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Health & Well Being Update - May 2011 - Issue 33

The Health & Well Being E-Bulletin is produced 6 times a year, every 2 months. We are currently sending our Health & Well Being Bulletin out to 169 members.

The E-Bulletin is aimed at voluntary and community groups to

- Increase their knowledge of local, regional and national health and well being policies and strategies
- Increase their knowledge of resources, funding, training and support.

If you want to nominate more members then please let us know so that their details can be added to our database and they too can benefit from the information we provide.

Contact details to advise us of interested parties can be found in the section "Receiving the Health & Well Being Bulletin" on Page 29 .

NEWS

RESULTS OF HEALTH & WELL BEING E-BULLETIN ANNUAL SURVEY

We asked 165 people who received the E bulletin during the last year what they thought of it. Thank you to those that responded.

The 5 people from the following organisations will receive a book voucher for £ 10.00 each:

Harbinder Hare-Base 25

Jane Barker-YMCA

Sarwan Singh Bhart-Indian Workers Association

M. Dell- Fordhouses Health & Fitness Group

Sally Meakin- Rethink

The analysis of the survey reveals that:

- 90% rated the E Bulletin as excellent or good
- 95% strongly agreed or agreed that it is easy to read
- 85% strongly agreed or agreed that the E bulletin covers a good range of topics
- 85% said that they had followed up something after seeing it in the E Bulletin

NEWS

WORKSHOP ON THE DETERMINANTS OF HEALTH & WELL BEING:

REDUCING HEALTH INEQUALITIES IN WOLVERHAMPTON

Nine people from 6 organisations attended a workshop in March which addressed the wider determinants of health, heard about the practice of third sector organisations on monitoring and evaluating the 9 strands of the new Equalities Act and airing concerns and views about GP consortia in Wolverhampton.

The day was planned and facilitated by Geeta Patel, WVSC, Bamnan Dikwal Maclean of the Black Strategic Health Group and Navin Foolchand, Wolverhampton Primary Care Trust.

Before the workshop there was a 60% level of awareness of the determinants of health, which increased to 100% at the end of the workshop.

At the beginning there was a 40% level of awareness of how the determinants of health affects a range of disadvantaged communities which went up to 90%, therefore an increase of 50%, by the end of the workshop.

When asked about their awareness of how structures can be influenced to improve services for disadvantaged communities there was a gain of 40% in knowledge and awareness

There was a 100% increase in knowledge and understanding of how the 9 equality strands could be used to improve third sector and statutory sector services

A participant said about the workshop "Very informative, many thanks!"

NEWS

BIG SOCIETY COMMUNITY ORGANISERS

Up to 500 senior Community organisers will be trained over the next four years and paid bursaries of £20,000 during their first year.

They will be supported by 4,500 mid-level part-time and volunteer workers. Organisers will work with communities to identify leaders, opportunities, and to catalyse action and help people take advantage of initiatives such as the right to buy community assets or to bid to run public services.

The Cabinet Office announced the body that will train the community organisers will be *Locality* a new independent community-led movement formed through the merger of Development Trusts Association (DTA) and Bassac. Tasks will include a training framework, code of conduct and an Institute for Community Organising - a national network for support. Ten areas are ready to recruit and host organisers, including Birmingham, London, Bristol, Cornwall and Norfolk.

EVENTS

ARTS, REMINISCENCE AND DEMENTIA

The Arts and Reminiscence project is a direct response to Wolverhampton Council's Forward Plan for people living with dementia and Every Adult Matters Strategy. The project will use the unique collections within Wolverhampton Arts and Heritage to provide therapeutic activities promoting positive mental wellbeing and improve quality of life.

The programme is a joint pilot between Wolverhampton Arts and Heritage and Wolverhampton Putting People First Team. We will be running a series of monthly and weekly activities with some of these activities particularly suitable for people living with dementia and their carers and those experiencing memory difficulties. These activities will be free of charge.

Meet Me @ WAG is a programme of monthly events focusing around interesting discussion topics inspired by our art, social and local history collections.

Come along to our monthly event at Wolverhampton Art Gallery for a good chat about... well anything! Our upcoming monthly discussions will be: 25th May 2011 Making and Breaking - tell us about your craft and D.I.Y successes and disasters, 29th June 2011 - "Please Sir!" reminiscing about school days, look out for a 'Meet Me @ WAG' event on the last Wednesday of every month.

