

Saddleworth Carers Group

We are a social group aiming to provide information, and fun, to all our carers who look after someone with memory problems. Meetings are from 10.00am until 12noon on the second and fourth Friday at the Sacred Heart Church Hall, Uppermill. Forthcoming programme:

- 12th April, 2013 - Update on support for Carers.
- 26th April, 2013 – Royal Society for the Protection of Birds discussion.
- 10th May, 2013 – Day out to Port Sunlight
- 24th May, 2013 – Age U.K on benefits.
- 14th June, 2013 – History of the Huddersfield Canal Society.
- 28th June, 2013 – Walk to Navigation Inn for pub lunch.

EVERYONE CAN BE A DEMENTIA FRIEND

It is estimated that half of those born after 2007 could live past 100 and by 2110, 25.4 million of us in the U.K. will be over 65. It is good news we are all living longer but it is also estimated that one in three people over 65 will have some form of dementia when they die. No country will be able to provide sufficient support for these people and their carers without assistance from members of the community.

That is why the government is keen to recruit one million **Dementia Friends** by 2015. It is vital more members of the community understand the challenges of living with this condition and how a greater understanding can result in considerate acts of kindness and compassion. From helping with a bus timetable to spending an hour with an elderly relative, there are many ways we can all improve the well-being of people living with dementia and their carers.

Your Patient Participation Group already supports a thriving group in Uppermill, see article above on Saddleworth Carers Group.

There can be no doubt that the Uppermill group is helping many people and now we have a Dementia Champion, Helen Morris of Dobcross, who is volunteering to take the **Dementia Friends** initiative forward. Dementia Friends Information Sessions will run Upstairs at The Swan, Dobcross on Thursdays 11th; 18, 25th April and 2nd May, 2013, 7.30-8.30 p.m. Attenders will gain knowledge about the condition, receive a **Dementia Friend** badge and be asked to think about one small change that may help someone living with dementia. You can book online at www.dementiafriends.org.uk, register at the bar or just come along on the night.

Helen has just completed an MSc in Dementia Care and recently ran a successful session for staff of No 10 Downing Street. Following the Dobcross sessions, she hopes to run more in all the other Saddleworth villages. If anyone knows of a willing publican or other accommodation provider who could offer a room at no cost, please let her know on 07976 702 171 or Helen@close-communications.com. Helen is also aiming to develop small drop-in sessions in willing public venues in every village for people living with dementia and their carers to meet, chat, sing and have a great time.

USEFUL NUMBERS

Age Concern: 0161 633 0213

Bereavement Service: 0161 627 8207

Citizens' Advice: 0161 620 9317

District Nurses: 0161 484 1460

Health Visitors: 0161 484 1470

Podiatry: 01457 870424

Social Security: 0161 912 8000

Alcohol & Drugs services: 0161 624 9595

Carers' Centre Oldham: 0161 770 1188

Complaints' Dept (PCT): 0161 622 6430

Dr Kershaw's Hospice: 0161 624 2727

Patient Advice and Liaison Service: (PALS) 0800 389 8679

Smokefree 0800 328 8534 or 0844 873 0032

Social Services: 0161 770 3730



Patient Participation Group

News Letter

Spring 2013

Mission Statement: To represent the views of the patients and to ensure that they have a voice that enables their needs and levels of healthcare to be delivered

YOUR PATIENT PARTICIPATION GROUP'S WORK WITH THE PRACTICE

The Mission Statement at the head of this newsletter clearly indicates the role of your Patient Participation Group (P.P.G.) with the Practice. This coupled with the main thrust behind the recent legislation contained in the Health and Social Care Act, '*No decision about me without me*', encapsulates the role patients should have with their G.P. in determining future treatment. Wherever possible, treatment should be decided **jointly** after a discussion between the patient and G.P.

In the financial year 2012/2013 the practice was involved **jointly** with the P.P.G. in looking at the service provided through a survey which had to be submitted to the Primary Care Trust by the end of March, 2013.

This is the second successive year there has been such an exercise. Last year the emphasis was on communication and the role of carers; an action plan was developed which has been largely implemented. Last year those under 16 were excluded from the survey. This year after the appointment of the Youth Development Officer (Y.D.O.) as a member of the P.P.G., it was decided by the P.P.G. and the Practice they would **jointly** survey those aged 11 to 25. The Y.D.O. has played a dominant role in the survey and the views of 144 have been elicited.

The average age of the P.P.G. is over 60. For them the language used by the age group surveyed through twitter, facebook and other social media can lack clarity and real meaning. In short there is a generational gap between the 2 groups which needs to be addressed.

Communication was therefore again at the forefront of the survey but because school children who perform the role of carer are often missed, the survey aimed in the long term to examine what special support was needed for the group.

