

health & social care news

news for the Greater Nottingham health & social care community

www.pdteam.org.uk/news.htm

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SEPTEMBER 2004

HIV & AIDS

Positive Attitude

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Positive Attitude is a self-help group for positive people, their partners, relatives, carers and friends, living in the Nottingham area. Positive Attitude aim to help people improve the quality of their lives by sharing experiences and knowledge. They can offer confidential support and practical advice to anyone affected, regardless of age, origin, sexuality or lifestyle. They also try to collect the views and concerns of local positive people and represent them to gain improvements in the services provided by the Positive Care Team, clinics and other local service providers.

Positive Attitude have recently launched a newsletter in order to share local news and experiences. Editors of the 'Positive Attitude Newsletter,' say that they hope the newsletter will get more people interested and involved in the work of the group. It's also a useful way of passing information on to people, 'Only a small proportion of us want to, or are able to, attend either the drop-in or formal meetings but those of us who do, can share some of the more interesting and useful stuff we talk about!'

Positive Attitude meet in a city centre pub on Thursdays. The emphasis is very much on it being a sociable thing. The group talk about issues involved in being positive and about services, but are just as likely to chat about politics, gardening, films and what was on TV last night! The group are aware that there are many positive people in the Nottingham area who are not from here originally and are keen to point out that the 'locals' are happy to welcome anyone new to the area and provide local information.

For more information about the Positive Attitude newsletter, or the Thursday meetings, please contact Morgan or Nicola c/o Self Help Nottingham, Ormiston House, 32-36 Pelham Street, Nottingham, NG1 2EG. Phone: 0115 911 1661 or email positiveattitudenotts@yahoo.co.uk

This newsletter is available in other formats
eg Braille, large print, tape & on line
Contact Emma on 0115 988 1710 for details

LEARNING DISABILITY

Long Stay Learning Disability Re-provision

Work on the resettlement of people currently living in Highbury Hospital into new homes in the community is continuing. Over the summer our support organisations have started to recruit staff, and with partner housing organisations we are acquiring and modifying suitable houses.

Unfortunately, we have had a couple of delays over the summer so that our new target date will be to conclude the resettlement by the end of the year.

We have also been successful in identifying suitable Residential places for some of the group who will find it easier to live in slightly larger communities.

Excellent work by the staff at Highbury Hospital and its related services, the Supported Living Team and the Independent Advocacy Service offered by Home Farm Trust have allowed robust plans for the future to be developed for each individual. The next three months will be challenging but rewarding as we see more people enabled to enjoy the benefits of life in the wider community.

David Levell, Project Manager Learning Disability
Project Manager Learning Disability

“...
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residential
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some of
the group.”**

COUNTY LEARNING DISABILITY PARTNERSHIP BOARD

It has been a busy time in the County. The Board met on 10th June and then again on 9th September.

It has been agreed to make “thank-you” payments to service users and carers who give valuable help at the Board and on many sub-groups. This is in addition to expenses which should be claimed each meeting.

The Board have heard presentations on Day Service Modernisation, the Advocacy review, person centred planning, research on Transitions, adult learning, Quality Assurance, Dysphagia (swallowing difficulties) and Rampton Hospital.

So much of the change needed for learning disability services requires additional investment. It was therefore disappointing to hear that some of the planned developments by the Social Services Department have been postponed, due to budget difficulties.

The Board has, however, agreed how it wishes to spend some capital money it received from the Government. Improvements for respite care and building adaptations, such as a fully accessible toilet in a community centre, were approved.

At each Board meeting people with learning disabilities often ask the hardest questions and their involvement is supported by an Access Officer and advocacy services.

Paul Johnson, Commissioning Officer, Nottinghamshire County Council
paul.johnson@nottsc.gov.uk

**“At each
board
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LEARNING DISABILITY

My name is Maria Foster and I am a Strategic Health Facilitator for Learning Disability.

I am a Learning Disability Nurse by background and have worked in Learning Disability Services for the last 16 years, based in London. My experiences encompass both long stay hospital care and community.

