



News Update
June – July 2011

'Keeping you informed on health and social care issues'

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Cumbria LINK Work Update

Community Health Champions

A Community Health Champion volunteering role is one of encouraging and supporting individuals to improve their health and wellbeing, focusing on supporting healthier food choices, diet and exercise and behaviour changes. Hopefully helping individuals to change their bad habits into good ones!

There are eight Community Health Champions covering Carlisle and West Cumbria, who are based in community centres and GP surgeries, whilst in Barrow fifteen volunteers are nearing the end of their training and will be available in the

community from early July. These volunteers will then also be based in various community centres and organisations such as Furness MIND and Cumbria CVS.

During the coming weeks our Community Health Champions will be attending various health events, such as Race for Life, raising awareness of the project and explaining their role. So if you see our display stand at these events, do come along and meet us.

You can also contact Marie Blackburn, Project Co-ordinator on 01228 512513 or email: Marieb@cumbriacvs.org.uk for further information or to book an appointment with one of our champions.

HealthWatch Pathfinder Proposal

At a meeting in April the Governing Body, Local Authority, PCT and Chair of Action for Health, developed the basis for Cumbria's HealthWatch Pathfinder Proposal that was developed and submitted to the Department of Health in early May. The proposal identified 3 objectives:

- Test the new function – Provide advice & information to enable people to make choices about health & social care
- Build and test new relationships with the Health & Well Being Board early implementer and GP Consortia Pathfinders
- Test the new vision for HealthWatch to be the Consumer Champion

The group will meet again to develop these objectives in July, when we should know the outcome of the proposal. There is much work to be done to achieve the objectives but this is a great opportunity to develop an effective HealthWatch in our area.

We would welcome your thoughts, comments and ideas. The full Pathfinder Proposal is attached.

The Carlisle Locality Stakeholder Group

The next meeting of the Carlisle Locality Stakeholder Group is 24 June 2011 at Morton Community Centre from 10 am to

12. If you have an interest in Health and Care then this meeting is for you. The Stakeholder Group directly links to the Carlisle and District GP Commissioning Board, so get involved!

Cumbria LINK and Action for Health Joint Meeting

Action for Health and Cumbria LINK will be holding a joint meeting that will focus on some of the current and emerging changes around health & wellbeing.

- **The 'PCT Legacy Themes'**
 - Ensuring the quality of service experience for people of Cumbria
 - Encouraging local debate about choices/challenge/change
 - Enhancing trust and confidence in the local NHS

- **An update on the Health & Wellbeing Board development in Cumbria**
The structure and remit of the H&WB Board

- **The future relationship** between Cumbria Action for Health (network of Third Sector organisations) and HealthWatch

Cumbria Compact

The new Compact has been published. The Compact will be launched around the county through a series of presentations over the summer and will be available on the CVS website by the end of June.

www.cumbriacvs.org.uk

Happy news

Louise Dixon our administrator is on maternity leave. Louise has given birth to a lovely healthy baby boy. We wish her and her family all the best and lots of happiness. Monique Rebanks has taken over from Louise until her return and will be at the Carlisle office on Tuesday's and Thursday's.

Local News and Events

ICAS - Outreach sessions

The Independent Complaints Advocacy Service – ICAS, is no longer based in Carlisle. Their new address and contact details are:

Suite 5, Cumbria House, Gilwilly Industrial Park, Penrith, Cumbria, CA11 9FF

Contact - 01768 861830

ICAS are running a series of outreach sessions.

Please see enclosed leaflet for information.

Arts for Health

In our previous newsletter we mentioned an event taking place at Rheged focusing on Arts for Health in Cumbria.

This was a joint initiative with the NHS Public Health Network led by Clive Parkinson, Director of Arts for Health at Manchester Metropolitan University.

Clive has created a blog; as well as some very visionary statements and collated some very practical and achievable aspirations which he will put into the mix with comments and ideas from around the region.

Please feel free to comment on the blog or via email and he will keep everyone up to speed with the process, particularly as things unfold between June and October.

Visit the following blog:

<http://artsandhealthmanifesto.blogspot.com/>

Foundation in Housing Law and Advice:

The Cumbria Advice Network is offering network members a Foundation in Housing Law and Advice Part A training course run by Shelter. This is a four day course.

