

# LONG EATON 50 PLUS FORUM

## NEWSLETTER

Winter 2013 ISSUE

Editor Ian Neill

Report on our December 2013 Open Forum Meeting  
held at 10:15 am on December 9<sup>th</sup> at the Long Eaton Town  
Hall .  
Theme Health



Website [www.lead50plus.com](http://www.lead50plus.com)



### CHAIR'S REPORT

In these difficult times, it is heartening to report good progress with the forum. We continue to grow our membership and to enjoy excellent support for our Open Forum meetings as reported elsewhere in this newsletter.

We continue to provide great coach trips and for interested members there are computer up-skilling opportunities and fun astronomy sessions at Long Eaton School. All dates and details are to be found on our website .. [www.lead50plus.com](http://www.lead50plus.com) . Our partnerships with Adult Care, Derbyshire County Council, Erewash Borough Council, Parklands and Long Eaton School have been vital to recent progress and we hope to maintain and extend these activities in the future.



Monday Morning group from 2010

### NEXT MEETING

March 10 TH 2014

10:15 TO 12:00 AM  
TOWN HALL LONG EATON

**Speakers PC Phil Lucas Derbyshire Police  
Drug Fighting Team  
David Potts Phoenix Futures, NHS Substance  
Misuse Help Manager**  
Theme **Fighting Drug Abuse**

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Attendance 106 Members and 8 visitors  
Raffle made £62.50 Thanks to Jenny who ran it and  
all those who contributed, both financially and prizes.  
The food box gave 6 bags to the Hailing trust.

**THE VIEWS EXPRESSED IN THE NEWSLETTER ARE THOSE OF THE CONTRIBUTORS AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE FORUM**

### Speakers:

**1<sup>st</sup> Speaker - Lynn Wilmott-Shepherd – Commissioning and Delivery Director**

Assisted by

**Gavin Brownett – Project Manager, Erewash Clinical Commissioning (ECCG)**

**The ECCG Mission Statement is ‘Better Care, Better Health, Better Value’.**

### Who are we?

Erewash CCG covers the borough of Erewash (except West Hallam)

Dr Avi Bhatia is Clinical Chair and Leader

Rakesh Marwaha is Chief Officer

Board made up of clinicians, lay people and managers

What do we do?

Buy services from hospitals, clinics and community/other services for Erewash patients

We do not buy GP services – these are managed by NHS England

### What must we do?

Improve quality and ensure patients are at the centre of everything we do

Meet targets

Save money

### How do we shape the future of services in Erewash?

The NHS Belongs to the People – we had a ‘A Call To Action’ which means you should have your say on the future of the NHS.

### The Challenges:

103,000 people will be registered with an Erewash GP in 2020 (that’s 5% more than 2013)  
21% (22,000) will be over 65, an increase of 17%.  
3% (3,500) will be over 85, an increase of 33%.  
More Complex Health and Well Being Needs:  
1700 more patients over the age of 65 will have a limiting long-term illness.

Gavin then carried out a little quiz to ‘Test the member’s knowledge of the NHS’:

1. If you have a sore throat on a Saturday what would you do? -

Answer: Selfcare and/or go to the chemist.

2. What is the average cost of an A&E attendance? A: £110 B: £78 C: £56

Answer: £110

3. What is the average cost of an ambulance journey? A: £45 B: £360 C: £255

Answer: £360.00

4. If you have developed a common cold and have had this for 2 days what would you do?

Answer: Selfcare

5. If you have been feeling dizzy and sick for a couple of days what would you do?

Answer: Make an appointment with your GP or call 111.

Our members passed with flying colours which shows they are very knowledgeable about the NHS!! In some areas there needs to be a change of culture as it has been found a large number of people do not know the correct medical procedures.

### You said, we did...

Improve Mental Health Support for children and younger adults:

We need to ensure referrals to specialist mental health services are appropriate and alternative help is offered more locally through GP surgeries, schools, youth services and children's centres. We are currently looking at how we can spend our money differently to ensure these kinds of services are available throughout Erewash.

Continue to review the opening hours of the Single Point of Access (SPA) service:

We have now commissioned the SPA to be open 7 days a week, 10.00 am – 6.00 PM, rather than 5 days a week over the winter period where the future need for the extended hours can be evaluated. This commences mid-November.

GP access – this is a key issue for patients and this varies by practice:

A review of all Erewash Practices' opening and appointment times is on-going to ensure demand is met appropriately. To meet the additional demands anticipated over the winter months we have commissioned urgent weekend appointments with a GP at Ilkeston Hospital and Long Eaton.

