

LINK News

Learning Disability Campaign

The LINK agreed to sign up to the 'Getting it right' campaign to improve the rights of people with a learning disability to equal healthcare. More information at: www.mencap.org.uk 020 7454 0454

Annual Report

The LINK's annual report (1 April 2009 – 31 March 2010) is now available. It can be downloaded from our website:

www.bhlink.org/our-work/link-reports.phuse

LINK Annual Event

Don't forget to come along to our annual event on Saturday 24 July – come along anytime between 11.00 and 15.00, to The Lighthouse, 28 Kensington Street, Brighton. There'll be lots to do – craft activities, music, beauty, food and health information, and best of all it's all free! No need to book.

The LINK is delighted that Children's Parties Sussex have offered their services free of charge at our annual event.



Professional children's entertainers for two years to teens, they will be performing face painting at our event.

There are over 40 different themes to choose from, and of the two entertainers will be dressed as your child's favourite characters; Ben 10 or Sleeping Beauty, to name a few.

The experienced team are available to offer advice on any aspect of planning your perfect party and work across Sussex, Surrey and Kent. With competitive rates and a variety of things to keep your little ones entertained, Children's Parties Sussex will have a package to suit you.

For more information visit the website: www.childrenspartysussex.co.uk or call 01273 723 935

Nutrition Report

The LINK has completed their report on nutrition at the Royal Sussex County Hospital. This has been submitted to the East Sussex Health Overview and Scrutiny Committee (HOSC).

As this was a commissioned piece of work this report is not available until HOSC releases their final report on nutrition.



Meetings and Events

The LINK and its manager attended a number of events and meetings this month, including a national patient experience conference, a meeting on commissioning, a regional LINK meeting and long term conditions.

What's inside LINKletter?

The latest news and information on health and social care. • Update on LINK activities • Opportunities to take part in surveys and consultations to improve health and social care

LINK News



Opportunities with Brighton and Hove LINK: Researcher

This is an interesting role and can be done in your own home (if you have access to a computer and the internet). This role could involve:

- undertaking data analysis
- developing surveys, questionnaires and focus group topics
- reporting back findings
- undertaking background research into key health and social care issues
- undertaking, transcribing and coding research interviews/surveys.

More information from our office or visit our website, www.bhlink.org/get-involved/volunt/link-researcher.phuse

This month we've been asking service providers about:

- Diabetes
- Lesbian, gay, bisexual and transgender issues
- Dentistry
- Chlamydia screening.

If you have anything to say about these issues, contact us. The more views the LINK receives the more we can do to help!

Here's what you've been telling us in April:

- "I was told the out of hours GP service was so busy and wouldn't be able to call back for several hours."
- "Patient transport never turned up."
- "Physiotherapy waiting list is too long."
- "Diabetes test strips are not available to me on prescription."

Got something to say about local health and social care? Tell us!

LINK in the Community

Val Young (LINK Development Worker) and Janet Chater (LINK Steering Group member) attended the Disability Summit held at the Corn Exchange on 24th June. The aim of the Summit was to bring together key members of disability organisations and groups across the city to agree on how the interests of disabled people are best supported and represented. Discussions were held about exploring the possibility of a City Centre for Independent Living (CIL) and workshops focused on personalisation of Social Care Services.

The LINK has been allocated an area in the Outpatients Department at the Royal Sussex County Hospital to have a regular information stand. This will start early July, so look out for us on Wednesday mornings.

Local News

Synergy's Creative Community

by Charlotte Irtelli, LINK Administrator

The LINK is very proud to have local project Synergy performing live music at the LINK's free annual event on Saturday 24 July (The Lighthouse, 28 Kensington Gardens, from 11.00 – 15.00).

Synergy is a co-operative of people from diverse backgrounds, and was set up in 2008 by Odi Oquosa ("survivor, artist and shaman"), Lana Jackson (clinical psychologist), and Liz Ikamba (carer and artist). The project was set up to promote alternative forms of support for people experiencing mental health problems. This includes peer support through creative expression – music, art, dance, massage, theatre and advocacy.

Empathy and compassion are the focus of Synergy's work, and they actively encourage participants to identify their creative passions, giving people the confidence to take up meaningful roles within the community. Synergy hold weekly music and creativity sessions for inpatients at Mill View Hospital; users of the service say it gives them a feeling of belonging.

The music jam sessions ensure inpatients feel valued and supported, giving a feeling of liberation and emotional release through self expression.

