April 2010 new essential standards of quality and safety are being introduced gradually across all health and adult social care services in England. The Care Quality Commission (CQC), the new independent regulator of health and adult social care, will license services if they meet essential standards and constantly monitor them to make sure they are compliant with new legislation about to be passed in parliament.

NHS trusts are the first to come into the new system starting 1 April this year; they will be followed in October by all providers of social care for people over 18 years of age and by providers of independent healthcare. Over the coming two years the system will include all primary care and dentists too.

The new system means that you can expect your care and treatment to meet essential standards of quality and safety that respect your dignity and rights. The biggest change from any earlier system of regulation is that each of the standards is based on an actual outcome for people rather than a policy or a target. Providers must demonstrate that people in their care have a quality experience across all aspects of their treatment, care or support.

For more information go to www.cqc.org.uk

Self-Harm Awareness Training

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

- Thursday 25th March in Carlisle
- 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/assets/Uploads/SIS-Newsletter-6-.pdf

ICAS Outreach Service in Kendal

Do you have a concern about NHS care or treatment which you would like to raise with the NHS? ICAS can help you do this.

They are a free, confidential service which is independent from the NHS. ICAS are holding an outreach session every Wednesday from 10am – 2pm at Stricklandgate House in Kendal.

You can make an appointment or drop in. For more information please call 01228 538267 or 01772 821909.

Care for dementia sufferers given fresh boost in Cumbria

A brand new service which allows dementia sufferers and their carers to share their experiences has been launched in Brampton.

The new focus on getting people who care for dementia sufferers as well as the sufferers themselves together has been possible thanks to a £140,000 Department of Health grant to pilot dementia peer support groups in Cumbria as part of the National Dementia Strategy launched in February 2009.

Cumbria won the grant thanks to a successful joint bid by Cumbria County Council, Alzheimer's Society, Age Concern and NHS Cumbria.

The first meeting of the Brampton dementia peer support group will take place on February 18th from 2pm to 4pm at the Brampton Community Centre and it will then meet on the third Thursday of every subsequent month.

People interested in accessing the Brampton group can contact the Carlisle branch of the Alzheimer's Society on 01228 819299 or by emailing alla.stoica@alzheimers.org.uk

Collective Voice North West

Collective Voice North West is a 'real' and virtual (online) network for people who have experience of mental health conditions to make their voice heard and influence policy and practice in the health service.

Whether you use mental health services, care for someone experiencing mental ill health or are interested in good health, Collective Voice is here to help. Have your say about the services, support and care you receive in the North West.

Collective Voice are holding free conferences across the North West, the next is at Brewery Arts Centre, Kendal on 21st April 2010. To find out more call 01704 511013 or visit:
www.collectivevoicenw.org.uk

For a Fair and Diverse Cumbria

The Cumbria Equality Resource Centre is hosting 3 dynamic seminars around Cumbria, funded by the Equality Human Rights Commission.

The seminars are being held on 3rd March in Workington, 11th March in Barrow and 23rd March in Carlisle. These Learning Together Seminars are FREE and open to all representatives of third sector groups operating in Cumbria.

For more information or to book a place contact CREA on 01768 895242 or email info@equalitycumbria.org

These seminars feed into an important Equality and Human Rights Commission conference hosted by CREA on 31st March.

Rural Transport Policy and Practice: Opportunities and Solutions

As part of the Access10 event run by the Community Transport Association, the Commission for Rural Communities is running an event that considers the key role that community transport plays in rural areas and how it can form part of an integrated network and future government policy for rural areas. Transport funding, policy, planning and regulation have all undergone change in recent times. What effect has this had on rural services and can community transport still continue to improve access and mobility for rural dwellers?

This important one-day event will be held on Wednesday 24th February 2010 at 9.30am at Manchester Central Convention Complex. The event will be of interest to rural

transport operators, rural residents, policy makers, funders, commissioners, consultants and researchers.

To find out more you can visit:
<http://www.ruralcommunities.gov.uk/events/ruraltransportpolicyandpracticeopportunitiesandsolutions>

News from Age Concern

The Bradbury Centre in Millom hosts a support group for people with memory problems. Join them on Tuesdays 1.30 – 3.30pm to get information and advice on a wide range of issues or just come for a cup of tea. Carers also welcome. For more information contact Linda Chapples on 01229 774573.

