

# Newham's Adult Social Care Newsletter for Providers

May 2018



Welcome to the May edition of Newham Council's Adult Social Care Newsletter for Providers. In this issue is information on new Care Quality Commission regulatory fees, a consultation on extending legal rights for personal health and integrated personal budgets and important upcoming changes to the data protection law.

Also find out how King's Fund is improving people's understanding of the health and care system and information on the Next Steps for NHS 5 Year Forward View.

There are lots of training and development opportunities and several events taking place across the borough to raise awareness of mental health, end of life care and women's health. The Good Support Group also held an event recently to celebrate its first year since becoming an externalised business.

## Grainne Siggins

Executive director of strategic commissioning, Newham Council

## CQC regulatory fees for 2018/19

Following a public consultation last year, the Care Quality Commission (CQC) has outlined the fees that health and social care providers in England will now pay to cover the costs of their regulation.

For more information visit the [CQC website](#).



## Consultation on extending legal rights for personal health and integrated personal budgets

NHS England and the Department of Health and Social Care are holding a consultation to gather views on proposals to extend specific groups' rights to a personal health budget and/or integrated personal budget.

There are five specific groups that are included as part of the proposal, but views are welcome on any other cohorts that would benefit. The specific groups being consulted on are:

- people with ongoing social care needs, who also make regular and ongoing use of relevant NHS services



- people eligible for Section 117 aftercare services, and people of all ages with ongoing mental health needs who make regular and ongoing use of community based NHS mental health services
- people leaving the Armed Forces, who are eligible for ongoing NHS services
- people with a learning disability, autism or both, who are eligible for

ongoing NHS care

- people who access wheelchair services whose posture and mobility needs impact their wider health and social care needs.

The consultation deadline is Friday 8 June. For more information and to respond to the consultation, visit the [consultation website](#).

## Good Support Group celebrates first birthday

This month, the Good Support Group (GSG) celebrates its first successful year as an externalised council business. GSG provides a broad range of day activities across the borough for adults, including those with learning disabilities and/or dementia. .

Celebrations so far have included a spring event at the Community Resource Centre in Plaistow, where over 250 residents took part in various activities to help them develop and maintain their personal independence and resilience.

The Grange Primary School choir, who are working with the GSG's older persons and specialist dementia service team, to increase understanding between the generations, also performed.

Other event highlights included:

- jewellery making, games, singing, arts and crafts and tea dancing
- musical performances and displays of photography and arts and crafts by customers
- a range of free foods and snacks, prepared by and representing some of the many cultural traditions of the staff and customers.



For more information contact **Zubayer Ahmed**, on [info@thegoodsupportgroup.com](mailto:info@thegoodsupportgroup.com) or **020 3373 2614**.

## Improving understanding of the health and care system

The King's Fund has developed a suite of videos, articles and podcasts to improve people's understanding of the health and care system, how it works and how it is

changing. Topics include:

- how does the NHS in England work?
- an alternative guide to mental health care in England
- communities and health
- delayed transfers of care - a quick guide
- what is commissioning and how is it changing?



For more information visit the [King's Fund website](#).

## Next Steps for NHS 5 Year Forward View

NHS England Funding and Resource 2018/19: Supporting 'Next Steps for the NHS Five Year Forward View' is a document that

sets out how NHS England will, through the distribution of funding, people and resources, support the next steps to transform local health and care systems.

For more information visit the [NHS website](#).



## Data protection law (GDPR compliance)

The data protection law is changing from 25 May 2018 and we want to make sure that you are informed and prepared

because if any organisation collects and uses personal data they must comply with the new law, which is called General Data Protection Regulation (GDPR).

Personal data includes, name, address, email address, data of birth, medical

data, case reference, bank details and so on. Personal data is any information that can identify an individual.

For more information visit the Information [Commissioner's Office \(ICO\) website](#).

## Radicalisation awareness training

A radicalisation awareness workshop has been designed to raise awareness of the [Prevent strategy](#), help you identify individuals who may be at risk of radicalisation and how you can safely support them. The workshop is suitable for staff working in adult and children's social care, housing, and private, voluntary and independent sector providers.