One facilitator and ex-service user says of the group: "I feel I am contributing to the healing process, not only for the rest of the group, but for myself. And once you're back into contributing something to others and society, you naturally feel more worth."

Synergy will shortly be releasing a newsletter and website to promote their non-stigmatising message about mental health.

They also hold weekly music and creativity sessions in a local venue and monthly community meetings where people share their experiences of recovery. There is also a chance to see presentations and have discussions with health professionals.

There are lots of ways that you can get involved; Synergy will shortly become a CIC community interest company, and are looking for a Trustee who can help with accounting and finance. Please use the contact details below to express an interest.

Synergy welcomes anyone who has an interest in art, music, dance, theatre, volunteering and alternative therapies, and who would like to share their skills to support this important project in supporting the wellbeing of the community.

The therapeutic effects of music and art are undeniable, bringing comfort and joy to many. You can't beat the feeling of hearing your favourite song on the radio, or looking at a beautiful piece of art. Self expression is a way to release pent up negative feelings giving a feeling of wellbeing and positivity – the message of this project is inspirational.

Synergy Creative Community: West Hill Hall, Compton Avenue, Brighton BN1 3PS. Telephone 07738 974610. Every Tuesday 12.00 – 17.00 and 12.00 – 21.00 every second Tuesday of the month.



"I feel I am contributing to the healing process, not only for the rest of the group, but for myself. And once you're back into contributing something to others and society, you naturally feel more worth"

Local News



Healthy Living Day

Saturday 10 July 2010, 10.00 - 16.00 Jubilee Library, Jubilee Street, Brighton BN1 1GE

NHS Brighton and Hove are working in partnership with Jubilee Library to bring you the Healthy Living Day, on Saturday 10 July 2010. The event will take place at Jubilee Library from 10.00 – 16.00 and is open to everyone.

There will be plenty of stalls hosted by representatives and advisors from Heath Walks, Community Midwives and Take Heart. Members of The Albion Football Club and Active for Life will be parachute jumping.

Don't miss this fantastic opportunity to get information and health advice at the Healthy Living Day. You may be inspired to make some serious life changes!

GP Patient Survey results

The results of the National GP Patient Survey 2009/10 were recently published. Four times a year a different sample of 1.4 million adult patients registered with a GP in England received a questionnaire, with patients able to complete the survey on paper, online or by phone.

The overall response rate to the survey is 39%, based on 2,169,718 completed responses.

Patients Association Director Katherine Murphy said:

“We know that satisfaction with GP services is generally good, but it seems the same old problems still arise.

“Whether it’s not being able to access appointments or not feeling your doctor has communicated well with you, far too many people are still not getting a good enough service.

It is simply not good enough that 1 in 5 patients felt they weren’t able to get a quick appointment and 1 in 10 patients weren’t satisfied with the care they received.”

To look up the results for your local practice look for Brighton and Hove PCT in the list and download the file: <http://www.gp-patient.co.uk/results/pct/>

Aged 50 and over?

Sometimes it's hard to start a new activity on your own. If you're aged 50 or over and live in the Queens Park, Turner or Craven Vale areas in Brighton, then lifelines, an Age Concern project, can help you find your very own Activity Partner – this is someone of a similar age who can help get you started and encourage you on the way.

You can try whatever activity you want, be it walking, swimming, joining a social group, exercise classes, Tai Chi, badminton – anything you feel capable of and comfortable doing.

To find out more contact Janette Palfrey or Gwyn Chanlewis on 01273 508118 or email lifelines@ageconcern-bhp.org.uk



Your chance to have say in Consultations

You can access consultations in all areas of community life in Brighton and Hove from the city-wide consultation portal. Go to:

<http://consult.brighton-hove.gov.uk/portal>

National Health & Social Care News

Thousands abandon Accident and Emergency (A&E) because of long waits

According to The Sunday Telegraph hundreds of thousands of patients leave accident and emergency departments in England every year because of the length of time they have to wait to be treated.

The Government say the figures, which have been collected but never published, expose 'the failings of Labour health targets which encouraged hospitals to treat non-urgent cases ahead of seriously ill patients'. In the new Operating Framework for the NHS, it has been announced that there will be a reduction of the 4 hour A&E target threshold from 98 per cent to 95 per cent over the next year.

What is your experience of A&E in Brighton and Hove? Let the LINK know.

