Introduction

Welcome to the spring edition 2005; spring brings new beginnings and for us that's the beginning of the new planning structure and the Health, Social Care and Well-being Strategy renamed 'Health Challenge Pembrokeshire'. With any change comes anxiety and opportunity, often in equal measure. In this 'new world' we must ensure that the sectors voice remains strong and our colleagues in the statutory sector both in social care and health want a continuation of the close involvement of the sector, that has been such a feature in Pembrokeshire over a number of years. So keep involved and in touch with developments.

This issue contains the usual useful information and a report of the January Joint Forums 2005 meeting which contained a number of items central to the work of the sector:

- Local Health Board voluntary sector funding review
- An update on Health Challenge Pembrokeshire
- A very interesting presentation on the Expert Patient Programme. So we hope you find this edition enlightening and useful.

Margaret Roberts leaves PAVS at the end of March I would like to thank her on behalf of all of us for her commitment and hard work since she came into post in 1999 and wish her good fortune in her future endeavours. So thanks Margaret and good look!

Keith Simcox, Health and Social Care Planning Facilitator, PAVS

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Review of Local Health Board (LHB) Voluntary Sector Funding
(Sarah Williams Director Service Innovation, PLHB)

The LHB undertook a review of all voluntary sector organisations who receive funding from the LHB, this amounting to £391,979. The existing arrangements have been in place since April 2003 and the LHB had maintained a ‘steady state’ of existing funding arrangements which come to an end in March 2005. The purpose of the review was to explore whether the outcomes of the work commissioned within the sector met with the aims of the LHB and contributed to the continuous improvement of the health and well-being of the people of Pembrokeshire. The review also explored the LHB’s commissioning process within the sector in respect of equity and distribution. The review, undertaken in the autumn of 2004 consisted of interviews with organisations in which they were asked questions in relationship to:

- Work achieved for funding received
- Access across Pembrokeshire
- Consultation with service users
- Governance issues, performance management structures, equality policies and Health and Safety regulations
- Existing partnership working with the LHB
- Links with other partners

The review found that the voluntary sector was extremely flexible and makes a significant contribution to support services across Pembrokeshire. This work was highly valued by services users. The review also found that voluntary sector services for children and young people do not benefit from LHB funding, and a number of Dyfed Powys arrangements have minimal benefit in Pembrokeshire. Weaknesses were identified in monitoring and performance management information that is shared with the LHB and with the broader sector. The LHB acknowledged the need to improve systems to monitor and evaluate the work commissioned, and to develop alternatives to Service Level Agreements (SLA) for short term funding.

The findings of the final report were presented to the LHB and the Board recommended that:

- All existing arrangements with the sector cease at the end of March with a roll over period of six months (from January to June 2005) to get new commissioning structures in place.
- Future commissioning arrangements within the sector be undertaken in an open, transparent and equitable way
- Decisions for funding within the sector be made against a set of criteria which fit within the objectives of the Health, Social Care and Well-being Strategy
- Where applicable joint commissioning be undertaken with Pembrokeshire County Council
- The LHB develops formal processes for monitoring, evaluation and review
- The LHB supports the sector in the implementation of performance monitoring and the governance agenda
- The LHB works with the sector to ensure that all agencies are clear about the changes.

It is hoped that the outcomes for the sector should in the long term be positive, opening up the commissioning process, making it more transparent and ensuring that the commissioning of services is equitable and fair to the sector.

Questions to Sarah Williams

Tracy Price (MIND): MIND isn’t funded to provide services to children and young people though there are children and young people benefiting. Sarah replied that there is funding available through Cymorth

Andrea Howard (Stroke Association): how will organisations be expected to measure/monitor services? Sarah stated that the LHB would want to measure quality rather than quantity – this will be individual to each organisation, something that will be worked out jointly between the LHB and the voluntary organisation

Bob Yearly (Pembs Advocacy): asked about timescales. The LHB will be writing to organisations and giving an outline of action plan for the next 6 months

Sally Davies (PAVS): asked about core budget, Jane Slade added that commissioning should be about reviewing needs and putting this out to tender across the sectors. Sarah explained that they are working towards this and looking at a consortium of care, using a whole systems approach. PSPB are doing whole systems training

Fiona Walder (PAVS) highlighted the point that the Voluntary Sector Liaison Group is looking at developing a Funding Code of Practice to share with the LHB, merging documentation and processes. There is a paper on the LHB website.

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Health Social Care and Well-being Strategy – an update on Health Challenge Pembrokeshire (Sue Swann, Health & Wellbeing Manager, PCC and Emma Cadman, Health Planning Manager, Local Health Board)

The Strategy now has a new name – it is now ‘Health Challenge Pembrokeshire’ which will come into effect from April 2005. The original Draft Strategy consisted of seven themes: Obesity, Diabetes, Accidents, Older People, Dental Health, Appropriate Settings and Mental Health and Well-being. After consultation the priorities were changed, to best reflect a wider agenda that will encompass the work of the Strategy, the four new themes are:

1. Healthy Life Choices
2. Access to Services and Opportunity
3. Reducing Inequalities
4. Information, communication and performance management

The consultation process was completed on the 31st September, 2004 and the voluntary sector and carers made a significant contribution that resulted in the decision to change the original priorities to the above, wider ranging themes. So ‘thank you’ to all those who contributed and helped make a difference! Each theme has a working group, tasked with drawing up action plans for the Strategy. Members of voluntary sector groups and carers, as well as PAVS’ staff represent the sector and will keep it informed of developments via the Voluntary Sector Forum for Health, Social Care and Wellbeing; the Health and Social Care Update, and PAVS website.

Feedback from Health Challenge Pembrokeshire Task Groups

Healthy Life Choices Task Group
Voluntary Sector representatives: Sue Holdsworth (West Wales Action for Mental Health), Di Horley (Wales Pre-school Playgroups), Fiona Walder (PAVS)
Objectives are being developed for the following priorities:
Substance misuse
Accident and injury prevention
Exercise & Fitness
Sexual Health
Nutrition
Oral Health
Smoking

Information Communication and Performance Management Task Group
Voluntary Sector Representatives: Joan Ward (Pembrokeshire Parent and Carer Association), Jane Slade (Age Concern Pembrokeshire), Keith Simcox (PAVS)
The initial priorities identified by the Task Group:
Service mapping:
Needs assessment
Communication:
Resources
Performance Management
Partnership working

Access to Services and Opportunity Task Group
Voluntary Sector representatives: Martin Goodall (Pembs Coalition), Carol Mason (High Support Needs Group), Lee Hind (PAVS), Fiona Walder (PAVS)
Priorities:
Access to transport and services
Timely appointments
Education and employment
Young people
Mental health
Reducing Inequalities Task Group
Voluntary Sector representatives: Beryl Noyce (Alzheimer’s Society), Natasha Caplen (Age Concern Pembrokeshire), Sally Davies (PAVS)
Priorities:
Accessibility
Handover (links between agencies, seamless provision)
Housing
Awareness
Equality impact

The Expert Patient Programme –EPP
(Caroline Davies and Claire Norman, EPP Co-ordinators for Swansea, Carmarthenshire and Pembrokeshire)

The role of the voluntary sector is recognised by both the Assembly and Local Health Boards as vital for the success of the Expert Patients Programme. The sector will be kept informed on the progress of the EPP and to ensure the development of an effective partnership voluntary sector organisations will be given every opportunity to participate and benefit from the initiative. A quarterly bulletin will be produced to keep people updated on progress.

