

Newham's Adult Social Care Newsletter for Providers

Issue 13 // June 2016



Welcome to the June edition of Newham Council's Adult Social Care Newsletter for Providers.

We believe that customers should have a say in how services are commissioned and developed. Which is why we're urging providers to help us to promote the upcoming Co-Production induction session on 29 June. This is a chance for customers, their friends, families and carers to find out more about Co-Production and how they can contribute to the future of adult social care services.

Whether it feels like it or not, we're now officially in summer – which means it's almost time for The Mayor's Newham Show (9 and 10 July). Read more about the big

names and what you can expect to see in the adult social care marquee below. We also have an update from Public Health England about planning for a heat wave, so please ensure your service is familiar with the guidance and has a plan in place.

Finally I am delighted to bring to your attention the 150Club - an exciting new partnership initiative to tackle diabetes and cardiovascular disease between Newham Council, NHS Newham Clinical Commissioning Group (CCG), activeNewham, Staywell Partnership and the West Ham United Foundation.

Grainne Siggins

Director of adult social care,
Newham Council

Mental Health Awareness Week

Last month residents from across the borough joined together to celebrate Mental Health Awareness Week which took place from Monday 16 to Sunday 22 May. This included holding events at East Ham and Manor Park Libraries.



East Ham Weekly Coffee Morning

East Ham Library held a Feel Good Coffee Morning on Wednesday 18 May to help celebrate Mental Health Awareness Week. Speakers at the event included Councillor Canon Ann Easter, Simran Singh from Newham Talking Therapies and ASK service users. Tracey Sokoya, representing the Don't Bottle It Up campaign, was also in attendance.



Manor Park Fit for Life

On Tuesday 17 May, Manor Park Library hosted a range of workshops providing tips on how people can improve their mental wellbeing. Throughout the day people were also encouraged to take part in a free yoga session.

Providers on the day included the Don't Bottle It campaign, Newham Talking Therapies and ASK service users.

Active Minds Café launched In Stratford

Newham councillors joined residents for zumba, dancing and other fun activities at Stratford Library to celebrate the launch of the Active Minds Café.

Residents were able to find out about local mental health support services and meet experts from organisations including Workplace, MIND, Moneyworks, activeNewham and

Newham Council adult education services.

The Active Minds Cafe with be held on the third Thursday of each month at Stratford Library, 12noon-2pm. For more information or to book your place contact Shamilla Kumari, community hub link worker, on **Shamilla.Kumari@newham.gov.uk** or **07854 962 478**.



Co-Production induction: have your say on adult social care in Newham

We believe that the best way to develop and improve care and health services is to involve the people that use them. To support this, adult social care and health customers, their friends, families and carers are invited to attend a Co-Production induction session.

The session will take place on Wednesday 29 June, 11am–2pm, at Newham Docks and will include:

- an overview of adult social care commissioning
- what is Co-Production?
 - adult social care’s approach
- the customer journey
- introduction to the Equality Act
- the role of task groups.

Newham Docks
1000 Docks Road
E16 2QU.

Light refreshments will be provided.

To book your place and for further information, please contact Abdul Malik2, co-production capacity builder and facilitator, on **Abdul.Malik2@newham.gov.uk** or 020 3373 7622.

Ground-breaking project to tackle diabetes and cardiovascular disease launched

A ground-breaking partnership initiative to tackle the growing rise of diabetes and cardiovascular disease (CVD) in Newham has been launched.

The 150Club is an initiative by NHS Newham Clinical Commissioning Group (CCG), Newham Council and the 150Club partnership - made up of the West Ham United Foundation working with the council’s leisure trust activeNewam and the Staywell Partnership.

It is an innovative 24 week programme offering local residents

at risk of diabetes or CVD a wide range of tailored physical activities to help combat the diseases. It aims to empower local people and enable them to take greater control of their own health.

Taking its name from the recommended amount of 150 minutes of exercise people should take per week, the 150Club is part of a bid to tackle high rates of diabetes and cardiovascular disease in Newham by helping people to stay healthier. The borough has the second highest rate of Type 2 diabetes in England, with more than 24,500 residents currently diagnosed with diabetes.