Services and agencies need to be better joined up to ensure patients receive the right care and support:

We are working closely with the County Council, local Councils and other partners to ensure that our patients are receiving the necessary services and support from all agencies involved. This partnership working is ensuring people access the right care or support at the earliest opportunity.

### **Lack of awareness of the Family Nurse Partnership (FNP):**

FNP is a programme which provides intensive support to first time teenage mothers. Due to its significant success we have recently expanded the programme to allow us to work with up to 50 young families and are exploring ways of extending it even further.

### **Stigma towards dementia and mental health needs to be removed:**

We are working with hospitals and library services to make sure information on dementia is more widely available. We are commissioning dementia friend training to reduce stigma as well as exploring the best options for the development of existing memory assessment services in Erewash.

### **ECCG Commissioning Intentions and what they will mean for patients by 2020:**

#### **1 - Improving the Quality of Primary Care:**

More services available in GP practices across 7 days.

Patients are consistently happy with the services they receive.

Better access to services in the community.

#### **2 - Improving the Mental Health of the population and Dementia services:**

Less people will need to be admitted to hospital. There will be more choices for care and treatment closer to home.

There will be more support for people with mental health conditions and learning disabilities across 7 days.

#### **3 - Providing the best start in life: Improving outcomes for Children:**

Children's services will be "joined-up" with a team organised around the needs of the child – health, education, voluntary sector etc.

School nursing will play a key part in ensuring children have healthy lifestyles.

Children will have more access to emotional well-being programmes to help with mental health and behavioural issues.

#### **4 - Reducing inequalities across the CCG population:**

Less patients will be admitted to hospital in an unplanned way.

More "easy access" clinics will be available to help stop people being admitted to hospital when they could be cared for elsewhere.

There will be less people with alcohol related liver disease.

More people will be routinely screened for cancer and appropriate treatments started earlier.

#### **5 - Integration of Care – Focusing on older and frail people:**

More people will be able to stay at home and live independent lives

Health care, social care and voluntary sector agencies will work around the person as a team

#### **6 - Supporting People with Long Term Conditions:**

More people will take responsibility for their own health focusing on prevention.

New ways of helping people manage their condition will be available – health coaching, technology solutions.

More services will be available in the community.

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### **7 - Improving End of Life Care:**

More people will be given the choice of dying in their preferred place of care with the necessary support.

More community care packages will be available to help keep people in their own home, where they choose.

### **How to Contact Us?**

- § Erewash CCG website  
[www.nhserewash.com](http://www.nhserewash.com)
- § Email [enquiries@nhserewash.com](mailto:enquiries@nhserewash.com)
- § Telephone 0115 931 6172
- § Telephone enquiries via PALS 0800 032 32 35

### **2<sup>nd</sup> Speaker – Ian Gregory, Contracts Manager, DCC Adult Care, Accommodation & Support Team:**

In April 2013 the warden service across Derbyshire were re-commissioned as history showed that across Derbyshire services were working very differently or not at all. Service provision needed to be made more suitable to the needs of the individual making people more independent, rather than dependant.

More people were offered the opportunity to have equipment in their homes such as the community alarms which gives 24 hour support.

In the Erewash Area Derbyshire's Older Peoples Floating Support (as it is now called) is provided by Making Space whose local offices are based in Ashover. They provide quality care and support to people with a wide variety of needs including those with physical and/or mental health conditions, learning disabilities and dementia. They also offer the same level of support to their carers – enabling each and every user of their services to shape their life around personal aspirations and circumstances.

The service is person-centred, responsive and flexible and is linked directly to the person and to other support agencies. It is also designed to signpost people to other appropriate services that can best assist with any housing related requirements.

### **FALLS out of hours service:**

Making Space will also provide the FALLS out of hours service in the Erewash Area.

### **Support arrangements and needs assessment:**

Prior to a person being offered support, a representative from Making Space will complete a needs assessment with them. They will assess support needs, for example, when and how much support is required.

The assessment will identify if a person meets the criteria of the service and the level of support required.

Floating Support Workers employed by Making Space will not provide any personal care to clients but will help to source services which can provide this type of care – personal care includes assistance with eating, bathing and group therapy. A support plan is the key document with a Floating Support Worker will complete with a client. Together they will set out goals for the client in order to achieve the best outcomes.

### **How to Contact Making Space:**

At their offices – Suite 5, Ashover Business Centre, Matlock Road, Kelstedge, Ashover, S34 0DX.

