

Edition 5

Spring 2006

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.

Asian Elders



Learning from Asian Carers in Gedling

- Carers/Family support networks

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On Tuesday 31st January a group of 13 Asian Elders and Carers met at the Civic Centre in Arnold. The event was organised by Laurence Quirk (Gedling Community & Voluntary Services), Bilasha Phakey (Notts County Council Social Services), Andrea Lucy-Hirst (Notts County Council Social Services), Shahnaz Aziz (Nottingham City Primary Care Trust) and Carmen Cameron (Notts County Council Community Development).

The aim of the event was to increase our understanding of the needs of Asian Elders and Carers in the Gedling Borough. We hoped to learn about their experience when they ask for help and support.

The event highlighted a variety of issues, such as:

- Information and communication
- Dealing with complex issues eg multiple health problems
- Isolation
- Access to services – health and social services

All who attended gave a positive reaction and wanted to meet again. They also knew of someone else who they thought could come next time. We hope to plan for more events in the near future and help to form new friendships across the Borough.

If you would like to know more about this work, contact Laurence Quirk at laurence.quirk@nottsc.gov.uk

See inside for more news about the development of Older People's Forums around the area:

We carry an article from the Steering Committee of the Nottingham Elders' Forum on page 2, announcing their inaugural public meeting in May.

The launch event for South Broxtowe's Older People's Forum, in June, is listed in the Events Diary on page 7.

Rushcliffe Mental Health Forum

The Rushcliffe Mental Health Forum is a new patient and service user led forum for people with mental health issues in and around the borough of Rushcliffe.

The Rushcliffe Gateway Worker, Marie Wade, set up the group at the end of last year, with the aim of encouraging members of the community who have had experiences with mental health to air their views on the services (or lack of) within their area. This forum allows people of all ages and backgrounds to speak their minds and enable change at grass roots level.

We want to hear what people think about current health care initiatives, issues around mental health and the future plans of mental health services and act upon those ideas in a proactive way.

I joined the forum for the first meeting last November and I have learnt much about the state of mental health care services, especially the complex and sometimes isolating system that individuals need to

navigate when trying to get support for themselves or their family members.

Rushcliffe mental health wants to streamline and improve the quality and immediacy of their services to end users like me and although I had a very positive experience using the services available to me this did not happen as quickly as I would have liked.

The Rushcliffe team recognise they have work to do and they cannot do this without your help.

The Forum's most recent meeting was on 9th March at West Bridgford Health Centre and it will meet on the first Tuesday bi-monthly from now on.

Kate Hall
Forum Member and Volunteer.

For more information about the Forum, please email Marie Wade at Rushcliffe PCT:
Marie.wade@rushcliffe-pct.nhs.uk

Nottingham Elders Forum

The Nottingham Elders Forum, (formerly known as Nottingham Older Peoples Forum) will be holding their Inaugural Day on Wed 10th May in the ballroom at the Council House. It is 1.00pm for registration and reception and the meeting will start at 1.30pm.

There will be an international speaker plus several other speakers. Refreshments will be available, and there will be an excellent free prize draw.

The Forum will be the voice of residents over 50 and their associates, thus ensuring that the decision making bodies, both statutory and voluntary, take note of the needs of the elderly.

If you want your voice to be heard, make a note of the date in your diary.

As spaces at the venue are limited, entry will be with an invitation only. Please call with your details to book your place. The full agenda will be sent with your invitation.

Call Glenise Martin on 0115 9603163 or e-mail glenisemartin@btinternet.com





Smile, No Bullying

Many thanks to everyone who has been involved with the "Smile, No Bullying" work over the last three years. I am now moving on to work within HFT as Service User Involvement Co-Coordinator. This role is a three year project to share and develop service user involvement, in particular at strategic level.

This is what "Smile, No Bullying" has achieved so far:

- First publication of the Smile, No Bullying Guide
- Launch of the Guide at the Nottingham Council House
- Speaking Out to all local MPs
- 'Showing me, Showing You' DVD
- Working with schools
- Working with Nottinghamshire Police as part of Diversity Training
- Second publication of Guide with DVD
- 22 organisations signing up to a Charter to tackle bullying
- June 2005, Cathy Baxter tells her story on Central News
- December 2006, Louise Frettingham tells her story on BBC East Midlands today. Louise is now a BBC Community Correspondent
- Anti- Bullying week. People from Beck Meadow

meet with students at Redhill school and have their story in Educational Press

- During the same week Amanda, Barbara and Carol present at a school assembly at Killisick Junior school and have their photos in the Nottingham Evening Post.