What is the Expert Patient Programme?
The EPP is an NHS based training programme to help people living with a long term chronic condition to cope better and to live life to the full through improved self-management techniques. People with long term conditions experience similar day to day problems such as: fatigue, pain, isolation and depression. In a supportive environment, and with the understanding of people in a similar situation, participants learn new skills, develop existing ones, share experience and try out new activities.

What does the programme involve?
Two tutors, who themselves have a long-term health condition, run courses in accessible venues in the community. The courses consist of six weekly sessions each lasting two and a half hours. Courses are free of charge and an accompanying handbook is also supplied free of charge.

What does the course cover?
- How to communicate more effectively with doctors, other health care professionals, family and friends.
- Techniques to help deal with problems such as frustration, anger, depression and other emotional changes brought about by having a long-term conditions.
- How to take care of your health- such as medication, exercise and healthy eating.
- How to carry out normal daily activities, household chores, work and social life.
- Techniques to help manage fatigue and pain.
Relaxation techniques
• Appropriate exercise for maintaining and improving strength, flexibility and endurance.
• How to plan for the future and get the most out of life.

Courses Planned for 2005.
Courses are being planned throughout the Swansea, Carmarthenshire and Pembrokeshire areas during 2005 and any one interested in attending a course or are interested in becoming a tutor please contact:

Claire or Caroline on 01792 784844 or Email on: expertpatient@swansealhb.wales.nhs.uk

EPP Tutor Training Opportunities
Without the time and commitment of our volunteer tutors, there would be no Expert Patients Programme in Wales. Tutors commit themselves to attending a four-day residential training course and, once successfully completed, delivering a minimum of two courses per year in the community. This is a hugely rewarding role and one that is fully supported by a team of co-ordinators and on-going training.

To allow potential tutors to decide whether the programme is for them, what is expected of them and what they can expect in return, two Taster Days are being held before potential tutors are selected to attend residential training. Taster Days are being held:
Tuesday, 24th Feb 2005 @ Halliwell Centre, Trinity College, Carmarthen
Wednesday, 23rd March 2005 @ Queens Hall, Narbeth, Pembrokeshire

Anyone interested in attending should contact Claire or Caroline for an application form, which includes a person specification and role description.

For more information on EPP Contact:
Claire Norman or Caroline Davies
Swansea Local Health Board
Kidwelly House
Charter Court
Phoenix Way
Llansamlet
Swansea, SA7 9FS
Tel: 01792 784844
Email: expertpatients@swansealhb.wales.nhs.uk
Feedback from Forum Discussion Groups

Feedback from children and young people’s group

Feedback to LHB Review of Voluntary sector Funding:

- A new system of commissioning that is transparent is welcomed.
- With reference to advocacy services funding should be maintained with organisations currently providing advocacy services.

Feedback to ‘Health Challenge Pembrokeshire’

- Improvement on original draft strategy
- Pleased with alignment with Community Plan
- Seems to focus on universal provision, some concern about how small numbers with high level needs will have their needs met
- Artificial barriers seem to be in place with regards to access to services.

Feedback to Theme Task Groups.

Healthy Life Choices:

- Health clinics in schools- see YPP Delivery Plan
- Support the objective of reducing access to sugary drinks in public places
- Try to find an equivalent to the Expert Patient Program to run for children and young people
- Priorities mental health as CAMHS seems unable to cope.

Access to Services and Opportunities.

- Clarify position of Consortium Youth Projects future as it seems funding to run out on 31st January,2005
- Supportive of Geneses project work
- Support for non accredited course vary
- Activities on beaches could attract users
- Need to identify socially excluded groups not using leisure facilities. Look for solution beyond low price access to leisure centers
- Concern raised over future funding of Clybia Plant Cymru- Kids Clubs, 60% of funding having been lost.

Reducing Inequalities

- Training for parents of disabled children are offered training.
- Childcare workers (0-10) are offered training through EYDCP
- NCH offers advice to parents of disabled children
- Child Information Service a success
- Universal information is improving but still some elements of the community not catered for.
- Disabled children and young people still missing out on services, should be given help to access services
- Access to services for disabled people is not just about physical access ( ramps etc) it can be peoples attitudes to disabled people. Disability awareness training for all should be made available.
- Milford Haven Secondary School was given as an example of good practice regarding its attitude to people with disabilities
Feedback from the Adult Group

Feedback to LHB on Review of Voluntary Sector Funding Review:

The group welcomes:
• The emphasis on the Voluntary Sector as an integral partner
• A fairer system for allocating funds
• Greater clarity in the expectations of Service Level Agreements (SLA) holders
• Better mechanisms for communication?
• The commitment to longer term funding

There is a need to define ‘core’
Organisations need core funding just to exist – not all core funding can be apportioned to SLA’s/ projects

There needs to be a balance between:
• Sustainable funding for the delivery of core services
• Innovation/ development fund monies

PAVS role in the commissioning panel – should this be someone with financial/ commissioning expertise, independent of Health and Social Care?

Feedback to Health Challenge Pembrokeshire/ The Health Social Care and Well-being Strategy for Pembrokeshire:

There is only 1 reference to CARERS throughout the document!
More marketing is needed – the LHB and the PCC don’t make enough of local newspapers
We need REAL partnership working, based on trust and respect, pooled funding and shared accountability

Feedback to Task Groups:

Reducing Inequalities
More focus is needed on:
• Ageism (access to mobility allowances for 65+)
• Mental health
• Carers, especially regular respite and payment of carers allowances post 60

Timely appointments
• Lack of dentists (and some concerns about quality of dentists)
• Discharge from hospital without care packages/ funding
• GP surgeries should be encouraged to compare and share different models of working
• Hospital waiting times need to be addressed, especially in regarding those requiring visiting specialists

Healthy Life Choices
• More education for young people about substance/ alcohol misuse
• Training for parenting
• Training for independent living skills eg. Cooking, all set within the context of social and moral education
Feedback to Older Persons JIG
It was agreed that the issues highlighted above should be presented at the JIG

Feedback to PSI JIG
There has not been a JIG meeting since autumn 2004, is there a date for the next meeting? Even if it is just to wind up the JIG.

Is sudden onset of disability/illness being addressed? Will objectives from the Community Care Plan continue to be recognised in the light of the Health Social Care and Well-being Strategy for Pembrokeshire?

Transport:
• contractors do not seem to be aware of dropped and flushed kerbs
• it is still not possible to get on a bus in town and travel to Withybus
• Richards Bro can’t stop at Withybus
• There is no stop on the other side
• There seems to be too much of a gap between those managing transport services and the public

Task Groups:
• these seem rather top heavy with LHB and PCC; only 2 representatives from the voluntary sector doesn’t seem fair
• there doesn’t appear to be any training for representatives
• it would be useful to know the sectors interest, the terminology, and who’s who in the various Task Groups and their employment role

Health Challenge Pembrokeshire
This has had good press and generated a lot of interest, clearing the picture slightly. Being part of the Task Groups has helped understanding; gives a smaller bit to deal with which is easier to cope with

LHB Funding
It is important that there is a balance between SLA’s, smaller amounts of funding supporting small organisations who do not have the capacity to manage SLA and smaller one off grants for innovation. Open and transparent working is welcomed – it is useful to have clear rules, regulations etc

News and information

Carers Issues
The Carers Supplement continues to be issued on a quarterly basis, to carers and voluntary and statutory organisations. Organisations are being encouraged to receive their copies electronically, so if you would like to be added to the e-mail list, please contact PAVS. The newsletter is also available on line at www.pavs.org.uk/carers.