My new post sits within the Specialist Health Promotion Service within Nottingham City Primary Care Trust but my work covers all four PCTs in Nottingham (including Gedling, Broxtowe & Hucknall, Nottingham City and Rushcliffe).

My work over the last year has involved getting to know people, the services and the area. I have been building links with the Learning Disability Service, local hospitals, GP practices, people with learning disabilities and carers.

I have developed the Health Action Planning Framework for both Learning Disability Partnership Boards, including a two-year plan for Nottinghamshire.

The work I am currently doing includes:

Primary Care Development

We have started a pilot across 16 GP Practices, this will include the GP practice identifying people with a learning disability, offering a health check and giving them the opportunity to have a personal health record which will support the development of a health action plan, and identifying a health facilitator. We will also support the practices to make sure they are accessible for their patients with a learning disability.

Hospital Development

We have formed a working group within City Hospital and are hoping to achieve another in Queen's Medical Centre very soon. We will develop guidelines to support people with a Learning Disability when using hospital services, develop accessible information, review systems and policies to ensure that when someone with a learning disability uses services, their experiences of the care and treatment is positive.

We have begun to develop a health forum for people with learning disabilities in the day centres, which will help others to find out about what's happening in health.

Education and Training

We will offer training and education to staff that work in Hospitals, Primary Care, Learning Disabilities Services, and to Carers and people with Learning Disabilities.

The training will include information about the health of people with Learning Disabilities, Health Action Planning and being a Health Facilitator.

All of this work will take time and progress may appear to be slow, however it is my aim to make sure that everyone understands their responsibilities towards improving the health of people with learning disabilities.

For further information, please contact Maria Foster: Tel: 0115 9331444 or email: maria.foster@nottinghamcity-pct,nhs.uk

“It is my aim to make sure that everyone understands their responsibilities towards improving the health of people with learning disabilities”

PHYSICAL AND SENSORY IMPAIRMENT

The Joint Commissioning Group for Physical and Sensory Impairment (JCG) has been working hard to organise a stakeholders event for people with physical and/or sensory impairments and professionals who live or work in Greater Nottingham. The event is due to take place on 7th October at the Denewood Centre in Bilborough.

The event is a follow-up to a similar event that was held in 2002. As a result of the previous event and a series of consultation groups, a strategy, 'Step By Step,' was developed. This strategy has informed the JCG's work programme to date, prior to the publication of the National Framework Strategy for Long Term Health Conditions, which is expected to be out in late 2004.

The event will be a chance for people with physical and/or sensory impairments to receive an update on the work that has been taken forward as a result of the 'Step by Step' strategy, to share their views and to be involved in planning the JCG's future work programme.

At the event people will have the opportunity to view information stands, listen to presentations relating to the progress, and take part in group sessions discussing themes within the strategy which includes employment, transport, and access to services.

For further information, please contact:
Jane Godden, Nottingham City Primary Care Trust 8454545
or Hayley Allison, Rushcliffe Primary Care Trust 8783068

"The event is a follow-up to a similar event that was held in 2002"



"People are taking positive steps to improve their own

"People are taking positive steps to improve their own lives". This was the upbeat response of local people taking part in the first Expert Patients Programme in the Gedling borough area. Four of the participants have volunteered to be part of a Steering Group that will guide future courses.

The Expert Patients Programme is open to anyone living with a long term health condition such as arthritis, heart disease, asthma and other breathing problems, MS, liver disease, neurological conditions, stroke, diabetes, mental health problems and other health conditions. Led by people who themselves have experience of living with a long term condition, course members learn life skills to manage their own condition. This free course runs for six weekly sessions and all benefit from sharing their experiences in a supportive and informal forum. Topics covered include healthy eating, exercise, relaxation techniques, coping skills, dealing with stress, depression and low self esteem and much more.

