



LINK News

Stockport Local Involvement Network

DECEMBER / JANUARY EDITION

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The LINK's 200th Member!

In October 2009, one day after their first birthday, the Stockport LINK reached their 200th individual member, Wendy Holden from Bredbury who signed up to the LINK at Bredbury Green & Goyt Valley's Sure Start Children's Centre in Romiley.

The Stockport LINK wanted to celebrate this milestone, so visited Wendy at home with a bunch of flowers and some chocolates thanking her for becoming part of the LINK.

Since this milestone number, the LINK have grown even more, we now have close to 300 individual members and including those within groups have a grand total of around 3000 people involved in the LINK not including those we reach through other organisations Newsletters!

The LINK strives to be representative of Stockport all the time and with our membership growing every day, we are getting closer and closer to this goal. The more people involved, the bigger our voice can be and we look forward to our next milestone member!

Letter from the editor



Joyce Drummond
Editor and lead on
Publicity & Promotion
Subgroup

Hello, and welcome to **LINK News, the Newsletter for Stockport LINK (Local Involvement Network)**.

Firstly, I have a correction to make from our last Newsletter where in the earliest issues we reported that the Mayor attended our Birthday Party. Unfortunately, there was a family issue and he was unable to come. We send our best wishes to both the Mayor and Mayoress and their families.

We would like to thank Dave Goddard, Leader of the Council, for stepping in at such short notice to give a speech for us. You can see photographs from the event and Dave Goddard's views on page 5.

This issue of LINK News is packed full of information about what we are doing and about changes in Health & Social Care in Stockport. On the next page, you can see everywhere we have been in the last few months and on page 5 we have some photographs taken at our birthday celebration. See if you can spot yourself!

On page 4 we get our heads around the

Common Assessment Framework and hope to explain it to you.

We have an article on our work programmes on page 6, check them out and see if you can see anything you'd like to be involved in.

We report on our visits to local colleges in page 7 as well as how I got on when I visited the fire service.

On page 8 we have an article about The Big Care Debate in October which members of the LINK attended along with the public.

Page 9 brings us some brief news from several services in Stockport while page 11 brings news of some of Stockport's new services including brand new service FLAG for local people.

As always, on page 10 we have our upcoming events page, hopefully we will see some of you on our trips out over the winter months.

I hope you have a lovely festive season and a great New Year, and I'll join you again for our next issue of LINK News.

Joyce Drummond
Editor and lead on Publicity
& Promotion Sub-group

Winner of our Birthday competition

In our last Newsletter we ran a competition for our readers to celebrate our first birthday in style by winning a £25 high street shopping voucher.

The lucky winner is Jean Richardson of Offerton who entered after joining the LINK and picking up her copy of LINK News from St Alban's Church during their Health & Flu Information Event.

We visited Jean at her home on 26th November to present her with a £25 high street shopping voucher.

Congratulations, Jean and we hope you enjoy being a part of the LINK.



The LINK goes on the road



During October and November we have attended many events to promote the LINK as Publicity and Promotion lead Joyce Drummond reports:

“We have been out & about again with our LINK information. In October our Development Officer Kirsty and I went to Bredbury Green Primary School and Resourced Nursery for their Family Friday Fun Day hosted by Sure Start, where there were lots of toddlers and their parents. We signed up more members to the LINK, including our cover story 200th member!

On Wednesday 7th and Thursday 8th, LINK member Gerry and myself were at Morrisons. It is nice to be able to talk to people about who we are and what we represent. We took the opportunity to tell them about LINK as a lot of people had not heard about us.



Myself and other LINK members Pat and Stan went along to Offerton and Reddish to Health & Flu Information Events on 15th & 16th October. They were very interesting, people were coming to us saying they were members of LINK, it was nice to know we have been reaching out to the wider community. We were able to give help where it was needed and point people in the right direction to the other organisations who were present.



On 28th October we visited Young at Heart in Bridgehall which was hosted by the Neighbourhood Renewal team aiming to offer information, advice and guidance on a range of services and activities to older residents in Adswold & Bridgehall. It was well planned, the layout of the room was good and all advisors were able to communicate with each other. We were in a good position and had quite a number of interested

people many signed up and we met two who were already members. It was a busy morning with a lot of visitors of mixed ages.