Some of the issues covered in the current edition are:-
• The Carers Grant 2005-6 – Pembrokeshire will receive £235,039 and bids have been requested from voluntary organisations
News and information

- Carers Week 2005 – is taking place from 13th – 21st June. A Carers Day including a Carers Forum will be held at Clynfwy on Friday 17th June. The theme this year is ‘Work, Rest and Play’
- Carers (Equal Opportunities) Act 2004 is due to be implemented in April 2005
- New Online Learning Course for Carers is starting in Pembrokeshire in March 2005
- Updates on Cars for Carers, Circles, news from the Carers Centre and much much more!

Care Standards to focus on service user views

After 2 years in operation the Care Standards Inspectorate for Wales has announced that it is intending to make sure that the people who use services are at the centre of inspection procedures and that their needs are a priority when individual services are regulated.

A new streamlined regulation-focused inspection will include a large amount of self-assessment, placing less of a burden on the provider and allowing inspectors to spend more time with service users.

Also the CSIW want to make sure that the intensity of inspection occurs where regulation is needed most.

Government acts to curb disability discrimination

Disabled people will have better access to services and get more protection as part of new proposals.

The measures include extending the support for those living with progressive conditions like HIV, Multiple Sclerosis and cancer as soon as they are diagnosed. The plans will also ensure that access to public transport and public services like issuing of driving licences, is improved. 
http://www.pm.gov.uk/output/page6675.asp

Guidelines set the standard for substance misuse treatment in Wales

Recently published guidelines should ensure that people across Wales with drug and alcohol problems have access to better and more consistent treatment. The document sets out standards for treatment providers across Wales on the range of services they should be offering, as well as guidance on how to target those most in need of help. The guidelines are also intended to assist commissioners and local service providers evaluate the type, scale and quality of treatment currently being provided. 
http://www.wales.gov.uk (health press release)

Call for response to consultation to help eradicate discrimination against disabled people.

Public body chiefs are being urged to respond to a consultation launched today on new legislation which is set to bring about a seismic shift in the way the public sector works. Changes to the Disability Discrimination Act (DDA) being
introduced by the Government next year will mean that public sector bodies will have a duty to promote disability equality in all aspects of their work – similar to the Race Relations Amendment Act. From the police to health services, schools, local authorities, NHS trusts, central government, the entire public sector will have a duty to promote the equalisation of opportunities for disabled people.

The Disability Rights Commission (DRC) is calling for responses from heads of public sector bodies which will be affected by changes to the Disability Discrimination Act (DDA) which come into force next year. The Disability Rights Commission has drawn up a draft Code of Practice to support the amended legislation. Its consultation on the draft Code will last for three months (from 21st January 2005 until 22nd April 2005) and will be a vital opportunity for chief executives in the public sector to influence public policy.

Chairman of the Disability Rights Commission, Bert Massie said: “The DRC’s Code of Practice will help people understand major changes to duties on the public sector. It is hard to overstate just how big a deal the new duty will be for disabled people.

“If you will be affected by the new laws and have a contribution to make, now is the time to respond to the DRC’s consultation. We are appealing to public sector chiefs to help us get the Code right”.

Copies of the consultation are available from the DRC’s website at www.drc-gb.org or from the DRC Helpline.

Further information the Disability Rights Commission Press Office. (source: http://www.drc-gb.org/newsroom/newsdetails.asp?id=775&section=1)

**Draft Hospital Discharge Planning Guidance**

This draft has been developed to replace the pervious guidance 1990. The Guidance is now at a stage when it would be helpful to share with a wider group for comment and to ensure all areas have been identified. As part of the process the Welsh Assembly Government are asking for any further comments and views from interested stakeholders. The Guidance sets out and restates a number of key requirements identified both from work undertaken by Innovations in Care and by the Modernisation Agency. It is not intended to provide detailed Guidance on implementation or good practice examples as these have been covered elsewhere. The circular will be issued early 2005

For further information contact Gaynor Williams at Welsh Assembly Government on 02920 2082 6807

**Equal treatment: closing the gap**

The Disability Rights Commission (DRC) is carrying out a formal investigation into the health care received by people with mental health problems and people with learning disabilities.

Evidence shows that people with learning disabilities and people with mental health problems are amongst the poorest groups in society, die younger and have more difficulty accessing primary care services.
The DRC want to find out what can be done to improve the health and the health care of people with learning disabilities and people with mental health problems, to ensure that all people get equal treatment from the NHS.

The focus for the formal investigation is primary care services. This is the type of health care provided by local health centres, GP surgery or clinig. It includes things like visits to GP’s, flu jabs, screening for cancer, “quit smoking” services.

It is recognized that people with mental health problems and people with learning disabilities can have difficulties with getting something as basic as being registered with a GP or getting cancer screening.

The aim of the investigation is to find out where these problems are and also to propose practical solutions that will reduce health inequality.

If you are a person with a learning disability or a mental health problem and have had good or bad experiences using primary care services, the DRC would very much like to hear from you. You can help them by filling in a short questionnaire. Answers will be treated confidentially.

You can fill the questionnaire on the DRC website by going to www.drc.gb.org/health or by telephoning freephone 0845 622 633 or textphone 08457 622 644. The questionnaire is available in different formats such as Easyread, cassette, Braille, community languages and Welsh.

The investigation will last 18 months. As well the questionnaires there will be focus groups, in depth study areas, analysis of GP databases and statistics, a formal inquiry panel and roadshow events. Information throughout the investigation will be published in bulletins and on the Web.

The Advisory Group for Closing the Gap in Wales includes representation from SCOVO who are working closely with the DRC.

(Source: SCOVO ‘Llais’ newsletter January 2005)

Financial Services Authority ruling on the Alzheimer’s Association

On Thursday 10 February the Financial Services Authority (FSA) issued a consumer warning announcing that it had suspended the registration of an organisation called the Alzheimer’s Association for three months. The suspension follows concerns that ‘the business of the Association was not being conducted for the benefit of the community’.

The suspension means the Association must stop operating as a charity. This prevents it from accepting donations and granting funding. If the Alzheimer’s Association asks you for a donation do not give it as it is not allowed to take money from you.

Stephanie Smith, the director of fundraising at the Alzheimer’s Society’s, says “We are pleased that the Financial Services Authority has suspended registration of the Alzheimer’s Association and we welcome the official consumer warning issued by...
the FSA. The fundraising activities of the Alzheimer’s Association caused great concern to the Alzheimer’s Society and its members.”

**The Alzheimer’s Association is not part of the Alzheimer’s Society and is not connected with the Society.**

Members of the Alzheimer’s Society have devoted 25 years to raising awareness of dementia, providing accurate information and building support for the cause.

**More information**

For more information see the FSA website
http://www.fsa.gov.uk/consumer/01_WARNINGS/warnings/alzheimers.html or contact Beryl Noyce for further information about the Alzheimer’s Society in Pembrokeshire: 01834 813908

**Health Information on your TV screen**

The NHS have launched NHS Direct Interactive on digital satellite TV. It will be available on other digital TV in 2005 (freeview and cable). It will allow people to access over 3,000 pages of content including an A-Z of health topics, advice on looking after yourself, video clips and tips on how to use the NHS. The NHS Direct telephone service will operate as usual on 0845 46 47

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**Let’s make Pension Credit work for care home residents**

Age Concern is campaigning to improve the rules concerning Pension Credit for care home residents.