I am leaving the project in good hands. Positive Futures and HFT are employing a new person to continue the "Smile, No Bullying" staff training and workshops in schools.

The other good news is that Nottinghamshire Police are taking a real interest in the "Smile, No Bullying" report forms, so watch this space for further developments.

Many thanks again for all the hard work and support. Let's carry on working together to tackle bullying.

Donna Burton

donna.burton@hft.org.uk



More Positive News!

We hear from Paul Johnson, Commissioning Officer (Learning Disabilities) for County Social Services, that a new post has been created to work with Older Family Carers in the south of the county.

The post has been funded by the County Carers Grant and the person appointed will start after Easter. The

initiative builds on the success of a similar post which has been operating in North Nottinghamshire for some time.

Older family carers (of adults with learning disabilities) living in Rushcliffe, Gedling, Broxtowe or Hucknall will soon be able to benefit from this service.

Changes in Advocacy - Learning Disabilities & Mental Health

The work with learning disabled adults carried out by HFT Advocacy Project for the last eight years in Nottingham, Gedling, Broxtowe & Hucknall and Rushcliffe, is to continue under a new contract with Cambridge based advocacy organisation Speaking Up.

Existing advocates will transfer to the new organisation on April 1st under a TUPE arrangement and in the short term at least, it will be business as usual.

Speaking Up, which works with people with mental health problems as well, is a rapidly expanding charity and company with a turnover of just over £1 million. It has operations in various parts of the country, including Cambridgeshire, Northampton, Norfolk, Barnsley, Lincolnshire and West London.

As well as traditional advocacy, Speaking Up is also actively involved in assisting people into employment, promoting volunteering and consultancy and training

for health and social care professionals.

Speaking Up is also taking over the mental health advocacy work which is at present the responsibility of Nottingham Advocacy Group and, together with HFT, the combined total of 10 advocates will represent one of the largest advocacy services within Speaking Up.

Advocacy is a growing force within social welfare as the rights and entitlements of vulnerable people are brought to the forefront. Disability or mental health problems should not equate with disadvantage and the advocate is there to represent the views of people, or to support them to speak up, in whatever circumstances they find themselves.

Don Cattell

If you would like to know more about the changes in advocacy, email Don at: don.cattell@hft.org.uk

Carers at Queens

A Carers' Information Week was held at QMC from 16th to 20th January. This was organised by Carer Support & Information Workers from Broxtowe & Hucknall, Rushcliffe and Gedling PCTs, in conjunction with the PALS team at QMC.



The aim of the event was to provide information and support and to promote services that are available to carers and their families in their local area.

We were accompanied by representatives from the Department for Work & Pensions, who were able to offer advice and information on a wide range of benefit entitlements.

In all we spoke to approximately 150 people

throughout the week, many of whom were members of staff at the hospital, but were also carers. The carers we spoke to were grateful for the information and support on offer.

"I'm so glad I came to see you, I have been very worried about how I will cope when my wife comes out of hospital. It's good to know that I can contact you for help if I need it." said one.

Another said "I did not realise that I could claim Attendance Allowance for myself as I thought only one of us could claim."

For more information on help for carers, contact Sue Dyke or Jane Robins, Carer Support Workers, at jane.robins@broxtowehucknall-pct.nhs.uk sue.dyke@broxtowehucknall-pct.nhs.uk



Hetty's is a confidential support service for parents, carers, partners or friends of drug and alcohol users.

Since providing the new free phone service in Spring 2005 we have worked with 10 families from Broxtowe and 24 from Hucknall. This includes prisoners from these areas and their families.

If YOU are worried about a relative's drug or alcohol use please telephone us for confidential advice, information and support. We also provide a one to one support service in a convenient community venue

and complementary therapies for clients.

All Hetty's staff and volunteers have personal experience of the anxiety, pain and despair that drug and alcohol misuse can cause for families, so we understand. Please ring us – a problem shared is a problem halved.