St Michael's Centre in Workington hosts a Younger Dementia which provides peer support for people under 65 diagnosed with dementia. They provide information and practical tips on living with dementia and cups of tea. Carers are also welcome. From 18th February meetings will be held on the third Thursday of every month. For more information contact Vivien Nicol (RMN) on 01900 844670.

Should information about medicines be available online?

We at the medicines' regulator are currently thinking about making information about medicines available online. This will be a big decision for us and we want your views on it – is it a good idea? What difference, if any, would such a resource make to you? How would you use a resource like this? We're running an online discussion at www.medinfodiscussion.org and would love to have your voice added to the conversation.

For those of you who have not heard of us, the MHRA (Medicines and Healthcare products Regulatory Agency) is the government agency responsible for ensuring

medicines and medical devices work and are acceptably safe.

The discussion focuses on Patient Information Leaflets (PILs) and Summaries of Product Characteristics (SPCs), and our proposal to put a definitive database of these online. You can read, rate and add ideas to the discussion until 8 March 2010, during which time we hope to hear from as many people as possible, ranging from health professionals and patients to members of the public.

Find out more about the discussion, read others' ideas and add your own now at www.medinfodiscussion.org

Wanted New Members

The Patient Voice Group (PVG) is looking for new members to join them.

The Patient Voice Group is a collection of individuals interested in helping the Primary Care Trust (PCT) with it's avowed intention to put patient experience at the heart of all service planning and delivery. The group try to do this in several ways:

- Membership of various PCT groups and committees
- Task groups working on specific problems/areas of interest
- Commenting on PCT policies and patient information leaflets from the "patient" angle

If you think this might be of interest to you please contact Jane MacFarlane by email: janem@cumbriacvs.org.uk or by telephone 01228 512513 who will then put you in touch with the Chair of PVG Janet Pitman.

Free Identification and Brief Advice (Alcohol) Training

The CADAS course is designed to improve individual's confidence and competence around alcohol use and/or misuse situations.

The one day course is targeted at professionals who are in a position to make an initial identification of a client with a particular problem and know how to signpost on effectively.

Courses are taking place throughout Cumbria during March and April 2010. For more information contact Paul Brown 01228 544140 email: paulb@cadass.co.uk

Update to LINK on the Work of the Cumbria Health and Well-being Scrutiny Committee

The update captures the main items considered at the last meeting of the Cumbria Health and Well-being Scrutiny Committee held on 15th January 2010 and some of our plans for our next meeting to be held on 20th April 2010.

The full update contains information on:

- Breast screening in Barrow
- Patient services in Barrow
- Changes to the way CQC is invited to comment on the work of health providers
- Work of the Task and Finish groups
- An NHS update report providing responses to the recent flooding

To view the full report visit the Cumbria LINK website: www.cumbrialink.org.uk

Cumbria County Council's Adult Social Care News:

"It's easy to turn a blind eye to abuse, don't let it be you"

The Cumbria Safeguarding Adults Board is launching a new 'Blind Eye Cumbria' campaign, highlighting the impact of abuse on vulnerable adults in Cumbria.

Did you know that one in forty people over 65, living in private households in Cumbria are likely to have experienced mistreatment

(such as neglect or abuse) from a family member, carer or neighbour during the last 12 months?

This statistic is based on research figures from the largest study of adult abuse conducted in England and Wales. However, it is believed that such cases are rarely reported so the real numbers could be far higher.

- In Cumbria, almost 300 cases of adult abuse and neglect were reported last year but we think this is just the tip of the iceberg.
- Adult abuse and neglect can happen anywhere. The people who are most at risk are those aged over 65 and people with learning disabilities.
- Most often it is happening in the individual's own home and is being carried out by a person they know very well.

Cumbria County Council, the Police, the NHS and other partners on the Cumbria Adults Safeguarding Board are working together to enable all adults in Cumbria, who are or may be eligible for community care services, to live a life free from abuse and neglect and retain independence, well being and choice.

Abuse and neglect can only be reduced if awareness is raised and people feel confident about what to do if they have concerns about someone they know.

The Cumbria Safeguarding Adults Board is launching a new '**Blind Eye Cumbria**' campaign, highlighting the impact of abuse on vulnerable adults in Cumbria. A series of posters have been sent to a wide range of organisations and public places. We are keen to get these displayed and if you would like copies, you can request hardcopies or download them from:

<http://www.cumbria.gov.uk/adultsocialcare/BlindeyeCumbria/default.asp>

The aim of the 'Blind Eye Cumbria' campaign is to raise awareness about this important issue amongst members of the public. A news release and a series of media interviews are planned to launch the campaign.