EVENTS

Arts and Reminiscence

Every 2nd and 4th Tuesday of the month starting in May 2011, there will be arts and reminiscence workshops specifically designed to be therapeutic and accessible for people living with dementia or have memory difficulty and their carers. There will be various activities including silk painting, rag rugging, local history talks, tea and tour of exhibitions.

For more information contact Thanh Vo or Jane James at Wolverhampton Art Gallery 01902 552055 or visit our website for a listing of upcoming events www.wolverhamptonart.org.uk/wolves.

EVENTS

CARER'S WEEK (13th June – 17th June 2011)

Wolverhampton's Carer Support Team are hosting a celebratory event for carers

If you look after a friend, relative or neighbour that has mental health needs, is an older person, has a learning disability, physical and sensory disability or is a parent/carer of a child with a disability then the Carer support team are here to support you.

Tuesday 14th June 2011
Light House Media Centre

Information stands
Monday 13 June 2011
Mander Centre (outside Tesco)

Wednesday 15 June to Friday 17 June 2011
Central Library

For more information or to confirm your booking contact:

Melinder Kaur, Information Officer, Carer Support Team
Blossoms Fold, Off North Street, W-ton
Tel: 01902 553429
Email: Melinder.Kaur@wolverhampton.gov.uk

POLICIES AND STRATEGIES—NATIONAL

DEMENTIA

The Department of Health has launched a £1.2million public awareness campaign, inviting people with memory loss to contact their GP.

An interactive dementia map has been launched by the Alzheimer's Society with Tesco to identify the gap between the numbers of people with the condition and diagnosis. It is estimated that more than half a million people are undiagnosed. Regional levels of diagnosis range from 26% to 69%.

In Wolverhampton 40% of people with dementia are diagnosed.

	Total with dementia	Undiagnosed with dementia
2010	3012	1817
2021	3713	2240

Estimated increase of dementia in Wolverhampton is 23%.

National dementia champion Sir Ian Carruthers has written a joint letter with the Alzheimers Society to Strategic Health authorities reminding them of the need to reduce prescription of anti psychotic medication and the need to report on progress to the care services minister in November. GPs are advised to deliver alternatives to medication.

POLICIES AND STRATEGIES—NATIONAL

NICE GUIDANCE ON DIAGNOSING, ASSESSING AND

TREATING ALCOHOL DEPENDENCY

The National Institute for Health and Clinical Excellence indicates that just 6% of the estimated one million people who are dependent on alcohol receive treatment. It recommends that all relevant health and social care professionals need to be able to identify people who misuse alcohol so that people are correctly diagnosed, assessed and treated. The guidance recommends different levels of support for people depending on the severity of dependence, from psychological interventions like cognitive behavioral therapy to structured assisted withdrawal to those with more serious problems.

GPs are encouraged to provide 45 minute short interventions. Professionals should seek to treat alcohol misuse before any coexisting mental health problems, as these can improve following effective treatment of alcohol problems. Pulse Today notes that GPs are sceptical about the guidance due to lack of availability of specialist services for referral.

REVIEWS OF POLICIES AND PROCEDURES

PAYING GP'S TO IMPROVE QUALITY

The Audit Commission has examined how well Primary Care Trusts oversee the Quality and Outcomes Framework which pays GPs incentives to improve services. It found considerable variation between practices when it comes to exception reporting, where GPs can exclude certain patients from their returns for payment (making it easier to receive the payment).

Some patients may not be receiving the service they should. The report recommends regular visits to GPs from PCTs carried out by a trained GP and lay assessors to oversee and check scores and exception rates.

HANDYPERSON'S EVALUATION

The Department for Communities and Local Government's handyperson programme introduced a two-year grant in 2009 to develop services across England.

An evaluation of outcomes for users and value for money is being conducted by the University of York and interim findings have been published.

Handyperson services include odd jobs, home safety and security checks and putting things right (e.g. falls prevention, smoke alarms), assistance with hospital discharge such as moving furniture, energy efficiency checks and signposting to other services.

REVIEWS OF POLICIES AND PROCEDURES

A literature review of previous studies found that these interventions were cost effective by postponing/preventing residential care and hip fractures (around £28,000 average savings each), speeding up patient discharge (around £120 per day) and reducing the cost of home care through housing adaptations (£1,200 to £29,000 a year).

The interim financial benefit analysis of the programme found an investment of around £400,000 resulted in benefits of £671,000, of which £455,000 was for social services and £162,000 for health.

