



News Update
February – March 2011

'Keeping you informed on health and social care issues'

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Cumbria LINK Work Update

Three new Cumbria Action for Health representatives

Margaret Irving has been appointed as the representative on the **Safeguarding Adults Board**. Margaret is the Lakes Area Manager for the Alzheimer's Society.

Janet Ferguson has been appointed as the representative on the **Cumbria Lead Dignity Group**. Janet is Chief Executive of Eden Valley Hospice in Carlisle.

Laura Robinson has been appointed as a **third sector governor for the Cumbria Partnership NHS Foundation Trust**. Laura is Money Advice Supervisor at Cumbria Law Centre.

Cumbria LINK Mental Health & Wellbeing Sub group

Cumbria LINK is setting up Mental Health and Wellbeing Network. This will be a virtual network communicating by e-mail and meeting when required to discuss issues of concern. Cumbria LINK does not wish to duplicate the work of existing groups but rather create a network of organisations and individuals who have an interest in specific services that are funded by the NHS or Social Care that include:

- Mental Health – adults of all ages
- Learning Disabilities
- Drug and Alcohol
- Children & Adolescent Mental Health Services
- Acquired Brain Injury
- Older people with Dementia

Membership includes organisations and individuals who have an interest in the range of services listed above and is open to all, including commissioners and providers.

The purpose is to provide a forum for comment and information and to encourage organisations to monitor and refer back to Cumbria LINK areas of concern that requires support form Cumbria LINK

If you would like to be included please contact Gill Jones on 01228 512513 or email gillj@cumbriacvs.org.uk.

Cumbria LINK Visiting Team Activities

The Cumbria LINK Visiting Team is currently working in partnership with Cumbria County Council's Adult Social Care to carry out scheduled monitoring visits to some of Cumbria's residential care homes.

These visits are based around speaking to residents to gather their views on what it is like to live in their residential care home. This will give a unique person-centred view on residential care for the elderly. To view Cumbria LINK's reports from the visits already completed visit our website.

Moving towards HealthWatch

Cumbria LINK Governing Body welcomes the opportunity to strengthen and develop Cumbria LINK as we move towards the new HealthWatch structure.

“We want our membership to be assured that they will automatically become members of Cumbria HealthWatch” – Alan Alexander, Chair Cumbria LINK.

We want to hear your views on the NHS reforms please contact the LINK team on 01228 512513 or email: link@cumbriacvs.org.uk.

Community Health Champions

This exciting new partnership project between NHS Cumbria, Cumbria CVS and Cumbria LINK is now getting its Community Health Champion volunteers ready to begin work in their own communities.

Ten volunteers have now secured placements in Carlisle, Brampton and Whitehaven in venues like community centres and GP surgeries; they will offer one to one support encouraging and motivating people who are thinking about making lifestyle changes to improve their health.

Look out for our Community Health Champions in your community or contact Marie Blackburn, Project Co-ordinator on 01228 512513 or email: Carlisle@cumbriacvs.org.uk for further information or to take part in the project.

NHS Dentists - Mystery Shopper Exercise

During July and August 2010 Cumbria LINK members took part in a mystery shopper exercise to find out if people were given correct information about how to register with an NHS dentist.

As a result of the report published by Cumbria LINK, NHS Cumbria has made

some changes. These changes will make it easier to get information about registering with an NHS dentist.

For more information visit: <http://www.cumbria.nhs.uk/YourNearestServices/Dentist/Home.aspx>

Local News and Events

North West Choose Well Survey

NHS Cumbria would be very grateful if you could spare a few minutes to help them understand how and why people use NHS services, so that they can improve communicate about the services available and to test whether messages from their Choose Well campaign reach local people.

Choose Well promotes health services including pharmacies, NHS Direct, Minor Injuries Units, GP out-of-hour services as well as self-care and a well stocked medical cabinet. It aims to promote the use of the most appropriate NHS service and help stop people going to A&E unnecessarily.