Care home residents are being unfairly deprived of up to 70% of their Pension Credit solely because they live in a care home – it should be irrelevant where they live.

There are about 217,000 older people in England who get help from their local authorities with their care home fees. If we can change the Pension Credit rules, many of them will be financially better off – with some receiving more than £560 extra per year.

We need your help to put pressure on the Government to change the unfair rules and improve the lives of many older people in care homes:

Contact your MP and ask them to communicate your concerns to the Secretary of State for Health and the Secretary of State for Work and Pensions.

In your letter explain that:

• Care home residents are being unfairly deprived of up to 70% of their Pension Credit solely because they live in a care home – it should be irrelevant where they live.
• Whilst pensioners not living in care homes can receive up to £15.51 savings credit, care home residents are limited to a mere £4.65.
• Age Concern proposes that the unfair charging rules be changed to let care home residents keep all their savings credit.
• Age Concern also proposes that the savings disregard for care home residents with higher income savings should also be the same as the maximum savings credit.
• Changing these rules would positively impact on the lives of many of the 217,000 care home residents supported by local authorities.
• Changing the rules would reflect the policy intention of Government to reward those who have saved for old age no matter where they live
• Ask your MP to communicate your concerns and Age Concern’s proposals to the Secretary of State for Health and the Secretary of State for Work and Pensions.
Thank you for your support. (source: www.ageconcern.org.uk)

Make it accessible
The Royal National Institute of the Blind (RNIB) Cymru has produced a practical guide to making information accessible. If you work with older people or you are in one of the 'Communities First' wards you can order a free copy of the guide from RNIB Cymru. The Make It Accessible guide provides practical help and information to make your information accessible. The guide is bilingual and is available in print, audio, electronic and braille formats. To order a copy, contact Kate Hughes on 029 2044 9577 or email kate.hughes@rnib.org.uk

Proposed Social Services Improvement Group gets ministers backing
The development of a specialist unit for improving Welsh social services is a step closer after ministers gave it their initial backing. Brian Gibbons, WAG health and social care minister, and Jane Hutt, the new children's minister were told of plans to develop the unit by the Welsh Local Government Association (WLGA) at a meeting last week.

The WLGA wants assembly backing and funding for the unit, which would be based within the WLGA and work with authorities to improve social services, disseminate best practice around the country, and increase the leadership capacity of local government.

Head of health and well-being at the WLGA, Beverlea Frowen, said the unit would play a key role in the new blueprint for Welsh social services. It will include plans for some services to be organised regionally, councils to share workers and increased investment in front-line social workers.

The Social Services Improvement Group would be established to conduct further work to develop a co-ordinated action plan and response to the intentions agreed at the Social Services Summit. (Source: wlga.gov.uk)

Royal National Institute of the Blind (RNIB) Directory of transcription services in Wales
For more information contact Stuart Ball on 029 2044 9550, or email: stuart.ball@rnib.org.uk

MENCAP guidelines for accessible writing
Free publication. Can be obtained from MENCAP accessibility unit tel: 020 7696 5551 or email accessibility@mencap.org.uk
Mapping technique reveals big health problems in retirement areas and inner cities
Using a new technique of health needs mapping, statisticians have pinpointed the English districts likely to have the worst problems of heart disease and diabetes, as well as mental health problems, winter hospital admissions and teenage pregnancy. The research findings suggest that some districts have more than twice as acute a problem with coronary heart disease as others. Among the 10 NHS primary care trust areas with the highest assessed incidence are popular retirement spots, such as Eastbourne or Torbay, but also deprived communities such as Gateshead and Easington, Co Durham. The findings represent the first application in the health field of an approach more commonly used to market goods and services.

http://society.guardian.co.uk/healthmapping/story/0,15406,1353150,00.html

NHS and public health research – what do patients think?
MORI has recently carried out a range of projects aimed at understanding patients’ experiences and views about health care. Projects include: Public Attitudes Towards the NHS (2000-2004); National Patient Surveys (2002-2005); and Public Opinions of Doctors. The MORI website summarises the research and reveals some of the findings. For more information visit: www.mori.com/nhs/patients

National Institute of Clinical Excellence (NICE) issues guideline to prevent falls in elderly people
A clinical guideline published for the NHS in England and Wales recommends that elderly people should be asked about falls and those at risk should be offered multifactorial assessment and appropriate interventions. To download the guidelines visit http://www.nice.org.uk/page.aspx?o=233609

Participation with adults and children and young people
The Social Care Institute of Excellence (SCIE) is developing two practice guides on the participation of service users in social care in England, Wales and Northern Ireland. The first guide will focus on how children and young people are involved in the development and delivery of services. The second will look at the participation of adult service users including older people, disabled adults, people with learning disabilities and mental health problems and people with dementia and severe communications difficulties.

The participation of carers and supporters in changing and improving social care
The participation of carers and service user supporters in social care has become an increasingly important issue. However, knowledge about the extent, quality and efficacy of carer participation in the planning, review and improvement of social care is limited. This project will look at existing literature on the involvement of carers and supporters to improve
understanding and practice in this area. SCIE will produce a knowledge review from this information.
Source:
http://www.scie.org.uk/work/participation/index.asp

Patient reporting of suspected adverse drug reaction pilots commenced
Under a new pilot scheme launched, patients are encouraged to directly report suspected adverse drug reactions directly to the Medicines and Healthcare products Regulatory Agency (MHRA) through the Yellow Card Scheme.
For many years, this system has been available to healthcare professionals, but for the first time it is being opened to patients, parents and carers.

Patient reporting will help the MHRA better understand the patient’s experience and perspective of suspected adverse drug reactions.

Patients can now submit reports on suspected adverse drug reactions to the MHRA directly through:
- the Yellow Card Scheme website at www.yellowcard.gov.uk (from 18 January 2005); or
- paper-based Patient Yellow Card report forms. Patient Yellow Card forms have been made available in 4000 GP surgeries in the UK. If you would like a Patient Yellow Card form, please contact the MHRA on 020 7084 2000.
Recommendations to enable patients to directly report suspected adverse drug reactions to the MHRA were made in the Report of the Independent Review of Access to the Yellow Card Scheme. With the commencement of pilot reporting schemes, designing the best systems to enable patients to send reports of their suspected ADR experiences is now well underway. Source:

Specialist services for deaf people with mental health problems
The NHS must provide specialist services for deaf people with mental health problems, such as sign language translation in every GP practice according to new Department of Health guidance. Go to www.dh.gov.uk for further information

April Showers Bring May Flowers
LEARNING FOR THE FUTURE SPRING/SUMMER PROGRAMME 2005

The Spring/Summer Voluntary Sector Training Programme has just been launched, offering a wide range of courses and events.

Courses include Basic First Aid, Health and Safety, Food Hygiene, Lifting and Handling, Successful Presentations, Facilitation Skills, Assertiveness, Lone Working, Membership, Effective Meetings, and Writing Funding Applications.

There are also four short modules covering all aspects of Trusteeship – including legal responsibilities.

All the courses are delivered locally by people who really understand the sector – and represent very good value for money. Places are limited though – so don’t take too long deciding which course to attend!