On 13th November, I took our stall to Sainsbury's in Stockport to promote the LINK to shoppers where I was joined by Kirsty, Gerry and David. We got many people signed up on the day and were able to get the word of the LINK out to the centre of Stockport.”

Local funding event a success

On Saturday 27th November, the Safer Stockport Partnership held *You Say, We Pay*, a community event for residents of Adswold and Bridgehall to vote on presentations given by local groups bidding for funding for activities.

Amongst those bidding were LINK members the Evergreens, who were successful in their bid for funding to hold tea dances and tai-chi classes. Other bids included Adswold & Bridgehall Youth Forum who were looking for funding for a BMX track and workshops for young people and Young Parent's group Funky Fridays who were looking for funding for self-defense classes.

The event lasted two hours, including time for presentations, voting and a hot lunch. The LINK went along with our stall to spread the word of the LINK to community groups from the area. Residents enjoyed the day, many commenting on the worthiness of all the community groups presentations. By the end of the event, around £21,000 had been awarded to local community groups, based on votes from the audience to whether the groups got all, most or some of the money.





Member Profile: ACCA



Stockport's African & Caribbean Community Association (ACCA) have been members of the LINK from the very beginning. Tolu Fiberesima, chair of the association talks about his group:

ACCA is a collective of African, Caribbean and Dual-Heritage people in Stockport, working together to develop infrastructure, support and advocacy for the benefit of our community.

We aim to promote equality of opportunities, to ensure that our social, economic environmental and intellectual needs are met by supporting our young and older people, holding collective cohesive seminars, conferences, and celebration events.

We joined the LINK as we aim to work in partnership with organisations that contribute to the improvement of the lives and health of people from African, Caribbean and Dual-Heritage community groups and with those organisations that supports senior citizens, people with disability, gender equality and young people in our community.

Common Assessment Framework

On 28th October LINK members joined an audience invited to a consultation exercise hosted by Stockport Adults and Communities on the Common Assessment framework.

In February Stockport beat off fierce competition to become one of nine demonstrator sites looking into bettering the quality and efficiency of care and support through improvements in the sharing and use of information. Stockport's project focuses on Continuing Care, so covers people with a wide range of significant physical and mental health needs who require assistance from health, social care and third sector hospitals.



The aim of the project is to deliver an effective model identifying appropriate use of shared records, virtual views, information exchange and workflow messaging.

The consultation focused on the user involvement in the process and on what needs improving. We were invited to contribute our views and opinions on the matter. The project aims to focus on ensuring that service users have a say and are involved in their own health and social care, especially as personalisation and personal budgets are introduced.

During the consultation we were split into groups and asked our views on what needs improving when it comes to user involvement in the Common Assessment Framework process. Our views were collected and organised, and we were then asked to prioritise the ideas.

By the end of the consultation, the groups were brought back together and our ideas were combined. It became clear that there were very clear priorities set out for the project based on the ideas of the guests.

A report will be written and will be available from the LINK website: www.stockportlink.co.uk. Alternatively, call the LINK office to be sent one in the post.

The LINK's birthday celebration!



In our last Newsletter, we reported that on 1st October, the LINK celebrated our first Birthday. We were joined in our celebrations by esteemed guests including Leader of the Council Dave Goddard and Councillors June Somekh and Walter Brett.

Here are a few photographs taken at the event. We had a great time and it was lovely to meet so many LINK members at once!



L-R: Dave Goddard, John Leach, June Somekh, Gerry Wright, Kirsty Bagnall & Walter Brett



L-R: LINK Members Mike Hannah & Jackie Sanderson



LINK members and guests sit down to listen to presentations and speeches.



