

DO YOU CARE ABOUT HEALTH AND SOCIAL CARE?

Why not come along to one of our public work group meetings? The groups discuss their work to tackle priority matters in areas such as hospital discharge (health), respite care (mental health) and equipment for the home (social care). Dates are as follows:

Health: Thursday May 13th, 10am, Guildhall, Northampton

Kettering Health: Tuesday May 18th, Victoria Centre, Wellingborough

Social care: Monday May 17th, 10am, Doddridge Centre, Northampton

Mental health: Tuesday May 18th, 10am, Doddridge Centre, Northampton

Northamptonshire LINK, 15 St Giles Street, Northampton.

NN1 1JA Telephone: 01604 808684

E-mail: info@northamptonshire-link.org.uk

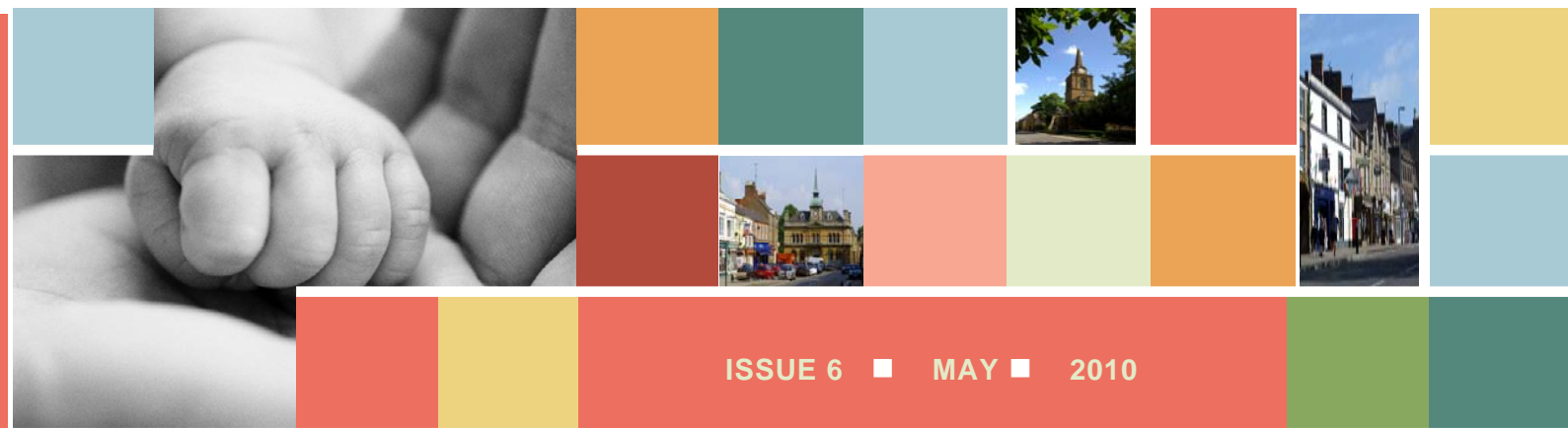
Website: www.northamptonshire-link.org.uk

Help to word leaflets

Northamptonshire County Council is looking for feedback on their information leaflets.

They are holding a workshop to ask people questions such as how much detail is needed and how they can ensure documents are user friendly.

This will take place on Tuesday June 1st, 3pm to 5pm at Britannia House, Bedford Rd, Northampton. To book call 01604 237977.



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The LINK



Share your thoughts with us

WE NEED YOUR VIEWS ON HEALTH AND SOCIAL CARE TO GATHER A PICTURE OF THE WAY THINGS ARE AND HOW THINGS SHOULD CHANGE.

What's Inside:

GIVING CARERS A BREAK

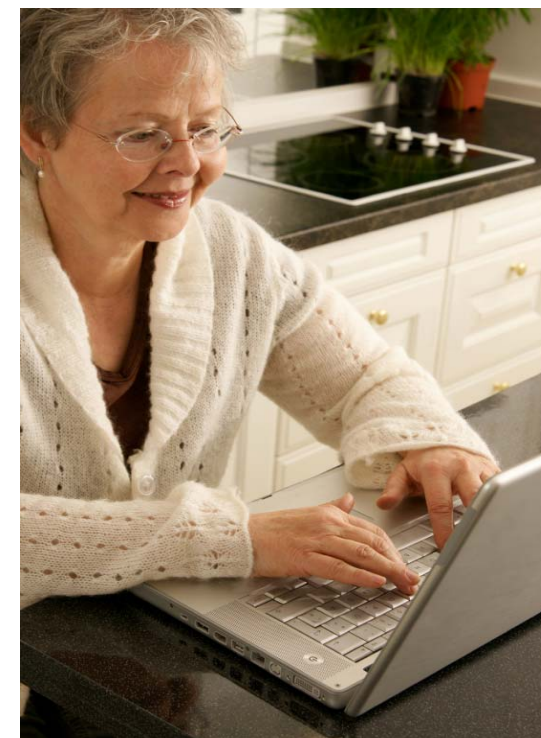
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Did you know that your LINK has an online forum where you can voice your opinions about recent experiences of health and social care services in the county?