Dates: 28 & 29 June and 13 & 14 July 2011

Time: 10:00am – 4:30pm (incl. lunch)

Venue: Eden Rural Foyer Penrith

Course objectives:

A comprehensive introduction to the most important aspects of housing aid and advice work. Delegates will gain the knowledge and skills to determine housing status and become familiar with the principles,

processes and duties of homelessness legislation.

Suitable for:

Recently appointed advisers from both the statutory and voluntary sectors and those who wish to broaden their knowledge or catch up on recent changes in housing law/policy. The course assumes little or no knowledge of legislation.

Cost:

All places are free to Network members however non attendance or cancellation without 48 hours notice will incur a charge of £50.00

To reserve a place, or if you have any further queries please email Shelley at netchamp@whitehaven.cabnet.org.uk

Cumbria has developed a dignity website

Contributions to this would be welcome, especially to celebrate examples of good practice or to relate people's experiences. <http://www.dignityincumbria.org.uk/index.html>

Community Dementia Forums

Alzheimer's Society invites you to join one of their upcoming community dementia forums. The forums will be held at the following:
Brampton Community Centre,
Thursday 16 June 12 noon—2 pm
Oval Centre Workington,
Thursday 23 June 12 noon—2 pm
Botcherby Community Centre Carlisle,
Friday 22 July 12 noon—2 pm

Agenda:

- Access to Information
- Professional, Voluntary and Peer Support
- The Use of Community Assets
- Developing a Dementia Health and Wellbeing Action Plan.

Please contact Emma Richardson, stating which forum you would like to attend, on 01228 819299 or email emma.richardson@alzheimers.org.uk
Attendees are invited to bring their own lunch and refreshments.

Local Government response to - NHS changes

The Local Government Group (LG Group) welcomes the temporary pause in the passage of the Health and Social Care Bill and the associated 'listening exercise'. It is essential that this bill is fit for purpose and we hope that this period of reflection will be used to consider how the reforms can best address the need for a truly integrated approach to health and social care delivery, where the focus is firmly on improving health outcomes and addressing health inequalities through locally determined solutions. To receive full copy of this response and recommendations please contact: Alyson Morley, Senior Advisor, LG Group on 0207 664 3230 or email alyson.morley@local.gov.uk

Following on from this the NHS Future Forum has produced a report which is available at http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127443

County Council's Adult Social Care News

Law Commission: Adult Social Care

This Report makes recommendations for a single, clear, modern statute and code of practice that would pave the way for a coherent social care system. Under the reforms proposed in the report, older people, disabled people, those with mental health problems and carers will, for the first time, be clear about their legal rights to care and support services. Download from <http://www.justice.gov.uk/lawcommission/publications/1460.htm>

Extra Care Housing Forum

The purpose of the Cumbria Extra Care Forum is to share best practice and discuss ideas in order to create a Cumbria model for extra care housing.

The Forum includes representatives from key agencies involved in extra care housing including:

- Cumbria County Council Adult Social Care
- District councils in Cumbria
- Housing Associations and
- Other service providers.

The first Forum meeting was held on 16 May 2011 and you can find out more on our website:

<http://www.cumbria.gov.uk/adultsocialcare/partnerships/echforum/>

Implementing the National Dementia Strategy in Cumbria

The National Dementia Strategy 'Improving Life with Dementia' focuses on the outcomes that are important to people with dementia, their families and their carers. It aims to empower them to sustain their health and wellbeing and to lead the lives they chose, as far as possible, through the course of the illness.

Only by working together can we effectively address the spectrum of support, help, care and treatments needed.

Cumbria's Dementia Strategy sets out the agenda and framework for a programme of improvement as defined by the National Dementia Strategy and refined by extensive local discussion over the last 2 years. It is a working document, which has been agreed as a basis for an integrated and coordinated approach.

A Dementia Implementation Group has been established with a membership that consists of a small group of senior staff from health, social care and key third sector agencies, which, over the next three years, will drive and coordinate a programme of improvement. This group will report on progress to Cumbria's Health and Wellbeing Board.

Detailed work will be undertaken by four groups tasked with progressing changes and priorities:

- Dementia awareness, information, training and advice and peer support led by third sector organisations
- Early diagnosis, treatment and support, and care in building-based settings (including end of life care) led by NHS Cumbria
- Care in community based settings led by Adult Social Care
- Engagement with people with dementia, their families and carers led by third sector organisations.