Cumbria County Council's Safeguarding Adults Team offer advice, information and consultation to practitioners and managers and deal with queries from the public, outside agencies and the voluntary sector on safeguarding issues. They can be contacted on 01539 713398 or by email at safeguardingteam@cumbriacc.gov.uk.

Safeguarding adults in Cumbria is everyone's business and we need your help to reduce abuse and neglect. Please circulate and display the posters, anywhere you can, to help us raise awareness.

For more information:

Cumbria Safeguarding Adults Team: 01539 713398 and email

safeguardingteam@cumbriacc.gov.uk.

Action on Elder Abuse website:

www.elderabuse.org.uk

Cumbria Safeguarding Adults website:

www.cumbria.gov.uk/adultsocialcare/safeguarding

Cumbria Adult Social Care publications List and ordering details:

<http://www.cumbria.gov.uk/adultsocialcare/information/listofpublications.asp>

Public Concern at Work website:

<http://www.pcaw.co.uk/index.htm>

NHS Cumbria News

More beds overall and future of community hospitals secure

As part of the overall Closer to Home strategy, NHS Cumbria is investing in new clinics, training more staff and improving care for people in their own homes. New community hospital beds have been introduced in Carlisle, Whitehaven, Barrow and Kendal – places where this type of inpatient service did not previously exist.

As planned, the changes have resulted in fewer beds being used in the county's nine community hospitals – freeing up more staff to concentrate on providing services in people's homes. In line with the Closer to Home strategy, beds at these hospitals will be reduced from April within a range agreed during a four month public consultation.

Prior to the consultation, Cumbria had 208 community beds. When the changes are introduced later this year, the total number of community beds in Cumbria will have increased to 247 - an 18 per cent increase.

A range of new community services have already been introduced. An extra £10 million has been used to create services such as specialised rapid response teams and training to enable community nurses to offer intravenous antibiotic treatment. Urology, ophthalmology, ultrasound and other clinics and treatments have also been created closer to where people live last year.

More: <http://tinyurl.com/yjap27p>

New preferred provider of children's services

A consortium of Cumbria NHS Trusts has been asked to lead the delivery of improved children and young people's health services in the county over the next six months. NHS Cumbria has chosen the group, led by University Hospital of Morecambe Bay NHS Trust and including North Cumbria University Hospitals NHS Trust and Cumbria Partnership NHS Foundation Trust, as the preferred provider of children's health services in the county. Children and young people were supported to be involved in the process of choosing the provider.

It is hoped that if successful, the change will make it easier for younger patients who currently have to navigate several different NHS Trusts when trying to access treatment. The consortium will now need to implement a high-level specification to deliver services that help give children the best start in life.

More: <http://tinyurl.com/ykaex84>

New NHS dental places on target

Nearly 15,000 people have now been allocated to new NHS dental places in Cumbria. In 2009 NHS Cumbria invested over £2.25million to create 37,500 new NHS dental places in both West Cumbria and Kendal. Five new surgeries have since opened in Kendal, Egremont, Maryport, Whitehaven and Workington. These all began operating by late summer 2009 and patients on NHS Cumbria's dental database began being allocated to each surgery.

In order for each new patient to be assessed and follow up appointments booked, allocation to the new dental places is being done in stages. Letters are being sent out to people who've been on the database the longest first, 1,000 at a time.

More: <http://tinyurl.com/yzc53uk>

North Cumbria's first health trainers graduate

Eight people became the first group to complete a City & Guilds Level 3 Health Trainer Course in north Cumbria.

The Health Trainer course is run across the country and teaches people how to engage with the public and offer health advice, motivation and practical support to help them improve their general health and wellbeing. This is usually done in a one-to-one setting so the trainers can assess someone's lifestyle and create an action plan to help the person hit certain health goals.

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

Pharmacies celebrate one year of clearing the smoke

Around two people a week have quit smoking in Cumbria in the last year with help from their local community pharmacy. Last January NHS Cumbria launched a pharmacy scheme where specially trained pharmacists can help people quit smoking by offering free advice and regular support including nicotine replacement therapies.

More than half of Cumbria's community pharmacies signed-up to the scheme. Since

the scheme began over 229 people have a set a quit date to stop smoking and 44 per cent of those managed to give up.