The Stockport LINK 1st Birthday cake



L-R: LINK Members Annette Donegani & Janet Metha



L-R: LINK Members Brenda Cottrell, Janet Brown & Helen Cooke

The LINK in the Stockport Express

In the 8th October issue of the Stockport Times, Leader of the Council Dave Goddard wrote about the Stockport LINK's birthday party. Here is a snippet from the article:

“ I was delighted to attend the first birthday party of the Stockport LINK and I had the opportunity to congratulate the group on its work over the first year... A year ago I was delighted to be invited to the launch of the LINK which I attended with two of our local MPs and the late Councillor Maggie Clay, who was then our executive member for health.

At that time lots of the groundwork had been done to launch this new initiative and we were all very hopeful that the LINK would be able to make a major contribution to improving our local health and care services.

Our hopes are being realised. Since the launch, the LINK has been proactive in the community, building and strengthening the local knowledge about the service and raising awareness of the need for local involvement in these crucial services... I congratulate the Stockport LINK for such a successful first year, I look forward to the contribution they will make to improving all aspects of care in our borough and I wish them continued success.





The LINK have been working very hard at developing our Work Programmes, issues we have identified that need looking into. On these pages are two of many work programmes the LINK are working on. Please get in contact if you would like more information or if you would like to be involved by calling the LINK Support Office on **0161 477 8479**.

Mental Health Carers

This subgroup is for people interested in improved services for people with mental health problems and their carers.

The aim of the group is to identify areas where services can be improved. **There are many issues the group are looking into, including:**

- What happens to people with mental health problems when their carer is no longer able to care for them or has died?
- Establishing what the provision of accommodation is in Stockport for various age ranges.
- Continuity of Community Psychiatric Nurses and Support Workers.
- Medication supervision and avoiding a crisis.
- Listening to carers and confidentiality.
- Better training for GPs.
- Co-ordination of physical and mental health care.
- Easy access back into the system after a period of stability.
- Across area boundary agreements
- Psychological therapies and counselling for those with long and enduring mental health problems.
- More flexibility for appointments, for example blood tests locally rather than at the hospital.

The subgroup are always looking for suggestions for improvement or issues to look into.

If you feel you have something to offer this group call the LINK Office on **0161 477 8479**.

Complaints procedures

The LINK have received feedback on issues surrounding complaints procedures.

Members of the LINK and the public have reported issues with communication and the system when they want to make a complaint within the hospital.

The LINK are looking for member experiences with the complaints procedure and are also looking for LINK members to join this group.

This group will run until March 2010.

If you are a LINK Member and want to join this group, call the LINK Office. If you are a member of the public and want to join this group or want to feedback on this issue, call the LINK Office. The LINK Office telephone number is **0161 477 8479**.

Home care for vulnerable people

The LINK are looking into home care services for older people, people with learning difficulties, disability and mental health illness.

The aim of this task group will be to find out how people who receive homecare find local services, if there are any issues and what can be done to tackle them.

The desired outcome of this work will be that local people have confidence in the way home care services are delivered.

Research will be done into this service to find out more information.

This group will run until April 2010.

If you are a LINK Member and want to join this group, call the LINK Office. If you are a member of the public and want to join this group or want to feedback on this issue, call the LINK Office. The LINK Office telephone number is **0161 477 8479**.



The LINK visit the Fire Service

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On November 10th, LINK member Joyce Drummond went along to the fire station at White Hill and met Robert McHugo who is the Community Fire Officer.



“ I went to speak to them about their Fire Risk Assessment Service and their specialist services for deaf and hard of hearing people. When requested they will come to your home to assess it for risks. This can include smoke detectors, overloading plugs, wiring, escape plans and trip hazards. All this is free of charge and they come in the fire engine at times to suit you.

They also have training classes in the borough, working alongside Age Concern Stockport, Independent Options and Gatley Rotary Club to let people know of the help available.



Also for deaf and partial hearing people there are several items of help again free of charge, smoke detectors with ten year batteries, vibrating pads, flashing lights by the bed.

The Fire Service also has a General Fire Safety Team who trains carers for signs of fire and how to prevent one starting. They talk to young people about arson and the consequences, and car thieves of what their actions can do.

Anyone can get a free Fire Risk Assessment by calling **0800 555 815**. Greater Manchester Fire and Rescue Service will ensure you have a working smoke alarm and if you don't, will fit a free ten year smoke alarm for you as well as checking your house for fire risks.”