A full analysis of the data produced from the survey together with the action plan can be found on the Practice's website www.saddleworthmedicalpractice.com. On Page 2 of this newsletter the action plan for this year is re-produced

PLEASE NOTE THE PRACTICE IS ANXIOUS TO GIVE SUPPORT TO ANYONE IN THE AGE GROUP SURVEYED WHO IS A CARER.

Patient Transport Update

Arriva Transport Solutions Limited is taking over patient transport to and from hospitals in April. Healthwatch are monitoring the impact. Any complaints or comments should be sent to info@gaddumcentre.co.uk or 0161 834 6069

Exciting Plans for our Much Loved Delph Clinic...

The Practice is extremely pleased to announce that we have had plans approved to develop our clinic at Delph to provide a much-improved health facility for our patients. We have been in discussion for over five years with the PCT to bring new facilities to Saddleworth and we are very excited that we are now on our way.

Works are expected to start on site during June, with the project expecting to run across an approximate 40 week construction period. Each and every external material is to be reviewed and approved by the planning department to ensure that the building compliments its local surroundings.

We understand that whilst most patients will be pleased with this news, there will be some worries about disruption to our every day lives during the period of building the new clinic. Because of this we will ensure that we work very closely with our project managers Community 1st and Wardens Construction, who are part of the Considerate Construction Scheme, will be the principal contractor for the works.

We are keen to keep you up to date on progress and as such a local community meeting will be held at which Wardens will discuss how the clinic is going to be built. Any potential concerns about the build process may also be raised and taken into consideration. Date to be announced...*watch this space*...

Action Plan from the 2012 Survey

Confidentiality was again an issue and from the feed back received the PPG felt that the confidentiality screen at the reception desk had lost its purpose due to the number of posters, which will now be removed and appropriate signage will be used to identify the screen. The following actions are all age specific i.e. for ages 11 to 25.

- Compile leaflet covering confidentiality and other information mentioned below.
- Various social media to be developed to increase communication.
- Age Group section on the website to be developed.
- Close liaison between the P.P.G. and Health and Wellbeing sub-group to ensure both groups are working to same agenda.
- Work with the Health Forum Carers' Group (see Page 4) to explore additional provision needed for age group.
- Practice to promote awareness workshops regarding sexual health available to age group.
- Liaison with Oldham Alcohol and Substance Intervention Service to explore advice for age group.
- Liaison with Saddleworth School to explore ways in which the Practice and the School can work together to improve the health and wellbeing of the Practice's pupils.
- Any modifications to the T.V. monitor in Uppermill Waiting Room should include slots for age group.

Know 4 Sure Campaign...

When it comes to cancer, there are 4 key signs to look out for:

1. Unexplained blood that doesn't come from an obvious injury
2. An unexplained lump
3. Unexplained weight loss, which feels significant to you
4. Any type of unexplained pain that doesn't go away

Chances are its nothing serious, but finding it early makes it more treatable. So if you notice any of these signs, tell your doctor.



Youth Page



We need You!

If you are aged 11 – 19 we would like you to be involved with the youth forum. The youth forum is brilliant. You try new things and get involved with fundraisers and other organisations; we helped with the practice survey and will contribute to the PPG newsletter each time. You get to make things different for your generation and you feel proud when people ask you to join in with things. Youth forum helps you to grow in confidence and helps you become more aware of the things around you. It feels like a family wanting to change things for the community. The next meeting is 15th April 4.00pm at Saddleworth Children's and Youth Centre (formerly the Satellite) at the end of Wellington Road.

A young Carers group has been piloted and will run every two weeks from Monday 15th April. Three of the young women involved have already planned a programme for their peers and fed information in to the youth forum. We hope that they will join the forum eventually. One of them has also started to volunteer at a newly set up junior club in Diggle held on Mondays.



On Saturday 9th March, we took part in an international women's day event. This event was for the entire Borough and was hosted at Royton Youth Centre. Lots of girls turned up aged 8-18, the organisers had arranged different activities there was something for everyone. The Activities included, jewellery making, "what it means to be a woman" workshop, card making, face painting, and 'Trashion'; we made clothes out of rubbish and bin bags everyone had a laugh, especially the staff. The organisation KOGS (Keeping Our Girls Safe) came and talked to us

about keeping ourselves and friends safe. We mixed with girls from other youth provisions across Oldham.

Grove Girls are back, and coming to a garden near you! Over the Easter break (weather permitting) we are planning to finish the gardens we were rained off from last September. This time we won't be just tidying them up, we are going to be planting some bulbs and flowers, so they look like award winning gardens by summer. (We are very confident, even though we don't actually know much about the plants yet).

The daft things we say...

Youth forum member: "are small daffodils what we make daisy chains with?"

Other youth forum member: "no those are daisies!"



For more information:

Call the Saddleworth Children's and Youth Centre on 0161 770 5864 or email
Sue.Palfrey@oldham.gov.uk