

Edition 4

Winter 2005

# Partnership Press

**News & views about adult health & social services for: mental health, learning disability, substance misuse, HIV/AIDS, physical & sensory impairment and older people in Greater Nottingham.**



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The launch of an Older People's Forum in Nottingham City was held on October 3rd at the Council House. The event was very successful with 130 older people in attendance. Twenty eight people expressed an interest in joining the steering committee to establish the actual forum.



Older people at the launch event at the Council House

A further fifty eight people expressed an interest in remaining on a contact list to stay in touch with developments.

The first meeting of the Steering Committee was held on October 19th. Sixteen people from across the City attended, supported by Caroline Jordan, Senior Nurse from Nottingham City PCT, Navid Anthony from Nottingham City Council, Mary O'Riordan from Help the Aged and Maggy Topley from the Partnership Development Team. Committee

members were given feedback from the launch day and a summary of the issues that had come out of the afternoon discussion session. It was noted that there was no representation from older people from South Asian communities. The committee agreed that proactive work must be done to engage older people from all communities.

Mary outlined the Help the Aged 'Speaking Up for Our Age' programme model that can be used as a guide for forums to become established. Other issues discussed included sources of funding for the forum, establishing a list of members' special interests, support from statutory agencies, frequency and venues for meetings, publicity and communication. It is hoped that the first formal Annual General Meeting of the forum will be held in about six months time.

The date of the next forum meeting is January 16th 2006. For further information, please contact Navid Anthony at Nottingham City Council on 0115 9154220 or email [navid.anthony@nottinghamcity.gov.uk](mailto:navid.anthony@nottinghamcity.gov.uk)

Caroline Jordan, Senior Nurse, Health Equality, Nottingham City PCT

## **Review of HIV/AIDS Services**

A few months ago I wrote a short article outlining this review. This is an update to let you know what has been happening over that period.

A number of different pieces of work have been carried out in relation to the review, most of which are nearing completion. These include:

- On-going clarification of commissioning processes and funding streams
- Review of roles and responsibilities within HIV/AIDS service delivery
- Research into the housing needs of people with HIV/AIDS (carried out by SIGMA, a national research agency with expertise in this area)
- A business plan addressing the capacity of the voluntary sector to deliver services, devised by Tagadere (self-help group), the Partnership Development Team and Nottingham CVS (Council for

Voluntary Services)

- Analysis of the national policy perspective and national guidelines

Recommendations in relation to children and families with HIV/AIDS.

We hope to pull together a report identifying key recommendations for this area of work fairly shortly (Dec 2005/Jan 2006). These recommendations will then be fed into planning and commissioning forums and processes within a range of different agencies.

If you have a particular interest in this work and would like to know more, please contact Kate Whittaker, Policy Officer, Nottingham Social Services Department, 14 Houndsgate, Nottingham, NG1 7BE  
Tel. 0115 9157031  
E-mail. [kate.whittaker@nottinghamcity.gov.uk](mailto:kate.whittaker@nottinghamcity.gov.uk)



## **Rushcliffe CRUSE bereavement care**

Have you suffered a bereavement? Are you having difficulty in coming to terms with your loss?

If so, we at CRUSE may be able to help!

We are a locally based branch of the national charity CRUSE Bereavement Care, serving the Rushcliffe area. We are a group of trained bereavement volunteers who are regularly supervised and undergo ongoing training in bereavement issues.

Our trained bereavement volunteers offer one-to-one support whether your bereavement happened recently or a long time ago.

By appointment, you can come to the centre at George Road, West Bridgford on a Thursday evening.

Sometimes we are able see people during the day as well and we can also offer home visits if you cannot get to the centre. Our aim is to help people progress through their bereavement and regain a purpose to their life regardless of their age, gender or culture. We give bereaved people a safe environment to discuss their feelings of loss in complete confidence.

If you feel this might be helpful to you then please ring (Glenys) on 0115 9146793 (or Pat on 0115 9825348)

## **ALCOHOL** *Service* **Users' Forum**

I recently came into post as Service User and Carer Involvement Officer for the Crime and Drug Partnership (CDP) (formerly the Nottingham City Drug & Alcohol Action Team or DAAT). One of our priority areas was to establish more effective lines of communication between the CDP and alcohol service users and ex-service users, working with groups such as the Alcohol Service Users' Forum (ASUF). The ASUF has been facilitated by the Partnership Development Team (PDT) for the past three years and has established itself as an invaluable resource.