More: <http://tinyurl.com/ykkdf4g>

New heart treatment service for Cumbria

NHS Cumbria has announced it is to create a new angioplasty service in Carlisle, which will serve the whole county. The new service will help patients by unblocking arteries. The procedure, Percutaneous Coronary Intervention (PCI), clears arteries by inserting and inflating a small balloon which squashes any blockage. A rigid support is then left in place to restore blood flow.

Around 770 patients will undergo the procedure in Cumbria each year when the new service is up and running. In time, the primary care trust hopes the service will develop into a 'primary' PCI service, where patients will be taken as soon as they have a heart attack. Currently, thrombolysis, the injection of life saving clot busting drugs, is the most common treatment for heart attack patients. A national report published last year, identified primary PCI as a better alternative.

Detailed planning work is expected to begin early next year. This will include the development of a timeframe for the new service to begin treating patients.

More: <http://tinyurl.com/yz7t2ck>

Around the Localities

North and East Cumbria

GPs to take over minor injury role in Brampton

A minor injuries unit in Brampton is to be relocated because so few people use the service. Less than five people each week use the nurse-led unit at Brampton community hospital which is open 8am-8pm, Monday to Sunday.

The vast majority of minor injury patients already choose to attend the town's GP

practice which is equipped for dealing with minor injuries and emergencies. From Monday 1 March all minor injury patients will attend the Brampton Medical Practice. The change is being made for clinical reasons and will not result in any financial savings.

The town's GP practice is open 8am-6:30pm Monday to Friday and 8am-11:45am on Saturday. The number of new patients attending the minor injury unit at the hospital when Brampton Medical Practice is closed equates to less than seven per month. Of these, on average two patients each month are advised to attend Carlisle A&E due to the nature of their condition.

More: <http://tinyurl.com/yztqpe8>

£250,000 revamp for Wetheral Surgery

Two Hundred and Fifty Thousand Pounds is being spent on renovating Brampton Medical Practice's Wetheral Surgery based at Yew Tree Cottage. The revamp is expected to take six months and will see the size of the village surgery double. In addition to increasing the size of the surgery other modifications will be made including, a new heating system, a new roof and improved disabled access.

Patients currently registered at the surgery are still able to book appointments and collect prescriptions at a temporary surgery located in the Ground Floor Flat, Castle View, Station Rd, next to the Crown Hotel. The temporary surgery will be open Monday to Friday 8:30am - 1:30pm. Patients wishing to book an appointment can still contact the surgery on the same number: 01697 72551.

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

Walking Aids Amnesty for Eden

NHS Cumbria's physiotherapy and occupational health teams in Penrith are holding a walking aids and equipment amnesty throughout February to allow people in Eden to return borrowed items. Walking aids such as zimmer frames, walking sticks and elbow crutches are often lent to patients who've injured themselves or require help walking. The physiotherapy

and occupational health departments at Penrith community hospital are now asking people to return any items no longer required, no matter how long they've had them.

Anyone wishing to return an item should drop it in to the physiotherapy or occupational therapy department at Penrith Community Hospital, Bridge Lane, Penrith, CA11 8HX. Anyone who no longer needs their living aids but is unable to drop them back to the hospital can also call the equipment store on 01900-817671 and ask for them to be picked up.

More: <http://tinyurl.com/yhvc4xo>

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

Kendal chosen as best site for radiotherapy satellite service

Kendal has been confirmed as the preferred site for a new state-of-the-art radiotherapy satellite service. The new radiotherapy service would be located at the Westmorland General Hospital, cutting journey times for patients and families across south Cumbria, Barrow and north Lancashire.

The decision to choose Kendal as the favoured site for the new service follows months of work by a specialist team of health commissioners.

The new service will include up to two linear accelerators (LINACs) - the device used for radiation treatments, as well as other specialist treatment and diagnostic equipment. University Hospitals of Morecambe Bay NHS Trust has been invited to start work on a detailed business case for the new service which could be open to patients in 2012.

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

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

Flood victims asked not to suffer in silence

GPs in Cockermouth are reporting seeing an increase in patients with psychological problems following the stress of leaving their homes and businesses following the floods. Family doctors and mental health workers are reassuring people to take their time and think about their health as they return to homes and companies after the floods.

Drop in clinics for people who are stuck feeling depressed or have anxiety problems following the floods are being held twice a week at Christ Church in Cockermouth whilst the venue is available as a Flood Support Centre.

The temporary clinics are being held by First Step every Wednesday from 1pm to 4pm and Thursdays from 10am to 4pm.

