

# health & social care news

news for the Greater Nottingham health & social care community

[www.pdteam.org.uk/news.htm](http://www.pdteam.org.uk/news.htm)

EDITION 10

SEPTEMBER

## THE EXPERT PATIENT IN NOTTINGHAM

inside	
<ul style="list-style-type: none"> <li>■ Mental Health</li> <li>■ Mental health Awareness Week</li> </ul>	<b>2</b>
<ul style="list-style-type: none"> <li>■ Learning Disability Partnership Boards - County &amp; City</li> </ul>	<b>3</b>
<ul style="list-style-type: none"> <li>■ Patient &amp; Public Involvement In Gedling</li> <li>■ Physical &amp; Sensory Impairment</li> </ul>	<b>4</b>
<ul style="list-style-type: none"> <li>■ Involving Patients In Rushcliffe</li> <li>■ HIV &amp; AIDS</li> </ul>	<b>5</b>
<ul style="list-style-type: none"> <li>■ Voluntary Sector Forums</li> <li>■ Web site</li> </ul>	<b>6</b>
<ul style="list-style-type: none"> <li>■ Contact Details</li> </ul>	<b>7</b>
<ul style="list-style-type: none"> <li>■ Diary</li> </ul>	<b>8</b>

Practical help for people with long-term health conditions is now available - from people who really understand what they are going through. Nottingham City PCT has launched The **Expert Patient Programme** for anyone with a condition such as arthritis, heart disease, asthma, diabetes, high blood pressure and MS.

The programme is free and consists of a course of six weekly sessions, each lasting two and a half hours. NHS staff support the courses, which are **run by people with first-hand experience of living with a long-term condition**. All have been specially trained as tutors so they can pass on their experiences.

The programme teaches important skills, including:

- managing symptoms
- managing pain
- dealing with stress, depression and low self-esteem
- developing coping skills
- how to relax
- healthy eating
- working more closely with people who care for them
- planning for the future

The Expert Patient Programme gives each person an action plan for eating and exercising that helps them to think more about their health.

One person who took part said: "**The course has really helped me** to focus on my diet and exercise. But one of the most vital things for me has been that it has encouraged me to slow down and not undertake tasks that will be detrimental to my health". She commented "Some people who are diagnosed with illnesses become afraid of going out and are unaware of the courses out there that can help them. I want people to benefit from this course the way that I have done"

Courses take place throughout the year at different venues. To **find out more** about becoming an expert patient contact one of the following people.

- Joy Cummings-Jones at Nottingham City PCT on 0115 845 4545
- Bev Hargreaves at Rushcliffe PCT on 0115 9143225
- Jackie Swan at Broxtowe and Hucknall PCT on 0115 8754915
- Tammy Coles at Gedling PCT on 0115 9131444

Available in Braille, large print, tape & on line  
Contact Laurence on 0115 988 1710 for details

It's that time of year again. The Autumn Self Assessment. This is where we **judge our progress against the range of National Mental Health targets**. We are tasked with giving ourselves a red, amber and green rating depending on how far we have progressed towards each target.

There are 45 targets covering the wide range of National Service Framework areas and given the narrow range of choices we are likely to have a range of red, amber and green responses.

The members of the Local Implementation Team or LIT have had these to study and make comment and will formally agree a response to each target area.

The Strategic Health Authority will then meet with the LIT at the end of October to review or progress with a focus on all particular strengths and weaknesses.

We are entering an **important year** for our Mental Health Services. During this year plans will have to be formalised and put into action to transform the Crisis Resolution Teams and Early Intervention in Psychosis Teams. The plans will need to ensure that new services are integrated into reconfigured Community Mental Health Teams and existing services. It will take the combined efforts of all Stakeholders to get this right and I trust that we will all support Garry Bevis, the new Project Manager in helping to make this happen.

**Mike Caston – Senior Nurse Public Health, Gedling Primary Care Trust**  
[mike.caston@gedling-pct.nhs.uk](mailto:mike.caston@gedling-pct.nhs.uk)

Web pages [www.pdteam.org.uk/mentalhealth.htm](http://www.pdteam.org.uk/mentalhealth.htm)  
Email [mentalhealth@pdteam.org.uk](mailto:mentalhealth@pdteam.org.uk)

**"It's that time of year again. The Autumn Self Assessment. ... where we judge our progress against the range of National Mental Health targets."**

Your chance to meet the LIT!

