



News Update
June 10 – July 10

'Keeping you informed on health and social care issues'

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Multi Cultural Carlisle

The new name Multi Cultural Carlisle came out of a conviction that we should return to our original purpose of focussing entirely on the community and what their needs and aspirations were and to leave behind the more complicated structures and plans that had been developing. So a new name and a strong focus on being community led.

Although we hope to become involved in small events during the year our main focus is and will be the staging of the Culture Bazaar and the bringing together through that our wonderful diversity of the cultures in Cumbria in a glorious celebration. The Cultural Bazaar takes place on the 4th July 2010 at Trinity School. If you have any suggestions for the Bazaar contact David Gould on 013873 72517 or email catmandg@talktalk.net.

Cumbria Mental Health Group

Cumbria Mental Health Group are holding their AGM on 13th July 2010 at Brettargh Holt, Levens, Kendal from 11am-3.30pm.

During July they are also holding the following Locality meetings:

- 5th July Methodist Church, Penrith
 - 12th July St Matthews Hall, Barrow
 - 14th July Botcherby Centre, Carlisle
 - 22nd July Senhouse Centre, Whitehaven
 - 28th July St Michael's Centre, Workington
- All meetings are from 2pm – 4pm.

If you would like any more information ring 01539 737012.

Meeting the Needs of People who Self-Harm

This is a ground breaking conference which explores the real meaning of self-harm to those people who self-harm in significant and severe ways. The conference brings together people who have used self-harm to offer their personal insights into their behaviours and also professionals who have been working to meet the needs of people who self-harm and who will explain their understanding of why this behaviour develops and how you can support people who self-harm through acceptance and positive risk-taking of their self-harm.

The conference takes place on Wednesday 29th September 2010 at CREA, Penrith. For more information or a booking form contact Jill Eastham on 01768 870824 or email: info@jilleastham.co.uk.

“Giving us a Voice”

“Giving us a Voice” is a project funded by the Department for Communities and Local Government (DCLG) under its Tackling Racial Inequalities Fund (TRIF). It is addressing the inequalities faced by people with learning disabilities from black, asian and minority ethnic groups which were

highlighted in the Government's Learning Disability strategy, Valuing People Now.

People with learning disabilities face inequalities in many aspects of their lives, including the services that they receive and people with learning disabilities from black, asian and minority ethnic backgrounds can suffer a double discrimination. The Association for Real Change (ARC), working in partnership with the British Institute of Learning Disabilities and Mencap, will be drawing together family carers, service users and professionals in nine regional meetings around England later this year to help them identify their needs and priorities.

If you would like more information please contact Philip Ware on 01246 555043 or email: philip.ware@arcuk.org.uk.

Delivering Same Sex Accommodation

Every patient has the right to receive high quality care that is safe, effective and respects their privacy and dignity. The University Hospitals of Morecambe Bay NHS Trust is committed to providing every patient with same sex accommodation because it helps to safeguard their privacy and dignity when they are often at their most vulnerable. We are proud to confirm that mixed sex accommodation has been virtually eliminated in our trust.

We have recently been asked to host Delivering Same Sex Accommodation (DSSA) awareness raising sessions to promote the project and inform staff, patients and the public about DSSA progress.

The awareness sessions will be held on:

- 21st June at Westmorland General Hospital
- 22nd June at Furness General Hospital
- 23rd June at Royal Lancaster Infirmary

If you are interested in booking a place or want more information please contact Jane

Kenny, Privacy and Dignity Matron on 01524 583108.

Launch of Eden Carers' Art Installation at Rheged

To mark the start of Carers' Week this inspirational artwork will be launched on Monday 14th June 2010 in the Blencathra Suite at 10.30am. The artwork will remain on display until September 2010.

If you would like to join them to see how Eden Carers' are making their mark, please phone Eden Carers on 01768 890280 or email: enquiries@edencarers.co.uk.

Carlisle Eden Mind – Mental Health First Aid Training

Mental Health First Aid is a national programme developed and regulated for the national institute of mental health in England. MHFA training is a 12 hour course, usually delivered over 2 consecutive days. The training uses a range of adult learning techniques and is based around a nationally recognised presentation format. The course teaches how to recognise symptoms of mental health problems, how to deal with a crisis situation and how to spot the first signs of someone developing mental illness.

The national training package covers the causes, symptoms and treatment of common mental health problems (depression and anxiety disorders, suicide, panic attacks, phobias and psychotic disorders). MHFA uses a 5 step mental health first aid toolkit, giving participants useful techniques and a better understanding of mental ill health. MHFA is based on similar principles to physical first aid, aiming to preserve life. The overall aim of MHFA England is to improve mental health literacy amongst the general population of England.

