



LONG TERM CONDITIONS E-NEWS MARCH 2015

LOCAL NEWS

IW Community Directory

The IW Community is now live. The Directory can be accessed in two ways either www.iwight.com/adultsDirectory or www.mylifeafulllife.com Information includes signposting to support and advice, adult services, education and learning, mind and body, sports and fun and activities. Please try these links out and check to see if your organisation is there. If it isn't then please contact me on ctillman@actioniw.org.uk and I will ensure it gets included.

The My Life a Full Life Pledge



The My Life a Full Life Pledge is a public commitment that an organisation is signed up to delivering the Island's vision for better integrated support and care for people carers and families on the island
Who can pledge?

Public bodies, charities, self-help support groups, community groups, care home providers, shops, and indeed any organisation of any shape or size which delivers services to older people, people with a long term conditions, including mental health and carers. All can play a part in making a difference.

The pledge is a way of sharing good news with the public and partners about the work and effort your organisation is making to improve the way it provides its support and services.

Benefits

- My Life a Full Life acknowledgement of working together certificate to display in your organisation
- Free advertising and links to your events, newsletters and other relevant materials on the MLAFL website
- Training opportunities for your organisation

The Pledge can be found at www.mylifeafulllife.com follow the link 'Who we work with' on the left hand side of the home page. You can also see examples of other organisations that have already made their pledge.

Community Action Awards 2015

The application process for the Community Action Awards 2015 is open. Sponsored by the Isle of Wight County Press the aim of the Awards is to encourage and reward the dedication within the voluntary sector. It focuses on volunteering, local achievement and self-help. It is not a grant application, but is about rewarding an organisation's current efforts. Any voluntary sector organisation or group can enter. However there is a category specifically for those groups supporting people with long term conditions.

Projects will be judged on:

- The positive impact they are having on the lives of Island residents.
- Originality.
- Input of volunteers.
- Good partnership working.

Categories

Local Communities, Children & Young People, Older People, Village Halls & Community Buildings, Arts & Heritage, Sport, Environment

Healthy Lives – for supporting people with long term conditions

Prizes

£1,500 to the overall winning organisation

£500 to the overall runner up organisation

£250 each to the winning organisation in each category

£100 each to the runner up organisation in each category

£50 each to the third place organisation in each category

To enter you can download an application form at www.communityactioniw.org.uk the forms can be found by clicking on the orange 'Local News' link on the right hand side of the home page. Or you can call Community Action Isle of Wight reception on 01983 524058 or pop in to IW County Press reception in Pyle Street, Newport for an application form. Applications should be returned to acoyle@actioniw.org.uk or to Community Action Isle of Wight. Closing date is, with no exceptions, Friday 3rd April at 4pm.

John Cheverton Support Centre

This centre is open to anyone with a long term condition who is looking for friendly support and health information, you don't need a referral. There are two trained health professionals on site for advice and a team of well trained volunteers ready to listen and chat. The Centre is open between 10 and 4 Mondays to Fridays. There is a café open for drinks, cakes and lunches every day. Special activities include:

'Turn the Page' book club every Tuesday

'Knit and Knatter' 10 to 12 every Thursday

Coffee Morning 10 to 12 every Friday

The Centre is on the site of the Earl Mountbatten Hospice (Tel: 01983535319) but there is designated parking. Once you are on the Hospice site follow the signs for the John Cheverton Centre. Look for symbol below:



Penny Brohn Courses

Cancer can affect your life in so many ways. The Living Well courses run by Penny Brohn encourage you to explore the impact of cancer on your life with people who understand the journey you are on. The course allows you to share your experience with others in similar situations, and explore the steps you can take to help you live well. All courses are free.

The next two day Living Well course on the Island is running at Carisbrooke Priory on April 15th and 22nd, just a month away.

This is a very rich opportunity for participants. Previous course attendees have found the course to be an incredibly rewarding experiences.