You can complete the survey by going to: <http://www.surveymonkey.com/s/choosewellgeneralsurvey>. The survey closes on 28 February 2011.

Child Poverty in Rural Cumbria

A conference is being held on Thursday 10 March 2011, Thursby Parish Hall, Matty Lonning, Thursby, Carlisle, CA5 6PQ.

Cumbria Rural Forum is holding a one day conference in collaboration with Cumbria County Council. The conference will deliver a rural perspective on and contribute to action planning for the delivery of the County Council's Child Poverty Strategy.

To reserve a place contact Dani Hudson at ACT on 01768 869511, 01768 840827 or email danihudson@cumbriaaction.org.uk.

Cumbria Social Media Surgeries

AWAZ are inviting local voluntary and community sector groups and individuals to attend a free social media advice session. Places are limited, so booking is essential. For more information or to book visit: <http://www.socialmediasurgery.com/surgeries/cumbria> or contact AWAZ on 07837 679338 or email admin@awaz.info.

NWAS Foundation Trust Application

The North West Ambulance Service NHS Trust has launched its Foundation Trust public consultation. This will run for three months until Friday 1 April 2011.

The trust will be hosting a number of public events throughout the region in order to seek the views of the public.

Meetings start at 6pm with refreshments available from 5.30pm.

- 21 March: The Oval Centre, Workington
- 23 March: Town Hall, Kendal
- 24 March: Age Concern, Barrow
- 28 March: Botcherby Community Centre, Carlisle
- 29 March: Methodist Church, Penrith

If you would like more information about the Trust's application, to attend a local event or become a member, please visit www.nwas.nhs.uk, call 0845 1120999 or email membership@nwas.nhs.uk.

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 (NIMHE). MHFA is a 12 hour course, which uses a range of adult learning techniques based around a nationally recognised presentation format.

MHFA uses a 5 step mental health first aid toolkit, giving participants useful techniques and a better understanding of mental ill

health. It's 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.

The accredited course trainers are Angela Staples and Phil Robinson from Carlisle Eden Mind. The Low Luckens Organic Resource Centre in Brampton is running a course on the 14 & 15 March 2011.

For more information or to book contact Jill or Sue on 016977 48186 or email: lowluckensorc@hotmail.com.

Consultation on Drug Treatment and the Recovery System in Cumbria

Cumbria Drug and Alcohol Action Team (DAAT) works with the police, NHS, local authorities and other agencies to implement national drug policies in Cumbria.

DAAT are asking for views on how more people can be helped to become drug free, out of drug treatment and into sustainable employment.

To take part, people can:

- Visit the Cumbria DAAT website at www.cumbriadaat.org.uk
- Email for a questionnaire to caroline.leonard@cumbriapct.nhs.uk
- Write to DAAT Consultation, Cumbria Drug and Alcohol Action Team, 2nd floor, Clint Mill, Cornmarket, Penrith, Cumbria, CA11 7HW

ROLE network (Relating Outcomes to Lived Experience)

The ROLE network are a group of service users/survivors and carers from across the North West. They are holding an event called 'Outcomes – the change created by intervention' on Monday 14 March from 10am to 3.30pm in Preston.

Services and service commissioners are measuring their effectiveness by looking at outcomes. The ROLE network believe those outcomes should be selected by service users/survivors and carers, "no decision about me without me".

The event asks 'What outcomes do we want from mental health service?' and 'How will we know if services have provided those outcomes?'

For more information visit www.role.org.uk or email: role11@role.org.uk. To book your place at the event visit: <http://rolecamp.eventbrite.com/>

Free Drug Training Day at Morton Community Centre

CADAS are offering a free course for members of the community, on Wednesday 2 March 2011 from 10am to 4.30pm. The course is interactive and given in a non judgemental way. Exercises are designed to promote learning and broaden perspectives on Drug use. It provides basic facts, information on the social and health impact as well as statistics and the present drug culture. Handouts are also provided.