For more information see our website:

<http://www.cumbria.gov.uk/adultsocialcare/partnerships/dementiagroup/>

NHS Cumbria News

NHS Cumbria

Cumbria's Cough Cough Campaign

NHS Cumbria's lung cancer awareness campaign has launched in towns across Cumbria with high rates of the disease. Lung cancer is one of the biggest cancer killers and NHS Cumbria has been awarded almost £100,000 by the Department of Health and £25,000 by the North East Cancer Network to try and raise awareness to help more people in Cumbria with lung cancer to get help sooner, when treatment is usually most successful.

The Cumbria Cough Cough campaign uses real people from across Cumbria who have been diagnosed early with lung cancer to explain what the early symptoms of lung cancer are and encourage everyone to keep any eye out for symptoms in themselves and others and persuade them to see their doctor. The earlier lung cancer is diagnosed, the earlier treatment can begin and the better the chances of survival.

For more information visit:

<http://tinyurl.com/6ze7df5> and <http://tinyurl.com/64v2zls> (including info and marketing materials)

Health Talks

A range of talks and information events are continuing at The Wave in Maryport to help

people across Cumbria learn how best to cope with different health conditions. Leading Cumbrian health experts have been holding the talks on topics such as; eczema, anxiety and depression, childhood asthma, COPD (chronic obstructive pulmonary disease) healthy hearts and end of life planning. Upcoming talks include:-

22nd June – Reducing anxiety around physical activity

29th June - Healthy Hearts

Further talks are being organised and will include; child asthma, diabetes, understanding medication, planning for end of life and lung conditions. Each talk will last about 20 – 30 minutes followed by an opportunity to chat and visit information stands. If you are interested in providing a stand for any of the events then please contact Christine Harrison.

christine.harrison@cumbriapct.nhs.uk

Tel. 01900 324244

More: <http://tinyurl.com/3t9uv8x>

Improved access to sexual health services

Patients at over 50 GP surgeries across Cumbria can now get sexual health treatment and checks the same way they'd get an appointment for any other health issue. A large number of GP surgeries in the county now have a GP or Practice Nurse who can offer appointments to carry out a range of sexual health checks, offer advice and provide treatment. This means that patients can now easily get treated by an expert in their GP surgery, closer to home.

Services on offer include testing and treatment for common sexually transmitted infections (STIs), contraceptive advice and in some surgeries fitting of coils and contraceptive implants. GPs and also practice nurses can carry out tests for common STIs such as Chlamydia, Gonorrhoea, HIV, Genital Herpes, Syphilis and Genital Warts.

More: <http://tinyurl.com/44sq3nm>

Cumbria's patients highly rate their GPs

Cumbria's family doctors and practice nurses are yet again rated as some of the best in England as the results of patient surveys are released for 2010. The independently monitored GP Patient Survey is currently used to assess the performance of family doctors across England. During 2010, over 21 thousand patients in Cumbria took part in the survey to rate their GP surgery, their family doctor and their practice nurse. Overall 94 per cent of Cumbrian patients are satisfied with the care they receive at their surgery. This is above the national average of 90 per cent.

Other key findings for Cumbria show:

* 93 per cent of patient's rated their GP as good or above for giving them enough time during appointments. This is compared to 88 per cent nationally.

* 96 per cent said they had complete confidence and trust in their doctor (rated good or above). This is compared to 94 per cent nationally.

Dr Cameron Munro is the Lead GP for Eden. He said: "I'd like to take this opportunity to remind people that we as GPs do not work to provide this service alone, but with the valuable support of our practice nurses, receptionists, practice managers and other staff involved in the day to day running of a GP surgery."

More: <http://tinyurl.com/6bu4jeq>

Card carriers help fight against spread of superbugs

People who have been previously diagnosed with C-diff (clostridium difficile) a well known superbug, will be given a card to ensure all health professionals they come into contact with are aware that they have had the infection. The CDI card should be carried by anyone who has previously been infected with C-diff in Cumbria and will ensure that health professionals are aware that the individual may react badly to some antibiotics. Patients who have been diagnosed with the infection will be given by their GP surgery or a hospital and asked to

carry it at all times. The roll out of these cards is part of regional pilot across the North West to prevent the spread of infection.