### MENTAL HEALTH AWARENESS WEEKS

This year **MENTAL HEALTH AWARENESS WEEK** stretches across 2 weeks **6 – 17 October 2003** because there's just so much to see and do. A variety of events are planned each aiming to reduce stigma and ignorance and promote greater understanding of mental health. The **MENTAL HEALTH AWARENESS COMMITTEE** have produced their orange leaflet with full listing of events and contact details. More information can also be found on [www.nottinghamcvs.co.uk](http://www.nottinghamcvs.co.uk)



### Open Meeting

One of the events is a chance to meet the Local Implementation Team for Mental Health. The group comprises, users, carers and staff from health and social services and co-ordinates the planning of mental health services in the Greater Nottingham area.

They have an **open meeting** on **Monday 13th October 2003 4 – 5.30 p.m.** Refreshments will be available and you can pose your questions to the group.

**For more information contact Kath on 0115 993 1421**

---

## COUNTY LEARNING DISABILITY PARTNERSHIP BOARD

---

The County Partnership Board met on July 3<sup>rd</sup>. We welcomed two new service user representatives, Nigel and Cathy. **Mike Deakin, the newly appointed Access Officer attended.** One of his jobs is to set up a web site for the Board. Two reports were presented on the subjects of Health and Transitions. Other shorter reports were made on Quality Assurance, the Carers' views of the Partnership Board and the Learning Disability Development Fund.

On **Health**, Lynne Winstanley told us about what progress has been made to meet Health targets in Valuing People. Nearly all learning disabled people are registered with a GP and Health record cards are in use. Awareness training has been provided at Queens Medical Centre A&E department. The new Assessment and Treatment service is open at Highbury Hospital and David Levell has started as project manager for the closure of the remaining long stay beds.

The Connexions service told us that every disabled child will have a **transition plan**. This planning begins when they are aged 14. Good transition planning requires all agencies to work together.

All Board members were asked to consider whether 4 meeting per year are sufficient.

**Paul Johnson – Commissioning Officer. Notts County Council.**  
[Paul.Johnson@nottsc.gov.uk](mailto:Paul.Johnson@nottsc.gov.uk)

General comments to [learningdisability@pdteam.org.uk](mailto:learningdisability@pdteam.org.uk)  
[www.pdteam.org.uk/ldis.htm](http://www.pdteam.org.uk/ldis.htm)

**“Lynne Winstanley told us about what progress has been made to meet Health targets in Valuing People”**

---

## CITY LEARNING DISABILITY PARTNERSHIP BOARD

---

The Board met on July 14<sup>th</sup>. There was an update on the work to change day services. It was agreed to appoint a **Community Care Officer** for one year to help Martin Jackaman with this work. Our service user representatives told us what had been discussed at the User Forum. The topic of bullying had come up again. This will be discussed at the Partnership Board in October.

The **health targets** in Valuing People were discussed. This item included: the plans to find other accommodation for people living in Highbury Hospital; getting all people with a learning disability registered with a doctor; and naming workers within Community Learning Disability Teams as 'health facilitators' to help people get the health care that they need.

The Board also heard an update on the work of the **Positive Transitions Steering Group**. Finally, Maggie Harty asked for volunteers to help plan the November conference. The **next meeting** of the Partnership Board is on October 6<sup>th</sup>.

**Paul Mansfield – Policy Officer Nottingham City Council**  
[paul.mansfield@nottinghamcity.gov.uk](mailto:paul.mansfield@nottinghamcity.gov.uk)

General comments to [learningdisability@pdteam.org.uk](mailto:learningdisability@pdteam.org.uk)  
[www.pdteam.org.uk/ldis.htm](http://www.pdteam.org.uk/ldis.htm)

**“The topic of bullying had come up again. This will be discussed at the Partnership Board in October.”**

---

## PATIENT & PUBLIC INVOLVEMENT IN GEDLING

---

Following on from the success of last year's event, Gedling PCT once again joined in with the **Arnold Play days event**. A DJ - ing workshop took place, and the children filled in a questionnaire about what they think of local health services. A colouring competition was held, with 2 winners, Ellen (age 13yrs) and Kieran (age 7) and several runners up announced. The winning designs will be used as the front cover of the recently completed Gedling PCT patient and public involvement strategy.