MHFA training is suitable for anyone who is interested in helping others experiencing

mental distress, preserving life or would like to have a better understanding of the issues surrounding mental health and mental illness. Skills and knowledge gained through MHFA training can be applied in domestic and business settings. MHFA is particularly appropriate where public contact is a major element of your business.

People who are trained in Mental Health First Aid can:

- Spot the early warning signs of a mental health problem
- Provide comfort to a person experiencing mental health problems
- Guide someone towards the right support
- Provide help to prevent a mental health problem becoming more serious
- Preserve life where a person may be a danger to themselves or others
- Promote the recovery of good mental health
- Raise awareness of mental health issues in the community
- Reduce stigma and discrimination about mental health

Angela Staples and Phil Robinson from Carlisle Eden Mind are both accredited to deliver Mental Health First Aid. If you would like more information Angela can be contacted on 01768 899002 or email: angela@edenmind.org.uk. Phil can be contacted on 01228 543354 or email: phil@edenmind.org.uk.

The next course is on 26th & 27th July 2010 at Morton Community Centre, Carlisle. For booking information please contact Sarah Berry on 01768 899002 or email: training@edenmind.org.uk.

Democracy Day Cumbria

NAVCA are holding a free event being held in Penrith on 30th June 2010 from 10.00am to 4.00pm. It is aimed at community and voluntary groups, staff in voluntary organisations and community groups or public bodies who seek to champion and

strengthen the voice of community groups and individuals.

It will give attendees the chance to:

- Listen to up to date briefings on how our democratic system works
- Understand how political power can work for you
- Learn how to influence people and structure – locally and nationally
- Hear from expert speakers with inside knowledge, tips and strategies
- Find out how you can help others become more active citizens
- Bring your local issues along – go home with a plan of action

For more information or to book a place phone 0114 2786636 or email: events@navca.org.uk. You can also visit their website: www.navca.org.uk/democracyday.

County Council's Adult Social Care News

Active living in Cumbria – A prevention strategy

Here is an update on Cumbria County Council's Prevention Strategy from Cheryl Page, County Manager, Adult Social Care:

“Later this year Cumbria County Council will be launching its new prevention strategy titled ‘Active living in Cumbria’. Developed by the Adult Social Care service in partnership with social care, health, housing and the Third Sector, the strategy aims to:

- ensure people are well informed of the range of options available to them
- offer more people early intervention services that prevent unnecessary admissions to hospital or long term care.

We see ‘prevention’ as preventing people from becoming dependent on others, enabling them to live active and healthy

lives in their own homes for as long as possible. Adult Social Care and the NHS have a joint contract with Age Concern countywide to provide preventative services to people aged 50 and over who would not be eligible for support from statutory agencies. Here are some quick examples of how this has worked:

- Mr G, who is in his 70s, was suffering from depression and wanted to be able to go out and socialise with other men. Age Concern gave him information about local groups and helped him to join a weekly men's group. They set up transport and accompanied him to the group until he became confident and attended on his own.
- Mr S, who is in his 60s, suffered a brain injury as a result of an accident at work. Age Concern helped him apply for benefits and offered advice on services to support his recovery and alternative employment options should he not be able to return to his job.

A key role of Age Concern's prevention service is to signpost people to the range of sources of support available to them. If you know of someone who may need preventative support, or if you provide a service that may benefit people needing this, please let your local Age Concern know.

New Adult Social Care Online Referrals

Cumbria County Council's Adult Social Care has launched its new online referral system. It can be used by both members of the public and professionals to request an assessment of need from Adult Social Care.

It is simple and quick to use. All the information needed for the referral is included on one screen making it much faster and easier to use than our previous online system.

It can be used for any non-urgent referral. Urgent matters should continue to be telephoned through to local Adult Social Care office or the Out of Hours Team when offices are closed.

Referrals made online will go to the nearest Adult Social Care office where Customer Services staff will screen this. If more information is needed or if the referral is not appropriate for Adult Social Care, they will contact the person being referred to discuss this. If the referral is appropriate, it will be passed to a practitioner who will contact the person to arrange an assessment within two working days.

You can see the new online referral system at:
<http://www.cumbria.gov.uk/adultsocialcare/referrals>

National Health and Wellbeing News

Common Induction Standards for Social Care are Refreshed

The Skills for Care Common Induction Standards (CIS) are the gold standard for induction in social care, with the vast majority of new starters completing the standards in their workplaces. The existing CIS were created five years ago and given the huge changes in adult social care sector Skills for Care undertook a consultation with employers to make sure the CIS are still relevant. There was an excellent response to the consultation and they hope the revised standards will be available on their website in June 2010. There will be a transition period of 12 months from the launch of the new standards, after which the old common induction standards will be removed. More information will be posted on the Skills for Care website when available.

