

Midlothian's Health and Social Care integration newsletter



ISSUE 3 / AUTUMN 2015

WELCOME

Integration goes fully live in April 2016 when the Midlothian strategic plan for 2016-19 comes into effect. This signals a very significant change, delivering sustainable health and social care services for the future that focus on people's needs.

The new integrated arrangement will be responsible for delivering a range of nationally agreed outcomes that apply to adult health and social care across Scotland.

These include:

- Improving adult health and social care services
- Delivering more services in community settings
- Reducing inequalities
- Improving health and care outcomes for local people.

GET IN TOUCH

The aim of this quarterly newsletter is to provide you with an update on what's going on in health and social care, share developments and bring you stories that show how it all fits together. We welcome your feedback on anything covered in this issue and suggestions for future issues.

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Working Together to Improve the Health and Wellbeing of the People of Midlothian

We are now a step closer to integrating Health and Social Care in Midlothian. The new Integrated Joint Board (IJB) is set up to plan and direct resources for the delivery of integrated health and social care services across Midlothian. It met officially for the first time on 20 August.

The Board consists of four local elected members and four members of the NHS Lothian Board. Representatives from other sectors, including voluntary organisations, health and social care staff and others representing the interests of patients, service users and carers, also sit on the Board and contribute to its work.



Consultation on Midlothian's Health and Social Care Integration Strategic Plan is now open and continues until 25 November.

Patients, service users, health and social care professionals and partners have already helped shape the plan. However, we want to continue to listen to and take onboard people's views.

Eibhlin McHugh, Director of Health and Social Care Services says:

"On our journey to making sure that residents get the right advice, care and support in the right place at the right time, we want to give everyone with an interest the chance to comment on our draft strategic plan before it is finalised".

Hot Topics Group

Our new Hot Topics Group brings together community members, and health and social care managers to discuss relevant and important health and social care issues.

Conversation sizzled last month when 35 people from local support groups, voluntary organisations and members of the public came together for the first ever Health and Care Hot Topics Group, held at Dalkeith Arts Centre. The 'hot topic' was **improving peer support and self-management**.

Through engaging and interactive conversation, listening to other people's points of view, and being open to each other's ideas, we hope to create better health and care services for everyone.

John Jack, resident of Eskbank and group chair, said:

"Hopefully this group will enable a wider understanding and create opportunities for the public to influence and improve our services".

The Health and Social Care Joint Management Group will be looking at, considering and responding to what you are telling us.

Key points from the meeting included:

- A gap in peer support for people aged 30-60
- Information and transport remain big factors that affect whether people access support or not
- Information about self-management needs to be easy to understand.

The next meeting is on Thursday 5 November at Dalkeith Older People's Welfare Hall. The 'hot topic' is **improving access to Primary Care**. If you would like to attend, contact: catherine.evans@nhslothian.scot.nhs.uk.



Caring Across Generations

Approximately 14,000 people in Midlothian are over the age of 65: one sixth of the population. Staying socially and physically active is helping older people stay healthy.

Volunteer Midlothian's Transform project is bringing together young volunteers (aged 14-25) and older people for two very important reasons. The first is reducing social isolation among older people and the second is helping young people build confidence, whilst gaining vital skills and experience for a better future.

At the end of the summer, the project held a senior quiz event at Dalkeith Arts Centre. This was the first of its kind for older people in Midlothian and all had a great afternoon. Seven teams from across Midlothian entered the competition, with most travelling from sheltered housing complexes. Young volunteers were on hand to help the teams through five quiz rounds and serve refreshments.

Volunteer Midlothian 

The scores were very close, but in the end the 'Button Brains' team were declared the outright winners, proudly receiving a trophy and a hamper of treats.

Volunteer Midlothian's Transform project currently delivers eight weekly befriending sessions for older people across Midlothian. Lasting for two hours and keeping everyone involved, these events include a variety of activities such as new age curling, musical bingo, arts and crafts, food tasting, quizzes and ball sports. Refreshments and a chat with our young volunteers follow and provide a mutual benefit for both generations.

For more information on this project, please contact Natalie Christison, Head of Service – Transform on: **0131 660 1216** or email: natalie@volunteermidlothian.org.uk.