For further information or to book a place, contact Kirsty Pearson on 01228 544140 or email: kirstyp@cadass.co.uk.

Trust Seeks the Views of Patients to Improve Services

Cumbria Partnership NHS Foundation Trust is carrying out a survey to find out what their service users think about the care they receive. The trust plans to use this feedback to improve the experiences of service users. The results will be used to help the Trust highlight areas where they perform well and to identify the areas where there is more room for improvement.

Service users who used mental health services between July and September 2010

may receive a questionnaire, asking for their views. This survey is part of the commitment, set out in the NHS Plan, to design a health service around the needs of service users.

The results of this survey will be published in 2011 on the Care Quality Commission website <http://www.cqc.org.uk/usingcareservices/healthcare/patientsurveys.cfm>.

Cumbria County Council's Adult Social Care News

Cumbria County Council to contact Adult Social Care Clients to help improve services

Cumbria County Council is to undertake its annual survey of adults in the county so that it can build a picture of the experiences of adult social care service users and help improve the service offered, both in the county and nationally.

Traditionally the survey focuses on one specific area of service users but this year the survey will involve a cross section of everyone, including people in residential care and those with a learning disability who have not been included before. In a further change it will now be more outcome focused rather than asking about specific aspects of services.

The survey will be sent to around 750 people who were in receipt of service or support during September 2010 and will be accompanied by guidance on how to complete it and what to do if they have any questions.

Are you involved with Mental Health services?

If you are involved in mental health services in Cumbria, Adult Social Care would like to hear your views on self directed support.

In 2009, Cumbria County Council's Adult Social Care services implemented self directed support with personal budgets for many of its service users. Mental health services weren't part of that implementation. A new project has been set up to implement personal budgets for social care in Cumbria's mental health services in 2011.

To help them, Adult Social Care would like to find out how much people involved in mental health services know about self directed support with personal budgets. They would like to hear from anyone involved in mental health services in Cumbria, you could be a service user or carer or work for the county council, NHS, a voluntary organisation or a service provider.

They will use the information to help them shape the way they implement self directed support. You can answer anonymously. Please take a few minutes to complete the online survey:

<http://www.cumbria.gov.uk/adultsocialcare/sds/MHsurvey.asp>

If you would like more information about self directed support for mental health services: <http://www.cumbria.gov.uk/adultsocialcare/sds/profzone/sdsmh.asp>

Self Directed Support with Personal Budgets for Carers

Self directed support with personal budgets for carers will soon be available. Practitioners in Adult Social Care can currently offer direct payments to carers but implementation work will soon make a resource allocation system, indicative amount and personal budget also available to carers.

Where a carer is identified, the practitioner will discuss carers assessments with them. The carer will be encouraged to choose between a joint assessment (with the service user) or a separate carers assessment.

The joint assessment will use a new joint carer's assessment form to identify the carer's needs. However, this joint carer's assessment does not include a resource allocation and the indicative amount will be based on the service user's supported assessment questionnaire (SAQ). A joint support plan will be produced. This is an amended version of the existing support plan which has been changed to include the carer's main support needs.

The separate assessment will use a new separate carer's assessment. The separate carer's assessment includes a resource allocation which enables the practitioner to give the carer an indicative amount alongside a statement of the carer's needs.

As with service users, the practitioner will encourage the carer to engage in creating a carers support plan. Carers' services are non-chargeable so a financial assessment only applies to joint assessments.

Some carers' assessments can be carried out by carers' organisations, Making Space and from April 2011, the Stroke Association.

If you would like more information see:
Support for carers:
<http://www.cumbria.gov.uk/adultsocialcare/carers/default.asp>

Self directed support with personal budgets:
<http://www.cumbria.gov.uk/adultsocialcare/sds/default.asp>

NHS Cumbria News

North Cumbria breast screening programme restarts

Routine breast cancer screening is to restart in north Cumbria after a number of women previously given the all-clear were diagnosed with the disease. Three-yearly mammogram examinations carried out by North Cumbria University Hospitals NHS Trust were suspended earlier this year pending a review of patient records. The

results of that review were published in November.