In recent months, alcohol has risen up the health, treatment and political agendas. As a result, we've found ourselves in need of a more structured and direct dialogue with service users. Now, more than ever, the service users' voice needs to be listened to and acted upon.

We recently held an extra ASUF meeting to discuss how to continue the dialogue between the CDP and the service users. It was apparent that if we were to engage more effectively, we would need to ask more of the ASUF members. We decided to increase the length and frequency of the meetings. As of January

2006 the meetings will be 4 hours long and will take place every month. Meetings will be held during the day and will be more structured and businesslike with clearly defined aims and objectives. It's hoped that this new way of working will be more productive and focussed. There will be arrangements made for people unable to attend during the day to have an input to the forum.

The meetings will be co-facilitated by myself and Maggy Topley from the PDT, who will help to ensure that the forum maintains its independence.

I am very excited by the development of the forum and the opportunities that now exist to have a real influence on the future planning and development of treatment services in Nottingham.

Glen Jarvis

For more information on the Alcohol Service Users' Forum, please contact Glen Jarvis at the CDP on 0115 915 1961 or email [glen.jarvis@nottinghamcity.gov.uk](mailto:glen.jarvis@nottinghamcity.gov.uk) or Maggy Topley at the PDT on 0115 852 8000 or email [pdt@redcross.org.uk](mailto:pdt@redcross.org.uk)



### **'Speaking out on your behalf'**

'Livin IT!' the voice for drug and alcohol users their families, friends and carers now have service user forums running once a month at Mansfield, Hucknall, Broxtowe and Worksop and are hoping to cover Rushcliffe, Gedling and Newark within the next couple of months. We hope to find out what service users' feelings and opinions are on service provision, as well as learning about their experiences and sharing ideas.

We have been doing one-to-one consultations with grandparents who care for their grandchildren whose parents use. We aim to find out what their needs are,

as well as hearing about their experiences of service provision.

To help us conduct forums and one-to-one consultations we have a growing number of dedicated volunteers who have themselves, in one way or another, been affected by substance misuse.

Want to get your voice heard to maintain and improve services? If you have any questions, or for further information, contact:

Teresa - 07733304008 or Emma - 07795564817

## 55 GOING ON 9



Tina and I celebrating our 32nd wedding anniversary

Jim lives in Hucknall and cares for his wife, Tina, who is 55 years old and has suffered from Alzheimer's disease for the past 5 years.

"I am writing this because I'd like to

support the Alzheimer's Society in highlighting the early onset of dementia in people under the age of 65. It seems like most articles in magazines and newsletters talk about people who look after older sufferers, so I'm trying to highlight some of the problems I have to contend with looking after a younger sufferer.

One of the main problems for us is the lack of nursing homes for people who are under 65. There are approximately 300 people in the area with early onset dementia and there is only one nursing home with 5 beds available for sufferers under the age of 65. We have no choice. When we, the carers, cannot cope we need respite, if we are lucky we get our preferred nursing home, but sometimes we have to take whatever we can get. This could be an old people's home with no nursing care, or another nursing home – some of which are good, some OK, the rest poor.

I'd like to tell you about some of the crises that I and some of my friends who also care for their loved ones with early onset dementia, have to contend with. There is one lady who attends our carers' group whose husband tried to strangle her. She thought she was going to die and fell into unconsciousness. Other ladies in our group regularly have bruises to their arms, back and neck. All of these ladies love their husbands very much, but sadly, one of the husbands recently had to go into a nursing home permanently because it was becoming too dangerous for her to look after him.

Now I'll tell you about what I have to contend with on a daily basis. After 32 years of marriage to a wife I love very much, I now live with a 55 year old who is going on 9 years of age! I say this because she, like others, is physically fit with the strength of a 50 year

old, but has the temper tantrums of a 9 year old. I get armchairs turned over, drinks deliberately poured over me and, around the house, pots and metal items thrown. I get slapped, punched and language hurled at me. Language so bad it'd make a coal miner blush!



The living room in disarray after Tina 'had one of her bad days'

All this I have to cope with for up to 15 hours a day. Week in, week out, moods change from minute to minute. One minute it's a slap and a punch, the next it's tears, next it's: "I love you", then it's screaming and banging and it starts all over again. There are good times but these are getting fewer and fewer.