To promote **Mental Health Awareness**, Gedling PCT is hosting a course, through the Expert Patient Programme aimed at people with long term or chronic mental health conditions. The course, which is 6 weeks long, will commence on the 7<sup>th</sup> October and is open to people from across Nottingham. Further details or to register your interest please contact: Janet Willins 0115 993 1418

The PCT's **Annual General Meeting** will take place at the end of September. This event will incorporate a stakeholders event, which will give people the opportunity to comment upon the work of the PCT, and help us decide future priorities.

**For more information on any of the above contact Tammy Coles on 0115 993 1444 or [tammy.coles@gedling-pct.nhs.uk](mailto:tammy.coles@gedling-pct.nhs.uk)**

**"To promote Mental Health Awareness, Gedling PCT is hosting a course, through the Expert Patient Programme "**

---

## PHYSICAL & SENSORY IMPAIRMENT

---

Our local strategy "Promoting Independence - Step By Step" requires the Joint Commissioning Group (JCG) to establish a **dialogue with carers**, aimed at ensuring a better response to their needs. A small group met in April to consider the way forward. As a result, a survey was carried out in May/June looking at carers' experiences of services. A draft report has recently been completed for consideration by the JCG at its September meeting. The JCG will discuss ways of sharing the messages from the survey, and any recommended improvements in practice, with operational staff.

One of the other priorities identified in our local strategy is to continue **involving service users** in our work. We are currently looking at different ways of doing this. One way is for one or two JCG members to attend an existing user group meeting – if your group would like us to come and talk to you, please let us know. As there are quite a lot of local physical disability groups we are planning to hold a small event in November 2003 to bring everyone together – we will send further details out when they are available

**Jane Godden – Commissioning Manager 0115 845 4545**  
**[jane.godden@nottinghamcity-pct.nhs.uk](mailto:jane.godden@nottinghamcity-pct.nhs.uk)**

General comments to [physicalsensory@pdteam.org.uk](mailto:physicalsensory@pdteam.org.uk)  
Or visit [www.pdteam.org.uk/psi.htm](http://www.pdteam.org.uk/psi.htm)

**"... a survey was carried out in May/ June looking at carers' experiences of services .."**

**Editorial Note:** A report from the 'Survey of people caring for disabled people' has been produced. We are about to circulate it to all who took part. For more information see page 7 for contact details.

## INVOLVING PATIENTS IN RUSHCLIFFE

The **Rushcliffe Health Network** has 130 members, who want to help improve local NHS services. The first Network Lunch took place in July, for local residents and staff to hear about good practice.

A number of **user/carer groups** are developing around the themes of Diabetes, Cancer, Older People. Through different events they will share ideas and start discussions to encourage local people to join a forum and influence local services. A Cancer Forum event is planned for 22 October 2003. The Mental Health Services sub group are developing an information leaflet for users & carers about local resources.

In Primary Care the **Clinical Audit Team** (the team devises surveys and analyses them) are helping to devise a patient questionnaire to support work around coronary heart disease and another for local dental services. Other work includes developing a Service level Agreement with the CAB (Citizen's Advice Bureau), to provide 2 sessions in primary care settings e.g. health centres. Recently clients from the Friary Drop-In for homeless people attended a focus group to ascertain their views on health services.

Self Help Nottingham and other PCTs are organising a training package on Patient and Public Involvement (PPI) work, for staff. With the support of the Race Equality Council, Council for Voluntary Service, DART (disability group) and Health Promotion service we have been working on diversity issues.

Finally the first **Expert Patient Programme** session held in West Bridgford was very successful. Other sessions are planned and new volunteer trainers are helping to deliver the courses.