For further information please contact Louise at the PAVS training team on (01437) 769422, or email: training@pavs.org.uk

Help Train PCC Staff on the complaints system

Pembrokeshire County Council Social Care and Housing are looking to expand their pool of customers who are willing to assist in training staff on the complaints system. If you would like to take part further information is available from: Mel Richards, Customer Liaison Officer, Social Care and Housing, County Hall, Haverfordwest SA61 1TP. Tel: 01437 776534  e-mail: melanie.richards@pembrokeshire.gov.uk

‘To have and to hold’

‘To have and to hold’ is a play targeted towards people with learning disabilities and their carers by Hijinx Theatre. It is being presented on Thursday May 19th 2005 at 7pm at the Queen’s Hall, Narberth.

The play is about relationships, friendships and falling in love. On the surface it seemed straight forward enough, the opportunity for a simple love story – but imagine how difficult it is to make a friend, never mind fall in love if you are a dependent person. Telling a story through music, movement and text, Hijinx Theatre examine the issues surrounding the relationships and the obstacles facing people who want to develop friendships that may blossom.

The price is £6 or £4 concessions, carers are free. For further information contact Declan Connolly, Span Arts, Town Moor, Moorfield Road, Narberth, Pembrokeshire SA67 7AG. Tel/fax: 01834 869323, e-mail: info@span-arts.org.uk www.span-arts.org.uk
Unified Assessment

**What does it mean for people using services?**
The process will enable closer, joint working between Social Services, Local Health Board and Pembs Derwen NHS Trust. It will mean that professionals from other organisations can carry out assessments. Everyone will be working within the same criteria based upon need and not availability of services. This should support people more appropriately and provide a quicker and more efficient access to services.

**What is Unified Assessment?**
The key feature to unified assessment is a Person Centred approach to managing care. It aims to ensure that the service user is at the centre of the whole process. Additionally whichever agency an individual approaches for help will need to ensure that the individual is responded to in a joined up manner and not passed inappropriately from one agency to another. Assessments will be proportionate to a person’s needs, and it is a process by which the statutory agencies work closely together to provide care to Pembrokeshire residents, reducing duplication and combining skills and knowledge to.

**Where did it come from?**
In April 2002 the Welsh Assembly Government launched its statutory guidance document called ‘Creating a Unified and Fair System for Assessing and Managing Care’. The guidance was issued to Local Authority Social Services Departments requiring them to lead work in partnership with other statutory agencies (health in particular) to produce a system for assessment and care management.

**When will this happen?**
The system should be in place by April 2005 for Older People and rolled out to all adults in April 2006. A pilot scheme has already happened and proved very successful. However key to all of this will be the eventual ability to share relevant information. This will be with the consent of the individual service user and really needs electronic IT systems to help the professionals access and pass on relevant assessments and information.

**Forthcoming events and training:**
1st & 17th March: awareness raising workshop, London Road (11pm-1pm)
1st April: launch day across Wales of UAP for older people across wales
15th April: awareness raising workshop, London Road (11pm-1pm)
3rd & 12th May: awareness raising workshop, London Road (11pm-1pm)
1st & 17th June: awareness raising workshop, London Road (11pm-1pm)

**For further information contact:**
Ian Portman Unified Assessment Process Co-ordinator on 01437 776112

**SCOVO and TACT Joint Conference**
Thursday 14 April 2005, Newport
An interactive day event for people with learning disabilities and everyone involved in their lives. The day will look at ways to
empower people with learning disabilities to have more say and control in their lives. For further information contact SCOVO on 029 2049 2443 or e-mail: enquiries@scovo.org.uk

SCOVO Training Event: ‘Get Going with Person Centred Planning’ WCVA Offices, Baltic House, Mount Stuart Square, Cardiff Bay, CF10 5FH
17th & 21st March 2005
Led by Mark John-Williams, Life Options, SCOVO this is a 2 day training course in Cardiff.
16 places available with 4 subsidised places for service users, parents/carers.
Cost per person: £150 + VAT for 2 days
Subsidised places: £20 + VAT for 2 days
This course includes lunch and refreshments.

For further information contact:
SCOVO
5 Dock Chambers,
Bute Street, Cardiff, CF10 5AG.
Tel: 029 2049 2443
Fax: 029 2048 1043
Email: enquiries@scovo.org.uk

Funding Opportunities

Big Lottery Fund Grant Programme: Mentro Allan
Mentro Allan is a new £6.5 million big lottery fund grant programme. It will be of interest to organisations working in the field of physical activity promotion and/or in the use of the natural environment, and also to organisations working with hard to reach groups. Further details are available by emailing nia.lynch@biglotteryfund.org.uk

The Hedley Foundation
The Foundation supports activities that benefit young people, churches, disabled people, the terminally ill and medical charities. Grants are for specific projects only, and are mostly of a one-off basis. Applications will only be accepted from registered charities. Details from www.hedleyfoundation.org.uk or Mrs Mary Kitto, The Appeals Secretary, The Hedley Foundation, 9 Dowgate Hill, London, EC4R 2SU

Ian Fleming Charitable Trust
For children and adults with disabilities. Contact: AAI Fleming, Fairfax House, 15 Fulwood Place, London WC1V 6AY. Telephone: 020 7969 5500

The Dame Sheila McKechnie Award
The Food Standards Agency (FDA) has launched an annual award to commemorate the contribution made by Dame Sheila in setting up the FDA. It will recognise the contribution that community food
initiatives are making to local communities. To apply, community food initiatives will need to develop a three year action plan setting out background information, strategy, partners, funding and evaluation. Two projects will be chosen every year and each will receive £15,000 over 3 years. Further information and an application pack can be downloaded from www.food.gov.uk, email mckechnieaward@foodstandards.gsi.gov.uk or call 020 7276 8146

WCVA - Small Grants Scheme 2005/2006
Applications are invited under this new small grant scheme. The purpose of the scheme is to support and enhance the voluntary sector contribution to the care of people experiencing mental health problems, and their families and carers, in Wales.

A wide range of projects can be considered for funding including provision of equipment and improved accommodation, publications, research, training for staff and volunteers and one off activities. The scheme is aimed primarily at groups and organisations that are not currently receiving funding from the existing Local Mental Health Grants scheme.

This small grant scheme is a one off grant and the maximum grant limit (per project) is £3,000 available to eligible organisations. The scheme is open to constituted voluntary organisations. Applications from ethnic minority groups dealing with mental health issues are particularly welcome.

Further information is available from WCVA’s Helpdesk on 0870 607 1666. Closing date for applications is 25 March 2005.

The Sustainable Pembrokeshire Small grants scheme – What next?
Funding for 2004/05 available through the Sustainable Pembrokeshire Small grants scheme has been allocated with the final deadline for applications on the 16th February 2005.

Notification was received in Summer 2004 of further funding for the financial year 2004/ 2005 from the Welsh Assembly Government and the scheme was re-launched at the North Pembrokeshire Eco Festival in September.

The scheme was awarded an additional £45,000 to distribute in the seven months leading up to March 2005 which will have supported another 50 projects in Pembrokeshire by the end of the round.

The steady and consistent submission of applications over this period, has once again demonstrated the popularity and accessibility of the scheme. This has reinforced PAVS’ commitment to the scheme as a valued and accessible pot of money to support grass-roots projects in Pembrokeshire.