The course enables people to

- Manage stress through relaxation and simple breathing exercises
- Cope with the emotional and psychological impact of cancer and its treatment
- Find out about how to prepare and enjoy healthy food
- Find a way to bring manageable exercise into your life
- Discuss the impact of a cancer diagnosis on relationships
- Explore some of the practical difficulties.
- Consider how living with cancer affects our deepest values and beliefs.

A new course is also running in Southampton on Thursday 14th and Wednesday 20th May total time 15 hours. It will take place at the Perform Centre, Millbrook in Southampton. For further details contact Kathy Adams on email: Kathy.adams@pennybrohn.org or telephone: 07702 285113.

Green Buzz

Green Buzz is a new group for people with a long term condition or low energy levels. The Green Buzz Group will meet on Wednesdays 11.30 to 2.30 and there will be opportunities to meet other people, photography, take walks, do some art and craft, enjoy nature and refreshments will be provided. For more information please call Sam Brookes, Health Trainer on 07895762240.

Island Neuro-Network (INN)

The Island Neuro-Network is holding its third workshop exploring issues that affect those living with a Neuro condition on the Isle of Wight. The workshop will be held on the 26th March at The Earl Mountbatten Hospice Training Room from 11.00 to 13.00. There are limited places so if you would like to attend please contact cathy.hayeshna@gmail.com tel: 07762756149

Heart to Heart

Heart to Heart is a new group for people who have a heart condition. It is a very friendly group and its third meeting will be on Wednesday 8th April at Whippingham Community Centre, Whippingham 10.30 to 12.00. There is some parking available and refreshments are available. Each meeting costs £2.00. For further details please contact: Michael Jones on michael401@btinternet.com or Bob Brown on 01983 289665.

POLICY

You may be aware that from March 2015 there have been changes to the legislation concerning driving while taking drugs?

How will the new laws affect you if you're taking prescription medicines?

You should continue to take your medicine(s) as advised by your doctor or healthcare professional, or according to the patient information leaflet that comes with the medicine.

The new law will give the police powers to test and arrest drivers who are suspected of driving having taken certain controlled drugs in excess of specified levels.

THE NEW LAW DOES NOT MAKE IT ILLEGAL TO DRIVE WHEN TAKING PRESCRIBED MEDICATIONS. IT MEANS THAT THE MEDICATION MUST BE TAKEN IN ACCORDANCE WITH THE ADVICE OF A HEALTHCARE PROFESSIONAL.

Unlike the existing 'impairment' offence, the new law provides a medical defence if you're taking your medicine in accordance with instructions – either from a healthcare professional or printed in the accompanying leaflet – provided, of course, you're not impaired.

If you're driving and you're on prescription medicine, it may therefore be helpful for you to keep some evidence of this with you in case you're stopped by the police.

You may also want to think about alternatives to driving yourself. Do you have a bus pass that you can make use of? Or perhaps you could use Optio Voluntary Car Service. This is a membership scheme for the elderly and frail which operates with volunteer drivers using their own vehicles to take passengers to pre-booked destinations. These are often for medical appointments, but can also be for other reasons. For more details, please call: 01983 522226.

For more information on the new legislation you can look online at www.gov.uk/drug-driving-law

HEALTH ISSUES

[Smoking may cause memory loss through accelerated cortex thinning](#)

[Healthy diet could lower risk of lung disease](#)

New study from British Blind Sport

British Blind Sport have recently launched an extensive study exploring the barriers that restrict blind and partially sighted people from enjoying sport and how successful participants have overcome those challenges.

British Blind Sport has worked for 40 years to help blind and partially sighted people get active and play sport. Sport and recreational activities can enhance the lives of people with visual impairments, by improving their health and increasing their social interaction. .

It is often just small adaptations to an event or more thoughtful communication, which can make a huge difference in encouraging and enabling blind and partially sighted people to join in and participate.

Top tips from British Blind Sport:

- Communication: share your events with British Blind Sport so they can promote them on their website, social media and in their magazine.
- Online: provide text descriptions of images; write at least size 14 font and use webpages rather than document links.