NHS Cumbria has asked Newcastle Hospitals NHS Foundation Trust to re-establish screening from Whitehaven and Carlisle in partnership with North Cumbria University Hospitals Trust. The first screens took place in January. No women will have to travel outside north Cumbria for screening, diagnosis or surgical services that were provided locally before the suspension of the screening programme.

More: <http://tinyurl.com/6bjsw8x>

Cumbria's GPs awarded Pathfinder status

Cumbria's GPs have been chosen by the Department of Health to spearhead major NHS reforms which the government intends to introduce nationwide in 2013 when primary care trusts are abolished.

The decision to grant Cumbria's GPs pathfinder status is a major endorsement of the shift in hospital to community-based healthcare closer to home which family doctors are delivering across the county. It means the county's seven lead-GPs, representing 86 practices and serving more than 500,000 patients, will be able to make faster progress in changing the way NHS services are delivered in Cumbria.

More: <http://tinyurl.com/6kmyu4l>

Cumbrian patients rate GPs high

Almost 23,000 users of GP services in Cumbria ranked the care they received between October 2009 and September 2010. The results have been compiled in the GP Patient Survey – the biggest independent measure of how patients rate their local GP.

It shows that Cumbria's family doctors are consistently ranked higher than the national

average. 97 per cent of Cumbrian patients have confidence and trust in their GP and 75 per cent rated the care they received from Cumbria's GP out-of-hours service as good, compared to the 63 per cent national average

More: <http://tinyurl.com/6baqaub>

Share Your Views on Diabetes

The Cumbria Diabetes Service User Group are inviting people to give their views on local diabetes services.

Help us to develop better services for people with diabetes by sharing your experiences of diabetes treatment and how things could be improved.

Patients with diabetes are invited to fill in the survey online at:

www.surveymonkey.com/s/diabetessug

The survey will close on 31 March 2011.

For more information on the Cumbria Diabetes Service User Group contact 01900 324244.

New test to help diagnose heart problems quicker

People in north Cumbria will benefit from a new faster test for heart failure.

From January, patients across Eden, Copeland, Allerdale and Carlisle who are suffering from breathlessness will be able to have a blood test which will tell them if they might be suffering from heart failure. The blood sample can be taken in their own GP surgery before being transported to the local hospital laboratory.

This new test will allow the quicker diagnosis of heart failure and will also identify people who do not have heart failure so they will not need to undergo unnecessary further tests.

More: <http://tinyurl.com/5vw8l7w>

Testing for Hepatitis B and Hepatitis C starts in six Cumbrian Pharmacies

Six pharmacies based in Barrow, Ulverston, Penrith, Whitehaven, Carlisle and Workington are now offering blood tests for hepatitis B and hepatitis C as part of a new pilot. The pilot is being operated in partnership between NHS Cumbria and the Hepatitis C Trust.

The pharmacies already work with people who could be at risk of having or catching hepatitis C and B due to injecting drug use and also offer services such as needle exchange, methadone pick-up and/or supervised consumption services. However the test which is a finger prick, dry blood spot test, is open to anyone at participating venues.

More: <http://tinyurl.com/5r5qexr>

Levels of hospital infection drop in Community Hospitals

The number of cases of a hospital related infection dramatically reduced in community hospitals across Cumbria last year. In 2010 there were 15 reported cases of C-diff (clostridium difficile) in the nine community hospitals, showing a decrease year on year. In 2009 there were 36 recorded cases and 47 in 2008.

More: <http://tinyurl.com/69msh4z>

Around the Localities

North and East Cumbria

Palliative patients get extra support in Appleby

Appleby Medical Practice has offered extra palliative support to over 40 patients and their families registered with the practice as part of a new scheme. Over the last two years Appleby Medical Practice has been involved in a pilot scheme offering patients

with incurable illnesses support closer to home.