**For more information contact Penny Spice on 0115 914 3225 or email [penny.spice@rushcliffe-pct.nhs.uk](mailto:penny.spice@rushcliffe-pct.nhs.uk)**

**"A number of user/carer groups are developing around the themes of Diabetes, Cancer, Older People"**

## HIV & AIDS

The **HIV Service Users and Carers Group** continue to meet and take an active part in shaping services for this diverse care group. The meetings are lively with the broadest selection of topics discussed. One on-going discussion is around **access to dentists**. This is not a problem peculiar to HIV service users but to the general population as a whole as anyone who has tried to register with an NHS dentist may have found out. Luckily in Nottingham and surrounding areas we are well served with dentists willing to take on NHS patients, in some parts of the country there are virtually no dentists available. PCTs are **keen to hear of access problems**, especially if the service user feels there is an issue with their HIV status. PALS cards are an ideal way to make comments or compliments. Cards can be picked up in GP surgeries, dentists and pharmacies or in QMC or the City Hospital. PALS stands for Patient Advice and Liaison Service and is a quick and simple way to let your local NHS organisations know how they are doing on dentistry or indeed any other matters. We look forward to hearing from you. PALS can be contacted on the following 0115 912 3366. They can direct you to a more local contact

**Ruth Culter – Senior Development Officer, Gedling PCT**  
**E-mail [ruth.culter@gedling-pct.nhs.uk](mailto:ruth.culter@gedling-pct.nhs.uk)**

General comments to [hiv aids@pdteam.org.uk](mailto:hiv aids@pdteam.org.uk)  
[www.pdteam.org.uk/hiv.htm](http://www.pdteam.org.uk/hiv.htm)

**"One on-going discussion is around access to dentists. This is not a problem peculiar to HIV service users ...."**

## voluntary sector forums

These local forums provide opportunities to exchange information & share views. All discuss health & social care, some have a wider remit exploring other local initiatives and opportunities. Further information available below:

ARCH	<b>Action for Rural Care &amp; Health</b> – a multi-agency forum looking at health & social care issues in the context of Rural Nottinghamshire. For Information contact Val Gardiner at Newark & Sherwood CVS on 01636 613693 or vgardiner@nandscvs.org
Housing & Homelessness	The <b>Nottinghamshire Housing &amp; Homelessness Forum</b> - multi-agency forum examining issues of housing and homelessness in the County. For further information contact Pam Pollock or Elaine Graves on 0115 967 4424
	The <b>Nottingham Voluntary Sector Homelessness Forum</b> - a new forum for voluntary sector workers in the City. Contact Claire Grainger on 0115 859 9521 or claire.grainger@hlg.org.uk for further information
	<b>Broxtowe Interagency Homelessness Forum</b> . Open to voluntary & statutory sectors. Contact Kris Gregory 0115 994 7790 or bshag@btclick.com
Learning Disability	A <b>county-wide forum for voluntary organisations</b> working with adults with learning disabilities. The group meets quarterly to support the voluntary sector reps on both the City and County Learning Disability Partnership Boards. Further information available from Maggy Topley on 0115 988 1710 or Val Gardiner 01636 613693.
Nottingham Network	An <b>informal forum of local disability organisations</b> and other agencies working with disabled people in Nottingham. Meetings held over a lunch time at The Maze, North Sherwood St. It's an opportunity to share information about what groups and services are doing. Further information from Nottingham Young Disabled People on 0115 952 0040 or nottsydp@tiscali.co.uk

### NEW & IMPROVED!

The one and only source of information for health and social care planning in Nottingham. It has updated links and improved access for people with disabilities.

The Partnership Development Team web site

**[www.pdteam.org.uk](http://www.pdteam.org.uk)**

Tell us what you think of our new site, send your comments or suggestions to **[info@pdteam.org.uk](mailto:info@pdteam.org.uk)**

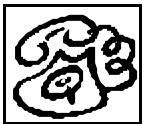


## contact details

<p><b>Broxtowe &amp; Hucknall PCT</b> Priory Court Beeston Nottingham. NG9 2TA Tel: 0115 875 4900 <a href="http://www.nottingham.nhs.uk">www.nottingham.nhs.uk</a></p>	<p><b>Gedling PCT</b> Byron Court Brookfield House Arnold Nottingham. NG5 7ER Tel: 0115 993 1444 <a href="http://www.nottingham.nhs.uk">www.nottingham.nhs.uk</a></p>
<p><b>Nottingham City PCT</b> Standard Court Park Row Nottingham. NG1 6GN Tel: 0115 845 4545 <a href="http://www.nottingham.nhs.uk">www.nottingham.nhs.uk</a></p>	<p><b>Rushcliffe PCT</b> Barclays Bank Chambers Tudor Square West Bridgford Nottingham. NG2 6BT Tel: 0115 956 0300 <a href="http://www.nottingham.nhs.uk">www.nottingham.nhs.uk</a></p>
<p><b>Nottingham City Council</b> 14 Hounds Gate Nottingham. NG1 7BE  Tel: 0115 915 5500 <a href="http://www.nottinghamcity.gov.uk">www.nottinghamcity.gov.uk</a></p>	<p><b>Nottinghamshire County Council</b> County Hall West Bridgford Nottingham. NG2 7QP Tel: 0115 982 3823 <a href="http://www.nottinghamshire.gov.uk">www.nottinghamshire.gov.uk</a></p>
<p><b>Nottingham City Drug Action Team</b> Melrose House Waverley St Nottingham. NG7 4HF Tel: 0115 915 1961</p>	<p><b>Nottinghamshire Drug &amp; Alcohol Action Team</b> 5a Beech House Ransom Wood Business Park, Southwell Rd West Rainworth, Mansfield. Notts. NG21 0ER Tel: 01623 414 114 <a href="http://www.nottscountydaat.org.uk">www.nottscountydaat.org.uk</a></p>