Priceless

Artlink is an arts and disability organisation that works for people with learning disability who live in Midlothian. We value individuality and use each person's unique experiences and interests to inform all that we do. We create developmental opportunities that are purposeful and creative, building networks of people around the individual to support interesting things to happen. These networks involve family, healthcare, social care and community who work together in pursuit of a common, practical goal where everyone learns from each other.

Through involvement in creativity, we make connections between people, their experiences and our community – we value people for who they are and celebrate diversity.

We work across Midlothian, offering activity built around very specific interests, establishing networks, leading to infinite possibilities. For example:

In the **Barter project**, our artists work in partnership with Midlothian organisations, making artworks in exchange for new experiences:

- we made a house sign for a vintage car owner and in turn, he gave us trips in a Rolls Royce
- we made cake themed fascinators for a catering company who then taught us how to make canapés

The **Ideas Team** uses the making of artworks to establish flexible and creative networks of care for people with complex needs. One project has developed a 'sensorium' – a cinematic sound environment designed around how the person can use it autonomously.

The **Socialites** creates new experiences for school aged young people based on their skills and interests. We create the networks required to be involved in something they feel part of, or that develops their talents. One young person recently worked with a fashion designer and make-up artist to develop her ideas – her work has since been featured by the National Galleries of Scotland.

The **Making Programme** invites people who have limited networks to choose from a menu of different activities to try something new. Our 'Make your own club night' workshops feature design, performance and sculpture activities working towards a club night in Spring 2016.



The positive impact and differences Artlink activities have made to Donald and others seems unique to us.

David Hunter,
parent.

The **Sensory Workshops** provides a series of person centred developmental activity designed to encourage individuals with complex needs to learn, regardless of age. We create theatrical environments of sound and light that change according to what people enjoy.

Here are two publications where you can read more.

PRICELESS <http://www.artlinkedinburgh.co.uk/2014/07/priceless/>

UNCOMMON GROUND <http://issuu.com/artlinkedinburgh/docs/artlink-annual-review-2014-v9-webup?e=2908644/10790071>



Early Diagnosis

Midlothian is currently involved in a programme to help dementia sufferers and their carers enjoy the best of support, now and in the future. We are working in partnership with Alzheimer Scotland to introduce the Eight Pillars of Support that guides the development of health and care services.

One of the goals of this initiative is to encourage people with dementia to come forward and have their condition identified at an early stage. We know there

are some difficulties in getting people to do this. There is a bit of stigma attached to the diagnosis and perhaps a feeling of “what’s the point” as we still have no cure for it. However, an increasing number of people are coming along to their GP as they would like some more information to allow them to plan and feel that finding out if they do or do not have dementia will help them do this.

Firstly, not all people who think they have dementia are suffering from this condition. There are quite a number of other medical problems, which can give rise to symptoms and can look like dementia. Most of these

other diagnoses are treatable.

If dementia is the problem, we can offer help though not a cure at present. This can include treatment with drugs that can slow the progress of the illness. Support is also available for the sufferer and those involved in caring for them. The local dementia team, which has staff from both the NHS and Social Care, can give advice and offer help in dealing with the difficulties that can arise with dementia.

Those diagnosed as suffering from dementia are entitled to 12 months of support to help them adjust to their new circumstances. This includes information about exactly what is happening when dementia is developing in the brain. The course of the illness is very variable. It can be many years before sufferers or their carers require additional help. For those whose condition is more advanced, additional support can be planned and put in place to allow independence to continue for as long as possible.

TRANSFORMING CARE AFTER TREATMENT (TCAT)

The Scottish Government is working together with Macmillan Cancer Support, the NHS, local authorities and the voluntary sector to support a redesign of care following active treatment of cancer.

The overall aim of the programme known as Transforming Care After Treatment (TCAT) is to improve the ongoing support of people living with cancer, after treatment.

Aligned with the national project, Midlothian Health and Social Care Partnership is developing its own local TCAT initiative. This will be looking at providing better access to services through:

- one-to-one holistic needs assessments
- effective signposting and good information
- improved access to physical exercise and healthy eating advice and activity

- increased opportunities to manage their lives more effectively through lifestyle management courses, employment and benefits advice.