The LINK gets educational

As well as visiting our many events, we also found to time go back to college! LINK member Gerry Wright and LINK Development Officer Kirsty Bagnall have visited both Cheadle & Marple Sixth Form College (CAMSFC) Health & Social Care students and students from Stockport College too.



We visited the colleges over the autumn months to tell the students about the LINK, find out their views and get them involved. During the classes, we presented about the LINK and let the students know what we are about, what we are doing and where we hope to be in the future.

Many students signed up on the days and more replied in the post. We welcome our new members to the LINK and hope that their involvement will be fun and fulfilling.



If you are a student or teacher and would like the LINK to come and talk to your class then get in touch. Equally if you are a community group who would like to join the LINK or have us come and talk to you, then call us on **0161 477 8479**.

The LINK attends Big Care Debate

On 13th October, the Stockport Big Care Debate was held at the Alma Lodge Hotel. This debate was one of many being held over the country to gather the public's view on the government's new Green Paper, *Shaping the Future of Care Together*.

This paper sets out a vision for a National Care Service similar to the National Health Service for all adults in England. The hope for the service is that it will be fair, simple and affordable for everyone, underpinned by national rights and entitlements but personalised to individual needs.



The Paper has been developed due to changes in society since social care was first introduced in the 1940's. For the first time ever there are more people over the age of 65 than there are under the age of 18. Life expectancy is going up and advances in medical science mean that people with a disability are living longer.

The aim of the event was to find out the views of the people of Stockport.

The first part of the event asked what you should expect from a National Care Service. The government has identified six things that everyone should expect and asked the attendees if they agreed and if they thought anything was missing. These are:

Prevention services: Help to stay independent and well for as long as possible and to stop your care and support needs getting worse.

National assessment: Wherever you live in England, you will have the right to have your needs assessed in the same way.

A joined-up service: All the services you need will work together smoothly.

Information and advice: You will find it easy to get information about who can help you and what care and support you can expect.

Personalised care and support: Your care and support will be designed and delivered around your individual needs.

Fair funding: Everyone who qualifies for care and support from the state will get help meeting the cost of their care and support needs.

The debate then went on to discuss how a National Care Service would work in practice and what the financial implications of it were. The Government has proposed three options for funding it. These are:

Partnership: The responsibility for paying for care and support would be shared between the Government and the person who has care and support needs. The Government provides between a quarter and a third of the cost of care and support, more for people on a low income.

Insurance: The Government could help people prepare to meet the costs that they would have to pay for themselves through an insurance based approach. As well as providing people with between a third and a quarter of the cost of care and support, the Government would make it easier for people to take out insurance to cover care and support costs if they want it.

Comprehensive: Everyone over retirement age who can afford it would pay into a state insurance scheme, so that everyone who needs care and support will receive it free.



During the event, attendees were offered the opportunity to feedback on these issues and any others that they felt were important through group discussions.

The event was very informative and people left feeling that their views had been listened to. A detailed report on the event will be available from the LINK website at www.stockportlink.co.uk. Alternatively, call the LINK office to be sent one in the post.



Fridays get funky for young parents



A Young Parents group in Adswood & Bridgehall are making an appeal for more members. The group, Funky Fridays meet in the Abacus Children's Centre in Adswood every Friday including school holidays from 11am till 1pm.

The group are looking for parents aged 16-23 to join in with their activities. There are many things for young parents to do. The group do healthy cooking every week and also do an art and craft activity. It also has a crèche which is run by Play Development Team. The group has recently received funding to do street dancing and keep fit classes which will be starting after Christmas. The group went to London in August this year having an overnight stay, a trip on the Thames cruise and a day trip to London's zoo.

This group is open to young parents in the Adswood and Bridgehall and Cale Green area and areas surrounding St Georges. If you want any more information on this project please contact Tracy Walters, Georgina Hamilton or Carole Reger on **0161 426 5170** , **0161 426 5159** or **0161 426 5191**.