For more advice on c-difficile, please visit www.nhs.uk

More: <http://tinyurl.com/5veor45>

Around the Localities

North and East Cumbria

New home planned for Carlisle's out of hours GP service

A Carlisle service for people who need urgent care when their GP surgery is closed could get a new home. Hospital and family doctors are working on a plan to move the city's GP out of hours treatment centre from Hilltop Heights to the Cumberland Infirmary's outpatient department, next to accident and emergency. The move, which could take place before the end of this year, is part of longer term plans to create an integrated emergency floor at the Carlisle hospital, combining primary care and A&E services in one place.

Cumbria Health on Call (CHoC), a not-for-profit company managed and delivered by local GPs, provides the county's out of hours doctor service. The organisation would retain its call-centre offices at Hilltop Heights after the treatment centre moves to the Cumberland Infirmary.

Doctors will now talk with stakeholders and work on detailed plans for the move which, if successful, could take place before the end of the year.

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

NB:- The Carlisle Stakeholder Group will be looking at this move at their next meeting at 10am on the 24th June, at Morton Manor. Everyone is welcome; please let Anna Scamans know if you'd like to attend.

Carlisle introduces food scheme for people with Coeliac

NHS Cumbria is introducing a new scheme so that people with coeliac disease living in Carlisle will be able to pick up their gluten free foods from their local community pharmacy without the need for a prescription. Now people with coeliac disease in Carlisle will be able to go to their local community pharmacy or dispensing practice to collect these specialist foods rather than having to order a prescription from their GP surgery.

Coeliac patients in the area will be contacted by their GP Practice to sign up to the scheme and nominate a local pharmacy to pick up their foods from. The scheme is already up and running in Allerdale, Copeland and Eden and Carlisle is the next area in the county to introduce the scheme.

If you have coeliac disease and you live in the Carlisle area and you haven't already registered for the scheme, please contact your local pharmacy or dispensing practice.

More: <http://tinyurl.com/628aqk6>

Alston dental surgery to undergo refurbishment

The NHS dental surgery in Alston is temporarily closed to allow important refurbishment work to begin. The surgery based on the site of Alston Community Hospital which is normally open two days per week, offers NHS dentistry to people living in Alston and the surrounding area.

The upgrade will bring the building up to current hygiene standards, create a separate decontamination room and disabled access will also be improved. Works should be complete by early autumn.

During the refurbishment work, Alston patients will be able to make an appointment at the Goodteeth Dental Surgery in Brampton instead.

Existing Alston patients can contact Dr Fotheringham's Goodteeth Dental Surgery in Brampton on: 016977 3015

More: <http://tinyurl.com/67bv3k>

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

Changes to day centre services

Local charity Age UK South Lakeland (formerly known as Age Concern South Lakeland) has been working with the County Council to provide local community based day centres for older people since 1997. These centres based in village halls, churches and in the case of Coniston Centre in the library itself are supported by local charity workers and volunteers. For many years the teams of Day Centre staff and volunteers have offered support to people living in their own homes managing with some level of frailty and/or isolation. The Charity team has to change the nature of their services in Ambleside, Arnside, Barbon, Coniston and Grange to meet the changing needs of the population and the kinds of services the County Council are able to fund.

As a result of these changes the centre at the Parish Hall in **Grange over Sands** will have to close and the charity are working on delivering a new club for older people opening one day per week in a local hotel. The club, planned to open in a local hotel in July, will be for people to pay for themselves as well as being able to access the service from Social Care funding.

The Charity has been working with the County Council to make sure that the current 62 older people, currently attending the five day centres, have support during these changes and that any new services meet their needs.

The changes to the County Council funding will take effect from 1 July 2011.

The current services will be affected as follows:

At **Ambleside** Centre, the service will move from two days per week 'Day Care' service, and two days dementia support to just two

days per week dementia support. As part of our transition arrangements we hope to continue to offer one day per week day care at Ambleside for up to six months. During this time we may develop a new service better suited to the emerging needs of our clients.

At **Arnside** the service will reduce from two days per week 'Day Care' service to a one day per week service for people with substantial needs. This change does mean that our current 'Day Care' service will no longer be available.

At **Grange over Sands** the current service will close from 30 June 2011. We are working on a brand new supported 'social club' service that we hope will be available at a local hotel from 1st July one day per week.

At **Barbon** Centre the service may remain as it is for a further three months from 1 July. After this time we may develop a new service better suited to the emerging needs of our clients.

At **Coniston** Centre the service may remain as it is for a further three months from 1 July. After this time we may develop a new service better suited to the emerging needs of our clients.

