



Community Action Isle of Wight *at the Riverside*

LONG TERM CONDITIONS E-NEWS MAY 2015

LOCAL NEWS

NHS England Vanguard – Isle of Wight update May 2015

On the 10th March the NHS chose the first 29 ‘vanguard’ geographies that will take the national lead on transforming care for patients in towns, cities and counties across England. The Isle of Wight was one of those chosen.

269 groups of nurses, doctors and other health and social care staff from across the country put forward their ideas for how they want to redesign care in their areas, and then helped choose the first 29 of the most innovative plans.

Drawing on a new £200 million transformation fund and tailored national support, from April the vanguards will develop local health and care services to keep people well, and bring home care, mental health and community nursing, GP services and hospitals together for the first time since 1948.

For patients, this will lead to a significant improvement in their experience of health services. It is estimated more than five million patients will benefit, just from this first wave. For example, this could mean: fewer trips to hospitals as cancer and dementia specialists and GPs work in new teams; a single point of access for family doctors, community nurses, social and mental health services; and access to tests, dialysis or chemotherapy much closer to home.

David Bennett, Chief Executive of Monitor, said: “The first wave of vanguard sites represents a practical start to transforming the NHS. We will use our expertise in areas such as pricing and system economics, alongside our oversight of foundation trusts, to help local areas develop the new models of care that are essential for the NHS and the people who use it.”

David Flory, Chief Executive of the NHS Trust Development Authority, said: “This is positive news for patients. The Five Year Forward View recognised the challenges that lie ahead for the NHS. There are some genuinely innovative plans to help us meet those challenges and with the support announced today there is an opportunity to develop better health and care services that will be built to thrive long into the future.”

Samantha Jones, Director of the New Care Models Programme at NHS England, said: “This is one of the most exciting opportunities to support change to how health and care services are delivered

for patients for a long time. The health and social care systems that have been chosen to be vanguards in this cohort embody the forward-thinking and collaborative approach to improving patient care that the NHS Five Year Forward View called for last year. NHS England and partner national and local bodies will now work with those sites to accelerate the improvements that they are making and ensure this is replicated nationally.”

Sir Sam Everington, National GP Advisor, said: “The New Care Models programme is already highlighting just how much innovative and important work is going on in dozens of local areas already. I am confident that the 29 exceptional systems which have been chosen to be vanguards in this cohort will help revolutionise both the quality of care, and patients’ experience of it, over the coming years – not just for the patients in those areas, but for every patient in England.”

The vanguards will take the national lead on the development of game-changing care models:

- multispecialty community providers – moving specialist care out of hospitals into the community;
- integrated primary and acute care systems – joining up GP, hospital, community and mental health services, and;
- models of enhanced health in care homes – offering older people better, joined up health, care and rehabilitation services.

In May 2015, the national NHS will be working with the Isle of Wight vanguard site to develop dedicated support packages to enable and accelerate change, and an intensive evaluation programme will seek evidence on what works so that this can be spread to other parts of the country.

Support will be tailored to the needs of each area, but could be a combination of peer learning and expertise in areas such as patient empowerment and community engagement, leadership, clinical workforce redesign, using digital technology to redesign care, devising new legal forms and new contractual models; and joined up procurement.

Long Term Conditions Support Groups Networking Lunch

It’s been a while since those running the whole range of Long Term Condition Support Groups had an opportunity to get together but the next Networking Lunch has been arranged for the 5th June at the Riverside, Quay Street, Newport. The meeting will begin at 11.45 and finish 2.00. Refreshments will be provided. If you are interested in attending then please contact Claire Tillman at Community Action Isle of Wight on 01983524058 or email ctillman@actioniw.org.uk

Cancer Support Groups meeting at the John Cheverton Centre

Please note the updated times and dates for the following cancer support groups that will now be meeting at the John Cheverton Centre.

- Skin Cancer patients and carers – Thursday 28th May 10.30 to 12.00
- Upper G.I. cancer - Thursday 4th June 10.30 to 12.00
- Head and Neck Cancers - Wednesday 10th June 10.30 to 12.00

The Centre is on the site of the Earl Mountbatten Hospice (Tel: 01983 535319) but there is designated parking. Once you are on the Hospice site follow the signs for the John Cheverton Centre.