Following the success of the pilot, the practice nurse, Sally Poynton, is now working with Macmillan Cancer Support and Age UK to set up special cancer support and bereavement groups in the area to support patients and families whose loved one has subsequently passed away.

There are two groups, one group for anyone affected by cancer and another for anyone who's suffered bereavement. The Cancer Support Group commenced Monday 10 January at 11am at the Riverside Building. The Bereavement Support Group started Monday 17 January at 11am also at the Riverside Building. These will run on alternate weeks.

More: <http://tinyurl.com/6cumz5b>

Carlisle Medical Group dissolved

A group of Carlisle GPs have decided to dissolve their company which had been set up to advance plans for a new health centre.

The decision means the group's plans for a health centre earmarked for Hilltop Heights in the city will now be put on hold for the foreseeable future. GPs will instead explore options to improve existing premises while keeping options open for major developments in the future.

More: <http://tinyurl.com/63a7kce>

NHS Cumbria Stakeholder Group in Carlisle

The next Carlisle Locality Stakeholder Group meeting is on 31st March at 2.30pm, venue to be confirmed. We'll be hearing an update from the Locality, and presentations on the move of provider services to the Partnership Trust. All are welcome, so if you'd like more information please contact Jean Stewart on 01228 608152 or Anna Scamans 07785 518520.

New Assessment Service starts seeing patients at Penrith Community Hospital

The new Assessment and Diagnostic Service for patients across Eden started seeing patients in January at Penrith Community Hospital. The new facility provides state of the art facilities for the hospital's Minor Injury Department and will also provide diagnostic space for GPs wishing to refer patients for further observation.

Based in a newly redesigned area of the hospital, the Eden Assessment Service provides new modern facilities closer to home for patients in Eden so they won't have to travel out of the area for some diagnostic tests or minor treatments.

More: <http://tinyurl.com/6xuggnd>

New trial starts in Carlisle to help housebound patients

A new trial has begun in Carlisle which will aim to keep housebound patients well and out of hospital for as long as possible. Under a three-month trial, new clinics for more able patients will be created, freeing up extra community nursing time for genuinely housebound patients who are at greater risk of being admitted to hospital.

If you work with or represent people who may be affected by the new arrangements, and are interested in taking part in a workshop examining the trial, please contact Anna Scamans 07785 518520.

More: <http://tinyurl.com/685eets>

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

New Sedbergh health centre on the way

Building work on a new £1.8 million health centre for Sedbergh will start early next year. The surgery will be built on the site of the town's former auction mart on Station Road. It will include a suite of consulting rooms, treatment rooms and a dispensary, bringing new services and benefits to patients and staff. In addition, the health centre will include dedicated space to provide medical services to Sedbergh School, as well as a training and research suite.

More: <http://tinyurl.com/65zw8el>

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

West Cumbria

Cockermouth GP Surgery to move to hospital site

Fitz Road Surgery, currently situated on Fitz Road in the town, moved to the temporary accommodation on the Cockermouth Hospital site in January 2011 in order to share on-site resources and further enable GP and Practice nurse involvement in community healthcare delivery.

Patients registered with Fitz Road surgery can use a new number to book appointments Tel: 01900 705780 and can order repeat prescriptions via a new phone number: Tel: 01900 705782. Repeat prescriptions can still be ordered online or by e-mail via the NHS Choices website at www.nhs.uk.

More: <http://tinyurl.com/69msh4z>

Seascale GPs and health staff praised for response to shootings

One of the nation's leading GP publications has singled out family doctors and staff at Seascale surgery as one of 2010's 'Champions of General Practice' for their role in responding to the West Cumbria shootings. Pulse Magazine has praised Dr Barrie Walker's Seascale practice for the way in which it in tended to those at the scene in the first horrific hours after the shootings.