For more information about Age UK South Lakeland or to arrange a further interview about these changes, please contact Sally Bloomer (press officer) 01539 814947 sbloomer@ageuksouthlakeland.org.uk or Sonia Mangan (Director) 07745 439446 smangan@ageuksouthlakeland.org.uk

NHS gym solution sought in Furness

The Furness Community Gym provides a location for adult patients who are referred by a medical professional for exercise. Currently located at Hoops on Thorncliffe Road, the premises which are leased by NHS Cumbria need substantial refurbishment and new equipment in order to provide the service patients needing exercise referral require. Furness is the only area in Cumbria to have a specific gym run by the NHS.

NHS Cumbria's Furness Locality Board has agreed to hire improved gym equipment for a six month period to replace the out of date equipment currently in the Thorncliffe Road gym. This will allow time for work to be done to find a longer term solution, which will enable a wider range of patients to be able to access exercise intervention appropriate for their medical needs.

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

Improve the health of people living in residential/nursing homes

A 12 month project is being implemented in Furness to help improve the health of people living in residential/nursing homes.

As part of the 12 month trial a special team consisting of two nurses, a community pharmacist, a pharmacy technician, a physiotherapist and a therapy assistant will support nursing and residential homes with the health needs of their residents across the area. This will also allow them to work in a more integrated way with other agencies including social services and mental health teams.

The aim of this project is to improve the overall health and wellbeing of people living in nursing and residential care homes and reduce the number of avoidable emergency hospital admissions from such locations. They hope that the project will enable this by:

- Improving continuity of care
- Improving end of life planning and care, through management of long term conditions
- Improving prescribing and reduction in wasted medication
- Work to avoid falls and urinary tract infections
- Increase the knowledge and skills of nursing care workers in the homes
- Get homes involved in health promotions
- Identify possible dietary needs for certain residents
- Work towards improving the overall physical health of residents where possible.

This team will also be able to provide additional training and support to existing care staff already working in the homes.

Once the project has finished the team will be assessing its success and the resulting health outcomes before deciding if it is something they will continue to deliver.

For more information and queries contact the Furness Locality Office on 01229 404661

Your local lead for Public Engagement in Furness and South Lakeland is Jayne Thorp. Jayne is now on maternity leave and we wish her well. For any urgent matters please contact Shirley Forrest on 01539 797878 or email shirley.forrest@cumbriapct.nhs.uk.

West Cumbria

Redevelopment of West Cumberland Hospital

The Trust Board of North Cumbria University Hospitals NHS Trust approved the Full Business Case for the £90 million redevelopment of West Cumberland Hospital.

This is a significant step forward as the Trust moves ahead with the redevelopment that will see a new hospital for the people of West Cumbria that is fit for the 21st century.

The Full Business Case (FBC) will now be forwarded to NHS Cumbria to secure commissioner support and to NHS North West to secure strategic health authority approval. Subject to SHA approval, the FBC will then be submitted for final approval by the Department of Health.

It is anticipated that building work on the main new build will commence in October 2011 following approval by the Department of Health.

For any further information, please contact Elizabeth Kay, Head of Communications and Reputation Management for North

Cumbria University Hospitals NHS Trust, on 01228 814344 or 07920451055.

Support still available for those who need it in West Cumbria

Emotional support continues to be available for people who may feel unable to cope around the one year anniversary of the tragic West Cumbrian shootings. In the first instance people may choose to seek support from their family, friends, a community group or a spiritual representative. However some people may feel unable to do this, or prefer to speak to someone else. In this case they should speak firstly to their GP, or they can access support directly from health services by calling, the psychological support helpline or Cumbria Partnership NHS Foundation Trust's First Step Service.

Emotional Response Helpline: 01946 523666 (Monday - Friday, 9am - 5pm)

Cumbria Partnership NHS Foundation Trust's First Step Service: 0300 123 9122 during working hours (Monday - Friday, 9am - 5pm)

Additional information can be found online:
www.cumbria.nhs.uk
www.cumbriapartnership.nhs.uk
www.copelandbc.gov.uk

More: <http://tinyurl.com/5veor45>

Cleator Moor GP practice merger

Two GP surgeries that operate surgeries in Cleator Moor (Flatt Walks Health Centre and Beech House Group Practice) have merged to become one practice called Fellview Healthcare Limited. The merger allows GPs to provide improved services for patients including longer opening hours.