Never doubt that a small step, with the help of someone who cares, can change your world!

Hetty's confidential Helpline: 0800 085 0941



HIV/AIDS

As I am writing this article, I reflect on 2005 and share my hopes for 2006. Last year saw record numbers of people living with HIV/AIDS around the world. More people are being diagnosed than ever before. Fewer people are dying from AIDS related infections in countries that have affordable and accessible supplies of anti-retro-viral medication.

This is information that is given out by the media on World AIDS Day, Comic Relief Day and the occasional day when someone famous is attempting to bring about a change in attitudes, usually those of world leaders. But what about the rest of the year?

If all we see are images of the world's poor facing HIV/AIDS, how can we become aware of the HIV/AIDS issues that are happening in our own backyard? As humans, we often feel safe viewing the horrors of life through a television screen, newspaper or magazine. It removes us from the situation and in a sense gives us the opportunity to care by sending a donation. But what happens when this situation is a daily occurrence in Nottingham?

Nottingham has a growing HIV population. The issues

facing people living with HIV/AIDS here are similar to the rest of the world: poverty, stigma, discrimination, loneliness, lack of understanding, depression, lifelong chronic illness, shortage of resources, exclusion. On World's AIDS Day (1st December) and in June's Walking for Life, the people of Nottingham gave generously to the street collectors and at the events. Thank you.

Can I ask that for 2006 you take the opportunity to understand more about HIV/AIDS from the many excellent internet sites and from the opportunities to attend awareness and training courses. Only by understanding more about the issues facing people living with HIV/AIDS will we be able to stop viewing life through the television screen and truly engage with our fellow human beings. Compassion can be a painful yet rewarding experience.

Joy Rushton
Social Worker

For more information about HIV/AIDS in Nottingham, please email Joy Rushton at the Positive Care Team:
JOY.RUSHTON@nottinghamcity.gov.uk

apas Childcare on Saturdays for people worried about drinking

On Saturday mornings, from 10.15 until 12.15, people who are worried about their own or someone else's drinking, can access a brand new service at apas. There will be a 'walk-in' service and any children brought along will be professionally looked after in a crèche.

Through a partnership with Nottingham City Integrated Children's Services and Sure Start, apas has arranged for Tick Tock crèche to provide a high quality environment for children. This will mean that parents can be seen by one of the apas advisors or counsellors without having to worry about their children as well. There will also be Saturday morning self-help meetings which people will be able to attend without having to take their children into the meeting.

Nick Tegerdine, Executive Director, says "We've set this up because it's something that people who use the service said would be helpful. No appointment is necessary, but if you make one, you won't have to wait. Ring us on 0115 941 4747 and press 1."

"We believe that it's the only service of this kind in the country and we're delighted with the fact that it's an idea that came from people who are coming to terms

with their problems. This has been recognised by Sure Start and it's a good example of the statutory and voluntary sectors working in partnership."

People worried about a partner who is drinking will benefit from this initiative: Raj said "Being able to relax and talk through the problems without having to worry about the little ones has been so good. I could not have got the help I wanted without this. It's a brilliant service and the crèche facilities are marvellous. It feels very safe".

Another woman, Margery, said "I do work and have two kids in school, so how can I get the help that I want and need unless this crèche is open? I have to travel a long way into Nottingham and there's nothing near where I live. Even if there was I probably wouldn't go because everyone knows everything. The travelling can't be done after work and school. Getting to my regular Saturday meeting every week is important because I want to kick the habit. This service is brilliant, it has made a big difference to me and to the kids."

Nick Tegerdine is available for comment on 07770 768 508 or E-mail: nick@apas.org.uk

Alcohol Related Ill Health Increases

For some time the focus on alcohol misuse has been the link with rowdy behaviour in towns and cities during the evening. Now, apas has highlighted the rising tide of alcohol related health harm in a controversial spread in the Evening Post.

The Post reported that indicators of harm had at least doubled in the last five years. These findings shocked many people, but not service users.

Under headlines like "Death and disease – the price we pay for bingeing" and "Are drinking figures tip of the iceberg" apas service users and doctors from the QMC detailed the astonishing costs of excessive alcohol consumption.