More: <http://tinyurl.com/69jeyqt>

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

National Health and Wellbeing News

Measuring National Well-Being

The office for National Statistics is developing new measures of national well-being. The aim is that these new measures will cover the quality of life of people in the UK, environmental and sustainability issues, as well as the economic performance of the country.

To develop better measures of the nation's well-being they want to consult with people, organisations and business across the UK as well as central and local government to ask what matters most in peoples lives and what is important for measuring the nation's well-being.

You can take part in the consultation by completing the questions online at: <http://www.ons.gov.uk/about/consultations/measuring-national-well-being/index.html>. The consultation closes on 15th April 2011.

Delivering Male

The first ever set of guidelines addressing the mental health needs of men and boys have been launched by the Men's Health Forum (MHF) and Mind.

The report provides in depth guidelines that have been developed through extensive consultation and offers good practice advice on areas such as developing appropriate services, dealing with stigma and supporting male inpatients.

To view the report or for more information, please visit:

<http://www.menshealthforum.org.uk/21826-first-ever-male-mental-health-guidelines>

25 February 2011: Dignity Action Day

Dignity Action Day asks members of the public and health and social care staff to give the gift of time. Supporting Dignity Action Day will:

- Raise awareness of the Importance of Dignity in Care and provide someone with an extra special day
- Remind society that the dignity of those in your community is not the sole responsibility of health or social care staff – everyone has a role to play
- Remind the public that staff have a right to be treated with dignity and respect too
- Be part of a national celebration and demonstrate solidarity for Dignity in Care

For more information on how to get involved visit: www.dignityincare.org.uk

Acronyms and Abbreviations

NAVCA's guide to help you unravel voluntary and community sector jargon has been updates and is now available on their website at:

<http://www.navca.org.uk/localvs/acronyms/>

No Health without Mental Health: a cross-Government mental health outcomes strategy for people of all ages

The strategy represents a major step forward in mainstreaming mental health and supporting the Government's important aim of achieving parity of esteem between physical and mental health. It has been produced in collaboration with many of the Department's partner organisations.

It will enable more decisions about people's mental health to be taken locally, and stresses the interconnections between mental health, housing, employment, and the criminal justice system. Supporting documents including an action plan for expanding talking therapies have also been published.

For more information visit:

<http://www.dh.gov.uk/en/Healthcare/MentalHealth/MentalHealthStrategy/index.htm?PageOperation=email>

Skills for Care's Annual Conference 2011

The conference will bring together a mix of keynote speakers and workshops to give those attending the bigger picture of what is going on in adult social care and how the changes might affect the day to day job of providing adult social care, with some tools and resources and plenty of useful information to take away.

The conference is being held on 3 March 2011 at Telford International Conference Centre. For more information visit: www.skillsforcare.org.uk/conference2011

Influencing Parliament with the Health Bill and Localism Bill

As part of the VSNW 'Get Involved' series of events, this event will explore:

- What parliament is and what it does

- How voluntary and community sector groups can effectively engage with Parliament
- The passage of a bill and how to influence it, particularly through the Localism and Health Bills

The event is being held on 8th March 2011 at the Lesbian and Gay Foundation in Manchester. For more information visit: <http://www.vsnw.org.uk/events/view/208>

Transport and Health Resource: Delivering Health Local Transport Plans

The Transport and Health Resource was jointly commissioned by the Department of Health (DH) and the Department for Transport (DfT) to support the development and delivery of health conscious Local Transport Plans throughout England.

Local Transport Plans (LTPs) are required to be assessed through Strategic Environmental Assessment (SEA) as an integral part of developing, appraising and later, delivering LTPs. Addressing human health is a key requirement of the SEA directive and health impacts are also covered in the statutory duty to assess for the Impact on Equality, which will need to be carried out for all LTPs.