All patients from either surgery in Cleator Moor who wish to make an appointment should call Wath Brow Surgery on 01946 810427.

Once the new Cleator Moor Health Centre planned for Birks Road has been built the surgery will move into this location which will

have new modern facilities with more consultation rooms and clinical areas.

More: <http://tinyurl.com/42kkq6x>

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

Trees and woods for wellbeing and quality of life

Well-being is a broad term that includes physical, social and psychological dimensions. It is a contested concept and there is a need to draw together current ideas and link them to the natural environment to explore how nature contributes to people's well-being. The following short document draws together debates on well-being, forestry and ecosystem services to stimulate discussion and help focus the well-being research agenda: Well-being, forestry and ecosystem services: A discussion paper (PDF-538K) Key research areas in this programme focus on education and learning, health and well-being, volunteering, and culture and identity in relation to trees, woods and forests and how these are distributed across a diverse society. For more information visit: <http://www.forestresearch.gov.uk/website/forestresearch.nsf/ByUnique/INFD-5Z5ALT>

Public mental health and well-being – The local perspective

The NHS Confederation recently published "Public mental health and well-being - the local perspective." The report examines "local leaders' perceptions of public mental health and well-being ... and the complementary nature of addressing mental illness and improving mental well-being." The report is a response to recent UK government programmes, policies and national projects that give increasing emphasis to public mental health and

wellbeing. The NHS Confederation believe this has changed the focus of public service agencies towards promoting and protecting better mental health, not just among the unwell but across whole populations. For more information visit:

<http://www.nhsconfed.org/Publications/reports/Pages/Public-mental-health-well-being-local-perspective.aspx>

Launch of the North West People in Research Forum

The North West People in Research (NWPiR) Forum is a new organisation that aims to support patient and public involvement (PPI) and public engagement (PE) in health research. The Forum, which is jointly sponsored by NHS North West and the Research Design Service NW, recently held a series of launch events. The events, in Liverpool, Preston and Manchester, successfully engaged almost 120 people with workshop sessions highlighting good practice within Universities, Trusts, Research Networks and Biomedical Research Centres in the region.

The launch also included a workshop that asked people to think about the barriers to PPI/Engagement and how the Forum could help to address these. Barriers included fear, language (e.g. jargon), lack of time, funding and training, and difficulty accessing patients and members of the public to involve. People who attended the launch felt that the Forum could help by showcasing good practice in the region and providing things like mentoring and training. They also felt that the Forum could facilitate links between patients, the public and health researchers.

The Forum welcomes interested people living or working in the North West to join them; local organisations may also join as Corporate Members.

If you are interested in becoming a member, or would like more details on the Forum, please contact Marisha Palm on 07554413269 or at

marisha.palm@northwest.nhs.uk.

Public law & judicial review North 2011 Trends and Forecasts

A conference and networking opportunity for lawyers, advisers, advocates, campaigning organisations and public bodies.

The day includes sessions on:

- Challenging public sector cuts
- The Equality Act 2010 trends and forecasts in public law.

Workshops looking in detail at:

- An introduction to public law
- Funding public law challenges
- Community Care Law
- Asylum Support
- Local Government Ombudsman

This is an ideal opportunity to update your knowledge in workshop delivered by specialist practitioners.

This event is being held on Thursday 14 July 2011 at BPP Law School, St James's Building, Oxford Street, Manchester, M1 6FQ

Please note, to get the special discounted price of £50, when you book your place, book as Adviser (EVS Subscriber)

If you have any questions regarding this event please contact Terry Perkins on 0114 289 3972 or email

terry.perkins@navca.org.uk

New Youth Mental Health - First Aid courses

New Youth Mental Health First Aid courses are planned for June in Kendal.

Why is it important?

- 1 in 10 young people experience emotional and mental health problems.
- By the time young people become adults, the incidence of mental health problems rises to somewhere between 1 in 4 and 1 in 6 people.
- For those aged 15-24 suicide is the second most common cause of death.
- There is evidence that early intervention is hugely beneficial.

The 2 day course is delivered by 'Mental Health First Aid England' trained facilitators.

Kendal 7th & 8th June, Kendal 14th & 15th June.

For more information & details of training contact Carlisle Eden Mind: Angela Staples: angela.staples@cemind.org 01768 899002
Phil Robinson: phil.robinson@cemind.org
01228 543354

People Powered Health

People Powered Health is a new programme from the National Endowment for Science, Technology and Arts (NESTA) to support the design and delivery of innovative services for people that are living with long term health conditions. Over the next twenty months, they want to provide investment and support to partnerships of commissioners, providers and consumers of health and social care services.