Participants who attend the workshop will be able to:

- understand the statutory obligation of the [Prevent duty](#) and its processes and pathways
- explore how exposure to extremism is a safeguarding matter and the different levels of emotional harm
- gain an awareness of how to engage effectively with adults, children and young people exposed to extremism
- recognise the main elements of the Prevent strand of the government's

counter-terrorism (CONTEST) strategy

- better understand what makes people vulnerable to radicalisation
- know your responsibilities and recognise indicators that radicalisation might be taking place.

For a list of workshop dates and to book a place, visit the [Newham Local Safeguarding Children Board website](#). [Guidance](#) on how to book a place is also available.

## safeTALK - suicide prevention training

Tower Hamlets Community Education Provider Network (CEPN) in partnership with Newham CEPN is offering a free half-day (3.5 hours) training course on suicide prevention until July.

Participants who attend the training course will be able to:

- identify people thinking of suicide overcome barriers to talk about suicide
- identify reasons we may miss, dismiss or avoid suicide
- apply the 4 step model of suicide alertness (Tell, Ask, Listen and Keep-safe)
- connect people at risk with further help training will be delivered with further help.

Education Academy  
Burdett House  
Mile End Hospital  
Bancroft Road E1 4DG

Spaces are limited. To book your place, visit the [safeTALK website](#).

For more information visit the [safeTALK website](#) or email **thccg.cepn@nhs.net**

## Mental Health Awareness Week

Free events have been organised in partnership with the council and ASK User-Led Mental Health Group to help celebrate Mental Health Awareness Week (14-20 May).

**Wednesday 16 May, 10am-2pm**  
Plaistow Library, North Street, E13 9HL

Activities on offer include:

- chair based exercises
- performances from a local choir
- testimonies and poetry performances from service users
- holistic therapies for the mind, body and soul

- quadrille dancing.

Residents will also be able to speak to experts for support and advice from a range of health and social care providers, including how to look after their mental health.

For more information contact **Kundayi Sisulu**, on **Kundayi.Sisulu@newham.gov.uk** or **020 3373 8392**.

## Branch Out

Branch Out is a free social group for people with Autism and Asperger's Syndrome. Activities include:

- socialising,
- playing board games
- Nintendo Wii
- plus lots more.

Every Thursday from 1-3pm  
Plaistow Library  
North Street E13 9HL

For more information contact **Habiba Ali**, on **Habiba.AliAsc@newham.gov.uk** or **07812 675 216**.



## Dying Matters Awareness Week

As part of Dying Matters Awareness Week (14-20 May), the council is hosting a free event where residents can get information and advice from a range of organisations about dying, death and bereavement.

The event will also raise awareness of

practical issues relating to planning ahead for you and your family.

**Tuesday 15 May, 10am-4pm**  
Custom House and Canning Town  
Community Neighbourhood Centre and  
Library 18 Rathbone Market  
Barking Road  
Canning Town E16 1EH

For more information visit the [council's website](#).





## Kindness meditation for carers

Are you struggling with the stress and strain of being a carer? Would you like to build supportive connections and friendships with others in caring roles? Until early September, Breathing Space is running free drop-in classes teaching mindfulness and kindness meditation.

East London   
NHS Foundation Trust

**Every Wednesday,  
10.30am-12noon**

East Ham Customer Service Centre and Library  
328 Barking Road  
East Ham E6 2RT



For more information contact **Luke Doherty** on **020 8709 9987** or **info@breathingspacelondon.org.uk**

## Conversation Café

The council's Conversation Café is a friendly space where individuals can meet to share ideas, learn new skills and find solutions to challenges affecting our community.

### Caramel Rock meets Conversation Cafe

Thursday 17 May, 10am-2pm  
Redeemed Christian Church of God;  
New Wine Assembly  
51-57 High Street South  
East Ham E6 6EJ

Are you interested in building a career in fashion?

Fashion designers need a wide range of visual, technical and thinking skills in order to develop their ideas and produce creative fashion designs. This session will enable you to plan, research and present your own ideas in relation to a set project brief. Learn about research in traditional



clothing, explore dress making ideas and fashion creations.

domestic and sexual violence to share experiences and learn from each other.