For more information on the Expert Patients Programme and future courses please contact Janet Willins, Commissioning Officer at Gedling Primary Care Trust, on 0115 993 1418 or email janet.willins@gedling-pct.nhs.uk

ALCOHOL SERVICE USERS' FORUM

The Alcohol Users' Forum is now called the **Alcohol Service Users' Forum**. Here, one of the regular members talks about the forum.

"My name is Penny Bunn and I've been a member of the Alcohol Services Users' forum for about a year.

I think the forum is an absolutely brilliant idea! It provides an opportunity for service users to express their opinions about the services available in a relaxed, informal and confidential environment, in the company of others who you know are sympathetic towards you and interested in sharing your experiences. You can say whatever you like at the forum meetings, knowing you will not be judged for your opinions and that you are among friends.

I am a client of an alcohol day unit in Nottingham. Not all my friends from the unit can attend the meetings. So, whenever a meeting is held, I go round the day unit and ask for everyone's opinions, experiences, stories and personal views. I type the information out and take it along to the meetings. My friends at the day unit are always telling me how wonderful it is to have a forum that they know will pass on their views to the people in authority who can make a difference to the quality and quantity of services available. They say it is marvellous to be represented and to finally have a voice of their own.

Although complete confidentiality is observed at the forum meetings, minutes are taken and they, along with the comments from the clients of my day unit and any other relevant documentation, are passed on to people of influence. The idea is that people use the information we provide to improve the services available. It is very empowering to know that our opinions actually count.

The forum is not a support group, it's a way of making a difference. Most people who've suffered the adverse affects of alcohol abuse would actually like to try and help make that difference, so that others may not experience the same suffering.

So come along and join us. Make your voice, and those of your friends, count. Make a difference to alcohol services in Nottingham. And maybe help make a difference to someone else's life!"

For further information, contact the Partnership Development Team
Tel: 0115 9881710 or email: pdt@redcross.org.uk

"I think the forum is an absolutely brilliant idea!"

Let's beat flu together!

The NHS in Nottingham 

It's the time of year when people need to start thinking about getting a flu jab. As we get older, we tend to get a bit more vulnerable to viruses like the flu. That's why it pays to get your flu jab in the autumn. It's free, and it's really effective against the latest strains of the virus. The flu jab doesn't just protect the over 65's. Many people with heart, chest, kidney and some other problems can also benefit.

So don't wait until there's an epidemic: contact your GP or practice nurse today and get your flu jab this autumn before the virus appears in the winter.

MENTAL HEALTH WEEK EVENT

'Positive Physicality'

A free public event to promote mental health awareness.

Date: Wednesday 13 October 2004

Time: 5.30 pm – 8.30 pm

Venue: Beeston Day Centre

Members of the Public will be warmly welcomed.

Throughout the evening, there will be opportunities to ask questions, participate in workshops and activities and look at displays.

- Pilates & Aerobics
- Music & Entertainment
- Aromatherapy & Relaxation
- Arts & Crafts

Light refreshments and a buffet will be provided.

For further information, please contact the Beeston Day Centre on Tel: 0115 9252516

PDT NEWS UPDATE

We are very pleased to welcome Emma Cullen to the Team, as our new Information Support Worker. Emma joined us at the end of April and did, in fact, put together June's edition of Health & Social Care News, although we forgot to give her a credit for doing so! I am sure by now that many of you will have met Emma and many more will do so over the next few months, by which time I hope she will feel well and truly at home.

May I also draw your attention to our new **single** email address (pdt@redcross.org.uk), which some of you will already have been notified about. None of the previous email addresses listed in back copies of this newsletter will work any more, so please don't try! Thank you.

Maggy Topley
Partnership Development Officer

FAREWELL!

This will be the last article I write for the Newsletter. After many years working for the NHS I am moving on to a new post in the Audit Commission. Part of my role will be looking at statutory organisation's arrangements for working in partnership with service users. This is an immense new challenge and I am really looking forward to developing new skills and contacts as well as contributing my experience working in Nottingham. However, my move is tinged with sadness as I have enjoyed my NHS career, and particularly my involvement with Sexual Health and HIV providers and service users and carers. I have really enjoyed working with you all! Once settled in my new post I hope to be able to do some voluntary work locally so no doubt will keep in contact with some of you. Goodbye and good luck for the future.