This is but a small part of mine and other people's stories – we could write a book full. If these words ring some bells with you, please tell others as I have done here. We need to let the powers that be know about us.

To all the helpers at the Alzheimer's Society everywhere, especially the Mansfield, Ashfield & District branch, without your help I do not think I'd be here!"

Many thanks to Jim, and his wife Tina, for allowing us to publish their story.

If you would like to contact the Alzheimer's Society, please contact the PDT on 0115 852 8000 and we can provide you with their contact details. Or you can visit: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Jim is a member of the 'Carers in Hucknall' group. This is a self-help group run by and for carers in Hucknall and the surrounding areas. The group runs on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month at 1.30-3.30pm. For further details on this group, contact Sue or Jane on 0115 875 2080. You can contact Jim though Sue or Jane. Or you could email: [carersinhucknall@ntlworld.com](mailto:carersinhucknall@ntlworld.com)

## Do you have any ideas for improving health in your local community?

Broxtowe and Hucknall Primary Care Trust (PCT) are offering small grants to support projects that improve local health in the Broxtowe Borough or Hucknall area.

The PCT wants to encourage projects that meet the themes outlined in the Government white paper called 'Choosing Health,' which sets out the key principles for supporting communities in improving their health.

Voluntary, community and partnership groups are invited to apply for a grant to fund projects that

improve health in the following areas:

- Reducing smoking
- Promoting mental health and well-being
- Healthy eating
- Positive sexual health
- Physical activity
- Reducing problem drinking
- Injury and accident prevention
- Reducing the impact of domestic violence

For further information about how to apply, please contact Liz Pierce or Cheryl Elliott on 0115 8752098. The deadline for applications is Wednesday 21 December 2005.



## Come along to our Christmas meeting!



Our 'Christmas Open Meeting / Festive get together' will take place on Tuesday 20<sup>th</sup> December 1:00 – 4:00 pm.

The meeting will be at the Denewood Centre, Denewood Crescent, Bilborough Nottingham.

We will be holding a very short meeting, followed by a Christmas social. Come and join us for a buffet, mulled wine, 'Creating Cartoon Characters with Eric', a

quiz with 'Quiz Master' Peter Robinson and a free raffle.

Everyone is welcome – carers, families and all people interested in mental health issues.

If you have any problems with transport or for further information, contact Sherree on 0115 985 8485 or [s.westley@carersfederation.co.uk](mailto:s.westley@carersfederation.co.uk)


## **Did you know...**

... that on 5 December 2005, amendments to the Disability Discrimination Act came into force, which for the first time will outlaw discrimination against people living with HIV, cancer and multiple sclerosis from the *moment of diagnosis*. Previously, the Act covered people from when they experienced symptoms of their illness. This means that employers and organisations providing services to the public will not be able to discriminate against people – for example, by sacking them from their jobs – just because they've found out they have HIV, cancer or MS.

For further information, please see: [www.areyouhivprejudiced.org](http://www.areyouhivprejudiced.org) or <http://www.drc-gb.org/>


## **TAKING OUR PLACE IN NOTTINGHAM**

### **NOTTINGHAM GIVES THE THUMBS UP TO ACCESSIBLE TOILETS!**

 In Nottingham, people with profound or multiple learning disabilities are unable to go into the City Centre and other public venues for any reasonable length of time. This is because there are currently no special toilets or proper changing facilities available.

 For the past two years I have been working on this issue with a group of professionals from across the City Council and NHS. Colleagues from the group have brought together a range of experience with a view to designing a fully accessible toilet. The toilet would be situated in a large room, including a changing bench and hoist and would be suitable for anyone who cannot bear weight and who needs more than one carer. The result is the “Nottingham Changing Places Loo” design.



 I was invited by the Department of Health Valuing People Team to join a National Consortium including

MENCAP, Valuing People Lead Officer, ITAAL (Is There An Accessible Loo) and PAMIS, an organisation based in Scotland which has been campaigning for accessible loos. In October, the Consortium did a presentation at the World Toilet Summit in Belfast. We are currently working on a website prior to launching a national campaign with the aim of persuading Parliament to change the building regulations governing disabled toilets. We hope this will also encourage everyone to think about using accessible toilets in all public venues.