The evaluation also identifies what makes a good service, including innovative management, caring attitudes and a good community presence. Around half of providers charged for services on a subsidised/means tested basis.

In Wolverhampton, the handypersons scheme is being delivered by Care & Repair, Black Country Housing Group. Call 0121 561 3845 to refer older and vulnerable people.

RESEARCH

BEFRIENDING WORKS

Research that looked at how befriending can contribute to improving health and wellbeing outcomes for vulnerable people was commissioned by the national Mentoring and Befriending Foundation (MBF). The paper explains that befriending is often incorrectly viewed as solely a social activity, but in reality it has a focus on promoting independence, recovery or reablement.

Another misconception is that it can only be used with people low level needs, but in fact it can be used to help those with complex or high level needs, such as those with severe mental health problems.

The paper describes how befriending operates and what it can be used for. A number of studies and evaluations have found that befriending is an effective approach in terms of positive outcomes for people. There is some evidence of potential savings in reduced dependency on high cost services.

HOSPITALS PAY OVER THE ODDS FOR BASIC SUPPLIES

The National Audit Office has reported that NHS hospitals often pay more than they need for basic supplies - an estimated £500 million a year on consumables and potentially much more. The report details the ways in which NHS hospitals pay over the odds.

With no central control over Foundation Trusts the Department of Health cannot require more efficient procurement practices and there is no national performance framework to allow comparisons to be made.

RESEARCH

PEOPLE WHO SELF-FUND FOR THEIR SOCIAL CARE

In this study, the Local Government information Unit found:

- 61% of respondents did not know how many self-funders in their local authority resorted to state care
- Respondents underestimated the cost of people falling back on state care by as much as 50% compared with independent estimates of up to £1bn a year
- Only 3% of councils said they provide a list of independent financial advisors who could give advice about care funding products.

The number of self funders is increasing - 41% of the market; about 25% fall back on state care. Councils can help self-funders to avoid exhausting their own resources by taking a preventative approach.

Intervening early with information and advice, in particular by signposting self-funders to appropriately qualified financial advisors, will help individuals make better decisions about funding residential care. This can be implemented at very low cost.

CONSULTATIONS

NHS LISTENING EXERCISE AND THE ROLE

OF THE THIRD SECTOR

The Listening exercise concludes on 31st May. There are 4 themes that are being addressed but the two that the Third sector organisations will have the most to contribute to, will be around choice and competition and accountability and patients.

Sir Stephen Bubb as Chief Executive of the Association of Chief Executives of Voluntary Organisations, a national organisation representing the views of third sector leaders, is one of the leaders on the discussions around choice and competition.

The questions are about "how can we ensure that competition and choice drives NHS improvement?"

- Which types of services, with a choice of provider will most improve quality?
- What is the best way to ensure a level playing field between different sorts of providers
- What else can be done to make patient choice a reality?

On Accountability and Patients the question is " How can we make the NHS properly accountable to the public, and make sure that patient involvement is at the heart of its decision making?"

A strand of work that is being led by the Third Sector in Wolverhampton, is that of LINK. The Local Involvement Network is facilitating input by local people into the listening exercise.

CONSULTATIONS

CONSULTATION ON CHANGING SERVICES AT

THE EKTA DAY CENTRE

The Ekta Day centre provides day recreational services for Asian elders in Wolverhampton. The service is described as providing a critical and substantial needs service for Asian Elders. The City Council carried out a review and consultation in the later part of 2010 which found that 49% of available places were ordered and 36% of available places were occupied during a performance snapshot period. This finding is consistent with the general findings of money for value review of day services in the City. BME United was commissioned to carry out a 3 month consultation. 78 individuals were engaged in the consultation and the main conclusion reached was " No strong preference was expressed by consultees as to whom eventually manages the Ekta Day Centre as long as the needs of the service users will be met, fully taking into consideration their language, diet, religion and cultural requirements." The recommendation, which was approved by the Council, was that the re-enablement aspects of Ekta was to be retained by Social Services but the lower need preventative service was to be delivered by a not for profit provider. Both services will be provided in the present site.

RESOURCES/INFORMATION

ONLINE DONATION FACILITIES FROM BT

BT has set up an [online giving facility](#) as part of its contribution to the community, so isn't charging, except for credit/debit card charges.