There are also changes in dementia care qualifications on the way. Skills for Care are expected to have amended the common

induction standards for care to include dementia awareness in the coming weeks and they are also looking at how a foundation degree in dementia can be improved. Visit the website for more information: www.skillsforcare.org.uk

New name for the Charity and business as usual for local older people

Age UK is the new force combining Age Concern and Help the Aged. One year on from their merger, in April 2009, they are now officially launching as a new national charity – Age UK. The purpose of this merger is to create a larger national organisation that will improve the lives of people in later life – both in the UK and abroad – through stronger campaigning at national level and at local level through new partners.

Age UK South Lakeland

Age Concern South Lakeland has been working locally to provide information, advice, advocacy and community based practical support for local older people for almost 32 years. They have a strong local presence supporting over 8,500 local older people every year and working with more than 200 local volunteers and employing 45 staff.

All the money they raise is spent locally to provide:

- services like their helpline, which provide local information and support for older people
- services like their luncheon clubs in 34 local communities, and
- new projects like their Village Agents scheme, bringing a named person as a key point of contact close to where older people live

In April 2010 they officially changed their name to Age UK South Lakeland. They will now combine the work of the new national charity Age UK and the work of Age Concern South Lakeland.

They will work with their national partners to:

- Tackle pensioner poverty
- Work on getting forced retirement outlawed
- Fight for Equal treatment for older people
- Campaign for fair care provision for all
- Provide well researched information and advice for older people
- Work on projects and programmes to increase the number of older people digitally included
- Provide services and products which support independent living
- Work with older people locally to help them to not only stay well but have fun
- Provide services and support for older people who are vulnerable

Their team of staff and volunteers locally will stay the same and their service will continue to support people's needs locally.

Help us to see more clearly

The General Optical Council are looking for volunteers to join two new Stakeholder Reference Groups to help them in their work. Each of the groups will be made up of 12 members. Patients and members of the public will form one group and optical professionals will form the other. Once recruited, the groups will have the opportunity to offer feedback and suggestions on a wide variety of GOC projects and policies.

For more information or an application pack please call 020 7307 9471.

Listen Value Invest: a new campaign movement

Listen Value Invest is a new campaign movement for the Third Sector in England's North West. Launched in a special event at the Houses of Parliament on March 2nd, it asks MPs and other decision makers to listen, to value and invest in the voluntary and community sector.

Listen Value Invest is based on case studies which demonstrate the sector supporting individuals, transforming communities and importantly delivering tangible economic benefits. This powerful combination of personal stories linked genuine economic benefits to show decision-makers that the work of the Third Sector delivers real value for our region and reinforce our role as not just a deliverer of services but as a campaigning sector and shaper of services.

For more information and to learn about ways you can get involved visit the website at: www.listenvalueinvest.org.uk.

Come and Celebrate Diversity within the North West Community

North West Ambulance Service NHS Trust (NWAS) will hold its second annual event supported by NHS North West to celebrate and promote equality and diversity within the communities it serves this summer.

Many representatives from different community groups across the North West are being invited to come together in Liverpool City Centre on Sunday 25th July at the Adelphi Hotel to celebrate the rich cultural, social and traditional aspects which define their identity within society.

A number of community groups will participate on the day through dance and musical performance as well as through educational displays and information. The Trust is inviting other NHS and emergency service partners to hold information stands on health related issues at the event which will benefit our diverse communities.

There will also be a number of practical health activities for people to participate in including the opportunity to have a blood pressure reading taken in conjunction with the Stroke Association.

The internationally famous Adelphi Hotel, situated on Ranelagh Place (L3 5UL), is

steeped in history and culture itself, having survived two World Wars and also boasts an exact replica of the First Class Lounge on the Titanic with its Sefton Suite which will be one of the rooms used for the event.

On the day, the Trust will promote equality of access and opportunity within NWAS through engagement with all those who attend.

A key objective of the event is the sharing of opinions and perceptions that may prevent equal access to the Ambulance Service. This will be achieved through a mix of consultation activity on the day which will showcase patient journeys from dialling 999 and receiving an emergency response in a critical situation to the care received through our patient transport services.

It is anticipated that by sharing opinions and perceptions of the members of these community groups, NWAS can build on existing and forge new relationships to improve future community engagement.

Through this celebration of diversity, participating groups will be able to find out more about the work of the Ambulance Service and meet and talk to some of the crews.

In conjunction with this, representatives from the Trust's Human Resource department will also be on hand to give valuable advice and support to everyone who is interested in joining the service. It is anticipated that guests and participants will be able to look at some of the areas of the recruitment process and assist them should they wish to apply for vacancies that may arise in the future.

If you, or your community organisation or group would like to be part of this event please contact Karen Fitzhenry on 0151 261 2601 or email karen.fitzhenry@nwas.nhs.uk.

The event is open to the public to attend and there is no charge for community group involvement.