If **you** have any ideas, issues or concerns about any of the subjects in this newsletter or would like to get involved in any of the areas mentioned please contact



the **partnership development team (PDT)**,

British Red Cross Nottinghamshire,  
Great Freeman St, Nottingham. NG3 1FR

Telephone **0115 988 1710**,

Direct Fax **0115 912 3441, (office hours)**



E-mail [info@pdteam.org.uk](mailto:info@pdteam.org.uk)

Website [www.pdteam.org.uk](http://www.pdteam.org.uk)

## diary

date	meeting	start time
<b>october</b>		
<b>Monday 6th</b>	<b>Learning Disability Carers' Forum – Contact the PDT for details (parents/carers of adults with learning disabilities)</b>	<b>10.30 am</b>
Monday 6th	Nottingham City Learning Disability Partnership Board	2 pm
<b>Thursday 9th</b>	<b>Alcohol Users' Forum – Contact the PDT for details (for people whose use of alcohol has/does cause problems)</b>	<b>7 pm</b>
<b>Monday 13th</b>	<b>Mental Health Local Implementation Team meeting – special meeting open to any users and carers</b>	<b>4 – 5 pm</b>
Tuesday 21st	Nottingham City Substance Misuse Joint Commissioning Group	9.30 am
<b>Wednesday 22nd</b>	<b>Alcohol Carers' Forum – Contact the PDT details (for carers of people whose use of alcohol has /does cause them problems)</b>	<b>7 pm</b>
<b>Thursday 23rd</b>	<b>Action for Rural Care &amp; Health – see page 6 for details</b>	<b>2 pm</b>
<b>november</b>		
Monday 3rd	Older People's Strategic Modernisation Team	10 am
<b>Monday 3rd</b>	<b>Learning Disability Carers' Forum – Contact the PDT for details (parents/carers of adults with learning disabilities)</b>	<b>10.30 am</b>
<b>Tuesday 4th</b>	<b>Nottingham Vol. Sector Homelessness Forum – see page 6 for information</b>	<b>2 pm</b>
Monday 24th	Physical & Sensory Impairment Joint Commissioning Group	9.30 am
<b>december</b>		
<b>Monday 1st</b>	<b>Learning Disability Carers' Forum – Contact the PDT for details (parents/carers of adults with learning disabilities)</b>	<b>10.30 am</b>
<b>Tuesday 2nd</b>	<b>Learning Disability Vol. Sector Network</b>	<b>11 am</b>
<b>Wednesday 3rd</b>	<b>Nottinghamshire Housing &amp; Homeless Network meeting</b>	<b>10 am</b>
Tuesday 9th	Nottinghamshire Substance Misuse Joint Commissioning Group	9.30 am
Thursday 11th	Nottinghamshire Learning Disability Partnership Board	10 am
Thursday 11th	Nottingham City Substance Misuse Joint Commissioning Group	2 pm
<b>Thursday 11th</b>	<b>Alcohol Users' Forum – Contact the PDT for details (for people whose use of alcohol has/does cause problems)</b>	<b>7 pm</b>

**NOTE: Details of meetings in feint type are for information only. If you wish to discuss any matters please do so using the contact details within or contact the Partnership Development Team**

*The views expressed in this publication are not necessarily those of the Partnership Development Team or their managing agent.*

*Printed on elemental chlorine free pulps from a sustainable source.*