A follow on application has been made to the Welsh Assembly Government, the outcome of which will be announced as soon as we have been notified.
If you would like to receive information and an application pack as soon as we have news of a follow on scheme then please e-mail enquiries@pavs.org.uk or contact the Development Team at PAVS on (01437) 769 422 or visit www.pavs.org.uk/funding

Have you got a project which is in need of some funding?
If you would like to run a search on potential funders PAVS has access to Funderfinder and Grantfinder computer programmes which hold information on over 4,000 funders. We also have information and application packs from some of the large funding organisations and hold a number of brochures, resources and books on funding in the Pembrokeshire Centre for Voluntary Action at 36-38 High Street, Haverfordwest. Facilities are also available for groups to ‘surf the web’ for information and support.

PAVS’ Guide to Making Better Funding Applications
The PAVS ‘Guide to Making Better Funding Applications’ is a practical resource for voluntary and community groups to use when applying for funding. It includes the following range of information sheets:
- Finding the right funder
- Top tips in completing application forms
- Developing Project Proposals
- Applying to Charitable Trusts
- Useful facts about Pembrokeshire
To receive a copy of the pack please contact PAVS (01437 769 422)

Have you had any funding successes?*
If your group has recently been successful with a grant application then please let us know so that we can spread the good news!

Microsoft Community Learning Awards 2005
Microsoft and Citizens Online are launching a second round of the awards scheme to provide 30 awards of £2,500 and Microsoft donated software to UK based community groups. Aimed at organisations that are concerned with reaching people who are currently excluded from existing IT training and support schemes in their area. The Community Learning Awards will further the work of current schemes to ensure that they have the training abilities to deliver Internet taster sessions and introductory courses on ICT.
The deadline for applications is 24th March 2005. For further information about applying visit www.ukcommunityawards.com. Winners will be notified by the end of May.

The Diana, Princess of Wales Memorial Fund
The Diana, Princess of Wales Memorial Fund and the Franklin Mint have announced that they have reached a settlement of the lawsuit launched by the Mint against the Fund in November 2002.

This means that The Diana, Princess of Wales Memorial Fund can immediately begin to resume its
grant-making. The Fund is preparing to run an open grants round for both UK and international work in 2005.

Typically the Fund has two UK and one international grants round per annum; and a growing programme of proactive grant-giving. In 2005, the Trust is intending to run one UK and one international grants round. Details of the revised criteria and closing dates will be announced shortly.

For more information please visit the web-site –
The Diana, Princess of Wales Memorial Fund, County Hall, Westminster Bridge Road, London, SE1 7PB.
Tel: 020 7902 5500. Fax: 020 7902 5511.
E-mail: info@memfund.org.uk.
Website: www.theworkcontinues.org

BARCLAYS - COMMUNITY AFFAIRS
The Barclays Community Affairs programme supports local initiatives to assist with funding, sponsorship and practical support in the areas of education, the environment, the arts, people with disabilities and social inclusion. Additionally, there is a £ for £ matched giving scheme which donates money to charities.

There are no restrictions to the amount of grant given but projects between £1,000 and £25,000 are a general guideline

Applicants should show what other sources of funding have been secured

Charitable and Voluntary Groups are eligible to apply to this scheme.

For more information please contact
Wales Community Team
Barclays Bank PLC
2nd Floor
Windsor Court
3 Windsor Place
Cardiff CF10 3BT
Tel: (029) 2042 6750
E-mail: jean.king@barclays.co.uk
Or visit the web-site
http://www.barclays.co.uk/community

WCVA MENTAL HEALTH GRANTS
The Mental Health Grants scheme is established by Wales Council for Voluntary Action to provide funding for voluntary organisations in Wales. The scheme is funded as part of the National Assembly for Wales Mental Illness Strategy, and will build on and develop the grants programme for local voluntary sector activity previously administered directly by the Welsh Assembly Government.

The Board of WCVA is responsible for the scheme and is accountable for its implementation and development.

Applications are invited under this new small grants scheme. The purpose of the scheme is to support and enhance the voluntary sector contribution to the care of people experiencing mental health problems, and their families and carers, in Wales.

This small grants scheme is a one off grant and the maximum grant
limit (per project) is £3,000 available to eligible organisations. We are now inviting 2005/2006 applications for funding. Closing date 25 March 2005

This small grants scheme is a one off grant for non-recurring expenditure.

Consideration will only be given to applications requesting no more than £3,000 from eligible organisations.

Please note that this scheme is heavily oversubscribed and competition for funding is high.

For further information: Helpdesk : 0870 607 1666 or help@wcva.org.uk
Source: http://www.wcva.org.uk/content/grants/dsp_grant_scheme.cfm?display_sitetextid=64&grantid=17

Stand up for us
Stand up for us aims to help schools challenge and respond to homophobia in the context of developing an inclusive, safer and more successful school environment for all. The issues and practical approaches outlines in the publication apply equally to early year's settings, primary, secondary and special schools, off-site units and pupil referral units. It is intended for anyone who works in these settings. Copies are available from www.wiredforhealth.gov.uk

Home Front Recall
This initiative is part of a special lottery programme called ‘Veterans United’. It was set up to make grants to groups to commemorate the 60th anniversary of the remarkable events that led to the end of the Second World War, and to ensure that new generations can learn from their experiences.
Home front recall will fund regional and local activities, provided by groups in England, Northern Ireland, Scotland and Wales.
An application pack with information is available to apply for a grant toward regional or local activities. Grants are available between £500 and £20,000 Help-line: 08457 458 458

Social Care Institute of Excellence’s resources on adult services
The road ahead
This online resource is aimed at helping service providers, advocacy organisations, voluntary organisations and others involved with young people with learning difficulties who are in transition and their families, to understand what sort of information they want and how to present it to them.
Practice guide on assessing the mental health needs of older people
This online guide gives an overview of information and current practice on assessing the mental health needs of older people. The guide supports the fundamentals of good assessment practice, providing information to inform good practice in the support of service users and carers. It is being updated as part of SCIE’s work plan.
Access the practice guide online. Many of SCIE's resources are available in print. Email publications@scie.org.uk to request copies.

Finding out what works: building knowledge about complex community-based initiatives
This report by the King's Fund asks to what extent the government’s new social programmes, which aim to reduce health inequalities, regenerate disadvantaged neighbourhoods and end cycles of social exclusion, are really evidence based, what is being done to find out whether they work, and how far their evaluations are helping to build knowledge to inform policy and practice in the future. http://www.kingsfund.org.uk/pdf/findingoutwhatworks.pdf

Sustainable development in Wales: understanding effective governance
A particular set of statutory, institutional and organisational arrangements has emerged in Wales to tackle sustainable development. This study examined how different organisations at different levels of governance have approached the agenda both individually and through collaborative forms of action. Evidence was collected from respondents at national and local levels. For further information visit: www.jrf.org.uk/knowledge/findings/housing/924.asp

Information Sharing and Assessment (ISA) website
The Department for Education and Skills ISA division has launched a website. The purpose of the website is to provide up-to-date information to the public, local authorities and other agencies on developments on information sharing and assessment in children’s services. Visit the website at www.dfes.gov.uk/isa

Rural good practice resource
A new resource is being launched on the IDEa Knowledge website to provide useful assistance and support for local authorities in rural areas. Set up by the IDEa, in partnership with the Countryside Agency, the Local Government Association and the Department of the Environment, Food and Rural Affairs, the is part of the IDEa Knowledge website. Aimed at officers, members and partner organisations working with rural councils, the resource brings together information on best practice in rural regeneration and service delivery. http://www.idea.gov.uk/press/?id=313