We want to create a culture of confidence in patients, professionals and the public that supports people to regain control of their lives, makes self-management possible, develops new approaches to supervising and reduces unnecessary reviews.

Another goal is to establish a cancer patient advisory group, involving local people and service users, to shape the direction of the Midlothian TCAT initiative. **Interested?**

Contact Morag Barrell, Tel: **0131 271 3752**
Email: **Morag.Barrell@Midlothian.gov.uk**

Wake up call – a glimpse into the life of a carer

There are approximately 14,000 people in Midlothian in a caring role. We are looking at ways of working more closely with VOCAL Midlothian and unpaid carers, who are critical to the health and wellbeing of people in Midlothian.

How do you start your day? For many carers who support a family member, partner or friend with a long-term condition, disability or addiction, the morning is a busy time with lots of tasks and things to organise in a short space of time. Here is one carer's account of the first 90 minutes of her day:

"My day begins at 6am. My hubby Bill has MS – not a lot works now in his body but he is my best mate so caring is not a chore to me, just part of life.

"I cannot share his room as he has a hospital bed and hoist plus a commode in the room (this used to be our dining room). I wander through a couple of times a night just to make sure he is OK. I wake him early to give him a cold drink and he takes his tablets as I empty his night bag.

"My next 30 minutes is pamper time – I love to do hair and make up and then tidy my bedroom. For a woman going on 70 this November, not too bad! When I feel presentable, it is back to Bill to get his breakfast and check him thoroughly body wise. I am lucky I get two carers in around 9.30am to get him dressed and up into a chair or his wheelchair. I like to make sure he is clean before they arrive... 😊. I tease him about getting breakfast in bed every day and we always laugh about it.

"So I am lucky, I get to have my me time before I start my day but after that, there is never any more time to renew so bedtime is my next me time". **Bron**, Midlothian

VOCAL Midlothian supports unpaid carers in all family and relationship settings, providing free access to information, individual support, counselling, group work, leisure and learning opportunities. If you are a carer living in Midlothian, get in touch to find out what support is available – email midlothian@vocal.org.uk or call us on **0131 663 6869**.

VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate, Dalhousie Road, Dalkeith EH22 3NX
Website: www.vocal.org.uk



Helping save lives

Heart disease is one of the UK's greatest killers, with British Heart Foundation statistics estimating that more than 60,000 sudden cardiac arrests (SCA) take place each year outside of a hospital environment. Only a small number survive. In Scotland, around 11,000 people died of heart related disease last year.

Automated External Defibrillators, or 'AEDs' for short, are helping re-start the hearts of victims of SCA and save lives. These portable automated devices can restore normal heart rhythm, preventing brain damage or death. Capable of interpreting a person's heart rhythm and automatically delivering a defibrillation shock, these easy to use devices require only minimal input from the operator.

Originally only available in hospitals, AEDs in public places get help quicker to people who show symptoms leading to cardiac arrest. These devices are now widely available and increasingly used by people, often with little or no training, to re-start the victim's heart.

"Most people can survive if they receive defibrillation within 20 or 30 seconds. The survival rate drops by 10 percent with every minute of delay in emergency treatment".

Midlothian Health and Social Care recently purchased four AED devices for use in this way. These are available and ready for use, if required, in Newbyres Village, Cherry Road, Cowan Court and Highbank Care Home.

Fully trained by representatives from the Scottish Ambulance Service, 49 social care staff, mainly based within these locations, are now qualified in AED use and maintenance.

Our aim is to have more AEDs installed in places where they might be needed and accessed quickly by someone nearby, taken to the person who has collapsed, and used before the arrival of professional help.

Alison White, Head of Adult and Social Care Services says:

"This is a significant step forward in increasing the chance of survival from out-of-hospital cardiac arrest. Rather than transporting the victim to a defibrillator, the defibrillator is transported to the victim".

Are you ready for flu season?

It's that time of year again and the best defence against flu is this year's vaccine.

Vaccination is the best way to protect patients, service users, carers, the community, yourself and your family from this potentially serious but preventable disease.

Be prepared and protect yourself sooner rather than later.

1. It is the best way of reducing your risk of getting flu.
2. It reduces the risk of spreading flu to others who could be vulnerable to the virus.
3. Infected people can spread their infection even if they have very mild symptoms.
4. Even for healthy people, flu can be serious, making them feel unwell and unable to carry on with everyday activities for at least a week.