More: <http://tinyurl.com/yzltcx8>

Temporary buildings for flood-hit Cockermouth GPs

Temporary buildings have been set up at the town's community hospital for two Cockermouth GP practices destroyed by flooding. The buildings will provide pre-fabricated consulting rooms and office space for the town's Derwent House and South Street GP practices. Since (Friday 20 November) the two surgeries, which serve 15,000 patients, have been operating from inside Cockermouth community hospital. The move to new temporary buildings has enabled normal outpatient clinics and other services to begin again at the hospital.

More: <http://tinyurl.com/yzb4mxy>

Changes to temporary GP arrangements in Workington

Temporary GP arrangements that have been in place for Workington residents north of the River Derwent since the floods have changed. From Monday 14th December the following times and locations apply:

Seaton Rugby Club, Station Yard, Seaton
9am - 11am and 3:30pm – 5pm.

Northside Community Centre, Trinity Drive,
Northside 2pm – 3pm

The clinics are for urgent GP appointments only. Patients wishing to make an appointment should contact their own GP surgery first.

More: <http://tinyurl.com/yf2g7d3>

Maryport's Minor Injury Unit to open longer

Maryport Community Hospital's minor injury unit extended its opening hours from Sunday 10 January for a three month trial. The unit will open from Monday to Sunday from 8.30am until 10pm. The decision to trial extended opening hours at the minor injuries unit has been made as part of NHS Cumbria's drive to create more health services closer to home.

If the minor injuries trial is successful the opening times could be extended further depending on demand. To contact Maryport Community Hospital call 01900 812634.

More: <http://tinyurl.com/yj3bn3t>

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

National Health and Wellbeing News

The Council for Healthcare Regulatory Excellence Meetings

The Council for Healthcare Regulatory Excellence is pleased to announce a series of 'I Learn – U Learn' meetings in March 2010 with patients and the public across the UK. One of these meetings will be held in Liverpool on 12th March at the Gateway Conference Centre.

The programme for the day is designed to help de-mystify the role of regulation in the health sector. To view a draft programme please visit the website: <https://www.chre.org.uk/public/199>.

To book a place please phone 020 73898030 or email: reception@chre.org.uk

National HIV Social Care Conference

George House Trust's 25 year National HIV Social Care Conference is being held on 4th April 2010 at the Manchester Central Convention Complex.

For more information of to register your interest please contact: Kath Morgan 0161 2744499 or kath@ght.org.uk

Department of Health Consultation

A 12 week consultation on the proposals to implement 'generic substitution' in primary care, further to the Pharmaceutical Price Regulation Scheme (PPRS) 2009 is being held by the Department of Health. For more information on the consultation which closes on 30th March 2010 visit: http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_110517

National Wear Red Day

The British Heart Foundation is having a National Wear Red Day on 28th February 2010 to raise funds. For more information or to order a free Fundraising pack visit the website: www.bhf.org.uk/red

'Ignite Your Life'

The Wellbeing Project has recently delivered a series of community resilience events and would like to take them to other parts of the UK as a road show. The aim of these unique events is to skill up the local population with useful and practical skills to stay well during difficult times.

If you would like the 'Ignite Your Life!' Community Resilience events to come to your area contact: Mark Swift at the Wellbeing Project, tel: 01744 26444 or m.swift@wellbeingproject.co.uk

For more information about the Wellbeing Project visit: www.wellbeingproject.co.uk

Supporting Staff to Better Support Carers

Skills for Care are working in partnership with Skills for Health and the Department of Health to strengthen and embed the importance of carers in the delivery of health and social care services.

The project supports the Department of Health Strategy 'Carers at the heart of the 21st century families and communities – a caring system on your side, a life of your own', published in 2008.

If you would like to find out more visit: http://www.skillsforcare.org.uk/developing_skills/workingwithcarers/working_with_carers.aspx

Valuing health: business case literature review

There is a strong moral argument for local authorities and their partners to work to improve the health of their communities and to reduce health inequalities. But investigating in preventative public health also makes sound business sense. The business case for health improvements rests on the difference between prevention and cure. Where it is possible to prevent problems, or reduce their likelihood at reasonable cost, this will be less expensive than treating problems when they occur.

The Healthy Communities programme has produced a literature review that summarises the available evidence and research on the financial and non-financial impact of health improvement activity. This review highlights the need for a greater focus on the financial impact of health improvement activity on local government services. But it indicates that there are a large number of areas where local authorities could expect to make efficiency savings. These include older people's health and independence, workforce health and climate change and sustainability.