To view the resources, please visit:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_123628

JSNA Resources

NACVA has contributed to two new websites offering local voluntary organisations and strategic planners access to the latest information and best practice on Joint Strategic Needs Assessment.

For more information, please visit:

<http://www.navca.org.uk/teams/hsc/news/jsna.htm>

Commission for Rural Communities publish rural transport reports

The studies demonstrate that while reduced funding will add further challenges to providing good levels of public transport, there are innovative ways in which transport planners can take advantage of the opportunities that the Big Society and more inclusive local decision-making offer to address rural transport needs.

An Executive summary document has been released which summarises all of the reports.

For more information visit:
<http://ruralcommunities.gov.uk/2011/02/02/rural-transport-thinkpieces/>

Stroke care in rural areas

A summary report has been produced by the Commission for Rural Communities (CRC), which brings evidence and problems together on the affects of suffering a stroke, as well as looking into the issues of stroke care delivery in a rural area, such as distance from support and skills to deal with the patient. The report also suggests possible solutions to the issues.

To view the report visit:
<http://ruralcommunities.gov.uk/wp-content/uploads/2010/12/strokesummary.pdf>

KeyRing and Co-production

For those of you who are interested in 'co-production' as a model of supporting vulnerable people in the community – KeyRing's support is based on people living in their own homes but sharing their skills and talents with each other and with their communities.

For more information contact them on 020 73240750 or visit:
<http://www.advocacyresource.org.uk/Fact-Sheets>

Monitoring and Befriending Foundation

The Monitoring and Befriending Foundation, through the promotion of standards and a range of support structures and services, aims to provide quality experience for the volunteer and a successful outcome for mentees and befriendees.

For more information, please visit:
<http://www.mandbf.org.uk/>

News channel for health and social care (Department of Health)

A new web channel provides all the latest news on the plans for health and social care. It brings together news, information, updates and resources on the changes. It puts them in context and captures the latest developments.

<http://healthandcare.dh.gov.uk/>

Public Health People Power!

A Research Briefing for Practice for services interested in utilising members of the public to deliver public health programmes has been created following a study by Leeds Metropolitan University's Centre for Health Promotion Research.

For more information visit:
<http://www.leedsmet.ac.uk/health/piph/>

Young people and alcohol

This JRF report identifies the influence of both existing cultural attitudes around alcohol, and new and emergent attitudes that separate younger drinkers' consumption from that of other age groups.

To view the report visit:
<http://www.jrf.org.uk/publications/young-people-alcohol-influences-drinking>

Rural test bed for Big Society?

Rural communities should be a test bed for the government's Big Society approach to improving local services, says a report. The document was published by the ResPublica think tank and the Commission for Rural Communities. Rural areas face unique challenges and opportunities when it comes to giving local people more power to improve services, it says.

For more information visit:
<http://www.rsnonline.org.uk/Services/Rural-test-bed-for-Big-Society.html>

Commission for Rural Communities produce 10 Big Numbers document

A small document bringing together a set of indicators covering a range of factors affecting fundamental aspects of living and working in rural areas has been produced by the Commission for Rural Communities (CRC). 10 Big Numbers includes figures such as how many post offices across England are located in rural areas, the average annual household income for a rural area and how many rural households lived below the poverty line in 2008/09.

For more information visit:
<http://ruralcommunities.gov.uk/wp-content/uploads/2010/12/10bignumbers.pdf>

DEFRA Public Forests Consultation

A public consultation on the future of the public forest estates in England is currently running until 21 April 2011.

The consultation is about the future ownership and management of the public forest estate in England – land managed by the Forestry Commission on behalf of the Secretary of State for Environment, Food and Rural Affairs.

As you are aware the Cumbrian forests give the Cumbrian population both mental and physical health benefits.

For more information please visit:
www.defra.gov.uk/corporate/consult/forests/index.htm

If you currently receive the Cumbria LINK & Cumbria Action for Health news update by post and would rather receive it via email please let us know on the contact details below.

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

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