New Government Programme

The new Coalition Government has published its coalition agreement, which outlines its programme for working as a partnership government. Key points include:

- Develop a 24/7 urgent care service in England and provide GPs with greater incentives to tackle public health problems
- Strengthen the role of the Care Quality Commission and Monitor, the Foundation Trust regulator
- Guarantee year-on-year increases in health spending and end top-down reorganisations of the NHS
- Introduce directly elected members of primary care trust boards to provide a stronger voice for patients locally
- Establish a commission on long-term care and break down the barriers between health and social care funding
- Extend personal budgets for social care, introduce direct payments for carers and improve access to respite care
- Help older people to live at home for longer through home adaptations and community support programmes
- Prioritise dementia research
- Reform the Access to Work programme, so people with disabilities can apply for jobs with funding already secured for any adaptations and equipment

Government spending on psychological therapies

The Government has just announced its plans to continue to invest £70 million into psychological therapies designed to treat common mental health problems such as anxiety and depression. Since 2007, the Improving Access to Psychological Therapies (IAPT) scheme has focused on increasing access to talking treatment Cognitive Behavioural Therapy (CBT).

Speaking on behalf of the We Need To Talk Coalition, which campaigns on talking therapies provision, Chief Executive of Mind Paul Farmer said:

“Mental health services have long been an easy target when budgets are slashed, and we are delighted that the new Government will continue plans to invest in crucial talking treatments.”

www.mind.org.uk

New website for families and friends of people with psychosis

A new website gives information, advice and support to relatives and friends of people with psychosis www.mentalhealthcare.org.uk

The site includes film interviews with health professionals and researchers, sections for visitors to the site to submit general questions and summaries of research about psychosis, written in plain English.

End of Life Care

The General Medical Council (GMC) has launched new guidance 'Treatment and care towards the end of life: good practice in decision making' which comes into effect on 1 July 2010.

The key purpose of the guidance is to help doctors navigate the complex issues often raised in such a complicated and sensitive area of health care.

Equality, dignity and respect for the individual are key themes in the guidance. It also emphasises that improving communication between all concerned is vital to providing good care towards the end of life.

You can view the guidance at: www.gmc-uk.org/guidance/ethical_guidance/6858.asp or telephone 0161 923 6602.

Health and Wellbeing

What is colposcopy?

What is it?

A special magnifying camera is used to examine the cervix, which is painted with two special solutions that stain any abnormal cells. A biopsy is then usually taken of these cells.



Why might you need it?

It's usually done after two abnormal smear test results or one more severely abnormal result.

Will it hurt?

It might be uncomfortable. If a larger biopsy is required, a local anaesthetic should be injected beforehand.

What will it reveal?

The presence of any abnormal cells in the cervix.

'Satiety Index'

This is a measure of how long a particular food will stop you from feeling hungry.

What are the top ten most filling foods?

1. Potatoes (323% more satisfying than white bread)
2. Fish (225%)
3. Porridge/Oats/Oatmeal (209%)
4. Apples (197%) and Oranges (202%)
5. Wholewheat Pasta (188%)
6. Beef (176%)
7. Beans (168%)
8. Grapes (162%)
9. Wholemeal Bread (157%)
10. Popcorn (154%)

Did you Know?

Researchers found that the typical office desk has around 400 times more bacteria than the average loo seat! Women's desks are three times more toxic than men's. This may be because women are more likely to eat and apply make up at their desks, leaving behind particles for bacteria to feed on. So please clean your desk.

Stay Safe in the Sun

- Keep out of the heat - avoid the hottest part of the day (11.00 – 15.00)
- Stay cool
- Drink regularly
- Check on people you know who may be at risk.

www.brightonandhovepct.nhs.uk/healthyliving/heatwave



Do you brush your teeth every night?

43% of people said they don't.

Brushing twice a day is a must. If you don't, you're giving the germs in your mouth time to multiply, especially since the production of bacteria-killing saliva decreases when you sleep. All this can lead to cavities (holes in teeth) and gum disease – and studies suggest that the bacteria responsible for gum disease may also play a role in heart problems.

Remember to let the LINK know if you have problems with NHS dentistry.

Do you wash your hands after using the toilet?

Hand washing is the single most effective way to prevent the transmission of disease of almost any kind. So, please wash your hands after using the toilet. And do it properly: according to a recent study 63% of women washed their hands after using the loo but only 38% used soap (a must) and only 2% did it for ten seconds or more. www.patient.co.uk recommends 15 seconds.

Complaints

Brighton and Hove LINK is not a complaints service, we look at wider issues affecting people rather than issues that solely affect individuals. If you have a concern about an NHS service your first point of contact should be the Patient Advice and Liaison Service (PALS) at the relevant Trust. If you want to make a complaint but are unsure how to do this contact the Independent Complaints Advocacy Service (ICAS). They can help provide more information about the NHS complaints process and what it involves and provide support.