For more information please visit: <http://www.idea.gov.uk/idk/core/page.do?pa Geld=15246382>

The Later Life Newsletter

The Later Life Newsletter was first developed in November 2008 following requests from Government Office colleagues for up to date information around Later Life issues.

It is produced monthly by the Later Life Performance Support Team within the Older People & Ageing Society division of DWP and provides the latest on strategy, policy initiatives, publications and notable practice.

The newsletter can be viewed by visiting the Cumbria LINK website:
www.cumbrialink.org.uk

Elderly leave hospital malnourished

The number of patients leaving hospital with malnutrition has rocketed to record levels over the past year, according to figures released by the NHS. To find out more visit:
<http://www.guardian.co.uk/society/2010/jan/22/malnutrition-hospital-patients>

New programme to make health inequalities everybody's business

A new programme in thirty areas of the country will support the health service and local public sector organisations to work together to reduce inequalities by tackling local challenges.

Healthy Places, Healthy Living will encourage local leadership on the health inequalities agenda and share learning, meaning that health inequalities becomes everybody's business, Public Health Minister Gillian Merron announced.

Volunteer 'fellows' from across the public sector – including for example GPs, firemen or finance directors – will build on current work and help deliver action on health inequalities, not just in the NHS, but across all public service agendas. To find out more visit:
http://www.dh.gov.uk/en/News/Recentstories/DH_111274

Speakeasy facilitator training programme and Speakeasy course for parents and carers

The Family Planning Association (FPA) is able to offer a limited number of fully funded places on the Speakeasy facilitator training programme. This programme trains staff in the voluntary and community sectors across England to deliver a Speakeasy course for

parents and carers. This opportunity is available to staff who are already working with parents and carers. The training is accredited at level three with Open College Network (OCN).

The Speakeasy course for parents and carers offers a non-threatening, group-based opportunity for parents and carers to acquire the confidence and skills they need to talk to their children about growing up, relationships, sex and sexuality. It is designed to be a fun and relaxed course, providing an atmosphere where parents can learn together from one another's experiences. It is organised locally and can link with educational, community and/or health provisions in a particular area.

If you would like further details on either of these courses contact Michelle McHale on 0161 227 0474 or email:
michellem@fpa.org.uk

Skills for Care

For the latest information from Skills for Care visit:
<http://www.skillsforcare.org.uk/news/enews/enews.aspx>

Cumbria LINK Work Update

Social Media

We have recently set up a Cumbria LINK page on facebook as another way for people to get involved and help make a difference. If you would like to join the group follow the link below:
<http://tinyurl.com/ycu5qau>

How is Penrith Hospital working for you?

The way that health services are delivered is changing which means more services will be delivered at home or in the community therefore reducing the need for people to stay in hospital.

We are now beginning to see changes taking place and we want to know what you think about them. Recently there has been a reduction in the number of beds at Penrith Hospital with improvements to the ward areas of the hospital.

Cumbria LINK want to make sure that the people responsible for commissioning and providing services know the views of people using the services and take action to make improvements when needed.

If you or your family have used services at Penrith Hospital in the last two months we would like to hear your views good or bad. Please contact the LINK Support Team on 01228 512513 or email us at link@cumbriacvs.org.uk

Westmorland General Hospital

The LINK has been working with South Lakes Society for the Blind on an access issue around the Kendal to Kirby Lonsdale bus service to Westmorland General Hospital. This bus drops passengers at the far side of a very busy road, where there is no controlled crossing for people with any difficulties to cross safely to the hospital. A meeting has been held involving the key players who are all keen to find an acceptable solution to the problem. This is an ongoing piece of work.

If you have, or know of anyone who has experienced similar difficulties with this particular bus service please contact LINK support staff on 01228 512513 or email: link@cumbriacvs.org.uk

Sub Regional Local Involvement Training for LINK participants

Cumbria LINK along with other North West LINKs are organising a one day training course on 'Exploring our effectiveness in empowering communities'.

The course aims to enable participants to:

- Clearly understand and define our purpose
- Fulfil our purpose
- Work closely with communities to achieve positive change
- Put theory into practice in planning workshops based on real issues

The course will take place on 30th March 2010 at Lancaster University, places are limited. If you would like to express and interest in attending please contact Louise on 01228 512513 or email: louiseb@cumbriacvs.org.uk

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

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