More information from:

http://www.nesta.org.uk/areas_of_work/public_services_lab/people_powered_health

National Institute for Health and Clinical Excellence (NICE)

New NICE guidance to help millions with common mental health disorders
A new NICE guideline aims to help GPs provide quick, cost-effective treatment to improve the lives of millions of people experiencing common mental health disorders.

<http://www.wired-gov.net/wg/wg-news-1.nsf/lfi/DNWA-8H7GVS>

VSNW CEO calls for flexibility from funders and VCS to rediscover its voice

In his new blog, Richard Caulfield has called for a new approach from funders, to help the VCS become more sustainable and deliver more outcomes for longer. He has also called on the sector to re-discover its voice by speaking out against cuts affecting the most vulnerable in society, rather than remaining silent for fear of upsetting funders or jeopardising future income.

Visit:

<http://richardcaulfield.posterous.com/a-little-flex-from-funders-and-the-sector-cou>

The future of leadership and management in the NHS – No more heroes

At a time of enormous change in the NHS, leaders and managers have a crucial role to play. But what sort of leaders does the service need? Does the model, prevalent in public service over recent years, of the 'hero' chief executive still hold sway? The King's Fund set up a commission on leadership and management in the NHS with a brief to:

- Take a view on the current state of management and leadership in the NHS
- Establish the nature of management and leadership that will be required to meet the quality and financial challenges now facing the health care system
- Recommend what needs to be done to strengthen and develop management and leadership in the NHS.

Visit:

http://www.kingsfund.org.uk/publications/nhs_leadership.html

GP commissioning: Making it work

Are you grappling with how to make GP commissioning work? The Kings Fund draw on their wealth of policy and leadership development expertise to help you effectively navigate through the health reforms.

http://www.kingsfund.org.uk/current_projects/gp_commissioning/index.html

NHS Reform Myth Busters

There has been much controversy and debate in recent weeks about the proposed NHS reforms, and the current state of the NHS. With the 'listening exercise' on the Health and Social Care Bill currently in full swing, the Kings Fund thought it would be useful to pick up – and debunk – some of the myths that have been generated in the debate so far.

http://www.kingsfund.org.uk/current_projects/the_health_and_social_care_bill/mythbusters/

Report on rural needs

Rural needs must be considered when implementing the government's Health and Social Care Bill, says a report. The NHS Confederation Primary Care Trust (PCT) Network published the study on behalf of its Rural PCT's Forum. Rurality is an issue affecting the delivery of services in a significant proportion of English local health economies. For more information visit: <http://www.rsonline.org.uk/Services/Warning-over-Health-Bill-reforms.html>

Unpaid carers save £119 billion a year

New estimates show that care provided by the 6.4 million unpaid carers in the UK is now worth a staggering £119 billion every year – far more than that cost of running the entire NHS. These new figures send a clear message to the Government: carers contribute so much and they deserve better in return.

Carers can calculate their individual contribution using their new Care Calculator: http://www.carersuk.org/?dm_i=74C,F6XR,S,WIEJ,18168,1

Ask First about AF and help prevent a stroke later

Atrial fibrillation (AF) affects about 750,000 people in the UK and accounts for about one in six strokes. But AF related strokes can be prevented with the right medication. The most common symptom of AF is a fast and irregular heartbeat. Other symptoms include palpitations, shortness of breath, chest discomfort, light headedness, fainting or fatigue. This year The Stroke Association are campaigning to raise awareness of this condition and the links to stroke through their ASK FIRST campaign. The campaign's key message is that if anyone has concerns that they may have AF they should ASK FIRST before its too late. Their call to action is that those concerned should make an appointment to see their doctor or practice

nurse and ask to have a quick pulse check to find out whether they may have AF. There is also a dedicated section of their website www.stroke.org.uk/askfirst This includes a test for anyone with AF to find out more about their risk of stroke based on a medically approved assessment tool. They are calling for people to become AF Ambassadors in their local community by registering on-line (see below link), emailing askfirst@stroke.org.uk or calling Alison Clarke on 020 7566 1510. http://www.stroke.org.uk/campaigns/current_campaigns/ask_first/become_an_af_ambassador/index.html

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

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