More organ donors needed in Stockport

Mike Greenwood, Chair of NHS Stockport and the Health & Wellbeing Partnership is making a plea for more people to become organ donors.



The number of people on the organ donor register has risen in recent years. However the amount of people needing organs is rising at a higher rate, meaning that there are not enough people on the register to cover the amount in desperate need of organs. Three people die in the UK every day waiting for a donor organ and while 90% of people in the UK say they support organ donation, to date 27% have joined the NHS Organ Donor Register.

Every year in the UK, over 3,000 lives are saved or significantly improved by donated organs and tissue. These transplants can only happen because the donor has consented to organ donation for example by joining the Organ Donor Register or by discussing their decision to donate with relatives or close friends.

To sign up to the NHS Organ Donor Register, call the NHS Organ Donor Line on **0300 123 23 23** or sign up online at **www.organdonation.nhs.uk**

Bowel Cancer Screening

Over September the LINK were involved in research concerning Bowel Cancer Screening and the reasons that men may not go in advance of the service being offered in Stockport.

This screening programme offers screening every two years to all men and women aged 60 to 69 years. People in this age group will receive a letter from the national bowel screening programme, inviting them to take part in the screening. They will also receive a booklet of information to help them make the decision which is right for them.

The research was being carried out by Lara Boddy from NHS Stockport as part of her masters and looked into the barriers that may face men where the screening is involved.

LINK members volunteered their time to take part in one to one interviews on the subject. The information gathered will be put into a report on the subject and will be available from the Stockport LINK website **www.stockportlink.co.uk** and from the office from January.



Upcoming Events

12th December - Christmas Fair

About: Neighbourhood Renewal are hosting a Christmas fair, there will be information stalls and entertainment and the LINK are going to join in the fun! Look out for our stall and come over to say hello.

Time: 12am - 3pm

Place: Adswood School, Adswood

Contact: Come along on the day

16th December - Carol Service

About: Age Concern Stockport invite you to their annual carol service with the band and choir from Warren Wood School. All are welcome.

Time: 1pm

Place: St Mary's, Market Place, Stockport

Contact: Age Concern Stockport on 0161 480 1211

18th December - Carols in the Park

About: Wrap up warm and join the Rangers for Carols in the Vinery at Bruntwood Park for free. Hot drinks and mince pies will be available for purchase.

Time: 4pm - 5.30pm

Place: Bruntwood Park

Contact: 0161 428 5391

19th December - Craft Fair

About: Brinnington Park is playing host to a Christmas craft fair, come along to join in the fun. Followed by a carol service.

Time: 10am - 1pm

Place: Brinnington Park

Contact: Mary Dutton on 07701 018 332



19th January - Winter Warmth

About: Age Concern Stockport are hosting an event for older people in Stockport to get tips on how to stay warm over the winter months. The LINK will also be there.

Time: 11am - 3pm

Place: The Plaza, Stockport

Contact: Age Concern Stockport on 0161 480 1211

28th January - Dignity in Care Event

About: There will be a Dignity in Care event on 28th January. Come along and become a Dignity in Care champion. More information on Dignity in Care is on page 11.

Time: 10am - 4pm (drop in)

Place: Stockport Town Hall, Edward Street Stockport, SK1 3XE

Contact: The LINK on 0161 477 8479

11th January - Laughter Workshop

About: A fun and gentle session to encourage laughing and relaxing. Free and open to all residents of Stockport.

Time: 10am-12noon

Place: Stockport CVS, Lower Hillgate

Contact: IMPACT team at Stockport CVS on 0161 477 0246.

30th January - New Year, New You

About: This workshop is about asking why resolutions fail and how we can make more realistic resolutions for ourselves and achieve them. This workshop costs £40 with a £10 deposit required.

Time: 10am - 5pm

Place: Cheadle Hulme Centre

Contact: Cheadle Hulme Centre on 07593 858 467

Dignity in Care Champions



The LINK are getting involved in the Dignity in Care Campaign by becoming Dignity Champions and asking you to join us!