Telephone the office – 01246-592017

Mobile for the Erewash area – 07854 106310

Email –

[Derbyshire.floatingsupport@makingspace.co.uk](mailto:Derbyshire.floatingsupport@makingspace.co.uk)

or

Referalls via Call Derbyshire 08456 058 058

### **3rd Speaker: Jas Dosanjh, Community Involvement Worker, Erewash & South Derbyshire Healthwatch Derbyshire**

#### **What is Healthwatch?**

**Healthwatch** came into being on the 1st April 2013, as a result of the Health and Social Care Act 2012. It replaces Local Involvement Networks, or LINKs as you might have known them. It is an INDEPENDENT consumer champion – the term Independent is important, as it is hoped this will inspire trust in organisations voice.

They are not employed by a service provider or commissioner, and are a company set up to be ACCOUNTABLE TO YOU.

#### **Healthwatch Derbyshire will report to Healthwatch England**

who will build a national picture of the issues that matter most to the consumers of health and social care and will ensure that this evidence is used to influence those who plan and run services at a National Level.

Healthwatch England was set up in October 2012, is funded by the Dept. of Health, and is also there to lead and support the Healthwatch Network.

**Healthwatch Derbyshire** is a company limited by guarantee, and is soon to have charity status. It is part of a network of 152 Healthwatch across the Country, and is funded via the Local Authority. It is accountable to you .... which they take very seriously.

They are currently working on ways in which they can report to you the people of Derbyshire, on how they are working on your behalf. The website, newsletter, e-bulletins, AGM and annual report are all ways they can do this, but they are open to any other suggestions. Healthwatch want to ensure you are part of our development and success.

They aren't just a flash in the pan initiative, and have forged good contacts over the last 5 years, and the Labour Government is on record saying that they will also have a commitment to Healthwatch should they be elected.

#### **What do they do?**

They HEAR what people have to say about health and social care services: praise, criticism or ideas for improvement - they want to hear the good things as well as the bad. In today's economic climate, it's just as important to shout up for the services you want to keep, as it is for those you want to improve. It's good for doctors, nurses, social workers, to hear what they are doing right, not just what they are doing wrong, it will make them more likely to listen when things need to be improved.

All individual comments are logged on a National Hub, which allows them to look for ISSUES, TRENDS and THEMES, which they can feed to service providers and commissioners to influence change.

It's important to remember that the POWER comes from the COLLECTIVE voice of the people of Derbyshire – The more people speak out, the more they can speak up!!

#### **How are they going to collect views and experience?**

- ü Through distributing the 'Speak Out' forms across Derbyshire.
- ü Via the Website – click on the 'Speak Out' link.
- ü By email, phone, text or social media.
- ü Through the Voluntary and Community sector.
- ü Through Stakeholder Groups.
- ü Through Health watch Engagement Activity – ensuring inclusively

#### **So why bother?**

- ü One individual 'speaking out' may only have a limited impact.
- ü Two, three, four or five voices all saying the same thing, start to have much more of an impact.
- ü This is why you should feed your comments and experiences to Healthwatch, because the COLLECTIVE VOICE can make more of a difference than any individual speaking alone.
- ü Help them to pass the balance of power away from the system, to the consumer!

### CHARITY ADS.

#### **PARKLANDS STROKE CLUB**

##### **HAVE YOU OR SOMEBODY YOU KNOW HAD A STROKE**

Why not come along to Parklands Stroke club.  
We meet every second Friday, starting on the 7<sup>th</sup>  
of November, from 2:00 PM to 4:00 PM  
Where? At Petersham Hall

Contact:- Pat on 0115 972 2389

#### **LONG EATON AND DISTRICT INVALID CLUB**

Meets every second Tuesday of the month at  
Sawley Memorial Hall.

Come along and join us  
We run 3 coach trips per year  
Pick up points are too numerous to mention but  
there will be one near you,

#### **LONG EATON ALL MEDIA AND ARTS GROUP**

Meets every Thursday evening from 7.00 PM  
until 9:00 PM at Petersham Hall  
Contact *Colin Bourne on 01158 490 048*  
All Welcome

#### **LONG EATON INDIAN ASSOCIATION**

Meets every Monday (except bank holidays) from  
12:00 until 3:00 PM  
United Reformed Church, the Green, Long Eaton  
Chair based exercise lunch and social  
£3.00 per month  
All welcome

### TRAVEL CLUB

#### **TRIP TO CHESTER**

I along with many that went to Chester were  
disappointed with the Christmas market.

To me there were too few stalls and it lacked  
atmosphere. It needed Carols being played or the  
Salvation Army band livening things up.

It turned out to be a visit to Chester. With the  
Walls and the Cathedral top of the list plus the  
normal shopping spree..

As it was winter none of the boats were plying  
their trade on the river,



**The Astro Group in Sandiacre**

#### **LETTERS TO THE EDITOR**

Recycling has been encouraged through every  
media possible and I would like to think that most  
of us are up to speed on this subject.