Engaging the Public on Genetics and Healthcare

Genetics is set to play a major role in the diagnosis, treatment and possibly prevention of disease. Nowgen, part of the NIHR Manchester Biomedical Research Centre, works to engage public and patient audiences in dialogue about genetics and healthcare.

Nowgen tackled the topic of childhood obesity at a free public debate as part of the Manchester Science Festival. Almost 100 people attended and the event invited everyone to actively debate the issues.

Over three quarters (79%) of the audience said that society discriminates against obese people. Another voting question found that nearly a quarter of the audience (22%) thought that obese people should pay for their own treatment. A large majority (86%) agreed that childhood obesity should be tackled by a combination of the government and parents 'doing more'. However, when asked what the government should prioritise opinion was split:

- Education of adults & children 32%
- Research into obesity 24%
- Ban on advertising unhealthy foods in children's media 19%
- Extra Tax on unhealthy food 13%
- Investment in sports facilities 13%

To find out more about the full range of Nowgen's activities please go to: www.nowgen.co.uk.

National Audit of Psychological Therapies for Anxiety and Depression

The National Audit will engage psychological services across England and Wales in a programme of work that will evaluate the quality of treatment and care provided to people who suffer from anxiety and depression. All government-funded services which deliver psychological therapies for anxiety and depression are invited to take part.

The programme focuses on four important dimensions of quality:

- Access – who is offered therapy and how easy is it for people to take up the offer
- Appropriateness – what kind of therapy is provided and is this consistent with best practice
- Acceptability – is the type of therapy offered acceptable to the patient
- Outcomes – do people feel better and are they better able to cope with their anxiety and depression as a result of therapy

The audit is funded by the Department of Health through the Healthcare Quality Improvement Partnership (HQIP) and is managed by the Royal College of Psychiatrists' Centre for Quality Improvement in partnership with a wide range of professional and voluntary associations. For more details please visit: www.rcpsych.ac.uk/napt

Personalisation – A Rough Guide

The Social Care institute for Excellence have recently published their revised guide to Personalisation. The guide is aimed at front line practitioners in both the third and public sectors as well as those with an interest in Personalisation. Download from: <http://www.scie.org.uk/publications/reports/report20.asp>

Skills for Care Common Induction Standards are Refreshed

The Skills for Care Common Induction Standards (CIS) are the gold standard for induction in social care and were created five years ago. Following a consultation the huge changes in the adult social care sector led to this revision and the revised standards will be available on their website in June 2010. There will be a transition period of 12 months from the launch of the new standards. More information is available at: www.skillsforcare.org.uk.

Cumbria LINK Work Update

Cumbria LINK Needs Volunteers

Cumbria LINK has agreed to work in partnership with Adult Social Care on their audit visits to care homes. The aim is for LINK visitors to spend time with residents and families so that their views can be listened to and taken into account. This is potentially a huge area of work and we are asking for more people to become Authorised LINK Visitors.

To become a LINK visitor you would need to complete a CRB check and undergo specific training. The core element of the training is one day but we would like to offer listening skills training and interview skills training to support this work.

This is an area of work that can really influence change and where you can make a difference. If you would like to volunteer or would like more information please contact us on 01228 512513.

West Cumberland Hospital

Cumbria LINK volunteers have been out and about at the West Cumberland Hospital asking people if building work at the hospital has caused problems, for example, finding where they need to be, getting parked and levels of care. If you have been to the hospital since building works began you can complete the survey on our web site www.cumbrialink.org.uk.

Quality Accounts

From April 2010 all healthcare providers working for the NHS will be legally obliged to publish "quality accounts" on safety, patients' experience and clinical outcomes in the same way that they publish financial accounts.

Cumbria LINK and the Health and Wellbeing Overview and Scrutiny Committee will be

reviewing the draft Quality Accounts together and commenting on them.

For more information please visit:

<http://www.dh.gov.uk/en/AdvanceSearchResult/index.htm?searchTerms=quality+accounts>

Cancer Network

Following the very successful cancer network event in April two discussion group meetings have been arranged to consider the issues raised on the day more fully. We will be reporting on this work after the meetings in June.

Community Health Champions

Three information days were held in the county during April where people were able to find out more about the voluntary work, training and how to get involved. There was much enthusiasm for the project and a good number of people came forward to get involved. For anyone who was not able to attend the sessions we can send you an information pack, it's not too late to get involved. Contact us on 01228 512513.

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

E-mail: jozib@cumbriacvs.org.uk

Cumbria LINK contact details:

Jane Mcfarlane – telephone: 01228 512513

E-mail: link@cumbriacvs.org.uk

Postal Address:

27 Spencer Street

Carlisle

Cumbria, CA1 1BE

Website: <http://www.cumbrialink.org.uk/>

Our Blog: www.cumbrialink.wordpress.com

Twitter: www.twitter.com/CumbriaLINK

Facebook: <http://tinyurl.com/yqu5gau>