Click on the link above or visit:

<http://www.btplc.com/mydonate/index.aspx>

TRAINERS & CONSULTANTS DIRECT (TCD)

TCD website was launched 2 years ago. Trainers and Consultants Direct is an easy to use service for voluntary and community organisations looking to contract a consultant or trainer.

Bringing in the outside expertise of a consultant can solve problems and help to improve processes, products and profitability. Trainers and Consultants Direct holds profiles of individuals and consultants who have experience of working with voluntary and community groups, charities and third sector organisations. For more information click on the link below or visit <http://www.trainersandconsultantsdirect.org.uk/>

[Have a look at the TCD site.](#)

RESOURCES/INFORMATION

TEXT DONATION SERVICE

Fundraising through text messaging has been around for some time, but has generally only been used by the larger charities to date, due to its cost and complexity.

Charities Aid Foundation (CAF) have developed a text donation service as part of its range of Fundraising Support tools. This service is specifically designed to make text donation simpler, more cost effective and more readily accessible than before.

Your donors simply send a text message containing a keyword chosen by you, to one of two shortcodes provided by CAF, to make a £3 or £5 donation. And because their service only uses charity dedicated shortcodes, donations are VAT-free and subject to lower processing fees from the mobile networks. They also provide a mobile Gift Aid site to donors, to help you make the most of each donation.

How it works:

6 easy steps

1. You set up a keyword with CAF and begin to promote it.
2. The donor sees your appeal and sends a text containing your keyword to one of CAF'S dedicated charity short codes.
3. They send an automated thank you text and ask the donor to Gift Aid their donation.

RESOURCES/INFORMATION

4. If the donor is eligible, they can complete a Gift Aid declaration there and then.
5. CAF collect the money from the mobile networks and send any Gift Aid claims to HMRC.
6. Then they deposit the money into your bank account.

*[CAF administration charges apply](#)

Want to know more?

For full information on how the text donation service works,
[download the CAF PDF guide](#) >>

For more information, please contact the CAF Fundraising Support team on 03000 123 400 or email fundraisingteam@cafonline.org

RESOURCES/FUNDING

DRINKAWARE GRANTS

The [Drinkaware grants scheme](#) aims to change the UK's drinking culture for the better. They work to positively influence public behaviour and find innovative ways to raise awareness about the effects of alcohol, to help reduce alcohol misuse and minimise alcohol-related harm.

Click on the link above or visit:

<http://www.drinkaware.co.uk/grants>

THE MIDCOUNTRIES CO-OPERATIVE COMMUNITY

FUNDING PROGRAMME

The Midcounties Co-operative have plans to increase the amount of funding under their community funding programme. Their new scheme will be launched in June 2011.

To register to receive information about the fund and the application process call the Community Team on

Tel: 01902 405700 or

Email communityteam@midcounties.coop

RESOURCES/FUNDING

COMIC RELIEF

The **deadline** for Expression of interest for the Older People Programme and Sport for Change is **10th June 2011**.

The **deadline** for applications for projects with Older People and Sports is **1st July 2011**.

Note that the [Sport for Change](#) and [Older People's](#) programmes have a **two stage process**.

Comic Relief will let you know the outcome of your application **within four months of the deadline** for applications.

Click on the links above or Visit:

<http://www.comicrelief.com/apply-for-a-grant/apply-for-a-uk-grant>

For further queries contact details are below

Tel: 020 7820 2000

Email: ukgrants@comicrelief.com

RESOURCES/FUNDING

LOTTERY FEEDS COMMUNITY ACTION WITH

£3.5 MILLION FOR BIG LUNCH

The Big Lottery Fund (BIG) will help to bring together communities and neighbourhoods throughout the UK with a £3.5 million grant to run The Big Lunch over the next three years.

Since it was founded by the Eden Project in 2009, the Big Lunch has grown to the best part of a million people taking part last year. The Eden Project is projecting that up to 6.3 million people will take part in the Big Lunch over the next three years.

The Big Lunch will focus on encouraging people across the country to come together and have lunch with their neighbours. This year the big lunch is on Sunday, 5 June 2011.

The aim will be to create opportunities for people to meet and become acquainted with their neighbours over lunch, with the aim of strengthening bonds, feeling safer in their neighbourhoods and being motivated to start running or getting involved with other local activities.

Research by the Eden Project has shown that there is a clear desire for activities that strengthen communities across all sectors of society and the Big Lunch is recognised as fulfilling this need. In 2010, 86 per cent of those involved with organising a Big Lunch did so because they felt it was a great way to strengthen their local community. Following last year's Big Lunches 79 per cent felt better about their neighbourhood as a result.