The Council encourages us, collects and delivers  
each fortnight. They get paid by the main  
recycling company CASEPAK which goes into  
the Council Bank Account. WHY CAN'T WE  
GET A PORTION OF THIS PAYOUT? Most of  
the supermarkets have the technology to give us  
points at the point of purchase - we then cash  
these in. The Council could give us points by  
weight of the recycling which we could cash in  
once a year to reduce our Council Tax. This  
would encourage householders to improve their  
recycling procedures.

I encourage readers to comment please.

Chris Corry Thomas

### NEXT TRIP TRAVEL CLUB NEWS

#### Cambridge

Date 3<sup>rd</sup> April 2014

Price £ 10.00

Pick up points:-

Petersham Hall

ASDA Bus stop

Long Eaton Railway Station

West Park Leisure Centre

#### What to do



#### At Lets Go Punting

we specialise in private and shared chauffeured punting tours. Our tours last approximately 50 minutes and cover the full length of the College Backs, including magnificent sights such as Kings College Chapel, The Bridge of Sighs and New Court St Johns. Sit back and relax whilst your chauffeur punts you along the River Cam providing an interesting and information tour focusing on the riparian colleges, famous alumni and Cambridge history.

Mill Road, off Parker's Piece, is the city's bohemian area hosting a diverse range of restaurants and shops. Head just out of town to Burwash Manor, Barton, for country chic boutique shopping at its best. This picture-perfect village is home to a working organic farm and stylish clutch of independent and specialist fashion, home, gift, toy, wine and food shops, beauty spa, delicious Tea Room.

#### Cambridge Shopping

Potter around the cobbled Market Square to find something special, from fine cheese, vintage clothes and quirky gifts to fresh coffee beans, photographs, books and paintings. Stroll down Rose Crescent and Trinity Street, Magdalene Street, Bridge Street and King Street to discover some excellent independent shops and chic cafes.

The pretty open-air All Saints Garden Art and Craft Market, opposite Trinity College, is open every Saturday, and known for its artisan products and quality arts and crafts at affordable prices.

Grand Arcade is the city's newest shopping centre with more than 60 premium and high street brands, a flagship John Lewis department store Apple, The White Company, Hollister, Carluccio's, Kurt Geiger, Topshop and River Island, among others, all under one sky-lit roof.



A picture of the Lap it UP sessions in October 2013 with Jatinder Sandhu. Who has helped the members with topics of Interest.

The Dates of the next sessions can be found on page 8 of the newsletter.



### LAP IT UP SESSIONS

Get help using your laptop with the help of our friendly forum advisers. All free to members.

The sessions are all at Parklands connections between Stanhope Street and Leopold Street starting at 10:00 AM Refreshments are provided. Sessions end at 12:00

Next Sessions are:- March 28, April 25, May 30, Jun 27, Jul 25, Aug 29

Also do not forget our Astronomy sessions  
Astronomy Beginners Course started on October 2nd

Continuing Astronomy on Beginners November 6<sup>th</sup>,  
February 5<sup>th</sup>, March 5<sup>th</sup>, April 2<sup>nd</sup> .,

Continuing: February 19<sup>th</sup>, March 26<sup>th</sup>.

All sessions start at 7.45 PM at Observatory Building, Long Eaton School, Thoresby Road starting at 7.45 PM .. all welcome!

For Details Contact Pete Wearn at :-

petewearn@hotmail.com

**FREE**  
**1 DAY WORKSHOP**  
**EMAIL**  
**Introducing Email**  
**Training and Advice Centre**  
**153 Bath Street**  
**Ilkeston**  
**DE7 8AS**  
**Book Now by phoning**  
**0115 9 300 199**  
**Also**  
**FREE**  
**On-Line Course**  
**Make Monet Work**  
**Contact them by calling**  
**0115 9 300 199**

### FREE COMPUTING FOR THE ABSOLUTE BEGINNER

EVERY MONDAY MORNING FROM 10:00 -  
12:00 AM

COME ALONG TO THE LIBRARY AND FIND  
OUT HOW A COMPUTER CAN HELP YOU

### COMPUTER COURSES AT LONG EATON LIBRARY

Thursdays from 1:00 to 3:00 PM  
Courses last for 5 weeks

These courses are run by Ann Bennett for the  
benefit of 50 plus members

Courses are:-

Basic IT

Word Continued

Places are limited to 5 per course.

Please contact Ann Bennett to add your name to  
the list or to ask about courses

0115 972 3448

### Your Views

In future editions we propose to have  
a letters page so send you views to  
50plus@ianconsult.co.uk

or

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