Check out the 'Have your say' section of our website (below) to respond to the latest issues, find out more about volunteering for the LINK or get news on the latest consultations - if you're not online, don't worry! Give us a call on 01604 808684 or write to us at the address or e-mail on the back.

Free health checks in Corby

Corby residents aged between 40 and 74 are entitled to a free health check as part of a new pilot scheme.

Visit www.northamptonshire.nhs.uk or speak to your local GP practice, pharmacist, or the minor injuries unit in Corby or call 0800 587 0879.

If you require this information in another format (eg large print or audio cassette) or in another language please contact 01604 808684.

Wanted: your experiences of major trauma services

If you are a patient, family or carer who has experience of major trauma, then your views are needed.

Major trauma is defined as multiple injuries caused by an event.

The NHS's major trauma improvement forum wants people to share their experiences and suggestions.

You can do this on the online forum at www.majortrauma.net or by telephone 0207 239 7806.

IT'S A FACT:

At least 10,000 people each year experience long-term disabilities following a major trauma

Giving carers a break from their day to day



Respite care is a growing concern nationally. Carers need a break and it is important that there is somebody to look after their loved ones when they do.

Both our mental health group and our social care work group are looking into this issue as we have received a number of comments from members of the public about gaps in provision. This article will tell you more and answer some of your questions.

It is a term that comes up all the time but what exactly is respite care?

The NHS defines respite care as different types of help and support that allows you to take a break from the responsibility of caring for somebody else. It could be

- **Domiciliary** where a carer comes into your home and supports you with your responsibilities for a few hours
- **Day centre care** where the person you care for spends time at a centre while you have a few spare hours to yourself.
- **Residential** where the person you care for spends some time away from home and is cared for by somebody else.
- **Emergency** when care is provided if you are unable to fulfill your caring responsibilities due to unforeseen circumstances, such as illness.

What particular issues do people in the county seem to be experiencing?

The mental health group, in particular, is looking at what the respite provision is both in this county and outside - and how this matches the need. We are also looking at the quality of respite care available and, in particular, how this is monitored.

Another important issue is access to emergency respite care, particularly for those who care for people with mental health issues. We would very much like to hear your views to get an idea of the demand for respite care in Northamptonshire. Please get in touch on 01604 808684 or e-mail info@northamptonshire-link.org.uk.

Want to share your views or find out more?

Come along to the next meeting of the mental health working group on Tuesday May 18th at 10am at The Doddridge Centre, Northampton to hear more about our work on respite care. This is also an opportunity to share your own views and experiences in this area - or with regards any other mental health services.

Ambulance service: LINK receives update

WHEN EAST MIDLANDS AMBULANCE SERVICE (EMAS) SCORED 'FAIR' IN THE LAST CARE QUALITY COMMISSION RATINGS, YOUR LINK WAS KEEN TO FIND OUT WHY.



The management board invited Roger Watson, EMAS Assistant Director of Clinical Services and Mark Gregory, EMAS Clinical Quality Manager, along to a recent meeting to explain what the issues were and the steps taken to put things right. In response to criticism about response times for cardiac arrest, EMAS said that the directors of the national Clinical Care Group are challenging the unachievable target of attending a

cardiac arrest in 4 minutes—a figure which is based on a study carried out 13 years ago in Seattle, US, where there is a defibrillator on each street corner.

Asthma care is also being reviewed and monitored following the CQC report and crews are now checking a patient's respiratory flow at the start of treatment as a matter of course. Two further areas which came under scrutiny are infection control and safeguarding vulnerable adults. Representatives from EMAS said that they had been able to improve this thanks to some new funding which has enabled them to take on full-time workers in both areas.

Dementia Looking for advice and information?

THERE IS NOW A TEAM OF DEMENTIA CARE ADVISORS IN THE COUNTY WHOSE AIM IS TO ENABLE PEOPLE LIVING WITH DEMENTIA, THEIR FAMILIES AND CARERS TO MAINTAIN THE BEST QUALITY OF LIFE.

There are four advisors who provide advice on the condition, local services and how to access them, benefits, legal aspects and other helpful information.

To find out more get in touch with the team. The contacts are:

Wellingborough and East Northamptonshire - Rob Hasker - 07884 118693
South Northamptonshire and Daventry - Fiona Lockhart - 07773 364580
Kettering, Corby and District - Alice Spence - 07717 485045
Northampton and District - Liz Sturgess - 07884 118944

The service is available from Monday to Friday 9am to 8pm. Upon contact with the team, you will be able to make an appointment with an advisor who will provide advice and guidance. Ongoing support is then available for the person living with dementia and their family.