- Event location: ensure convenient public transport links or plentiful blue badge spaces. Include a postcode and link to a map in the event description.
- Accessibility: use Sport England's audit guidelines to test if equipment and facilities are VI friendly and provide awareness training to customer-facing staff.
- Reassurance and support: provide the name and telephone number of someone who can help with queries, encourage friends and family members to attend.
- Be informed: use British Blind Sport's resources to help coaches involve VI people and encourage VI people to talk about their needs and suggest ideas.

London 2012 saw visually impaired athletes such as David Clarke (former blind footballer) and Libby Clegg (runner) demonstrating that people can achieve great things, regardless of their impairment. Progress has been made in providing more accessible sporting provision, but we must continue working together to find ways to best support the VI community.

Please visit the Overcoming Barriers to Participation research section of the British Blind Sport website to learn how to make your sporting activities more accessible.

TRAINING and SUPPORT

Help us to develop an information and advice partnership

The Isle of Wight Council is developing a working partnership with IsleHelp, an Island-based consortium of independent information and advice providers. We want to hear from local groups and organisations so that we can better inform and develop the proposed partnership.

The partnership will aim to improve access to advice and information at a time of increasing demand from people concerned about debt, employment, homelessness, health, welfare and consumer rights. New legal responsibilities and changes to public services are also coming. This will increase the need for information and advice, at a time when public spending is reducing and pressure is increasing on voluntary and community advice organisations.

By working together, the partnership intends to find ways of making the best use of the skills, resources and commitment of advice and information providers. This may include sharing resources, some systems, information and training, as well as ensuring access to information and advice that reaches the people who need it most.

As part of a development process, the partners want to explore the future of information and advice:

- What are the priorities for future advice and information?
- How can providers and the public sector work more closely together?
- Where and how will people and communities best get access to advice?
- What role can information and advice play in managing demand on the Island's hard-pressed public and community services?

The partners would like to hear from people, groups and organisations that:

- use or need access to information and advice services;
- provide advice and information;
- commission public services or have a stake in good services;
- Community leaders and representatives.

For further information about the proposed partnership or to discuss how you can contribute, please contact Martin Johnson, Commissioning Development Manager at Isle of Wight Council at martin.johnson@iow.gov.uk Views and contributions on the future of advice and information on the Island can be made directly to this email address by 1 April 2015.

A workshop will be held in Newport from 9.30am to 12.30pm on 20 March 2015. This will be an opportunity to exchange ideas and to shape the priorities of the proposed partnership. Attendees should pre-book a place by contacting admin@peoplematteriw.org or telephone 241494. The venue will be confirmed with attendees, but places may be limited, so please book early.

To find out more about IsleHelp, or to investigate joining, visit www.islehelp.org for details.

OTHER NEWSLETTERS

See the latest newsletter from My Life a Full Life at

<http://www.mylifeafulllife.com/Downloads/MLAFL%20newsletter%207%20Winter%202014%205.pdf>

Pinterest Board for the LTC project

There is a Pinterest Board for the Community Action LTC project available via this link <http://www.pinterest.com/ltccaiv/>. The Board is a virtual resource library for local LTC groups and it will grow over time as I find more useful resources that I can signpost groups to. If you haven't used Pinterest before, it is a virtual "pin board". It enables you to "pin" links to your different boards to build a reference of resources for yourself in all sorts of interest areas. Once you pin a link, it links you back to the original website where you can see the source of the information. You do not need to be a member of Pinterest to view the LTC project Pinterest boards or find the original web links which are linked on each individual "pin". If you want to set up your own boards you will need to register for Pinterest yourself. You will see that a number of the resources mentioned in these newsletters feature as pins on the project Pinterest boards.

This bulletin will be produced on a regular basis bi monthly as part of the Long term Condition Self Help Group development programme co-ordinated by Community Action IW.

For more information contact Claire Tillman, Project Co-ordinator on ctillman@actioniw.org.uk