For more information, visit the Immunisations Scotland website:

<http://www.immunisationscotland.org.uk/>

FLU MYTHS

Myth

The flu vaccine protects you straight away

It actually takes about ten days for you to be protected.

Myth

Antibiotics can cure flu

Antibiotics kill bacteria. Flu is caused by viruses, which do not respond to antibiotics.

Myth

Only old people get flu

Anyone of any age can catch flu – but certain groups are more at risk of serious side effects. This includes older people, pregnant women and those with certain long-term medical conditions or lowered immunity due to disease or treatments.

Myth

Flu is just a bad cold

Colds and flu are caused by different viruses and the effects vary hugely. Colds come on gradually (runny nose, then sore throat then a cough) but flu hits you straight away and most commonly with a fever, headache, extreme tiredness, cough, sore throat, nasal congestion, and body aches.

Myth

The flu vaccine has not been tested, it's not safe!

All vaccines, including flu vaccines, have to be tested before they can be licensed and then used in the UK. Like all medicines, some people will experience side effects but these are generally mild and usually resolved without treatment.

Myth

There's mercury in the vaccine

There's no mercury present in the vaccines used in Scotland. You would get more mercury from a single tuna sandwich than from the flu vaccine.

Callum's story continued

In our summer edition, we introduced Callum, a fictitious user of health and social care services. He is someone people might relate to and recognise. He is one of four 'typical patients that are helping us create a better health and care system.

Over 40 people attended a "Callum" event in Midlothian to engage with other service providers and people from various areas relating to health and social care on specific services and therapies relating to Callum's issues.

Agreed at the meeting was a need for greater access to facilities like the Rivers Centre, which treats patients with trauma issues. Once up and running, and with funding secured from the Scottish Government, the Rivers Centre Public Social Partnership (PSP) will:

- Create a service and place for people of all ages and their families to access support and treatment
- Provide a nurturing and safe environment that promotes resilience, opportunities and connections
- Encourage public sector and voluntary organisations to work better together
- Design new and improved services, involving service users
- Deliver services with greater benefit for the wider community and encourage innovation
- Grow opportunities for voluntary organisation providers' market.

The Gateway to Recovery clinics, where self-referral and support is available for people with substance misuse issues, highlights the need for more services of this kind. Well liked by users, these facilities allow quick and easy access to services, and for the most, a positive experience for the person.

The government has agreed to finance a similar pilot for those with mental health issues through the Mental Health Innovation fund. This initiative could help reduce waiting times for psychological therapies and divert people to appropriate services if they do not require psychological intervention. **Watch this space for further details.**

Callum
*Adult patient between
16 to 55 years of age*



ANXIETY

DEPRESSION

**ALCOHOL OR
DRUG MISUSE**

Striving for better outcomes – strengthening the links

Every good conversation starts with good listening. Hearing what our staff, patients, service users, health care professionals and partners are telling us is helping support and influence changes that bring about better health and care outcomes for people in Midlothian.



“A GOOD LIFE, AN EQUAL LIFE”

Sharing progress on our three year, 2012-15 Physical Disability Action Plan is helping to shape the 2015-18 Action Plan and achieve better results.

With over 60 professionals, service users, carers and providers participating in our recent consultation event, topics on the table included Community and Peer Support, Transport & Access, and Health and Wellbeing.

Jeff Adamson, Chair of ForwardMid opened the event. Also in attendance were Eibhlin McHugh, Chief Officer for the Midlothian Health and Social Care Partnership, Alasdair Mathers, Communities, Performance Manager, and Allister Short, Head of Health, all showing their commitment to addressing the issues surrounding physical disabilities.

Challenges included:

- transport issues – availability and accessibility
- information/ Communication – need for better signposting to a wide range of information
- importance of peer support and co-production and the need for awareness raising amongst Council staff, local employers etc
- specific issues such as improved lighting in public places and the need for more dropped kerbs at appropriate places.



“People commented that it felt good to be listened to”

Consultation on Midlothian's Health and Social Care draft strategic plan is open until 25th November. You can share your views on this service or any of the services included in the plan by completing our survey or response form.