The article appeared as a revelation to some and apparently an irritant to others. The role of apas and the Alcohol Service Users' Forum in publicising the harsh truths about the scale of problem demonstrated one thing – that if you pretend that there isn't a problem and do nothing, the problems multiply.

The Primary Care Trusts are currently reviewing their spend on alcohol services, yet the Post stated "this means more investment is needed". As someone said "we're sitting on a time bomb and I can hear something ticking".

Copies of the article are available to view at apas. Tel: 0115 941 4747 or visit www.apas.org.uk



April		
Monday 3rd	Learning Disability Parent Carers' Forum	10.30am-12.30pm
Monday 3rd	Nottingham City Learning Disability Partnership Board meeting	2pm
Wednesday 5th	Broxtowe & Hucknall PCT's Patient & Public Involvement group meeting	2pm
Friday 7th	Gedling's Drug and Alcohol Reference Group (DARG) meeting	10am
Friday 7th	Nottingham City PCT's Patient & Public Involvement group meeting	2pm
Wednesday 12th	Learning Disability Voluntary Sector Network meeting	10am
Thursday 13th	Alcohol Service Users' Forum at Nottingham Voluntary Action Centre	10am-2pm
Wednesday 19th	Action for Rural Care and Health (ARCH) meeting	2pm
May		
Wednesday 3rd	Broxtowe & Hucknall PCT's Patient & Public Involvement group meeting	2pm
Thursday 4th	Rushcliffe Drug and Alcohol Reference Group (DARG) Open Meeting & AGM (Provisional)	pm
Monday 8th	Learning Disability Parent Carers' Forum	10.30am-12.30pm
Wednesday 10th	Inaugural meeting of the Nottingham Elders' Forum	1pm for 1.30pm
Friday 12th	Alcohol Service Users' Forum at Nottingham Voluntary Action Centre	10am-2pm
Friday 19th	Nottinghamshire Blind Alliance Meeting	10am
June		
Thursday 1st	Learning Disability Voluntary Sector Network meeting	10am
Monday 5th	Learning Disability Parent Carers' Forum	10.30am-12.30pm
Monday 5th	Nottingham City Learning Disability Partnership Board meeting	2pm
Tuesday 6th	Notts. County DAAT Joint Commissioning Group meeting with providers	9.30am
Tuesday 6th	Nottinghamshire County DAAT Joint Commissioning Group meeting	1.30pm
Wednesday 7th	Broxtowe & Hucknall PCT's Patient & Public Involvement group meeting	2pm
Friday 9th	Alcohol Service Users' Forum at Nottingham Voluntary Action Centre	10am
Friday 9th	Nottingham City PCT's Patient & Public Involvement group meeting	2pm
Tuesday 20th	Launch event for South Broxtowe Older People's Forum	10am-2pm

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

Did you know...

The **Cinema Exhibitors' Association Card** is a national card that can be used to obtain a **FREE** ticket if you are accompanying a person with disabilities to see a film at the cinema. To apply for the card, the disabled person needs to be in receipt of certain Benefits e.g. Disability Living Allowance or Attendance Allowance. The card is valid for 3 years from the date of issue.

Application forms are available from supporting cinemas across the UK, for a one-off processing fee of £5. Alternatively, you can download a form from the Cinema Exhibitors' Association website:

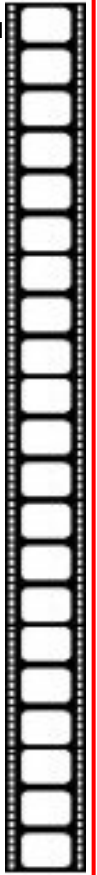
www.ceacard.co.uk

In Nottingham, the card can be used at the Savoy and Broadway cinemas, as well as Cineworld (at the Cornerhouse).

More information can be obtained from:



The Card Network
The Technology Centre
Rossmore Business Park
Ellesmere Port
Cheshire CH65 3EN
Tel: 0151 3488020
Fax: 0151 3488021
Mincom/Textphone: 0151 3567113
Email: info@card.co.uk



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 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: 0115 852 8000

Email: pdteam@redcross.org.uk

Web: www.pdteam.org.uk



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team**

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