Evaluation of community-level interventions for health improvement:
A review of experience in the UK
This report brings together current knowledge about different approaches to the evaluation of community-based programmes, highlights recent innovations and promising examples of good evaluation practice, and identifies a
set of principles that aim to improve the robustness and quality of evaluations in this area.  
http://www.hda.nhs.uk/Documents/community_review.pdf

Hidden voices: older people’s experience of abuse
This report can be obtained from Action on Elder Abuse tel: 020 8765 7000 or it can be ordered online at www.elderabuse.org.uk (cost £10)

Celebrating our Cultures: Guidelines for Mental Health Promotion with Black & Minority Ethnic Communities. This report can be found at www.nimhe.org.uk/whatsapp/item_display_publications.asp?id=737

Choosing health: making healthier choices easier
The public health white paper has been published. To download a copy visit http://www.dh.gov.uk (publications and statistics)

Educational website to improve children’s oral health
The British Dental Association has set up a new website, aimed at helping children improve their dental hygiene through education. The site is aimed at Key Stage 2 of the National Curriculum (7-11 year-olds), and features content such as tooth conditions, healthy eating, and animated stories. www.3dmouth.org

Get Sussed, Get Healthy Family Challenge
The aim of this game is to get children and parents knowledgeable on health by taking part in the Get Sussed Games


The contribution of smoking, diet, screening and treatment to cancer mortality in the under - 75s- briefing paper
To download the briefing document http://www.hda-online.org.uk/Documents/cancer_under75s_briefing.pdf

Routes out of poverty
Although many people remain poor for some time, there is considerable movement into and out of poverty. Policy-makers are increasingly interested in the ways in which people escape from poverty. To read the findings of a review of existing evidence on the topic go to: www.jrf.org.uk/knowledge/findings/socialpolicy/n94.asp

Involve is a national advisory group, funded by the Department of Health, which aims to promote and support active public involvement in NHS, public health and social care research. It contains a publications section that contains guides for researchers, members of the public and research funders http://www.invo.org.uk

Pembrokeshire Local Health Board Annual Report 2004
Following an exciting first year’s activities, the Pembrokeshire Local Health Board have produced their first Annual Report 2003 - 2004 to report on the highlights of the year and information regarding our performance.

There are frequent reports in the national media about the difficulties
faced by the NHS - most of these refer to a long standing lack of funds, as well as shortages of doctors, nurses and beds. In Pembrokeshire we are experiencing some of these problems but with the modernisation of some services and building on the existing partnerships, we have managed to minimise disruption to our patients and clients.

Our big challenge has been within dental provision and with the help and support of local dentists and the Assembly, we have managed to provide dental access sessions for patients suffering dental emergencies who are not registered with an NHS dentist. We are clear in our aspiration to improve the dental position for the residents of Pembrokeshire, and the next year will see us concentrating our efforts in this particular area.

As always, we welcome your views and suggestions. May we remind you of the opportunity you all have to attend our LHB Board meetings, and a warm welcome awaits you, together with the opportunity of meeting your representatives on the Local Health Board.

The pilot scheme for Clynfyw (Abercych) is now underway and a group of people with disabilities will be spending a weekend there in March 2005. The feedback from this weekend will help us improve the service and also resolve any difficulties experienced. An evaluation of the pilot weekend will be available in April. For more details contact Marj Hawkins, Social Worker on 01437 764551

The aim of this service is to provide greater choice and opportunity for appropriate respite for younger adults with disabilities.

This summer there is a block booking for 4 weeks. Between 3 and 6 people can stay for one week at one of the accessible cottages at Clynfyw.

Respite at Clynfyw will be arranged as for other respite services-through a care manager, as part of a care package, or through direct payments.

The dates are 18 JUNE, 16 JULY, 27 AUGUST, 10 SEPTEMBER.

Care will be provided by Cere Care. Collette Dunn of Cere Care will be co-ordinating care arrangements.
Cere Care have assured PCC they will be flexible and can provide overnight care when necessary.

There will be opportunities to get involved in activities at Clynfyw. Interests should be included on individual profiles which will be collected as part of the application and sent to Clynfyw and CereCare in advance.

Transport
P.C.C. will be organising accessible transport to enable people to visit the surrounding area.

Bookings.
Contact your care manager if you have one. Otherwise, contact Phil Vickery, Carers’ Assessment Team on 01437 776096 for more information about this scheme and the co-ordination of respite bookings.

M. Hawkins 16-02-05

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Diary Dates

HEALTH AWARENESS DAYS/WEEKS/Months 2005

**MARCH**

**Ovarian Cancer Awareness Month** (www.wellbeingofwomen.org.uk) For further information about the campaign or ovarian cancer in general, contact WellBeing of Women on 020 7772 6400

**No Smoking Day**; 9th (www.nosmokingday.org.uk) England and Wales - NHS Smoking Helpline, 0800 169 0169

**Brain Injury Awareness Week** 14th to 20th (www.headway.org.uk)

**Prostate Cancer Awareness Week** 21st to 27th (www.prostate-cancer.org.uk/promotions/pca2005/index.asp) You can also call the charity’s confidential telephone helpline on 0845 300 8383 (Monday to Friday, 10am to 4pm; Wednesday, 7pm to 9pm). For general enquiries, call 020 8222 7622.

**Mental Health Action Week** 27th to 2nd April (www.mentalhealth.org.uk) If you’d like more details about mental health, call the foundation on 020 7802 0300

**APRIL**

**Multiple Sclerosis Week** 10th to 17th (www.mssociety.org.uk) or call 0808 800 8000 for further information and details of events during MS Week.

**Parkinson’s Awareness Week** 11th to 17th (www.parkinsons.org.uk) For details on events during Parkinson’s Awareness Week, contact the PDS on 020 7931 8080

**Cystic Fibrosis Week** 16th to 24th (www.cftrust.org.uk) or call 020 8464 7211

**Arthritis Care Awareness Week** 25th to 29th (www.arthritiscare.org.uk) or call the 24-hour information line on 0845 600 6868

**MAY**

**Deaf Awareness Week** 2nd to 8th (www.look-at-me.org.uk) UK Council on Deafness, Westwood Park, Little Horkesley, Colchester, CO6 4BS
Tel: 01206 274075 Text: 01206 274076 Fax: 01206 274077 Email: info@deafcouncil.org.uk
World Asthma Day 3rd May The campaign operates a network of local support groups throughout the UK. For details call 08457 010203 (Monday to Friday, 9am to 5pm) or go to www.asthma.org.uk.

National Breastfeeding Awareness Week 8th to 14th If you'd like more information on breastfeeding, contact the Breastfeeding Network on 0870 900 8787 or go to www.breastfeedingnetwork.org.uk.

Baby Safety Week 9th to 15th for more details, take a look at www.sids.org.uk/fsid or call 0870 787 0554

ME Awareness Week 9th to 15th If you're under 25 or want information on childhood ME, contact the AYME on 0845 123 2389 (Monday to Friday, 10am to 2pm) or go to www.ayme.org.uk. If you're over 25, please contact the ME Association on 0870 444 1835 or go to www.meassociation.org.uk.