Launched in November 2006, the Dignity in Care Campaign aims to stimulate a national debate around dignity in care and create a care system where there is zero tolerance of abuse and disrespect of adults. It is led by Government in partnership with many organisations that provide and commission care and protect the interests of those using care services and their carers.

It is about winning hearts and minds, changing the culture of care services and placing a greater emphasis on improving the quality of care and the experience of citizens using services including NHS hospitals, community services, care homes and home support services.

The campaign has over 9,000 people across the country signed up as Dignity Champions. A Dignity Champion is someone who believes passionately that being treated with dignity is a basic human right, not an optional extra. They believe that care services must be compassionate, person centred, as well as efficient, and are willing to try to do something to achieve this.

Dignity Champions are willing to stand up and challenge disrespectful behaviour rather than just tolerate it; act as good role models by treating other people with respect, particularly those who are less able to stand up for themselves; speak up about Dignity to improve the way that services are organised and delivered; influence and inform colleagues and listen to and understand the views and experiences of citizens.

For more information about becoming a Dignity Champion then visit www.dhcarenetworks.org.uk/dignityincare or write to: Dignity Policy Team, Department of Health, Room 8E13, Quarry House, Quarry Hill, Leeds LS2 7UE or call the LINK on **0161 477 8479**.



New local information service launches



A new independent service is to be launched in Stockport, in January, which will help people find out about all the adult health and social care services in the borough.

FLAG (For Local Advice and Guidance) is a project of new organisation Synergy Stockport and is part of a voluntary sector consortium; ensuring local residents have easy access to information and advice and about all the services in Stockport. There are a wide range of services and activities available, helping individuals and families maintain healthy and active lives, as well as supporting people when times become difficult. Many of these services are provided by the voluntary sector. FLAG has trained advisors who will be holding regular information sessions across the borough, where Advisors can work one to one with people to signpost them to the services or specialist information support they need.

To use this free service, you can either call in or make an appointment, at the new Town Centre base on Chestergate, or alternatively meet with a FLAG advisor at the one of the many outreach sessions which will be held across Stockport. Details of these sessions will be posted on their website www.stockportflag.org.uk (which will be available in the New Year), also look out for notices in local venues. Alternatively telephone the helpline number which is **0161 474 1042**.

Contact the LINK

Stockport LINK Support Team

Labyrinth House, 45 Middle Hillgate,
Stockport SK1 3DG

Phone: 0161 477 8479

Email: links@pebbleenterprises.co.uk

Web: www.stockportlink.co.uk



Maria Kildunne: LINK Development Manager

Kirsty Bagnall: LINK Development Officer

If you would like to find out more information about joining the LINK, please get in contact and we will send you information or a membership pack.

If you are a LINK member and would like more information about writing an article for the next LINK News then let us know.

If you need this Newsletter in large print, audio tape/CD, braille or .pdf format please contact the LINK Support Team on 0161 477 8479.

如果你需要他人為你解釋這小冊子/單張的內容，我們可以提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

If you need this newsletter in another language, a free interpreting service is available from Stockport Council. Please telephone Stockport Interpreting Unit on **0161 477 9000** or email eds.admin@stockport.gov.uk

W przypadku gdybyś potrzebował pomocy odnośnie tej broszurki/ulotki, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই পুস্তিকা/প্রচার পত্রটি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোভাষীর ব্যবস্থা করা হতে পারে। মেহেরবানী করে স্টকপোর্ট ইন্টারপ্রিটিং ইউনিটে ফোন করুন টেলিফোন নম্বর, 0161 477 9000.

اگر آپ کو اس کتابچے/الٹوٹی کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹرپرائزنگ یونٹ کو 0161 477 9000 پر فون کریں۔

خدمات ترجمہ رایگان این نشریہ/کتابچہ در صورت نیاز موجود میباشد. لطفا با شماره تلفن 0161 477 9000 با واحد ترجمہ (اینترپرائزنگ یونیت) ما تماس بگیرید.

تنوفر خدمة ترجمة شفوية انا تطلب مساعدة في فهم هذا الكتيب/النشرة. نرجو الاتصال اربن رينيول على رقم الهاتف: 0161 477 9000