This initiative, known formerly as the Newham Community Prescription Scheme, was first piloted in a number of Newham GP practices in

2013. The lessons learned have now been used to roll-out the Newham Community Prescription across the borough, helping reduce the risk of long-term health complications associated with diabetes, such as heart disease, stroke or kidney disease.

GPs across the borough can now refer patients aged 18 and over who are at risk of developing diabetes or CVD to the 150Club. These patients will be supported by lifestyle advisers, who will provide them with individual support and guidance and signpost them to one of the three organisations across the borough delivering the fitness based support. Each person will receive a one-to-one assessment and the advisers will track their progress to make sure the programme is as beneficial to them as possible.

Are you prepared for a heatwave?

The Heatwave and Summer preparedness programme of the Heatwave Plan for England was launched last month by Public Health England to raise both public and professional awareness of the health impacts of hotter weather, including severe heat.

The plan aims to prepare for, alert people to, and prevent, the major avoidable effects on health during periods of severe heat in England. It recommends a series of steps to reduce the risks to health from prolonged exposure to severe heat.

No changes have been made to the plan since last year which remains in place until further notice. However, some new resources have been added to their suite of supporting guidance and resources which can be accessed here at

<https://www.gov.uk/government/publications/heatwave-plan-for-england>



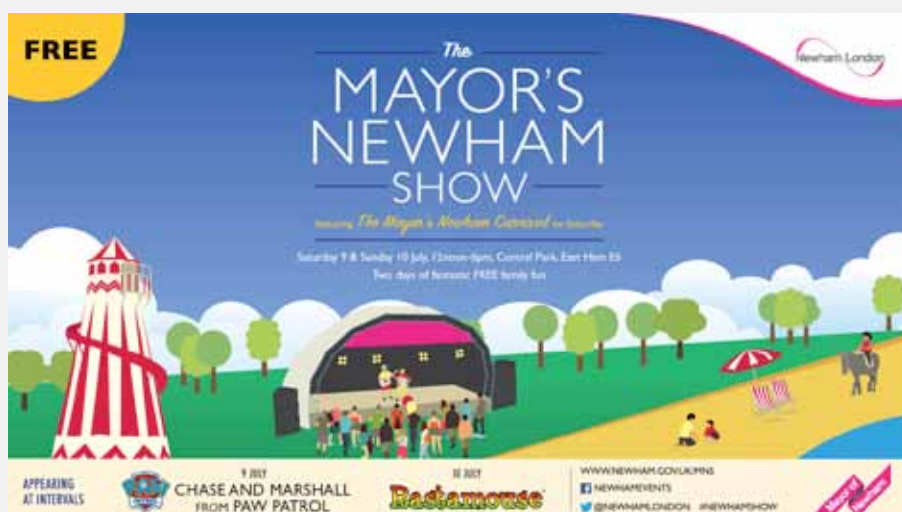
The Mayor's Newham Show – Saturday 9 and Sunday 10 July 2016

The Mayor's Newham Show will take place on Saturday 9 and Sunday 10 July from 12noon to 6pm in Central Park, East Ham, E6.

The free event will feature appearances from Rastamouse and Chase & Marshall from Paw Patrol, live music and dance, a dedicated children's entertainment area and stage, sports demonstrations and activities, Newham Village Fete, live cabaret performances and a real seaside complete with 40 tonnes of sand, paddling pool, live steel band and donkey rides.

Come along to the adult social care tent where you will be able to talk with community neighbourhood link workers, Newham Healthwatch, the carers team and much more.

For more information and for event updates please visit www.newham.gov.uk/mns



Dates for your diary

Newham Learning Disability and Autism Provider Forum

Unex Tower, Stratford, E15

- Tuesday 12 July, 10am-12.30pm
- Tuesday 11 October, 10am-12.30pm

Strategic Provider Forum

Stratford Town Hall, 29 Broadway, E15 4BQ

- Thursday 28 July, 9.45am-12noon
- Thursday 27 October, 9.45-12noon.

Get Involved

Each month, through this newsletter, I update our providers on what's new in adult social care and health in Newham Council. If you would like to submit an article email me at askgrainne@newham.gov.uk