RESOURCES/FUNDING

BARCLAYS COMMUNITY SPORTS AWARD

The [Barclays Community Sports Award](#) is a new award to recognise the outstanding achievements of individuals and groups that use sport to benefit communities across the UK.

Click on the link above or visit:

<http://www.barclayscommunitysportsaward.com/>

TRUSTHOUSE CHARITABLE FOUNDATION

The [Trusthouse Charitable Foundation](#) gives grants for running costs or one-off capital costs to charities and not-for-profit organisations that tackle urban deprivation or rural issues. The grants available are in three categories: under £5,000 (fast track), £5,000 to £10,000 (small), and £10,000 to £30,000 (large). Applications can be submitted at any time of the year.

For more information click on the link above or visit <http://www.trusthousecharitablefoundation.org.uk/>

RESOURCES/FUNDING

HILDEN CHARITABLE FUND

The [Hilden Charitable Fund](http://www.hildencharitablefund.org.uk/) has announced they are now accepting applications at any time. Within the UK, the Hilden Charitable Fund makes grants to projects that address disadvantages, notably by supporting causes which are less likely to raise funds from public subscriptions. In particular, the Fund wants to support projects that address homelessness; asylum seekers and refugees; community based initiatives for disadvantaged young people; penal affairs; and overseas.

For more information click on the link above or visit <http://www.hildencharitablefund.org.uk/>

THE WAKEHAM TRUST

Groups of individuals as well as small community and voluntary groups within the UK that want to improve their communities can apply for funding through [the Wakeham Trust](http://www.wakehamtrust.org/). The Trust are particularly interested in supporting; neighbourhood projects; community arts projects; projects involving community service by young people; projects set up by those who are socially excluded.

For more information click on the link above or visit <http://www.wakehamtrust.org/>

RESOURCES/FUNDING

THE TUDOR TRUST

[The Tudor Trust](#) has a particular interest in helping smaller, community-led organisations which work directly with people who are at the margins of society. You do not need to be a registered charity in order to apply for funding.

For more information click on the link above or visit <http://www.tudortrust.org.uk/>

JP GETTY JNR CHARITABLE TRUST

[The Trust supports projects](#) which help to relieve poverty, support disadvantaged people, and effect long-term change where help is not readily available from the public or private purse. It also provides funding for the arts, and towards the conservation of the natural and built environment. Grants are between £10,000 and £250,000 over a period of one to three years. Grants of up to £5,000 are also available for smaller charities. For more information click on the link above or visit

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

RESOURCES/FUNDING

FUNDING TO DEVELOP CANCER SELF HELP GROUPS (UK)

Through the Helping You Help Others programme, Macmillan, the national charity supporting people living with cancer, is inviting new cancer self help and support groups across the UK to apply for start up grants of up to £500 to **help with their initial development and promotion of service such as promotional costs printing (leaflets, stationary, newsletters etc.), postage, venue hire, refreshment costs and speaker fees, etc.**

Applications for start-up grants are assessed on a monthly basis.

Macmillan are also inviting existing groups to apply for grants of up to £3,000 for their continuing development, for activities such as:

- away days
- speaker's fees and associated costs such as travel
- the purchase of group resources such as computers, laptops and display materials for use at information days.

The next deadline for applications for developing grants is the 1st July 2011.

http://www.macmillan.org.uk/HowWeCanHelp/CancerSupportGroups/HowWeSupportYourGroup.aspx#DynamicJumpMenuManager_2_Anchor_1

RECEIVING THE HEALTH AND WELL BEING BULLETIN

The Health & Well Being Bulletin is sent out to Voluntary and Community Groups who believe that they work around issues of Health and Well Being in the City.

Please let us know if you have any friends or colleagues who would like to receive a copy of the health & well being e-bulletin. Copies can be sent out to multiple members in one organisation via email or hard copy in the post.

Details should be sent to:

**KULVINDER SIDHU
HEALTH & WELL BEING ADMINISTRATOR
WOLVERHAMPTON VOLUNTARY SECTOR COUNCIL
16 TEMPLE STREET
WOLVERHAMPTON
WV2 4AN
TEL: 01902 773761
EMAIL: ksidhu@wolverhamptonvsc.org.uk**

* Details should include: Name, Position, Organisation, Department, Address, Telephone Numbers, Email address and Fax Number.

THANK YOU.