NHS Brighton and Hove PALS: 0800 013 0251

Brighton Sussex University Hospitals NHS Trust PALS: 01273 696955 ext 4029

ICAS: 01424 437491 Social Care: 01273 295555 (access point)

LINK Newsletter

Accessibility

We try to write this newsletter as clearly as possible. To ensure the information is accessible we:

- avoid jargon
- use plain English
- explain all acronyms
- provide easier to type links to webpages
- provide a telephone number, not just a website link
- produce the newsletter in other formats (on request)
- provide the newsletter as a download from the LINK website

Contributions

Brighton and Hove's LINK newsletter is issued every month, if you have an article that you would like considered for inclusion please email or post by the 20th of each month.

Making it better

We want to know how the newsletter can be better, we are always trying to improve. Let us know by contacting claire@cvsectorforum.org.uk

Saving Resources

After you have read the newsletter please forward on to anyone who you think would find it useful. Wherever possible we email the newsletter to save resources.

Disclaimer

The views expressed in this newsletter do not necessarily represent the views of the Brighton and Hove LINK. The LINK accepts no liability for any inaccuracies or omissions in this newsletter. Content of the newsletter is for general information.

Tell us what you think of health and social care services in Brighton and Hove and you could win £25 in M&S vouchers*. So not only will you help to improve local services but you will be in with a chance of winning £25.

**Each month we will select at random one individual who has given us their comments and award the prize.*



Linkadmin@cvsectorforum.org.uk

01273 810 235

You can also text us on 07833

591795

You can now follow us on

www.twitter.com/bhlink and

Facebook - Brighton and Hove LINK.



Freepost RSGY-UXAC-ZZZG

Brighton & Hove Local Involvement Network

BRIGHTON

BN1 4GQ

What does it mean?

A glossary of health and social care terms

Advocate	a person who supports someone and can act on their behalf
Clinical	of, or for, the treatment of patients
Commissioning	the means by which the best value is secured for local citizens and taxpayers ie the best possible health and wellbeing outcomes, and health and social care provision, within the resources available
Health provider	an organisation which offers services to improve people's health
Intermediate care	alternative to general hospital admission for treatment. Also provided to allow patients to be safely discharged from hospital & complete their recovery at home or other suitable place, such as a community hospital or nursing home
Joint commissioning	usually refers to NHS and social services working together to agree spending plans to get the best service for those who use their services, such as mental health service users, physically disabled people, older people
LINK Action Group	a small group of people who meet to discuss issues and agree actions on a defined topic
LINK Steering group	the group of 15 elected people who lead and coordinate the activities of the LINK (Local Involvement Network)
NHS	National Health Service
NHS Trust	could either be a commissioner or a provider trust. Primary care trusts are often both commissioners & providers
PALs	Patient Advice Liaison Service – an in house service providing information & help to NHS patients
Primary care	care provided by GP's and the team who work with them in their surgeries, health centres & by dentists, pharmacists & opticians
Primary Care Trust (PCT)	the main commissioning body in the NHS. PCT's have replaced health authorities. The PCT in Brighton & Hove is now called NHS Brighton and Hove
Providers	Hospital Trusts, GP's voluntary organisations & sometimes private institutions who provide health care according to their contract with the PCT
Social care provider	an organisation which offers services to help support people

Providers in Brighton and Hove

Brighton & Hove City Council (BHCC)	provides Social Care Services (commonly known as Social Services) to protect, care for and support vulnerable people to enable them to live as full and independent lives as possible.
Brighton and Sussex University Hospitals (BSUH)	regional teaching hospital ; provides general and specialist acute hospital services working as one teaching hospital across two sites, Royal Sussex County Hospital and Princess Royal Hospital
Children and Young People's Trust (CYPT)	brings together education, health and social care for all 0-19-year-olds (and up to 25 years for those with special needs)
South Downs NHS Health Trust (SDHT)	provides community, rehabilitation, specialist and, in co-operation with the Children and Young People's Trust, children's services for people living mainly in the Brighton and Hove area
South East Coast Ambulance Service (SECAMBUS)	responds to 999 calls from the public, urgent calls from health professionals and in Kent and Sussex, and provides non-emergency patient transport services
Sussex Partnership NHS Foundation Trust (Sussex Partnership)	provides specialist mental health, learning disability and substance misuse services in and across Sussex.