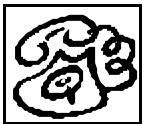
Ruth Cutler,
Senior Development Manager

contact details

<p>Broxtowe & Hucknall PCT Priory Court Beeston Nottingham. NG9 2TA Tel: 0115 875 4900 www.nottingham.nhs.uk</p>	<p>Gedling PCT Byron Court Brookfield Road Arnold Nottingham. NG5 7ER Tel: 0115 993 1444 www.nottingham.nhs.uk</p>
<p>Nottingham City PCT Standard Court Park Row Nottingham. NG1 6GN Tel: 0115 845 4545 www.nottingham.nhs.uk</p>	<p>Rushcliffe PCT Easthorpe House 165 Loughborough Road Ruddington Nottinghamshire NG11 6LO Tel: 0115 956 0300 www.nottingham.nhs.uk</p>
<p>Nottingham City Council 14 Hounds Gate Nottingham. NG1 7BE Tel: 0115 915 5500 www.nottinghamcity.gov.uk</p>	<p>Nottinghamshire County Council County Hall West Bridgford Nottingham. NG2 7QP Tel: 0115 982 3823 www.nottinghamshire.gov.uk</p>
<p>Nottingham City Drug & Alcohol Action Team Melrose House Waverley St Nottingham. NG7 4HF Tel: 0115 915 1961</p>	<p>Nottinghamshire Drug & Alcohol Action Team 5a Beech House Ransom Wood Business Park, Southwell Rd West Rainworth, Mansfield. Notts. NG21 0ER Tel: 01623 414 114 www.nottscountydaat.org.uk</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



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diary

date	meeting	start time
OCTOBER		
Monday 4th	Learning Disability Carers' Forum – Contact the PDT for details (parents/carers of adults with learning disabilities)	10.30 am
Thursday 7th	Nottingham City Joint Commissioning Group for Substance Misuse	9.30 am
Thursday 7th	Joint Commissioning Group for Physical & Sensory Impairment Stakeholder Event, Denewood Centre, Bilborough	12 pm
Wednesday 13th	Broxtowe & Hucknall PCT's Mental Health Stakeholder Event, Beeston Day Centre	5pm
Thursday 14th	Alcohol Service Users' Forum	7 pm
Tuesday 26th	Nottinghamshire Learning Disability Partnership Board meeting	10 am
NOVEMBER		
Monday 1st	Learning Disability Carers' Forum – Contact the PDT for details (parents/carers of adults with learning disabilities)	10.30 am
Friday 5th	Nottingham City PCT's Patient & Public Involvement Group	2 pm
Tuesday 9th	Physical & Sensory Impairment Joint Commissioning Group	9.30 am
Monday 15th	Nottingham City Learning Disability Partnership Board meeting	2 pm
Thursday 18th	Nottingham City Joint Commissioning Group for substance misuse	9.30 am
Thursday 25th	Nottinghamshire Learning Disability Partnership Board meeting	10 am
Thursday 25th	Alcohol Reference Group meeting @ APAS (A Nottingham City DAAT Group)	11 am
DECEMBER		
Friday 3rd	Nottingham City PCT's Patient & Public Involvement Group	2 pm
Monday 6th	Learning Disability Carers' Forum – Contact the PDT for details (parents/carers of adults with learning disabilities)	10.30 am
Tuesday 7th	Nottinghamshire Joint Commissioning Group for Substance Misuse	9.30 am
Thursday 9th	Alcohol Service Users' Forum	7 pm
Monday 13th	Regional Users' Network. Meeting for users of drugs and alcohol to talk to the National Treatment Agency. Contact PDT for details	12.30 pm
Tuesday 14th	Rushcliffe PCT's Patient & Public Involvement Group	2 pm

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.

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