### Sanctuary Conversation Cafe

Thursday 7 June, 10am-2pm. Monthly sessions will take place on the first Thursday of every month.  
Forest Gate Learning Zone  
1 Woodford Road  
Forest Gate E7 0DH

A space set up and run by survivors of

**Booking is essential for this conversation café.**

For more information visit the [council's website](#) or contact **Noreen Mukalazi**, on **Noreen.Mukalazi@newham.gov.uk** or **020 3373 0332 / 07814 615 350**.

## Remploy disability guide

Remploy have created a disability guide that provides practical advice for employers on supporting people with disabilities and long-term health conditions in the workplace.

It provides you with a quick reference to the most common disabilities and long-term conditions, including learning disabilities, mental health conditions, physical disabilities, neurological conditions and sensory impairments.

For more information visit the [Remploy website](#).

## Patient support groups

Manor Park community neighbourhood host monthly pain management and diabetes support groups. Sessions run from 5.30-7pm.

### Pain management

- Friday 8 June
- Friday 13 July.

### Diabetes support

- Friday 18 May
- Friday 15 June
- Friday 20 July.

London Borough of Newham

**MANOR PARK**  
COMMUNITY NEIGHBOURHOOD

### Manor Park Library

685-693 Romford Road  
Manor Park E12 5AD

For more information contact **Manor Park community neighbourhood team**, on **CN.Manorpark@newham.gov.uk** or **020 3373 0858**.

## Free inclusion confidence training

**Together! 2012 CIC** is offering free inclusion confidence training to Newham-based community organisations and volunteers.

This training supports Newham's voluntary sector by providing training to staff and volunteers on developing disability and diversity equality, including the basics of the Equality Act 2010; creating barrier-free services; understanding reasonable adjustments;

and disability and society.

The training courses take place as follows:

- Friday 18 May, 11am-4pm - Ascension Church Centre, Baxter Rd, Custom House E16 3HJ
- Monday 11 June, 11am-3.30pm - Durning Hall Community Centre, Earlam Grove, Forest Gate E7 9AB
- Monday 18 June, 11am-4pm - The Froud Centre, 1 Toronto Ave, Manor Park E12 5JF
- Monday 25 June, 11am-3.30pm - Durning Hall Community Centre, Earlam Grove, Forest Gate E7 9AB.

Refreshments will be available upon arrival (10.30am) and in the afternoon break - please bring your own lunch.

All venues have step-free access, amplification and an induction loop. Blue Badge parking is also available at Durning Hall Community Centre and Ascension Church Centre; street parking is only available at The Froud Centre.

To book your place, contact **Robin Surgeoner**, on **robin@together2012.org.uk** or **07811 217 648** with your name, contact details and any access requirements.

## London Stadium Learning

London Stadium Learning is an exciting new centre based in the Queen Elizabeth Olympic Park that aims to support schools to raise student attainment at Key stages 2, 3 and 4 using vocationally related resources.

It aims to inspire future generations with educational activities capitalising on its unique environment. By providing high-quality multimedia learning activities the 'On-Track' programmes relate to sports journalism or enterprise, inspired by the jobs created by the London Stadium and the Queen Elizabeth Olympic Park. The programme

engages students in national curriculum linked learning activities to develop students' confidence and raise aspirations.

For more information contact **Anna Chapman**, on **Anna.Chapman@newham.gov.uk** or **020 3373 6680**.

## Dates for your diary

### Learning disability and autism provider forum

17 July and 16 October, 10am-12.30pm  
St. John's Church, Stratford, E15 1NG

### Day opportunities provider forum

19 June and 4 December, 2-4pm  
Newham Dockside, 1000 Dockside Road, E16 2QU

### Strategic provider forum

15 May, 9.30am-12noon  
Old Town Hall, 29 The Broadway, Stratford, E15 4BQ

**18 September - venue and time to be confirmed.**

### Got a story?

The aim of this bulletin is to promote joint working, learning and development opportunities and share good practices to ensure the best outcome for providers, customers, carers and their families.

This is a great opportunity for providers to find out what is happening within adult social care and health locally and also share ideas, events and learning.

**If you would like to submit an article to be included in the bulletin email**

**AskGrainne@newham.gov.uk**