Cancer Prevention Week 9th to 15th World Cancer Research Fund is the UK's main charity dedicated to the prevention of cancer through healthy diets and lifestyles. The charity is committed to providing cancer research and education programmes which expand our understanding of the importance of food and lifestyle choices in the cancer process. It is part of the WCRF global network and is a member of WCRF International. For more information, visit www.wcrf-uk.org

Psoriasis Awareness Week 14th to 21st For more details call 0845 676 0076 or go to www.psoriasis-association.org.uk.

National Epilepsy Week 15th to 21st The charity also operates a national helpline on 01494 601400 (Monday to Friday, 10am to 4pm) and a website, www.epilepsy.org.uk.

National Smile Week 15th to 21st Call 0845 063 1188 (Monday to Friday, 9am to 5pm). Alternatively go to www.dentalhealth.org.uk.

National Allergy Week 16th to 20th The charity also runs a helpline on 01322 619864 (Monday to Friday, 9am to 5pm), where sufferers can obtain immediate advice and support, or see www.allergyuk.org.

Spinal Injuries Awareness Day 20th May For more information, contact the SIA's office on 0845 678 6633 or visit www.spinal.co.uk.

Samaritans Week 21st to 27th If you need someone to talk to, call 08457 909090, email jo@samaritans.org or write to Chris, PO Box 9090, Stirling FK8 2SA. To locate your nearest Samaritans branch, see www.samaritans.org.uk.

Coeliac and DH awareness week 16th to 22nd www.coeliac.uk

JUNE

Everyman Male Cancer Awareness Month For more information about male cancers and events taking place in Everyman Male Cancer Awareness Month, take a look at the Institute of Cancer Research's Everyman website, www.icr.ac.uk/everyman/.

National Osteoporosis Month The National Osteoporosis Society offers support and advice to people with osteoporosis, their families and carers. It also operates a national telephone helpline on 0845 450 0230 (Monday to Friday, 10am to 3pm) and a network of regional support groups. For more information relating to osteoporosis or National Osteoporosis Month visit www.nos.org.uk.

Stillbirth and Neonatal Death Awareness Week 4th to 12th The charity also produces various publications and operates a helpline on 020 7436 5881 (Monday to Friday, 10am to 3pm). For more information, go to www.uk-sands.org.
**Carers week** 13th to 19th. Theme is work, rest and play for further information about local events contact Sally Davies at PAVS 01437 769422 or e-mail: sally.davies@pavs.org.uk

Down's Syndrome Awareness Week 6th to 12th For more information, call 0845 230 0372 or go to www.downs-syndrome.org.uk.

Glaucoma Awareness Week 6th to 12th For more information, call 020 7737 3265 or go to www.glaucoma-association.com

National Childcare Week 6th to 12th For more information, call 020 7840 3350 or go to www.daycaretrust.org.uk.

Diabetes Week 12th to 18th For more information, call 0845 120 2960 (Monday to Friday, 9am to 5pm) or go to www.diabetes.org.uk.

National Men's Health Week 13th to 19th The Men's Health Forum runs a website providing free and independent information on a range of men's health issues. Go to www.malehealth.co.uk.

National Food Safety Week 13th to 19th Go to the Foodlink website or email the Food and Drink Federation at foodlink@fdf.org.uk

Child Safety Week 20th to 26th contact CAPT on 020 7608 3828 or visit www.capt.org.uk.

Huntington's Awareness Week 20th to 27th For further information, call 020 7223 7000 or go to www.hda.org.uk.

Focus on Food Week 27th to 1st July Schools (primary and secondary) wishing to register with Focus on Food should call 01422 383191 or email focusonfood@designdimension.org

Deafblind Awareness Week 27th to 3rd July For further information, call 01733 358100 (voice/text) or go to www.deafblind.org.uk.

**JULY**

**Alzheimer's Awareness Week** 3rd to 9th If you'd like more information, call the society's national helpline on 0845 300 0336 (Monday to Friday, 8.30am to 6.30pm) or visit www.alzheimers.org.uk.

**National Transplant Week** 3rd to 10th Transplants in Mind is a charity that aims to educate and inform frontline medical staff and increase public awareness of the positive benefits of tissue and organ donation for transplantation. It encourages the public to carry the Donor Card and register their wishes on the NHS Organ Donor Register. If you'd like further details on how to do this, call Transplants in Mind on 0117 931 4638 or go to www.transplantsinmind.co.uk

**Sickle Cell Awareness Day** 4th For further information, call 020 8961 7795 or go to www.sicklecellsociety.org.

**Gut Week** (tbc) There is an official Gut Week website, www.gutweek.org.uk.

**AUGUST**

**Sexual Health Week** 1st to 7th For expert advice, call the fpa helpline on 0845 310 1334 (Monday to Friday, 9am to 6pm) or go to www.fpa.org.uk.

**SEPTEMBER**

**Migraine Awareness Week** 4th to 10th For more information, call 0870 050 5898 or go to www.migraine.org.uk.

**National Eczema Week** 17th to 24th For more information, call 0870 241 3604 (Monday to Friday, 8am to 8pm) or go to www.eczema.org

**Children's Hospice Week** 17th to 24th For more details call 0117 905 5082 or go to www.childhospice.org.uk.
Leukaemia Research Awareness Week 24th to 30th For more information on leukaemia, lymphoma, myeloma and the related diseases, contact the Leukaemia Research Fund on 020 7405 0101 or go to www.lrf.org.uk.

OCTOBER

Breast Cancer Awareness Month For more information, call 020 7384 2984 or visit www.breastcancercare.org.uk.

Lupus Awareness Month For further information call 020 7922 8197 or visit www.lupus.org.uk.

Learn to Sign Week 3rd to 9th The BDA can be contacted in a number of ways: Helpline minicom: 0800 652 2965, Helpline voice phone: 0870 770 3300, Fax: 020 7588 3527 Email: helpline@signcommunity.org.uk, Website: www.signcommunity.org.uk

Stroke Awareness Week 3rd to 9th For more information, call 0845 303 3100 or visit www.stroke.org.uk

National Donor Day 6th To sign up to the NHS Organ Donor Register call 0845 60 60 400 or visit www.uktransplant.org.uk

Baby loss Awareness Week 9th to 15th Website: www.babyloss.com

Back Care Awareness Week 17th to 22nd For further information, call 0870 950 0275 (Monday and Friday, 9am to 12pm; Wednesday and Sunday, 6pm to 9pm) or go to www.backcare.org.uk.

NOVEMBER

Lung Cancer Awareness Month The Roy Castle Lung Cancer Patient Network offers a support, information and advocacy service for people affected by the disease. For further information, call 0800 358 7200 or go to www.roycastle.org

Mouth Cancer Awareness Week 13th to 19th For more information, visit the British Dental Health Foundation’s website, www.dentalhealth.org.uk, or call the Dental Helpline on 0845 063 1188.

Pituitary Awareness Day 24th For more information, call 0845 450 0375 or visit www.pituitary.org.uk

DECEMBER

World AIDS Day 1st (http://www.worldaidsday.org/)

Farewell

My role as Joint Planning Facilitator at PAVS comes to an end in March 2005. Many thanks to everyone who has worked so tirelessly in the Forums to ensure that the voices of users, carers and voluntary organisations are heard in the planning and development of health and social care services.

It has been a terrific experience working with everyone in the Forums in Pembrokeshire as well as through partnerships with the local authority and health services.

Best wishes for the future.

Kind regards,

Margaret