Market Square in Nottingham


 The City Council recently agreed to include this new type of “Changing Places Loo” in the City Centre, as part of the re-design of the Market Square. The brand new, accessible toilet should be

complete by 2006. It will be in Greyhound Street, alongside new male and female toilets.




Wollaton Hall in Nottingham

 In addition to the proposed City Centre toilets, the Wollaton Hall redevelopment plans include such facilities. The QMC are also planning to include accessible facilities in the new Treatment Centre. We hope to develop this in other public venues such as leisure centres, hospital modernisation programmes and the Broadmarsh Centre redevelopments.

 The “Changing Places Loo” will not only meet the needs of service users with profound and multiple learning disabilities, but will also benefit people with brain injuries, profound physical disabilities and other problems, such as Motor Neurone Disease. In fact, this will help anyone who needs to use a changing facility and toilet in the same place.

 I would like to record my appreciation to the working group, City Council Corporate Directors and Members of the Council for agreeing to take this positive step forward. Nottingham will be leading the way in catering for the personal care needs of those with profound disabilities.

 For more information contact Martin Jackaman [martin.jackaman@nottinghamcity.gov.uk](mailto:martin.jackaman@nottinghamcity.gov.uk)



<b>January</b>		
Monday 9th	Learning Disability Parent Carers' Forum	10.30am-12.30pm
Monday 9th	Nottingham City Crime & Drug Partnership Advisory & Scrutiny Committee	12pm
Friday 13th	Gedling's Drug and Alcohol Reference Group (DARG) meeting	10am
Friday 13th	Alcohol Service Users' Forum (ASUF) at Nottingham Voluntary Action Centre	10am-2pm
Monday 16th	Nottingham City Older People's Forum	2pm
Wednesday 18th	Action for Rural Care and Health (ARCH) meeting	2pm
Thursday 26th	HIV/AIDS User Carer Group meeting	12.30pm
<b>February</b>		
Monday 6th	Learning Disability Parent Carers' Forum	10.30am-12.30pm
Wednesday 8th	Rushcliffe's Drug and Alcohol Reference Group (DARG) meeting	2pm
Friday 10th	Alcohol Service Users' Forum (ASUF) at Nottingham Voluntary Action Centre	10am-2pm
<b>March</b>		
Monday 6th	Learning Disability Parent Carers' Forum	10.30am-12.30pm
Tuesday 7th	Nottinghamshire County DAAT Joint Commissioning Group meeting	2pm
Friday 10th	Alcohol Service Users' Forum (ASUF) at Nottingham Voluntary Action Centre	10am-2pm



For further information on any of the events in the diary, please contact the Partnership Development Team.

## Positive Futures raise funds for cancer charity



( Photo, Donna, Barbara, Elizabeth, Derek, Jane and Janet )



By meeting for coffee and a chat and charging a small amount we raised £19.50 for Macmillan Cancer Relief.

Positive Futures aims to change lifestyles and widen choices for people with learning disabilities. It is about increasing opportunities for people with learning disabilities to do what everyone else does in the community and losing the 'tag' of "learning disability" that excludes, even prevents, individuals from taking a full part in their community. Positive Futures is funded by the New Opportunities Fund and managed by Nottingham Mencap.

For further information, please contact Donna Burton on 0115 934 9520 or email:

[donna.burton@pfhlc.org.uk](mailto:donna.burton@pfhlc.org.uk)



On Friday 30<sup>th</sup> September, members of the Positive Futures Project joined in the largest coffee morning event in the U.K

## PDT: About Us

The Partnership Development Team (PDT) was set up in 1998 and is a specialist team within the Nottinghamshire branch of the British Red Cross. We are funded by the 4 Primary Care Trusts in Nottingham.

We work with adult 'vulnerable care groups.' These are: older people, learning disability, mental health, physical/sensory impairment, substance misuse and HIV/AIDS.

The team aims to involve service users, carers and the voluntary sector in health and social care planning. We are an independent and neutral resource.

For more information about any of the matters in this newsletter, please contact Emma Cullen or Maggy Topley at the Partnership Development Team. If you would like to know more about the team, don't hesitate to get in touch. We can be contacted at: The British Red Cross, Humanity House, Colliers Way, Phoenix Park, Nottingham. NG8 6AT

Phone: 08707 579799

Email: [pdt@redcross.org.uk](mailto:pdt@redcross.org.uk)

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



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