Long Term Conditions Café at West Wight Sports Centre becomes ‘The Really Useful Café’

For more information contact: Krissy Llyod – Events and Grants Co-ordinator at West Wight Sports Centre on telephone: 01983 752168 or email: krissy@westwight.co.uk

Cancer Directory

Following an extensive mapping exercise of voluntary and community services that are available to cancer patients on the Isle of Wight a directory has been produced. This is in booklet form and will be made available to all newly diagnosed patients through their Cancer Nurse Specialist but if you would like to have a copy then please contact Claire Tillman at Community Action Isle of Wight on ctillman@actioniw.org.uk.

Heart to Heart

Heart to Heart is a new group for people who have a heart condition. It is a very friendly group and it meets at Whippingham Community Centre, Whippingham. The next meeting on the 24th June will be a fund raising cream tea. There is some parking at the centre. For further details please contact: Michael Jones on michael401@btinternet.com or Bob Brown on 01983 289665.

English Heritage Accessible Visits at Osborne House

This Summer an exciting opportunity has arisen at Osborne House. On six separate Fridays in June/July and September English Heritage will be opening the house and grounds at Osborne to give short guided tours for people with disabilities and those living with long term health conditions. English Heritage want to explore what works best for people who may not always be able to access what is available at their sites and are trialling a new approach at Osborne following a successful accessible visits project at Stonehenge. If you would like take part in this new venture please contact Claire Tillman 0781 1801 160. Spaces are limited and will be offered on a first come first served basis. You may also be asked to participate in one of six focus group sessions to give your feedback on your experience. If the latter interests you then please say when you book your place. Please also feel free to pass on news of this project to others you think may like to take part.

Surviving Cancer Information Programme

This is a new programme that has been developed by a multi-disciplinary team at St Mary's Hospital to support cancer patients as they come to the end of their treatment phase. There are 5 sessions running once a week covering living well, diet, and exercise. The final week is planned to be run in a 'market place' style and offers all cancer support groups the opportunity to meet those who have participated in the course and time to promote their group to them. If you are running a cancer support group please do take the opportunity to take part in the next 'market place' which is due to be run on the afternoon of the 2nd July. For more details please contact Claire Tillman on 01983524058 or email ctillman@actioniw.org.uk

TRAINING and SUPPORT

Autism Awareness Training

This is a short one off session offering an opportunity to find out about Autism. It is running on the 28th May at the Riverside from 10.00 to 1.00. Please contact Joanna Smith Healthwatch Locality Manager on tel: 01983 210461 or email joanna.smith@healthwatchisleofwight.co.uk

Community Action Isle of Wight is offering the following training courses for the not for profit sector:

Awards for All Workshop

13:00 – 16:00, Tuesday 19th May 2015

There are a few places left on this FREE workshop which will be led by Sarah Carroll, Funding Adviser for the Big Lottery. If you want to find out how to apply and what makes a good application then join us for this session. Your organisation can bid for between £300 and £10,000 and please note this fund is currently undersubscribed on the Island.

FREE ESF Training Courses

These courses are only for small organisations.

Eligibility of who can attend is on our website. <http://www.communityactionisleofwight.org.uk/what-we-do/support-for-voluntary-groups-charities/training/>

Social Enterprise

10:00 – 16:00 1st June 2015

This one day course will explore:

- Participants knowledge and attitude to social enterprise
- The difference between a social enterprise and other not for profit models
- Legal structures, tax and trading
- Elements of social enterprise
- support VCOs to be able to explore whether social enterprise is for them

CIEH Level 2 Award – Food Safety in Catering (Food Hygiene Certificate)

9.30 to 16.00 10th June 2015

This one day course will explore:

- Laws that apply to food handlers
- Food Safety Hazards
- Temperature Control
- Allergen Legislation update
- Cooking, hot holding and re-heating of foods
- Food premises and equipment cleaning
- Refrigeration, chilling and cold food storage

To secure places on any of these training courses, please complete and return the attached booking form to hello@actioniw.org.uk

Age UK Isle of Wight News

Age UK IOW's community kitchen is near completion. To begin to make full use of the kitchen Age UK IOW are offering two, four week cookery courses led by Michele Newton from Four Seasons Cooking Academy. Michele specialises in cooking for good health and wellbeing and both courses are open to those who would benefit most: carers, those with long term conditions, people undergoing chemotherapy, diabetics, those who are bereaved. The first course starts on Thursday 2nd July and the second on Tuesday 7th July. Each will run for four weeks and will involve two hours of cooking, a meal and eating together each week. Partners are welcome to join in to eat the meal made. The cost of each course is £10 to cover tuition, all ingredients and meal produced.

For further details please contact Nik Attfield at Age UK Isle of Wight on 01983 525282 or email Nik.Attfield@ageukiw.org.uk

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/ltccaIW/>. 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